



Newsletter

OCTOBER, 2021



Congratulations to our newest Burnie Brae Life Member, Eddie

Eddie began volunteering at Burnie Brae in 2010, driving the 12-seater bus to transport clients from their homes to the Centre, then as a driver's assistant. During this time, he also began assisting in Respite where he continues to volunteer today.

Eddie has also been involved with Project Pantry from its inception, helping to set up the auditorium on Friday afternoons in preparation for Saturdays and then being the first one there and the last to leave on Saturday Project Pantry days.

When Burnie Brae used to hold monthly markets, Eddie was always one of the willing

workers assisting with erecting the stalls and then one of the few who was left to dismantle the stalls late into the day, always with a smile on his face.

Today Eddie still volunteers as a driver going to Foodbank on a regular basis to source supplies for Project Pantry and assisting with Club Respite. Eddie can often be seen around Burnie Brae with his happy disposition and is only too willing to assist with any chore he is asked to carry out.

Congratulations Eddie on receiving Life Membership, in recognition of your wonderful contribution to Burnie Brae over the years.

- 2 Mental Health Week
- 3 Seniors Month 2021 - Free Centre Presentations
- 4 Trivia Event Photos
- 5 Centre News & Activities
- 6 Donna's Marathon Walk with Heart Foundation
- 7 Healthy Connections 10th Anniversary
- 8 Home Care Package Assessment Preparation
- 9 Club Respite News
- 10 Travel Deals & Reducing Stress with Travel
- 12 Centre Events & Day Tours



60 Kuran Street, Chermside
(07) 3624 2121
enquiries@burniebrae.org.au
www.burniebrae.org.au



'R U OK Day' is a reminder to check-in, listen, offer support and encourage action. The ups and downs of life can affect each of us differently. Take a moment to ask those around you 'are you ok?', because a conversation can change a life. Many of our staff members showed their support for the day by wearing yellow!



Mental Health Week

Queensland Mental Health Week takes place this month, from 9-17 October and the theme is 'Take time for mental health'.

It's an annual awareness week that aims to shine a spotlight on individual and community mental health and wellbeing. The week also gives us the opportunity to understand the importance of mental health in our everyday lives. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.

At Burnie Brae, we are kicking off Queensland Mental Health Week with 'Odd Socks Day' on Friday 8 October. If you are going to be at the Centre that day, we'd love you to join staff in wearing odd socks to reduce the stigma of mental ill-health and raise awareness of this issue, having fun at the same time!

One in five Australians aged 16-85 experience mental ill-health in any year, so we want to see everyone openly discuss mental ill-health issues, just as you would with a physical injury or any other health issue.

If you or someone you know is struggling, please reach out for support.

Lifeline 13 11 20 | lifeline.org.au
 Beyond Blue 1300 244 636 | beyondblue.org.au
 MensLine Australia 1300 789 978 | mensline.org.au

QLife (LGBTIQ peer support) - qlife.org.au
 Suicide Call Back Service 1300 659 457
suicidecallbackservice.org.au



We are celebrating Seniors Month in October, with the theme being Social Connections. During the month people of all ages, cultures and ability will be able to connect and celebrate the important and essential roles older people play in our communities.

Seniors Month aims to:

- improve community attitudes towards older people and ageing
- facilitate community participation and activity by older people, including those from Indigenous and culturally and linguistically diverse backgrounds
- enhance community connections and inter-generational relationships.

Burnie Brae will be holding a range of free presentations which will help connect people of all ages, cultures and abilities.

LOCATION

Burnie Brae Hall - 60 Kuran Street, Chermside

COST

Free presentations includes morning tea

HOW TO BOOK

Phone (07) 3624 2110, visit Reception or book online at www.burniebrae.org.au

Seniors & the Arts

10 - 11:30am | 6 October

QPAC'S Director of Public Engagement joins us to discuss the theatre's history, ambitions for the future and how the annual program of more than 1,500 performances was developed. Plus, you could win two tickets to a QPAC production!

Seniors & Mental Health

10 - 11:30am | 13 October

Katherine, a registered Art Therapist will provide an Art Therapy session, helping support individuals to explore their unique creative expressions, foster their artistic identities and use art as a way to improve their mental wellbeing.

Seniors & Technology

10 - 11:30am | 20 October

Learn simple tips and tricks to get the most out of your device, discover popular apps, plus an introduction to social media. Bring along your own device, smartphone or tablet. A limited amount of loan devices will be available for use on the day.

Seniors & Your Health

10 - 11:30am | 27 October

The interactive workshop will focus on restoring breath, balance and mobility into every day. We will discuss techniques to reduce stress, increase energy levels and the importance of essential nutrients to keep us active and mobile.





Trivia with Friends

Which dance from the '60s created the largest craze?

The largest craze in the '60s was "The Twist" and this debuted on the Dick Clark Show. Hank Ballard wrote "The Twist" and invented the dance. This was covered and brought to fame by Chubby Checker in 1960 when he performed it at the Rainbow Club in New Jersey.

We had fun challenging our friends in an afternoon filled with trivia questions! Keep an eye out for our next trivia event.

Note: photos taken during afternoon tea.



MemberPlus Offer



Join as a MemberPlus Member now and your membership will be valid until December 2022!

- Monthly promotions (e.g. 2 for 1 activities, cafe and hair salon specials)
- Member pricing and loyalty points to use around the centre
- \$400 worth of vouchers including massage, spring clean, activities, haircut, home maintenance and many more!
- Entries into our exclusive draw

Take advantage of this special offer - phone 3624 2110, visit Reception or join online (burniebrae.org.au/membership).

Centre News



Older Women's Network Qld would like to invite members of Burnie Brae to attend a meet and greet!

We have been invited to start a new branch at Burnie Brae, with a view to offering members access to a broader range of activities not currently available. These may include chat or discussion groups, including awareness of issues affecting older women, or other activities/events of interest to the group.

Each branch of the Older Women's Network Qld is encouraged to create events and activities that are of interest to its members.

We aim to encourage life enrichment, mutual support and companionship amongst older women. Branch meetings are intended to be fun and informative, promoting friendship and a sense of belonging. Come along to find out more, enjoy afternoon tea and share any ideas you might have about what the new branch may look like.

When: From 1:30pm, Thursday 11 November
Where: Activity Room – Burnie Brae Hall

We look forward to meeting you! For further information, or to RSVP, contact Leonie from OWN Qld on (07) 33582301.



Do you want to learn to speak Italian? Now is your chance! A few spots have just opened up in our weekly Italian Class.

If you are a beginner with some basic knowledge of Italian, come along and learn to converse in Italian through reading, speaking and listening activities.


Mondays 9:30 – 10:30am
Burnie Brae Activity Room | \$15 per class

OCTOBER
SPECIAL

\$10

Pie, chips & coffee

Various pie flavours will be available throughout the month including butter chicken, curry chicken, beef, beef and cheese. T&C's apply.





**COLOUR, CUT,
SHAMPOO & BLOW DRY**

All hair lengths

\$80 *usually \$98.50*

MEN'S CUT

\$20 *usually \$26.50*



Terms & Conditions

Valid 1 - 30 October 2021
To book call (07) 3624 2150



Join or renew your membership online or at Reception.



A marathon effort to look after Australian hearts



Healthy Connections member Donna is doing her personal best for Australian hearts, and you can help!

Donna’s story

In only her second year involved with MyMarathon, Donna is planning to complete at least one marathon of 42.2 kilometres (over the month) to raise funds for lifesaving heart disease research. MyMarathon gives the opportunity to run a marathon in your own time and at your own pace, while doing good at the same time. Donna says, ‘It’s all about doing something for someone else, doing it for people who can’t, and funding a cause that will help yourself or others in the future.’

Donna told us she’s always kept healthy and never smoked. So, it came as a surprise when 10 years ago she went to the dentist with a toothache, and eight days later ended up having triple bypass surgery, due to a heart condition. Sadly, her dad passed away from the same disease when he was in his 40s, and Donna’s sister also has the same heart condition.

Donna is now an inspiration at 71 years old. She joined Burnie Brae in 2017 and takes part in Matwork Pilates classes at the Centre, and is a member at Healthy Connections Clinic, participating in member sessions generally three times a week. During lockdown she kept moving and joined the Healthy Connections Zoom classes. She also enjoys regular massages with Pearl. Donna loves getting her Healthy Connections exercise programs and being

regularly reassessed. She enjoys the community vibe and inclusive environment, where people know your name and welcome you.

Her advice to others is to keep moving! Donna uses her Fitbit to track her steps as she enjoys getting outside and letting the fresh air de-stress her, walking around her surrounding suburbs and being in touch with nature.

When speaking about the cause, Donna said, ‘I’ve signed up for MyMarathon because I want to show my support for the thousands of men and women living with heart disease in Australia. I want to do something to help. You can too! Join me in supporting Aussie hearts by making a donation to my page, right here and now. Together, we can win the race against heart disease.’

MyMarathon and how your support can help

We all know or love someone who has been impacted by heart disease. Around 50 lives are lost each day in Australia due to coronary heart disease, more than any other cause, and it has a profound impact on the families left behind. Now there’s something everybody can do to help.

The Heart Foundation’s MyMarathon is an opportunity to help raise funds for lifesaving heart disease research, while challenging yourself to walk or run 42.2 km over hours, days or weeks during October, and this is the challenge Donna has taken on. You can do MyMarathon anywhere, from your backyard, to

your local park, or your nearest city block. You can do it on your own, or as part of a team with friends or colleagues.

If you have heart disease, or if you’ve suffered a heart attack, it’s normal to worry about how physical activity might impact your health. Chat to your GP about your goals and concerns and take a slow and steady approach based on their advice.

By walking or running a marathon during October, you are not only looking after your own heart health, but you’re also raising money to help the Heart Foundation fund lifesaving heart disease research.





Your funds will help support:

- lifesaving heart research that could transform heart disease diagnosis and treatment
- health professionals who prevent and treat heart disease
- programs, resources and professional advice for people at risk of heart disease.

You can donate to Donna’s fundraising page, with your donation helping the Heart Foundation fund lifesaving heart disease research that makes a real difference for people living with heart disease, as well as to their families and communities. Donna said, ‘We all know and love someone with heart disease, which is why I’ve been inspired to raise funds for Aussie hearts this year. I hope you’ll join me in supporting this really worthwhile cause.’

To donate, please visit my MyMarathon fundraising page www.mymarathon.com.au/fundraisers/donnaschabe.



CRUSTLESS SPINACH QUICHE

Servings: 8 slices ⌚ 50 minutes

Ingredients

- 2 tablespoons oil
- 2 cups onion chopped
- 2 garlic cloves minced
- 284 grams spinach fresh
- 1 teaspoon kosher salt
- 1/4 teaspoon crushed red pepper flakes
- 6 large eggs
- 1/4 cup heavy cream
- 1 1/2 cup shredded mozzarella

Method

STEP 1

Heat the oven to 190 C and grease a 23cm pie pan.

STEP 2

Add oil to a large skillet over medium heat. Add chopped onion and cook until translucent. Add garlic and cook until fragrant. Add spinach in batches and as it wilts and releases liquid, add more. Add salt (1/2 tsp) and crushed red pepper. Set veggies aside and allow to cool slightly.

STEP 3

In a large bowl, whisk together the eggs, heavy cream, and remaining salt. Stir in the shredded mozzarella and veggies. Pour contents into the prepared pie pan.

STEP 4

Bake quiche for 20-25 minutes. The quiche is done once the edges begin to brown and the center is firm. Allow the quiche to cool for 10 minutes before cutting.

SAVE THE DATE
FRIDAY 12 NOVEMBER

Celebrating Healthy Connections' 10th anniversary with fun, fitness activities, prizes and food.

Details coming soon!

CONTACT US

☎ (07) 3624 2185
 ✉ gym@healthyconnections.org.au
 🌐 www.healthyconnections.org.au



How to prepare for a Home Care Package Assessment

After you have registered with My Aged Care, you will be allocated a time for an Aged Care Assessment Team (ACAT) assessment or Regional Assessment Service (RAS) assessment.

My Aged Care may determine the support you require with an assessment while you are in hospital or during a home visit, through a comprehensive assessment. The ACAT or RAS assessor may visit you in person or complete the assessment over the phone. You will be asked questions that will assist them to work out how much and what sort of support you require with daily and personal activities, determining the best care option for your personal situation. This help could include Home Care Packages, CHSP, respite care, short-term care options or residential aged care.

Tips

- » Invite a family member or friend to join you for the assessment to provide support. This is also helpful for you to recall how you feel on your worst days.
- » Have your carer/partner present. Your care needs may impact them, and you may require extra assistance to support them to care for you.
- » Be open and honest about your care needs and think about potential future needs.
- » Have supporting documents available such as GP referrals and letters.

You will be advised by letter on the outcome of your assessment and, if eligible, the level of your Home Care Package. You will also be advised of your priority for assignment of a package with an expected wait time.

(07) 3624 2121

enquiries@burniebrae.org.au

60 Kuran Street, Chermside



Did you know that eligible MemberPLUS members can receive a 3-hour discount Spring Clean for \$90?

What can your Spring Clean include?

Some of the options available are:

- Vacuum & mop floors
- Remove internal cobwebs
- Clean glass top & mirror surfaces
- Wipe window ledges
- Clean skirting boards
- Dusting
- Clean bathrooms & toilets
- Clean kitchen cupboards (inside & out)
- Clean fridge & microwave
- Clean light switches (doors & frames)
- Sweep porches & steps
- Clean internal windows & blinds
- Wash & re-hang curtains
- Clean ceiling fans
- Clear clutter
- Tidy wardrobes
- Wipe down interior walls

To check your eligibility or book, call the Home Care team on 3624 2121.

Get in early, before our Spring Cleans book out!

Club Respite Announcements

CLUB RESPITE Saturdays

We have exciting news...
Club Respite will now open on a Saturday morning!

A morning of
FUN

Attend as many
Saturdays as you like
- it's your choice!

ART CLASSES

Join us for an afternoon of fun with our Wednesday Art Classes.

Burnie Brae Art Teacher Petra will provide all the guidance you need, so you don't need to have any experience.

Transport can be provided if you reside in our catchment area.*


*For CHSP funded clients.




with Petra

Contact the team to register your interest or to learn more.

Did you know, we have some rare places available at Club Respite right now! Pop in to see us or contact us for information about our services and prices.

 (07) 3624 2136

 respite@burniebrae.org.au

 60 Kuran Street, Chermside



Check out Del, Mary and Faye showing off their paper flowers made in the Craft Group! The Mens Group meanwhile were busy building a wooden beehive. John gave us a demonstration of part of the construction process involved with building the hive.

7 WAYS

TRAVEL IS SCIENTIFICALLY
PROVEN TO REDUCE STRESS

Feeling stressed? When life gets overwhelming we usually go for a nap, a bubble bath or a yoga class to help unwind and relax. But did you know that travel is one of the greatest ways to reduce stress? You probably already know that you'd feel better if you were sipping cocktails on a sunny beach somewhere, and now you've got the science to back you up. Here are 7 evidence-backed ways that travel reduces stress.

1

It can help you stay fit & healthy

Physical activity is great for improving both our physical and mental wellbeing, and travel offers plenty of opportunities to get moving. Whether you like walking around a new city, hiking mountain trails, or swimming in the ocean, getting active outdoors is a great way to reduce stress, boost energy levels and enhance your overall wellbeing. Spending just 20 minutes in contact with nature is proven to lower stress hormone levels, while the Framingham Heart Study found that people who travelled every year were less likely to suffer a heart attack or develop heart disease.

2

It can help keep your mind sharp

When you travel you meet new people, discover new places, adapt to new situations, and become more socially aware. New experiences help you keep your mind sharp and improve your cognitive flexibility, which all helps you manage stress. The Journal of Personality and Social Psychology found that those who travel are more likely to be open and emotionally stable, while other studies have shown that travel can increase creativity, cultural and personal awareness, and introduce new ways of thinking. You can use creativity to improve your daily routine, organise your life and figure out ways to reduce stress.

3

It helps to ward off burnout

Burnout happens when we're overworked and overstressed. One of the best ways to avoid burnout is to take regular time out to relax and recharge. And what better way to unwind than with a holiday? Whether it's a weekend trip or a getaway to tropical shores, a holiday is an enriching act of self-care. From the excitement of planning the trip to having the freedom to rest, be present and do what you love, travel reduces stress and helps to maintain a healthy mindset.

4

It's a big mood booster

Who doesn't feel good on a holiday? This study found that after just three days on holiday, the participant's quality of sleep, mood and physical complaints had all improved. Even better, these improvements were still there five weeks later. So why does travel make us feel so good? When we go on holiday, we're usually chasing the sunshine, and a dose of vitamin D is a big mood-booster. Leaving the stress of your everyday life behind, having the freedom to choose your schedule, and spending time with loved ones also adds to the feel-good factor.

5

It can strengthen your relationships

Enjoying the good times with your loved ones helps to strengthen your bonds and gives you wonderful memories to share and look back on in hard times. Solo travel can be just as refreshing and fulfilling, as you draw on your independence and get to know yourself better. A travel survey found that 76 % of participants believe that travelling has given them a more positive outlook on differences, diversity and other cultures in general.

6

It shakes up your routine and offers a new perspective

Whether you're travelling to a new country or your neighbouring town, taking a break from your everyday routine can help break negative cycles and get you out of a stressful rut. Sometimes it's not about seeing new places, but escaping old ones, and this survey found that holidays can help manage negative emotions by taking us out of the environments that are causing us stress.

7

It relieves stress in lasting ways

If you're worried about finding the time and money for a big holiday – don't! This study found that a four-day "long weekend" holiday helped to reduce stress and enhance wellbeing and recovery for as long as 45 days. Participants felt less anxious, better rested, and in a better mood three days after returning home, and many said they felt more relaxed weeks later even after getting back into their daily routines.

The bottom line? When you travel, you give yourself the chance to rest, relax and rejuvenate so you can approach your life, make decisions and manage stressful situations with a clearer head and a more positive outlook. Time to start planning your next holiday!

<https://www.trafalgar.com/real-word/scientifically-proven-travel-reduces-stress/>

7 NIGHT MIGHTY MURRAY, ADELAIDE HILLS & BAROSSA DISCOVERY

FROM **\$2,599*** PER PERSON
TWIN SHARE
EXCLUSIVE FULLY ESCORTED TOUR

4 NIGHT 'A TASTE OF TASSIE' FULLY ESCORTED SMALL GROUP JOURNEY

FROM **\$2,799*** PER PERSON
TWIN SHARE

*Conditions apply. See in store or contact us for full terms and conditions.

CONTACT US

- (07) 3624 2191
- travel@travelconnections.org.au
- www.travelconnections.org.au



Day Tours & Events



Day Tours



Theatre Trips



Centre Events



Gold Program Art Workshops



\$65

VAN GOGH ALIVE

Friday 29 October | 12:30 - 4pm



Northshore Brisbane hosts the multi-sensory immersive art experience, Van Gogh Alive.

Van Gogh's masterpieces come to life, giving you the sensation of walking right into his paintings, a feeling that is simultaneously enchanting, entertaining and educational.



\$99

INVINCIBLE THE HELEN REDDY STORY

Thursday 4 November | 1 - 5:30pm



Hailed as the international 'Queen of 70's Pop' Helen Reddy was Australia's very first truly international superstar.

In 1973, her iconic song "I Am Woman" became the unforgettable anthem of the women's liberation movement and made her the very first Australian to ever win a Grammy Award.

Held in the Concert Hall at QPAC.



\$46⁻⁵⁰

CHUNG TIAN TEMPLE

Thursday 18 November | 9:15am - 2pm

Surrounded by nature, the Temple provides a peaceful and culturally beautiful venue for the community to celebrate its multicultural diversity and multi-faith harmony through Humanistic Buddhism. The Chung Tian Buddhist Temple was constructed in 1992 and is described as Southeast Queensland's most beautiful temple.

After morning tea we will take a tour to learn about the history of the temple, enjoy a tea ceremony and then have lunch.



FREE

QIMR BERGHOFER MEDICAL RESEARCH INSTITUTE

Wednesday 1 December | 10 - 11:30am

Join us at our free presentation and hear about updates on some amazing new clinical trials happening right now Brisbane at QIMR Berghofer.

We are collaborating with the world on COVID-19 research and can share major breakthroughs on treatment, prevention, and complications.



Future Planning

Enduring Powers of Attorney and Advance Health Directives - what are they and why are they even more important now?

FREE PRESENTATION



Wednesday 10 November
10 - 11:30am

Loan Chow from YHC Lawyers joins us to explain how to act as an Attorney for someone who has lost capacity and how to make health and end of life decisions for someone under an Advance Health Directive.

During this session, Loan will explain what is expected of an Executor when someone has passed away, and will highlight some practical pathways for when Wills are contested.

TO MAKE A BOOKING

Ph. (07) 3624 2110 or visit Reception

Day tours depart 15 minutes prior to the event from Kedron-Wavell Services Club.

Centre events are held in the Burnie Brae Hall, 60 Kuran Street, Chermside.



Christmas Appeal

Following last year's amazing contribution, we will once again be participating in the RizeUp Christmas Toy Appeal. The appeal helps spread the Christmas joy to families and children suffering from domestic violence

Details coming soon, so keep an eye out!