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60 Kuran Street, Chermide

(07) 3624 2121

enquiries@burniebrae.org.au

www.burniebrae.org.au

## Member Story

DIANNE

Di was born in Sydney in the 1950's and moved to Queensland in 1981 with her family. Prior to having her children, she worked in the print trade, working in The Valley in Brisbane for some time.

After rearing her children, she became a volunteer in several organisations. She spent 10 years working for Meals on Wheels, as well as spending time with the Lions, helping in her church and of course, doing many things here at Burnie Brae.

She loved her years of voluntary work, saying 'It was great to help people. It is just so fulfilling to go out of your comfort zone and be useful to others.'

She discovered Burnie Brae in the local paper and was living in Kedron at the time which was in walking distance from Burnie Brae Centre.

Di loves all the entertainment at Club Respite on Wednesdays. She especially loves to play bingo and even gets to call the bingo sometimes. Some of the highlights she noted are morning tea and lunch, the fact that transport is included, and the seated exercise. When speaking about her experience at Club Respite, she said, 'It's a fun time. I love being around people and interacting, and the people here are really lovely. It's good to be around people who are different to you!'

**I always ask people how they are going and what they do with their day. Some people say they don't do very much, and my response is always 'have you been to Burnie Brae?'**



Di has been using Burnie Brae transport services for many years, and said, 'I wouldn't be able to get anywhere without transport. I use it up to 5 times a week.'

Di loves singing and is a part of two choirs - one in Bald Hills and the other in Brighton. She also attends the Healthy Connections Clinic at Chermide once a fortnight. The Burnie Brae transport services takes her to appointments, grocery shopping and to Club Respite. After using Burnie Brae transport services for many years, Di said she's been impressed by the reliable service provided.

Next time you see Di around the Centre, be sure to say hello!





### Mental Health Month

Did you know that 1 in 5 Australians between 16 - 85 experience mental ill-health in any year?

In October Burnie Brae staff wore odd socks to help to start the conversation about mental well-being. 'Odd Socks Day' aims to reduce the stigma of mental ill-health and raise awareness of this serious issue, while having some fun!

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

- Lifeline 13 11 20 | [lifeline.org.au](http://lifeline.org.au)
- Beyond Blue 1300 244 636 | [beyondblue.org.au](http://beyondblue.org.au)
- MensLine Australia 1300 789 978 | [mensline.org.au](http://mensline.org.au)
- QLife (LGBTIQ peer support) - [qlife.org.au](http://qlife.org.au)
- Suicide Call Back Service 1300 659 457

### SEAFOOD SENSATION

## Seafood Basket or Fish & Chips

+ Salad & Coffee

\$10



Available weekdays 9:30am - 1:30pm

Offer available during November. T&C's apply.



### COMMUNITY NURSERY New Opening Hours

The Community Nursery is now open on Monday, Wednesday and Thursday from 9am - 1pm.

Come in and see us at  
60 Kuran Street, Cherside.



### Older Women's Network Queensland

Come along to our meet and greet from 1:30pm on Thursday 11 November in the Activity Room (Burnie Brae Hall).

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.

Share any ideas you might have about what the new branch may look like and enjoy afternoon tea. To RSVP or find out more, contact Leonie (OWN Qld) on (07) 3358 2301.







## FREE INFORMATION SESSIONS

### Do you need help finding appropriate healthcare, social, cultural and community services and supports?

The Volunteer Community Peer Navigation Pilot Program with COTA Queensland will be hosted at Burnie Brae over the next few months.

Come and have a yarn with one of the friendly peer navigators to discuss your needs and priorities. Sessions are individualised, confidential and delivered in a safe space.

The peer navigators can help you to:

- Find accurate health information
- Support your wellbeing
- Access carers support
- Discover new activities in your area
- Connect with family and friends online
- Network with your community
- Learn more about your iPad or smartphone

Chat to a real person, someone your own age, with real-life experiences. We hope to see you there!

**Location:** Burnie Brae Foyer | 60 Kuran Street, Cherside

**Date:** Every Tuesday from 9am - 1pm until February 2022 (excluding school holidays)



## LOAN DEVICES Getting you started with technology

If you don't have a device (e.g. smartphone, tablet or laptop) in your home, take advantage of this great offer to find out what technology can do for you.

We offer 3-month loans of new Samsung tablets with Wi-Fi. You can also take advantage of our one-on-one tech training at the centre (by appointment). If you're interested, chat to one of our friendly receptionists or call (07) 3624 2121.

## CHRISTMAS APPEAL

Last year your support allowed RizeUp to distribute 12,300 gifts!

Over the Christmas period, frontline services managing domestic violence related calls report spikes of 20 - 40%.

This year we are delighted to again be supporting RizeUp with their Christmas appeal!

If you would like to donate, please leave your unwrapped presents in front of the Christmas tree in the Members' Lounge from 1 November.

Your gifts can be items for children between the ages of 0 - 16 years, as well as gifts for Mothers. RizeUp's wish list includes toys, art & craft, baby toys, soccer/rugby/AFL balls, cricket sets, LEGO, movie vouchers, books, board games, baby/barbie dolls, makeup for teens, nail polish sets, gift vouchers and bath product packs. Please don't donate any weapon inspired toys or food.

Thank you again for your support for this worthy cause!

## New Singing Group

### Group Singing Teacher MICK MELIT

Mick has sung lead/backing vocals and played guitar in Blues, Rock and Tribute Bands (just to name a few). He has also taught many students vocals, bass and guitar and is involved in community music programs.

NOVEMBER  
**23**  
3:30 PM  
**Expression of interest meeting**  
Burnie Brae Main Hall



## Celebrating Seniors Month



## Government House Tour

Our day tours are proving very popular this year! We recently enjoyed a tour of Government House which included morning tea, meeting the QLD Governor and patting Gavel, Queensland's Vice-Regal Dog. Thank you, Paul (Burnie Brae Driver) for capturing photos of the tour!





# Centre News



**PLAYERS WANTED**

Get your rally on with our table tennis group! The group enjoy a good rally and some friendly competition. Join in and have fun, socialise and improve your fitness.

Thursday 10:30am - 1:30pm  
Burnie Brae Hall - 60 Kuran Street, Cherside

AUSTRALIA POST  
**Pop-up Shop**  
**AT BURNIE BRAE**

The one-stop-shop for your Christmas needs!

Australia Post's pop-up shop will be setup in the foyer from 10am - 1pm on Wednesday 1st of December. Shop for the perfect gifts for your family and friends and post them right here at Burnie Brae! Christmas card stamps are also available to purchase.

There will also be complimentary gift wrapping for items purchased on the day.



NOVEMBER PROMO

**RECEIVE 50% OFF**  
Healthy Connections  
Starter's Pack

**ONLY \$50**

Normally \$100 for Burnie Brae  
MemberPlus Members



Our Starter's Pack is the starting point for our individual and group services. A personalised exercise plan can help you to achieve your fitness and wellness goals. The Starter's Pack includes:

- > an initial health and fitness assessment
- > a customised program
- > a 45 minute session (one-on-one with an Exercise Physiologist)

**T&Cs:** offer valid 1 - 30 November 2021

To book in your initial assessment, phone (07) 3624 2185 or visit Healthy Connections Reception - 60 Kuran Street, Cherside.

MemberPlus Membershp  
Join or Renew  
Online or at Reception







**YOU'RE**

**INVITED**

Healthy Connections has reached its 10th year of empowering movement in Chermside.

Come and celebrate with us on Friday 12 November!



Fitness classes  
Mini massages

Coffee cart, live music, BBQ breakfast  
in the park, prizes & much more!

## *Event Schedule*

6:30 - 7:00am	Walk in the park ( <i>Burnie Brae Park</i> )
7:00 - 7:30am	Stretch in the park ( <i>Burnie Brae Park</i> )
7:30 - 8:30am	Matwork Pilates ( <i>Burnie Brae Hall</i> )
8:00 - 10:00am	Breakfast in the park ( <i>Burnie Brae Park</i> )
10am - 12noon	Balance/strength mini circuits ( <i>Healthy Connections Clinic</i> )
10am - 12noon	Mini massages ( <i>Healthy Connections Clinic</i> )

To find out more or to book your free massage/fitness class, head to [healthyconnections.org.au](http://healthyconnections.org.au).

Book your mini massage by calling 3624 2185 (for those who aren't current massage clients).







**EXERCISE FOR VETERANS ONLINE**  
WITH HEALTHY CONNECTIONS

**Are you or someone you know a Veteran?**

Our new online exercise program offers veterans associated with the Kedron-Wavell Services Club the opportunity to access exercise and health education sessions twice weekly for a total of 40 weeks (approx. 9 months).

The EVO program will enable veterans and their families to participate in group-based fitness activities ranging from low to moderate intensity levels. The activities are moderated for participant fitness levels, in their own homes. Each session will include an educational component as well as exercise specifically for each educational theme.

Participants will receive a welcome pack with educational material, home exercise program and a resistance band to use when completing some of the exercises at home. You may also find a sturdy chair and an exercise mat useful.

The EVO program was developed by the Healthy Connections Exercise Clinic with the delivery of the program being fully funded by The Veteran and Community Grant (V&CG) program.

**What will you receive?**

- Opportunity to participate in twice-weekly exercise programs in your own home
- Access to recordings of sessions when you can't attend in real-time
- Resistance band
- Ongoing support from Accredited Exercise Physiologists
- Educational material
- Home exercise programs to complete in conjunction with the online

- program to achieve best results
- Improvement in health, social and physical wellbeing
- 'Test your progress' document.

**Who will deliver the sessions?**

The exercise sessions will be delivered by Accredited Exercise Physiologists from the Healthy Connections Exercise Clinic, a subsidiary of Burnie Brae Ltd. They are four-year university-trained exercise professionals who deliver programs to improve the health and wellbeing of individuals, with the exercises incorporated into this program being tailored to be safe and effective for participants of the veteran's community.

**What you need to access the program?**

- Email address
- Access to a computer/ laptop / tablet with webcam and audio
- Zoom app

**What assessments will be included to track your progress?**

In your starter pack we have included comprehensive functional assessment tasks which you can administer in your own time at home. Specific tests and procedures for testing will be discussed throughout the program and we recommend you record your progress before beginning the program, mid-way through program and at the end of the program to track and compare your results. If you have any concerns regarding the tests nominated, please contact our exercise professional and cease until you have clarity around the test.

Sign up here →



**CHERRY TOMATO & CHORIZO FRITTATA**

Servings: 4

🕒 40 minutes

**Ingredients**

- 200g vine-ripened cherry tomatoes
- 2 tsp olive oil
- 2 chorizo sausages, thinly sliced
- 1 red onion, cut into thin wedges
- 200g cherry tomatoes, halved
- 100g marinated fetta, crumbled
- 8 Coles Australian Free Range Eggs
- 1/2 cup (125ml) thickened cream

**Method**

**STEP 1**

Preheat oven to 200°C and place the vine-ripened tomatoes on a baking tray. Drizzle the tomatoes with oil and season. Bake for 15 mins or until the tomatoes begin to collapse.

**STEP 2**

Meanwhile, heat a 20cm (base measurement) non-stick ovenproof frying pan over medium heat. Cook the chorizo, in batches, for 1 min each side or until golden brown. Transfer to a plate lined with paper towel.

**STEP 3**

Add the onion to the pan and cook, stirring, for 2 mins or until softened slightly. Transfer half the onion to a plate. Arrange half the chorizo over onion in the pan. Top with half the halved tomato and half the fetta. Continue layering with remaining onion, chorizo, halved tomato and fetta.

**STEP 4**

Preheat grill on medium. Whisk the eggs and cream in a large jug. Season well. Pour over chorizo mixture in pan. Cook over medium heat for 6 mins or until the base is set and golden brown. Cook under grill for 5 mins or until top is golden and egg is set.

Set aside for 5 mins to cool slightly and then serve with roasted tomatoes.



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



## Care Services

## Feedback



### WELCOME

We are pleased to announce the appointment of Aynsley Johnson to the position of Community Services Manager at Burnie Brae.

Aynsley comes to Burnie Brae with a wealth of experience in the Aged Care sector and will bring significant value to the Care Services Team at Burnie Brae. Welcome, Aynsley!

We were so privileged to receive this feedback for our Care Services teams from a My Aged Care RAS assessor, that we wanted to share it with you!

*'I'd like to share with you how happy I, and the clients I worked with are with your service.'*

After approximately seven years caring for his wife who lives with Dementia, a gentleman approached My Aged Care (MAC), due to carer stress. He was hoping to be able to access some assistance and be able to get back to sharing his passion and hobbies with friends, knowing his wife was safe, well cared for and happy. With family located interstate, Covid19 had additionally created separation, isolation and grief.

After his wife's first week at Club Respite, he stated 'she is over the moon with happiness and a little exhausted – but happy exhausted'. He is also doing so much better and can meet up with his friends again, feeling encouraged and re-energised to be able to maintain his carer role.

The RAS assessor went on to say thank you to those, 'who went the extra mile, supporting me as an assessor and this couple with this great outcome... this is why we do this work, it truly takes a village'.

### FAREWELL & BEST WISHES



It is with sadness that we announce the retirement of Vicki Neumann as Community Services Manager at Burnie Brae.

Vicki began at Burnie Brae in 2007, undertaking her placement in a Diploma in Community Services course. She was then employed as manager of Home Care when there were only 30 clients and 5 staff in that area.

During the last 14 years under Vicki's leadership, Home Care at Burnie Brae has grown into the well-respected service and team we have now. Thank you, Vicki, for your outstanding contribution to Burnie Brae over many years. You will be missed.

## What is MAC (My Aged Care)?

My Aged Care or MAC is the starting point to access Australian Government funded aged care services. By starting the journey, you will discover the different type of services available for you, your eligibility requirements, and which service providers may meet your needs.

Burnie Brae Care Services are funded through MAC, and MAC will assess your requirements prior to referring you to our organisation. Services on offer at Burnie Brae include Commonwealth Home Support Program (CHSP) and Home Care Packages (HCP).

Would you like to find out if you are eligible for services? You can contact My Aged Care directly to register by calling 1800 200 422 or you can register online at [www.myagedcare.gov.au](http://www.myagedcare.gov.au)

If you would like help navigating the My Aged Care system, please call us on (07) 3624 2121 or email [enquiries@burniebrae.org.au](mailto:enquiries@burniebrae.org.au); we're here to help.



# Club Respite



**PIZZA ITALIANA**



Chef Sam served up true Italian pizzas for all of Club Respite to enjoy and we even tried our hand at kneading dough. After all their hardwork, Sam and his wife Helen (our lovely Burnie Brae Volunteer) put on a show, dancing to the Italian music!

Sam, Helen and their children ran the popular Cosi Ristorante in Clayfield, serving traditional, homemade Sardinian and Italian food from 1996 until its closure. The couple grew up surrounded by the wonderful aroma and charm of splendid family feasts and delicious home-cooked Italian fare. The menu at Cosi was lovingly prepared by Sam, enhanced with aromatic herbs grown in his garden, and always created with great dedication.



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.



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.



Shorncliffe Pier





# You're Invited

## Exclusive Travel Presentation

### *Cruise confidently with Norwegian Cruise Line*

Cruising is back! Ships are operating all over the world and hundreds of thousands of passengers have already sailed. Let's get back to living life to the fullest, together!

Craig McLaurin from Norwegian Cruise Line will join us for an information session to discuss safety onboard, vaccination and testing requirements, payment policies as well as the latest itineraries and newest ships.

There will also be plenty of time for you to ask Craig any questions you have.

### *Free Information Session*

#### Limited spaces, reservations essential

**When:** 9:30 - 11am | 11 November 2021

**Where:** Burnie Brae Activity Room (in the main hall)

Morning tea provided



**RSVP by Monday 8 November, 2021**

Visit us in store, phone (07) 3624 2191  
or email [travel@travelconnections.org.au](mailto:travel@travelconnections.org.au)







**GREAT BARRIER REEF**  
*Day Trip*

**SUNDAY 21 NOVEMBER 2021**

**ADULT \$620pp\* CHILD \$570pp\***  
*\*from price does not include ticketing fee.*

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# Day Tours & Events

 Day Tours
  Theatre Trips
  Centre Events
  Gold Program Art Workshops



FREE

## FUTURE PLANNING

Wednesday 10 November | 10 - 11:30am

Loan Chow from YHC Lawyers joins us to discuss Enduring Powers of Attorney and Advance Health Directives - what are they and why are they even more important now?

She will also highlight practical pathways for when Wills are contested.



FREE

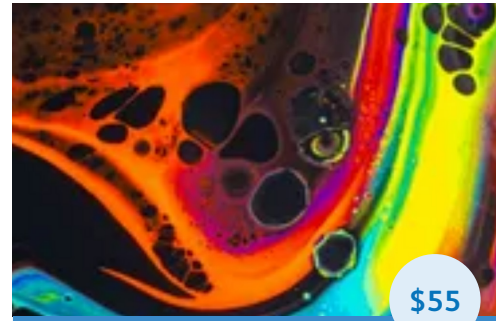
## QIMR BERGHOFFER

Medical Research Institute

Wednesday 1 December | 10 - 11:30am

Join us at this presentation to discover some of the amazing new clinical trials happening at QIMR Berghofer.

Discover the latest prototype for identifying Melanoma treatments and the new hope for treatment of Prostate cancer that has spread.



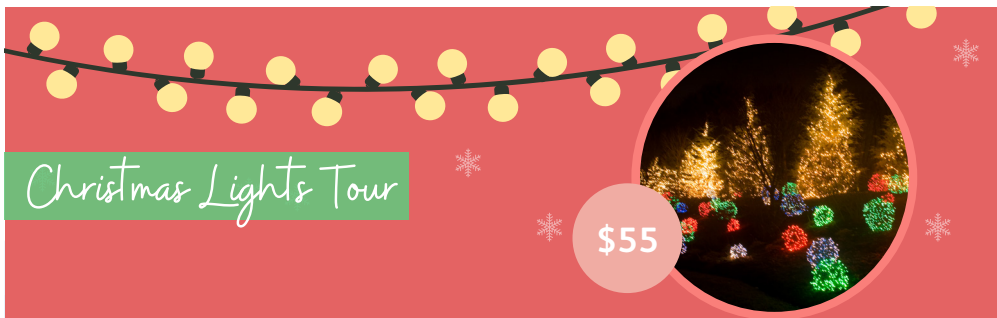
\$55

## ALCOHOL INK METALLICS ON DARK SURFACES

Saturday 27 November | 9am - 1pm 


Make the colours glow using metallic alcohol ink on dark surfaces. This unique workshop will elevate your work to another level.

This workshop is suitable for beginners and is safe and fun space to experiment, play and learn a new skill. Those who are interested in pouring paint will enjoy this workshop as it achieves a similar result.



## Christmas Lights Tour

\$55

Monday 13, Wednesday 15 & Friday 17 December 

5:30 - 10pm (approx finish time)

Enjoy a 2 course alternative drop dinner with dessert at Kedron Wavell Services Club before heading out on a tour of the Christmas Lights.

Transport and dinner provided. Meet at the Kitchen Restaurant, Kedron Wavell Services Club (free parking available).



\$25

## MEMBERS CHRISTMAS MORNING TEA

Wednesday 8 December | 10am - 12pm

Enjoy a Christmas themed morning tea and be entertained and sing along with duo 'Able to Rock'. Let's say goodbye to the year that was and celebrate in style!



\$95

## AN AMERICAN IN PARIS

Wednesday 19 January | 12 - 4:30pm 

The ravishing musical comes to QPAC!

The four-time Tony Award-winning Broadway musical tells the entrancing story of a young American soldier and a beautiful French girl, set against the iconic backdrop of the most romantic city in the world.



\$125

## SPIRITS OF THE RED SAND

Tuesday 8 February | 8am - 3pm 

Experience the world's oldest culture in true ancient story-telling style.

Discover ancient Aboriginal customs and rituals. Includes a Billy Tea and Dampier morning tea, BBQ lunch, bush walk and early pioneer tour including Welcome to Country.

To book or enquire  
Ph. (07) 3624 2110 or visit Reception

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

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