



Newsletter

FEBRUARY, 2022

Pictured: Andrew Watson (Burnie Brae CEO), Aynsley Johnson (Burnie Brae Community Services Manager), Leah Randle (Burnie Brae Home Care Coordinator), Leona Munday (Carers QLD) and Katie Brinkman (Burnie Brae HR Officer).

PARTNERSHIP ANNOUNCEMENT

We are very excited to announce a new partnership between Burnie Brae and Carers Queensland.

This new collaboration will give unpaid carers in Queensland access to vocational placements and employment opportunities, allowing Carers Queensland to attract and train more people to work in the community services sector. This will enable Burnie Brae to further improve and develop the capabilities of its workforce.

For over 30 years, Burnie Brae has sought to build strong community connections by providing quality health, lifestyle and care services to its clients and members. Similarly, Carers Queensland has supported and advocated for unpaid carers throughout Queensland for more than 31 years.

To Burnie Brae's Home Care Coordinator, Leah Randle, the new partnership represents a step in the right direction to increase connections further. "We're very excited about this partnership which will assist us to meet consumer needs and retain and build on the wonderful reputation Burnie Brae has in the community", she said. "The aged care industry is facing an extreme shortage of care workers, with some experts suggesting urgent action must be taken to boost the workforce."

"This collaboration with Carers Queensland gives Burnie Brae the opportunity to work with an organisation whose values align with ours, to attract and train people to work with us in the community services sector. We believe that alongside Carers Queensland, we will be able to attract students who have life

experiences caring for people, and who have a genuine interest in working in the sector."

This partnership allows Carers Queensland's RTO (Registered Training Organisation) to provide Certificate III in Individual Support training to Burnie Brae's employees and work collaboratively to co-brand recruitment drives to increase their workforce and equally gain more students for the RTO. Moreover, it will provide Burnie Brae with qualified, well-rounded students who are able to support the organisation's goals.

"We feel very honoured to be able to work with Carers Queensland to assist carers wanting to pursue training and to work in a caring role," Leah said. "Students will benefit from the chance to receive paid work with Burnie Brae during their training, to learn alongside experienced care workers, as well as having a potential pathway to long-term employment. In a time of shortage of care workers in our industry, this addition of students to our workforce will allow Burnie Brae to provide high quality care to more consumers who are in need."

We are looking for passionate and caring support workers to join our team!

If you know someone who is interested in a career change, work/life balance, giving back to the community and making a difference in people's lives, let them know about this awesome opportunity.

Search 'Burnie Brae' on the Seek website or phone us on 3624 2121 for further information or to apply.

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CONTACT

60 Kuran Street, Chermside
Phone: 3624 2121
Email: enquiries@burniebrae.org.au
www.burniebrae.org.au

Like Burnie Brae
on Facebook





ACTIVITIES RESUMING

We hope you enjoyed your break! The hall is buzzing once again with lots of activities back up and running.

Some of our activity restart dates have had to be delayed and we have a few yet to be confirmed. Updates will be provided in the newsletter and our Member Service emails.

Please note that activity start and finish times occasionally need to be changed. We ask that you check the activity timetable on our website prior to attending for confirmation.

We are pleased to announce that Ukulele classes will recommence on Thursday, 3 February in the Activity Room within the Burnie Brae Hall. Join our beginner class from 11.30am - 1.00pm and jam session from 1.30pm - 3.30pm (\$10 per class).

The group will be taught by Mick who is taking over from Chrissy. You can learn more about Mick on page 4.

We would like to acknowledge Chrissy's contribution and dedication to the Ukulele classes over many years. She will be missed by us all.

Subscribe to our Member Services list to receive weekly emails about activities, centre events, day tours, technology training and café, travel and hair salon deals. Scan the QR code or enquire at Reception.



OLDER WOMEN'S NETWORK QUEENSLAND



A new discussion group has started meeting at Burnie Brae, run by Older Women's Network Qld.

In January, the first discussion topic related to manners, something which affects us all.

Our discussions are informal and are intended to be fun, informative and thought-provoking. We aren't trying to change the world in our meetings;

we are simply giving the group the opportunity to chat, share ideas and express themselves.

Our next meeting is at 10:30am on Thursday 10 February in the Activity Room (Burnie Brae Hall).

We'd love to see you there!

RSVP to OWN Qld on 3358 2301 or email coordinator@ownqld.org.au



RAFFLE WINNERS

Congratulations to all of our Christmas Raffle winners. Anne was our lucky 1st prize winner, taking home an entire wheelbarrow full of goodies!

COMMUNITY SUPPORT

A massive shout-out to the following organisations for their generous donations to Project Pantry, our food support program:

- Journey Early Learning Centre (Carseldine)
- Kedron State School
- QUT Staff Community Welfare Fund



CHRISTMAS TOY APPEAL

Thank you to our members for their generous donations to the RizeUp Christmas appeal in 2021.

Together you helped spread Christmas joy to families and children suffering from domestic violence.



Congratulations to Steve Dyson and his team (pictured above) for completing another Bridge to Brisbane marathon last year. It was Steve's 10th year participating in the annual long-distance fun run.

Steve also coordinates the Burnie Brae Walking Group. The group's restart date will be announced in the newsletter and on our Facebook page shortly.

If you would like to join, the group normally meet at Kedron Wavell Services

Club (left of the HQ Cafe) at 3:20pm from Monday to Thursday and walk through the 7th Brigade Park. This activity is free and you don't need to book.

Walking is a simple form of exercise many of us can do, even as we age.

Walking can improve your health and wellbeing and help you to live independently for longer. It's also a great way to get out and meet people or socialise with your friends.



Using your Smartphone to Check-in and Show your Vaccination Certificate



We know it can be stressful visiting a venue that requires you to check-in and show proof of vaccination. Did you know that you can now do both at the same time by linking your digital vaccination certificate to the Check In Qld app?

If you need assistance with this process, our friendly and knowledgeable Tech Tutors are available. If you don't have an active MyGov account that is linked to Medicare, please check with Reception about what extra details you'll need for your appointment.

Technology lessons are available at Burnie Brae from Tuesday to Thursday. To book, visit Reception or phone 3624 2110.



Attend 3 activities in one week and get the 4th free!*

Offer valid throughout 2022.



ACTIVITY TIMETABLE

Scan the QR code or pick up a copy at Reception.

6 FREE FOILS

with cut and colour *



Book a cut and colour at the Burnie Brae Hair Salon and get six free foils!

Valid for bookings made during February and available for all hair lengths.

To book, phone (07) 3624 2150.



MEMBERPLUS

Join or renew online or visit Reception

* T&Cs apply.

Please check your MemberPlus voucher book for details or visit the Burnie Brae website (Membership page).



with
Mick Melit

MUSIC & SINGING GROUP



Mick joined us at the end of last year to coordinate the newly introduced Singing Group (12pm - 1:30pm Tuesdays).

His incredibly impressive background includes playing guitar, singing lead and backing vocals in Bush bands, Blues Bands, Rock Bands, Funk bands, Tribute Bands, Duos and in Musical Theatre. He has performed hundreds of solo gigs and also written, produced and recorded many songs.

Mick even shared the stage as a backing musician for some of Australia's most revered musicians including Russell Morris, Joe Camilleri, Jon Stevens, Marty Rhone, Frankie J Holden, Kevin Borich, Renee Geyer, Digger Revell and toured as lead vocalist and second guitarist with the late great Phil Emmanuel.

His passion for music expanded to teaching students from primary to tertiary level how to play guitar, bass and learning vocals.

Our new Music Group, facilitated by Mick, starts at 2pm on Tuesday

15 February. The jam sessions are a social gathering where you will get the opportunity to play basic popular songs on acoustic guitar alongside others of a similar ability level. Mick will play along, demonstrate and conduct while assisting and teaching where required.

You will need to know a bunch of basic chords and be able to play some basic songs. The aim is not necessarily to perform, but a chance to meet with likeminded folks and play music together.

- Bring your own acoustic guitar capo, picks etc.
- Chords and lyrics are projected to the screen for guidance.
- Approx 1.5-hour sessions with a short break.
- Experienced/accomplished players are asked to please be patient as some of the less experienced players may struggle with chord changes etc.
- Bass player, uke players and keyboardists who are interested in joining, please get in touch!

INDOOR BOWLS

JOIN US FOR A GAME

Welcoming new players of all ages!

Fancy a game of indoor lawn bowls? Come along to make new friends, find a new hobby or simply learn something new. The group play socially, so if you've never played before, we will teach you how.

Did you know, playing indoor lawn bowls can also improve your health? Some of the benefits include improved hand-eye coordination, muscle toning and strengthening.

What are you waiting for? Join us for a game on Wednesday at 1pm or Friday 9am in the Burnie Brae Hall (60 Kuran Street, Chermside).

Simply come along and pay your \$5 upon entry. All equipment is supplied. Transport services are available (subject to conditions). Phone 3624 2121 for further information.





Members Christmas Lunch



Please note: images included in the newsletter may not all be current and therefore have been taken under various levels of COVID restrictions.



REFER A FRIEND to Healthy Connections

Introduce your friends to a welcoming and supportive health environment where they can meet new people, achieve their exercise goals and have some fun!

Our session passes include the use of the gym and state of the art equipment. Sessions are fully supervised by Accredited Exercise Physiologists who monitor technique for safety and optimal performance, as well as provide advice and assistance when required.

The clinic is open for member sessions on weekdays from 6am – 12pm and 2pm – 5pm, as well as Saturdays from 7am – 10am. We have a range of features that offer convenience and safety: changing rooms and showers, air-conditioned clinic, free parking, lift facilities and an on-site Café. Healthy Connections is located at 60 Kuran Street, Chermside, at the Burnie Brae Centre.

Refer a friend in February and you and your friend will receive:

TWO EXTRA SESSIONS
if you purchase a 10-session pass

OR

TWO EXTRA WEEKS
if you purchase a 3-month pass

Offer is valid until 28 February 2022. T&Cs apply - visit the Healthy Connections website for information.

Book in a massage treatment with one of our Massage Therapists - Satsuki, Pearl or Nancy.

Treatment options include remedial, relaxation/therapeutic, reflexology, lymphatic drainage and seated.

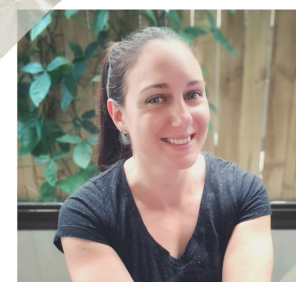
Health rebates may apply, please check with your provider.

30-minute treatment..... \$40
45-minute treatment \$55
60-minute treatment \$75

Treatments by appointment only, phone (07) 3624 2185 or visit Healthy Connections Reception - 60 Kuran Street, Chermside.

In home massages are available on request. A travel fee may apply.

New Massage Therapist



Nancy is a remedial therapist and myotherapist who enjoys working with pain and neural sensations. During her 7 years in the field, Nancy has treated many different populations and people with various ailments.

Nancy is experienced with post-surgery pain/sensations, knee and hip conditions as well as supporting people with chronic pain, headaches and auto-immune disorders.

Her treatments rely heavily on deep tissue massage and may include dry needling, joint mobilisation, electrotherapy, in addition to at home stretching and exercise to support your recovery.

Fun fact: Nancy has worked alongside elite sporting teams – the Firebirds, the Broncos, England’s rugby team and the NSW origin team, as well as some famous musicians.

NEUROBALANCE

PROGRAM



Have you noticed changes in your balance? Do you want to improve your balance through training your brain and your body?

We are looking for anyone interested in improving their balance through strengthening connections between their brain and their movements.

PROGRAM DETAILS

- > Program run by Healthy Connections Exercise Physiologists
- > Participants are assessed before, during and after the program

ELIGIBILITY REQUIREMENTS

- > Able to commit to attending two weekly sessions for 20 weeks and performing a home-based program independently
- > Able to perform in March/April 2022

EXPRESSION OF INTEREST

Register your interest by Tuesday 1 March 2022 by providing your name and contact number via the following options:

Phone: 07 3624 2185

Email: gym@healthyconnections.org.au

In person: at Healthy Connections Reception - 60 Kuran Street, Cherside



ROAST VEGETABLE WRAP WITH CREAMY DRESSING

Servings: 1

🕒 30 minutes

Ingredients

- 50 g sweet potato
- 1 tsp olive oil
- 1 pinch salt and pepper *to taste
- 2 garlic cloves unpeeled
- 1/2 red capsicum cut into wedges
- 1 wholegrain wrap
- 1 tbs cottage cheese
- 1 tsp fresh dill chopped
- 1/2 cup baby spinach leaves

Method

STEP 1

Preheat the oven to 200C and line a baking tray with baking paper.

STEP 2

Cut the sweet potato into 2cm cubes. Toss with 1/2 tsp oil, season with salt and pepper and scatter over a baking tray. Add whole garlic and roast for 10 minutes.

STEP 3

Toss capsicum and onion with remaining oil. Season with salt and pepper, then add to baking tray. Roast for a further 10 minutes.

Set aside to cool slightly.

STEP 4

Squeeze garlic out of its skin and blend with cottage cheese. Stir through dill and adjust seasoning.

STEP 4

Arrange spinach down the centre of wrap, top with vegetables and dressing. Roll up to serve.

Care Services

BLOG



CATCHING MEMORY LOSS / DEMENTIA *Early*



Written by Aynsley Johnson,
Community Services Manager

As we age, we often notice small physical changes throughout our bodies and realise 'that doesn't work like it used to', for example. When it comes to whether changes are happening within our brain however, this is something we can't always tell straight away.

We understand the many important functions our brain helps with, such as making decisions, helping us to pay attention, speak and communicate, and remember things (to name a few). This is why it's so important to spot the early signs that your brain is also physically changing, too.

These changes to our brain are called a 'cognitive decline'.

While there are normal 'age-related' cognitive decline experiences we all have, when these start to really impact your everyday life it's important to catch them early.

You may be more forgetful than you used to be or taking longer to remember something. Maybe you are forgetting important appointments or finding yourself stressed or angry over small things.

Forgetting the number of your gardener is one thing, but when you forget part or all of an event, or realise you've missed your morning medication several days in a row, this is when you want to make an appointment with your General Practitioner (GP)

to discuss whether these are memory related or early signs of dementia.

Your GP will complete a comprehensive medical assessment including testing your memory and concentration. They may also refer you to a specialist in this area, such as a geriatrician. The appointment may take some time so it's worth considering having a support person with you and also a notebook and pen to take notes or share your concerns with them.

If you are assessed as having a decline in your memory your GP or specialist may recommend some lifestyle changes and activities you can complete to help improve your memory and retain it for as long as possible.

If, however, you have been able to assess signs of dementia early your GP/specialist will plan the best way to help you manage this moving forward. This may include medication.

As we age the best way to stay in control of our health and wellbeing is to catch things early and plan as much as possible for a time when we may not be able to control it all.

At Burnie Brae many of our community services include either transporting you to and from appointments or even staying with you and being a support during the appointment itself.

Our team of experienced aged care professionals can also provide you with guidance in relation to memory loss and signs of dementia.

For more information about how best Burnie Brae can help, call 07 3624 2121 or email enquiries@burniebrae.org.au.

Club Respite



In the lead up to Christmas, Club Respite celebrated the festive season with some of our awesome entertainers - Able2Rock, Bruce Smith, David Cheales, John Sophios and Nora.

We also ventured out on the Burnie Brae bus to admire all the wonderful Christmas light displays in Brisbane. In our weekly 'Art with Petra' activity, we made Christmas chocolates and gifts, including personalising our own wooden Christmas angel.

On Christmas Day we sat around the table to share gifts, laughs and a freshly-made Christmas lunch.



Lord Mayor's Seniors Christmas Party

Club Respite was invited to attend the annual Lord Mayor's Seniors Christmas Party at Brisbane City Hall.

We sung along to traditional and contemporary Christmas songs while enjoying each others company.



(07) 3624 2136 respite@burniebrae.org.au 60 Kuran Street, Cherside

Do you want to find out more about Club Respite? Pop in to see us or contact us for information about our services and prices.

NORTH COAST RAIL TOUR

Group Departure



Special Burnie Brae departure from Brisbane | 23 - 27 October 2022.

This exceptional 5 day, 4 night journey takes you along the scenic North Coast Line through the Central Coast, the Mid-North Coast and Northern Rivers regions of New South Wales.

Discover the beautiful Hastings River at Port Macquarie, the breathtaking hinterland rainforest and eclectic community of Byron Bay. See the crystal-clear creeks and uncrowded surf beaches of the Macleay Valley Coast, in addition to the history and heritage of Maitland and Morpeth.

Highlights include:

- North Coast Rail Line;
- Hastings River Dolphin Spotting Cruise;
- Byron Bay Solar Train;
- Food and shopping Byron Bay style;
- Slim Dusty Museum, Kempsey;
- Arakoon National Park;
- Historic Maitland & Morpeth.

Included flight from Sydney to Brisbane and transport to Byron Bay.

Contact Travel Connections to find out more and view the travel itinerary.



From \$4,495* pp, twin share

** T&C's apply. Contact us for more details.*





MIGHTY MURRAY, ADELAIDE HILLS & BAROSSA DISCOVERY

8 Days / 7 Nights

Discover the very best of South Australia on this unforgettable, fully escorted tour.

Departing 28 October 2022.

Spend three nights in Adelaide, starting with a welcome dinner and drinks. You'll enjoy a guided roving breakfast tour of the famous Adelaide Central Market, wine tasting and lunch at iconic Seppeltsfield in the Barossa, a tour of the Jurlique Farm and a visit the charming German village of Hahndorf in the Adelaide Hills.

Then board the PS Murray Princess for a four-night cruise along the mighty Murray River. Sit back, relax and enjoy the epic scenery as you sail a stretch of Australia's longest river. This will surely be a holiday to remember.

Highlights include:

- Adelaide Central Market;
- Barossa and Seppeltsfield Winery;
- PS Murray Princess;
- Ngaut Ngaut Aboriginal Reserve;
- Jurlique Farm;
- Adelaide Hills;
- Woolshed Show.

From

\$2,599*

TWIN SHARE

**Price based on an inside cabin onboard PS Murray Princess. T&C's apply. Contact us for more details.*

To view the full itinerary, scan the QR code or contact us for a copy.



Image Credit: Tourism Australia



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(07) 3624 2191



travel@travelconnections.org.au



www.travelconnections.org.au



Day Tours & Events



Day Tours



Theatre Trips



Centre Events



Gold Program Art Workshops



DESTRESS YOUR LIFE Free Zoom Presentation

Tuesday 15 February | 9:30am - 11am

Join Dr Sharon Hetherington to learn some essential life hacks to manage your stress levels and improve your health and wellbeing. The presentation includes simple, practical exercises that anyone can do to help reduce stress or feel calmer.

How to join the Zoom presentation

Prior to the event starting (5 - 10 minutes) follow these steps to join the presentation:

- open your web browser and enter the URL: us06web.zoom.us/j/87287135268
- enter meeting ID: 872 8713 5268

If you are still unsure, you can book a technology session and a tutor will guide you through the process. Phone 3624 2110 or visit Reception to book an appointment.



RETIREMENT LIVING Free Centre Presentation

Wednesday 16 February | 10am – 11:30am

Find out everything you want to know about Retirement Living. We will be joined by a solicitor, downsizing specialist, financial adviser, real estate agent and representatives from Aura Holdings, who are retirement centre developers.



TIDES OF BRISBANE BOAT TOUR

Wednesday 23 February
9:30am – 3pm
\$160 per person



Price includes a light cheese board at the brewery and lemonade or water on the boat. Guests are welcome to purchase additional food and beverages at the brewery.

Join us as we meander past convict-built structures, historic landmarks and incredible feats of engineering.

Make the most of our city's sensational summer weather and bask in the river breeze on this 3-hour tour like no other! Listen to many fascinating stories from the Museum of Brisbane's professional tour guides. Experience unforgettable views of Brisbane from the river and enjoy a pit stop at Sea Legs Brewing Co - one of the city's top local breweries, operating under the iconic Story Bridge.



\$46

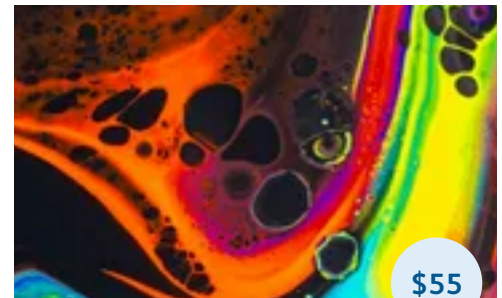
I'M JUST WILD ABOUT HARRY

Wednesday 23 February
9:30am – 2pm



Jonathon Welch AM takes the stage at Redland Performing Arts Centre to pay tribute to one of the most popular Welsh tenors and comedians, Sir Harry Secombe.

Regarded as one of the finest tenors of his generation, Johnathon has performed alongside some of the world's greatest, Baz Lurhmann and Richard Bonyngé.



\$55

ALCOHOL INK Interactive Workshop

Saturday 26 February | 9am – 12pm



Come along to this popular workshop and make a stunningly-bright pot plant holder using alcohol inks. If you enjoy pouring paint, you will enjoy this workshop as it achieves a similar result.

This workshop is instructed by a qualified teacher and is suitable for beginners. Tools, gloves, inks and yupo papers are supplied.



\$138

OUTBACK SPECTACULAR

Sunday 27 February | 8:30am – 3:30pm

An emotional ride into the heart of the Australian bush with Australian characters, a transformative arena, mesmerising animals and immersive technology.

Enjoy a delicious three-course meal with drinks (included) throughout the show.



To book or enquire about an event, phone 3624 2110 or visit Burnie Brae Reception.

Day tours depart from Kedron-Wavell Services Club, please arrive 15 minutes prior to the event departure time. Centre events and GOLD Program workshops are held in the Burnie Brae Hall - 60 Kuran Street, Cherside.