



“Aloha” from Hawaii

Gracie Dixon Centre

February - March 2025

45 Woondooma St Bundaberg Q 4670

4130 4120

gracied@bundaberg.qld.gov.au

A message from the Coordinator

Hello everyone,

We are delighted to bring you the next edition of our Newsletter for the year!

May this year bring us health, happiness and enjoyment. The aim of our Newsletter is to keep you informed, engaged and connected with content tailored just for you.

We encourage your feedback and suggestions on what information you would like to see in our Newsletter.

There are a lot of changes coming to the Aged Care sector over the next 2 years, starting in July 2025 the first stage of change will be implemented. There is a lot of information coming out in many different formats. If you are interested in knowing more or need assistance to navigate the system, you can attend information sessions, the first is advertised in this newsletter or you can contact My Aged Care or other support services. Ask your service providers or the staff at Gracie Dixon if you need assistance with referrals to support services.

Lyn is still away on leave so over the next couple of months you will see Anna - Community Care Coordinator from Childers and Lee-Anne - Community Care Coordinator from Gin Gin, attempting to fill in big shoes at Gracie Dixon. In the event that Anna or Lee-Anne are unavailable, please do not hesitate to speak with Julia Da Silva who is acting in higher duties at this time. Anna and Lee-Anne are experienced Coordinators from the Community Care programs in Bundaberg Council, please be patient with both Coordinators as they try to remember everyone's names and situations and please feel free to speak with either of them about any changes in yours or your loved ones needs.

We have received confirmation of guest speakers for Dementia Café recommencing in April. We have some wonderfully knowledgeable people from different services that we are hoping can share some knowledge and assist your aged care journey over the coming months.

For your information, the Australian Government Department of Health and Aged Care team will be visiting Bundaberg on 26 March to discuss Commonwealth funded aged care services that help older people live independently at home. This will be happening at The Waves Sport Club, 1 Miller Street Norville from 9.30am to 10.30am. Refer to the attached flyer for booking details to attend this free event.

Stay safe, well and happy

Anna



Anna



Lee-Anne

Branch Manager Community Services:	Kirstin Harrison
Gracie Dixon Centre Coordinator:	Lyn Frost
Gracie Dixon Centre Administration:	Dianne Fenton
Senior Community Care Worker:	Julia Da Silva
Community Care Workers:	Diane Hillyard, Jodi Arthy, Julie Hylands





Australian Government
Department of Health and Aged Care



Let's talk about aged care in the home!

Join the Queensland team from the Department of Health and Aged Care for a discussion on Commonwealth funded aged care services that are designed to help older people live independently at home.

On the day the team will talk you through the range of aged care services available and the assessment process for accessing services.

The new Aged Care Act commences in July 2025, so come along and learn more about the changes in aged care. We look forward to sharing what quality aged care looks like now and into the future.

How to reserve your place

For locations and times on all Queensland sessions please see our full schedule of events on the next page.

You can book a place to attend these free events via the following options:



By telephone - please call (07) 2114 0316



By email to engagement.qld@health.gov.au – with your name, the number of places you would like to reserve and which session you would like to attend



Online – please click [here](#) to select a location

Seniors Safety

The Queensland Police Service (QPS) recognises the valuable role that older Queenslanders play in our community and their right to safety and a lifestyle without fear.

There is a mistaken belief within the community that older people are vulnerable to crime and live in fear. The reality is quite different in Queensland, in Australia and around the world.

Statistics show the older you get the less likely you are to become a victim of crime. Seniors are more experienced and wiser; they tend to spend more time at home and with family, and are less likely to place themselves in high-risk situations.

Despite this low risk, it is still important that seniors recognise risky situations and take precautions to protect themselves and their property.

What you can do

Some steps you can take to protect your safety and security:

- If you have a phonebook listing, only list your initials and surname to limit the amount of personal information available.
 - If you use an answering machine service, ensure you leave a message saying 'we' will call back if you live alone.
 - If you and your family communicate on the internet via social media networks, make sure you don't give out personal details such as your home address or phone number.
 - Be cautious about information you give to strangers – don't tell them where you live or when you will be away and don't give out any personal, family or financial information.
 - When shopping, avoid carrying large amounts of money and never leave your handbag, wallet or personal items unattended or in a shopping trolley or mobility device.
 - If you're travelling on public transport, ensure you sit where you can see and be seen by the driver or guard, and always check timetables beforehand to avoid long waits.
- In your phone, program in the contact numbers of a relative, neighbour or close friend you can contact if you need assistance. Also program the emergency number, Triple Zero (000).
Note: For non-urgent matters, ring Policelink on **131444**.
 - If you receive mail, emails or phone calls requesting money, even if it's for charity, verify where the request has come from before donating. If you are unsure, contact your local police station.
 - When out and about, always appear confident and self-assured. Research shows that people who appear confident and take personal safety precautions are less likely to become victims of crime.
 - Consider installing an alarm system in your home, particularly if you live alone, to help protect your home and personal safety.
 - Medical or personal alarm systems are also a good idea to consider and are easy to set up. There are many options available, depending on your personal needs.

POLICELINK
131444

Seniors Safety

Always remember

Appear confident and self-assured at all times. Research shows that people who appear confident and take personal safety precautions are less likely to become victims of crime.

Consider installing an alarm system in your home, particularly if you live alone, to help protect your home and personal safety. Medical or personal alarm systems are also a good idea to consider and are easy to set up. There are many options available, depending on your personal needs.

Elder Abuse

The Queensland Police Service is committed to working with older people and the community to prevent harm to older people. Elder abuse can take many forms. If an older person is being harmed in some way by a person they trust, that is elder abuse. Elder abuse can be categorised into six types:

- ⇒ Emotional
- ⇒ Psychological
- ⇒ Financial
- ⇒ Physical
- ⇒ Sexual
- ⇒ Neglect

Elder abuse can be a criminal offence and domestic and family violence.

Unfortunately, it is common for elder abuse to remain hidden and continue unsuspected. Elder abuse is vastly under-reported and, in most cases, committed by close family members.

Elder abuse is everyone's responsibility and by working together, it can be prevented.

Seniors Enquiry Line: 1300 135 500

Elder Abuse Prevention Unit: 1300 651 192

Source: <https://www.police.qld.gov.au/safety>

Do you know about the little button?

Do you know what that little button on your seat belt is for?

The little button on a car seat belt might not seem like a big deal, but it actually plays an important role in keeping things convenient and safe. Known as a stop button or retainer button, it's that tiny plastic piece on the seat belt strap that stops the metal latch plate (the part you click into the buckle) from sliding too far down when you're not using it.

Imagine if that button wasn't there. The latch plate would just slide all the way down to the base of the seat belt, making it a pain to grab when you're ready to buckle up. Thanks to this simple button, the latch plate stays in an easy-to-reach spot, saving you time and frustration.

Most seat belts actually have two of these buttons. One is near the latch plate to keep it from sliding down toward the floor, and the other is closer to the top, preventing the metal piece from slipping too far up toward the shoulder strap. Together, they make sure the seat belt stays in the right position for when you need it. Over time, these buttons can wear out or even break off, but they're easy to replace.

You can find replacement buttons online or at auto stores, and they're pretty simple to install with basic tools. It's one of those little things you don't really think about until it's gone. But once you realise how much hassle that button saves you and how it helps keep the seat belt working as it should, you'll definitely appreciate its small but mighty job.



Dementia Café held April to October

Gracie Dementia Café

When: First session for 2025 will recommence on **1 April**

Where: Bundaberg Recreational Precinct
Main Pavilion Function Room
Kendalls Road, Avoca (enter via gate)

Time: 9.30am - 11.30am

Cost: \$5.00 cash per person (includes morning tea)

Guest Speakers will be:

1 April - Aged Care Navigator (Wellways Carer Gateway)

6 May - Vince & Lorrae O'Rourke (Carers Outlook)



All members of the community are welcome to attend this session



Volunteering for Gracie Dixon

Bundaberg Regional Council works with volunteers to provide many of its services to our community in an inclusive and friendly way.

Are you someone who wants to give back?

Your life experiences, skills and want to contribute to others, will make you the ideal volunteer. Volunteers can help with a wide variety of activities.

We are currently looking for volunteers to undertake kitchen assistant duties. You will be required to assist with the preparation of morning tea, lunches and the general cleaning and maintenance of our dining area.

In return, you will receive training, where references will be provided upon requests. Other benefits include the opportunity to give back and engage with the community where you will have the privilege of being recognised for your hard work.

You will need to obtain an Australian Federal Police clearance prior to commencing at the centre in a volunteer role.

If you are interested in becoming a volunteer, we would love to hear from you, so please:

Volunteer at Gracie Dixon

The Centre provides an enjoyable social program for its members who are aged 65 years or over (or 50 years and over for Aboriginal and Torres Strait Islander people). The program which includes music, concerts, quizzes, cards, exercises, outings for drives and BBQ's is designed to maintain, develop and support the capacity for independent living and social interaction.

We're looking for passionate people who want to give back to the community to volunteer.

Volunteer tasks:

- Prepare morning teas and lunches (no cooking)
- Serve food to clients
- Clear tables and wash dishes
- Assist care workers with activities
- Care for our clients

Volunteer availability:

Volunteers are needed for the below hours, on any week days.

Bundaberg Centre
Monday to Friday, 9am – 3pm

Bargara Day Respite
Thursday, 9.30am – 1.30pm

A current Police Check is required prior to commencement.

For more information:

Contact the Centre Coordinator on 4130 4120.



Transport Savings



Book a short distance trip and pay less!

FREE transport when your transport booking is less than 2km between 9:30am-2:30pm*

\$2 transport when your transport booking is between 2-5.9km, 9:30am-2:30pm*

Call us on 1300 785 646 or text 0428 799 085 to make your transport booking!

*Terms & Conditions apply. Discounted price offer is for a limited time only. Trips available outside of these hours and distance are at the standard client contribution cost. Discounted pricing applies to trips from 3/2/2025 and is per one-way trip. Must be registered with St John, eligible for the Commonwealth Home Support Programme and have a valid MAC referral for St John Ambulance Qld transport. Available to transport clients in north Brisbane, Redcliffe, Caboolture, Maryborough, Hervey Bay and Bundaberg.



1300 ST JOHN (785 646)
intake@stjohnqld.com.au
www.stjohnqld.com.au



St John Ambulance Queensland Ltd ABN 74 264 019 231

Centre Hairdresser

Hair by Mel



Ladies trim from \$24.00
Shampoo & Blow-dry \$24.00
Men's trim \$15.00
Next appointment for 2025
Friday **14 March**

Melanie provides services to Gracie Dixon Centre participants who attend for day respite or social support group. Melanie is available on Fridays - usually every 5-6 weeks. Call the Centre on 4130 4120 to make an appointment.

"Looking lovely Tip"



Information Sharing

Urgent Care Clinic reopens in Bundaberg

Bundaberg residents will once again have access to bulk-billed, urgent care without the need to visit the emergency department, with the reopening of the Bundaberg Medicare Urgent Care Clinic.

Funded by Country to Coast Queensland (CCQ) through the Australian Government's PHN Program, the clinic is located at 53 Commercial Street, Kensington, co-located with Central Medical Bundaberg, ensuring strong integration with local primary care.



CCQ Chief Executive Julie Sturgess said the return of the service demonstrated the ability of health services to work together to meet the evolving needs of the Bundaberg community. 'When the original clinic closed unexpectedly in late 2024, we knew that leaving a gap in urgent care access was not an option for our community,' she said.

Medicare Urgent Care Clinics provide walk-in, bulk-billed care for non-life-threatening conditions that need immediate attention but do not require a visit to the emergency department. This includes:

- ⇒ Sprains, sports injuries and minor fractures
- ⇒ Minor cuts, wound care, minor burns, insect bites and rashes
- ⇒ Respiratory illness and infections
- ⇒ Gastroenteritis and dehydration

The clinic is supported by highly skilled independent doctors and nurses, utilising excellent treatment and procedure room facilities.

📍 53 Commercial Street, Kensington, QLD 4670

☎ 07 5316 3245

🕒 Monday-Sunday, 9am - 7pm

Just walk in!



Source: <https://www.urgentcarenetworkaustralia.com.au/location/bundaberg-medicare-urgent-care-clinic/> & BRC Bundaberg Now

Medical / Patient Health Summary



Gracie Dixon Centre Coordinator is asking for a current copy of your **Patient or Medical Health Summary**. It is very important and assists our staff to provide better support for our clients. You can obtain a copy of your Health Summary from your GP.

The Summary should be printed within the last 12 months or if there is a significant change in diagnosis or medications. We are required to keep our Client Care Plans up-to-date on a yearly basis which includes changes in mobility, personal care, dietary needs, change of address, family contact details and an updated summary of current medications and medical diagnosis. All of our documents are kept private and confidential, however current medical conditions will be provided to paramedics in the event of an emergency.



Pre internet chat room using
An old version of windows...



Poor fella



Fish & chips 🐟



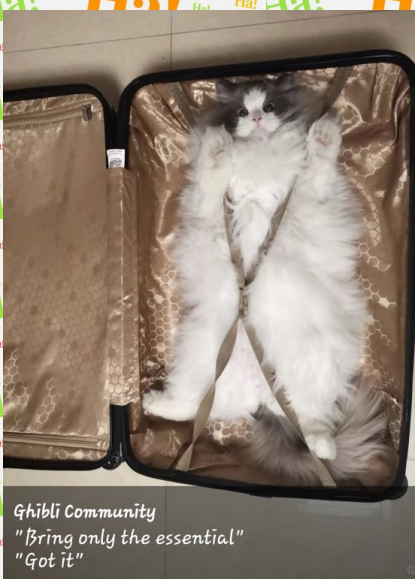
WHEN MY WIFE IS SICK IN BED AND ASKS FOR PLANE TOAST



My mom text me when are you giving us grandkids and I sent her this picture



Source: Facebook



Ghibli Community
"Bring only the essential"
"Got it"



Still Game
Be careful out there, just seen an undercover dog using binoculars.

Girls be like..
I don't have anything to wear



Positive Vibes Only

Ernest Hemingway once said:

In our darkest moments, we don't need solutions or advice. What we yearn for is simply human connection—a quiet presence, a gentle touch. These small gestures are the anchors that hold us steady when life feels like too much.

Please don't try to fix me. Don't take on my pain or push away my shadows. Just sit beside me as I work through my own inner storms. Be the steady hand I can reach for as I find my way.

My pain is mine to carry, my battles mine to face. But your presence reminds me I'm not alone in the vast, sometimes frightening world. It's a quiet reminder that I am worthy of love, even when I feel broken.

So, in those dark hours when I lose my way, will you just be here? Not as a rescuer, but as a companion. Hold my hand until the dawn arrives, helping me remember my strength.

Your silent support is the most precious gift you can give. It's a love that helps me remember who I am, even when I forget.



Let's meet at the Ocean View Restaurant

A group of 40 year old girlfriends discussed where they should meet for dinner. Finally, it was agreed that they should meet at the *Ocean View Restaurant* because the waiters there had tight pants and nice buns.

10 years later, at 50 years of age, the group once again discussed where they should meet for dinner. Finally it was agreed that they should meet at the *Ocean View Restaurant* because the food there was very good and the wine selection was good also.

10 years later, at 60 years of age, the group once again discussed where they should meet for dinner. Finally it was agreed that they should meet at the *Ocean View Restaurant* because they could eat there in peace and quiet and the restaurant had a beautiful view of the ocean.

10 years later, at 70 years of age, the group once again discussed where they should meet for dinner. Finally it was agreed that they should meet at the *Ocean View Restaurant* because the restaurant was wheelchair accessible and they even had an elevator.

10 years later, at 80 years of age, the group once again discussed where they should meet for dinner. Finally it was agreed that they should meet at the *Ocean View Restaurant* because they had never been there before!!



Fun times @ Gracies



