

THE BEACON

SPRING 2023



Keep updated on what's been happening organisation wide.

Message from the Executive Director

Dear Friends,

Welcome to Spring 2023.

Over the last couple of months and as we enter Spring our focus has been and will continue to be one of engagement and connection.

During the month of August, joined by other members of the BallyCara Executive Team we visited all our regions and were able to connect with staff through a series of Roadshows.

We were able to share our 40th Anniversary with them and hear firsthand what BallyCara means to them. No surprise, the focus was very much centred on the people we have the privilege of providing services for, our Clients, Residents and families. The connections and relationships were tangible and their passion for what they do shone through. It is such an honour for our staff to have the relationships they do. No doubt the two most important groups of people are those that we serve and the BallyCara staff.

As part of our 40th year we are taking the opportunity to look ahead to the next 40 years, particularly at our Scarborough site. As part of our engagement and connection

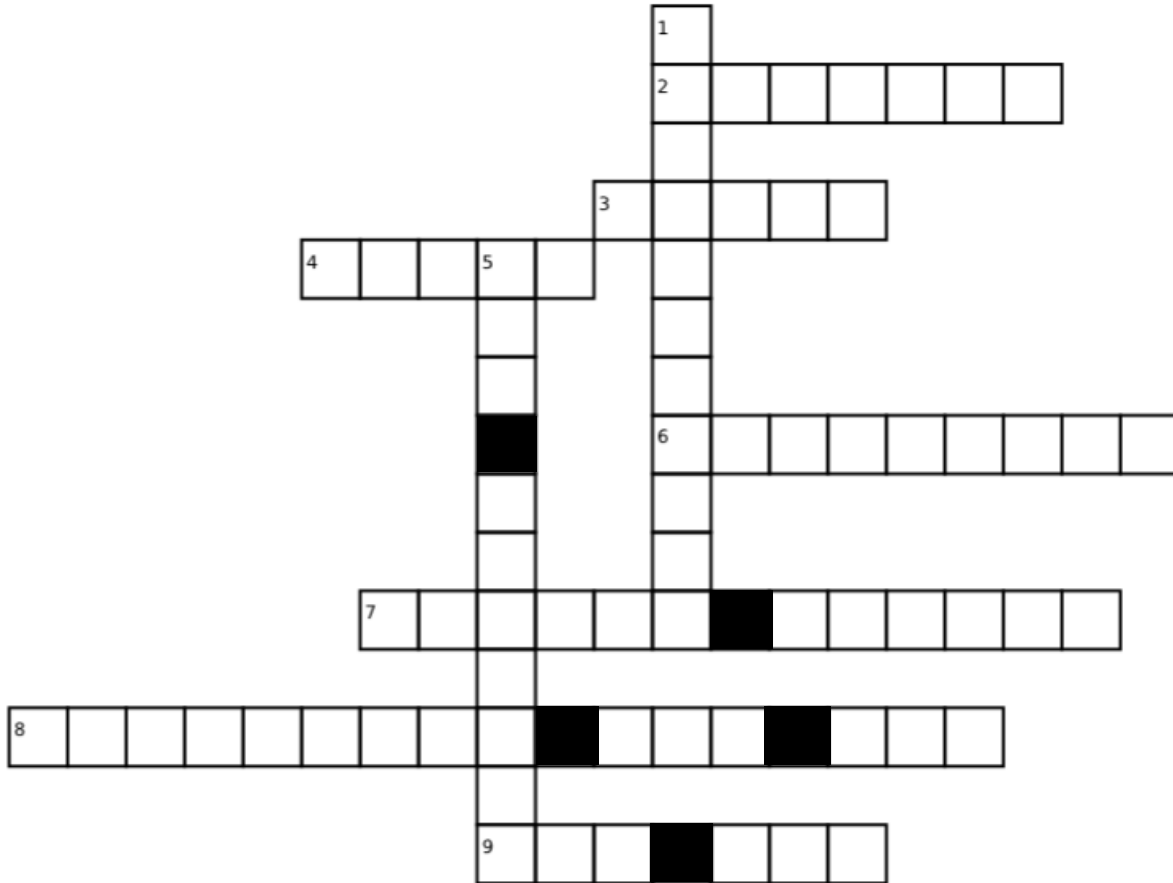
we are in listening mode. We are engaging with those who live, work, or visit the Scarborough site to gain some insights into what the next 40 years may look like. Watch this space.

In earlier editions of the Beacon, I have spoken about the Aged Care Reforms. These continue at pace and we are responding to growing reporting requirements and more change. There are ways, should you wish to do so, via the Aged Care Quality and Safety Commission for people who use services and their families to engage in the consultations that are ongoing. I am so proud of how our staff respond and embrace the changes that are taking place.

During this next season there will be several activities to engage in especially as the month of October is dedicated to Seniors Month. It will be celebrated from Sunday 1 October to Tuesday 31 October. Notable dates are: United Nations International Day of Older Persons (1 October) and National Grandparents Day (29 October). However you celebrate – enjoy.

**Best wishes,
Sharon**

Spring Crossword



Down:

- 1 Bees are in charge of what?
- 5 Which Dolphins player came to our Spring into Spring event?

Across:

- 2 What month do Jacarandas usually bloom?
- 3 Spring ___ your home.
- 4 How long have Residential Care Residents Stephen & Christine Hunt been married? (the number is spelt out & answer is in this Beacon)
- 6 Location of a carnival of flowers in Queensland?
- 7 Australia's national floral emblem?
- 8 Our Caras' and Co Melbourne hub is most excited for this day involving horses.
- 9 A martial arts class we offer.

Do you need to catch up on previous editions?

We have all previous editions of The Beacon on our website. If you missed an issue, search in your internet browser the following link-
<https://www.ballycara.com/our-story/the-beacon>

History of the BallyCara Men's Shed

It was about 2014, when an influx of active and youngish folk took up residence in Amicus, the new six-story, independent living apartments. Many of the men folk, together with other residents of the Village, decided to donate or share their tools. A wood lathe was also donated for members' use. After a short time passed, and with much discussion and planning with Management, it was decided to officially form the BallyCara Men's Shed. A Committee was formed and rules and plans were made. Each Member is presented with the official BallyCara Shed Member's Handbook, stating the BallyCara Philosophy, Vision and Mission, together with rules and important information.

Every Friday, from 11-12 noon, all members come together for a social time– to meet, greet, chat and share a cuppa and tasty scone and jam. The scones are made faithfully every week, by the wife of a past member. A wonderful time is shared and often a joke is enjoyed. 'Show and Tell' is a popular activity. Members also share their past experiences and hobbies. Every Tuesday is the official working day. However, the shed is available all week. A Security-coded key lock, for entry to the Shed, has been installed and works very successfully. The Men's Shed Project Manager liaises with Staff at Hibernian and Sunnyside Villas, with requests for items to be made for fun and learning skills, for residents. He will also attend the Carer's Auxiliary meetings to receive any requests for items to be made, for sale in their shop, and items requested to be made for the Invigorate groups.

Village residents are able to have items repaired at the Shed, by members. The Hon. Secretary keeps a Photo Album record of items made by members. This Village venture of The BallyCara Men's Shed is an important and interesting establishment it is most successful, and growing in numbers. The BallyCara Men's Shed was officially opened and Blessed by Sr Pauline Coll AM, on 15th May 2015

**Frances Eames,
Hon. Secretary**



Get walking this Spring!

Health Benefits of Walking:

- Increased heart and lung health and fitness
- Reduced risk of heart disease and stroke
- Improved management of conditions such as high blood pressure, high cholesterol, diabetes and joint and muscular pain or stiffness
- Stronger bones and reduces risk of developing osteoporosis
- Increased muscle strength and endurance

How much should I walk?:

Walking for 30 minutes on most days of the week, is a great aim to get the health benefits, however, if you aren't quite there yet that is ok, smaller more regular bouts of walking, for example, 10 minutes 3 times a day and gradually building to longer walks is a great way to get started.

Hey Brisbane North! Join Adele's FREE Walking Group



Group Name: Wooloowin Walk with Caras' & Co.

What: Free Heart Foundation Walking Group

When: Every Thursday @ 7am (30mins, slow-paced)

Meeting place: Caras' & Co Coffee Cart, 36 Rose Street, Wooloowin.

What's been happening around BallyCara

Residential Care Residents, Mary & June, watching the Dolphins game at Kayo Stadium.



Multicultural Day



Our Logan and GC team celebrating Christmas in July!



Invigorate group



Woolowin Roadshow



Wellness Tai Chi Class



Congratulations to Stephen & Christine Hunt on their 50-Year Golden Anniversary

Stephen and Chris have been Residents of BallyCara for over 6 years and both now reside in our Residential Care. Our lovely staff set up a special lunch for them to celebrate such a wonderful life event!



Ron with his impressive Lego collection at the winter fair



**Experts by Experience
(EbE)**



A chat with a past member

Kathy Webber

Logan region, Queensland

In your words, what do the EbE do?

We as consumers come together as a group. We get to see the thoughts of the powers that be – the plans that they think might work if put into place. Together, we go through these plans, ideas, and other things, to see what we, the EbE, think. We share our thoughts and ideas about what we feel might work going forward.

The group gets together as a group on a regular basis, which is beneficial because between you all you bring ideas and experiences, and talk through them with each other. You learn from each other's experiences, and discuss all the ideas further to determine what might work for the Consumers and BallyCara.

Why do you think the EbE matters?

I think it matters because the members of the EbE are all consumers - whether they are living in Residential Care, living in the Village or get Home Care.

A lot of the needs for everyone are the same, but each person has different needs as well, and this is something that we as a group can help to bring out.

The EbE gives a broader vision of what the services are doing, how it's working, and what can be done to make it better. As consumers, we give the organisation a different understanding of this.

What did you enjoy the most about being on the EbE?

Meeting new people who are able to discuss their actual thoughts together. Being able to discuss your thoughts, feelings and concerns about what your experiences are at BallyCara, and hearing from everyone else too... and it's great to get together and have a chat!

What would you say to someone who is thinking they might like to join the EbE, but are not sure?

Try it! You'd be surprised at how much enjoyment you can get from it. It's definitely a worthwhile experience.



One last thing from Kathy...

One last thing I'd like to add... I am having very good experiences with my services; I think the care and what BallyCara does for their clients is wonderful. I don't live locally, or close to Bethania (Caras' and Co in the Logan region) so I didn't think they'd be able to cater to all my needs, because I know it's not always easy to find health professionals that can travel out to where I am. BallyCara made the effort to figure out how to get me the services I need, in my home, and make it work within my package! How could you want to go anywhere else other than BallyCara!

More info about the Experts by Experience:

The Experts by Experience consumer group is one of the ways that BallyCara engages with Residents and Clients to ensure their voices are heard, and they are at the centre of what we do.

It is called the 'Experts by Experience' group because each member's personal experience of using our services makes them the 'expert' of their experience. Drawing on this, we ask the group "what are we doing well, what could we do better and what haven't we thought of?" We do this by exploring specific topics in a group discussion where everyone matters.

- The group is made up of consumers from all of our service areas
- The group meets 4 times a year at Scarborough
- Members who cannot make the meeting in person are supported to participate in a way that works for them.
- The feedback from each meeting is shared directly with the Board, Executive Chairman, Executive Team, and Management Team for their consideration.
- The group is facilitated by Ruth Falconer, Creative & Engagement Therapist.

Because we aim to have Resident/Client representation from all BallyCara's service areas (Residential, Village, Home Care, and Wellness), locations and regions (Brisbane North, Cabool, Gold Coast, Logan, Melbourne and Scarborough) spots on the group are limited and filled by invitation only.

If you'd like to learn more about the EbE, or are interested in joining, please email to let Ruth know and she will contact you (or let a staff member know, so they can email on your behalf).

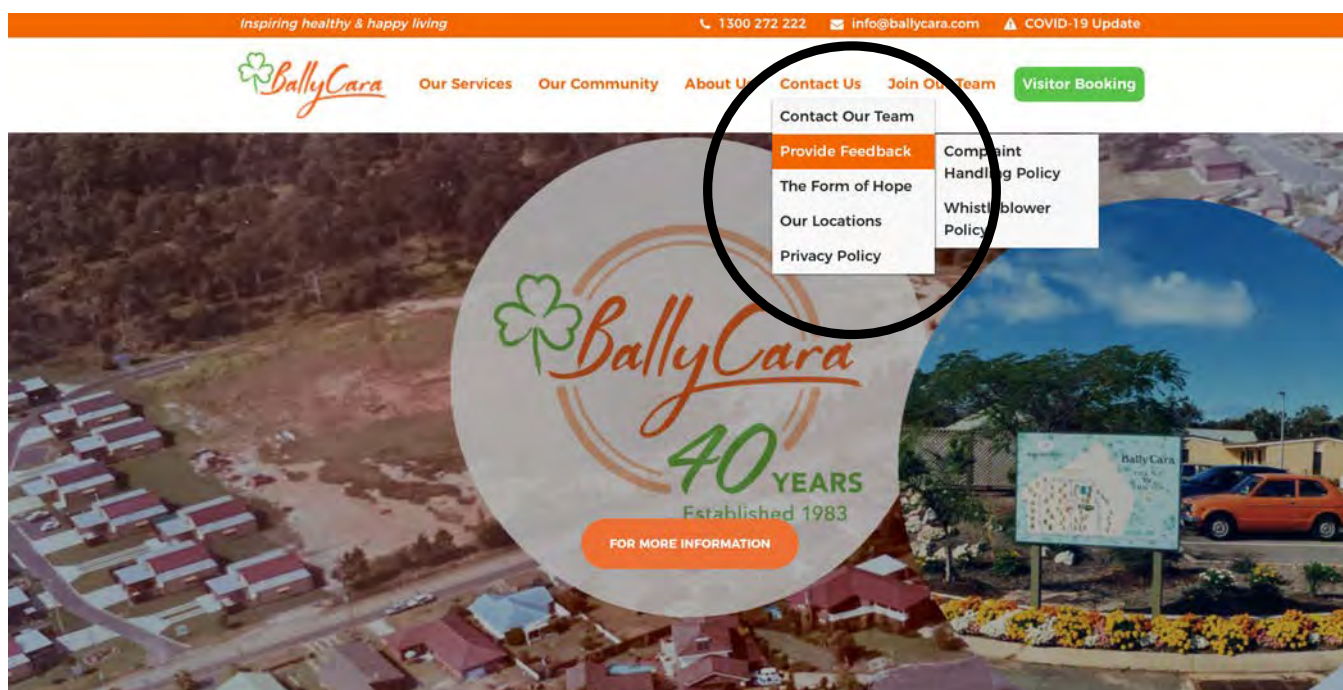
Email: feedback@ballycara.com



Did you know the EBE has provided guidance on the size and colours of the font that are better than others, encouraged us to use more imagery in our communications, and gave us some ideas about formatting that is helpful... you may notice some of these things in our Beacon! They also contributed to Senior Leadership Team discussions through their insights about, and experiences of, ageism – so that we might understand the different ways that it shows up.

We want to hear from you!

We always want your feedback, we want your voice to be at the heart of everything we do. You may not be interested/want to be a member of the EbE at the moment but you can share your voice by filling out a feedback form. You can complete a feedback form online by going to our website- <https://www.ballycara.com>,



or a hard copy form that you can post to 16B Oyster Point Esplanade, Scarborough QLD 4020 or hand to a staff member who will take it to the office for you. Your feedback can be anonymous if you prefer, or you can include your name and contact information so that we can communicate directly with you. All feedback is assigned to a staff member to ensure our feedback timelines and processes are followed.

Form of Hope- In our past Beacon's you may have seen a Form of Hope. Did you know that you can fill in a feedback form to complement a staff member and tick 'yes' that you would like this compliment to be added to the Staff Reward and Recognition Scheme. A feedback form can be found at the back of this edition.

Let's get social!

Keep up to date with what's happening
around BallyCara and our Caras' & Co Communities!



INSTAGRAM

@Carasandcobethania

INSTAGRAM

@Carasandcowooloowin

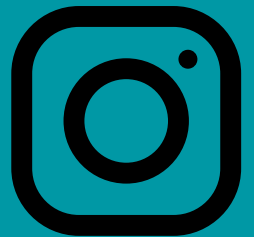


INSTAGRAM

@Carasandconerang

INSTAGRAM

@BallyCara



FACEBOOK

@BallyCara



BALLYCARA & DOLPHINS NRL

We were delighted to have some special guests from Dolphins NRL join to team up with the staff and verse Residents for our monthly Sports Afternoon.

We were joined by players Isaiya Katoa, Jack Bostock & Mason Teague, along with NRL great, Sam Tagataese, who works closely with the players now.

It was an afternoon of healthy competition with scores tight throughout all the games. Our Residents certainly gave the boys a run for their money. The luck of the Irish must have rubbed off, with two of the three players scoring tries in their winning game against the Warriors!

We also hosted our Spring into Spring event in collaboration with the Dolphins NRL. The day involved Tom Gilbert meeting fans & having a go at the Blazepods, Moreton Bay's largest Wellness Circle, a free BBQ, and four Family passes won to the Dolphins Vs. Warriors game, face paint, inflatable games + lawn games, and so much fun!



Tai Chi at BallyCara

Did you know we offer Tai Chi classes at Caras' & Co Woolloowin and our Village?

What is Tai Chi?

Tai Chi is a form of exercise that incorporates slow, meditative movements designed to centre the breath and body. It uses specific sequencing that is easy to follow but can be challenging to perfect. Tai Chi allows participants to improve their balance and mental health in a relaxing environment as they learn to slow down and use deep breathing to complete the guided sequences.

Why is Tai Chi beneficial?

Tai Chi challenges several aspects of our physical and mental health. The slow, steady movements assist with improving our balance, strength and mobility. Meanwhile, as we learn to memorise each sequence in a calm, meditative environment our memory and focus improves as our stress and anxiety reduces. Tai Chi is specifically helpful in reducing our falls risk. For those who struggle with balance and subsequent confidence, Tai Chi reminds our bodies how to move slowly and confidently through designated dynamic movements.

Is Tai Chi right for me?

Anyone can participate in Tai Chi. It's benefits range across a variety of concerns. Tai Chi is designed as a dynamic movement sequence but can be completed in differing stages to maximise safety for individual Clients. This may include seated or static Tai Chi movements, separating arm and foot coordination until further progress is made. BallyCara offers two Tai Chi classes at the Scarborough Village for varying levels of difficulty.

What if it's too easy?

Tai Chi challenges balance, strength, mobility, coordination, focus, and memory. Each sequence can be adjusted for varying levels and even our instructors can find the sequencing rigorous! Learning the dynamic movements while focussing on our breathing can be highly challenging, while memorising the sequence creates a challenge all on its own. Tai Chi may not be a tiring weights session in the gym, but it is appropriate for every level of fitness.

BallyCara Feedback Form

Full Name:

Phone Number:

Email address:

Type of Feedback:

Comment

Compliment

Complaint

Suggestion

Would you like this compliment to be entered into the Staff Reward and Recognition Scheme?

The Staff Reward and Recognition Scheme is for all staff who work directly with Residents/Clients and are not management. Entries will be judged by a panel of Residents/Clients and winners will be rewarded.

Yes

No

Dependent on answer of 'Compliment' or
'Type of Feedback'

Area

Home Care

Housekeeping

Wellness

Catering

Finance

People and Culture

Residential Care

Short-Term Restorative Care (STRC) Village

Facilities and Grounds

Marketing

Other, Please Specify:

Please provide your feedback here:

Please provide a suggestion of how you think we can improve:



If you would like to receive a copy of The Beacon electronically, please email info@ballycara.com to join our mailing list.

Are you or anyone you know looking for a friendly new community?

Join our waitlist now - With a variety of apartments and villas, offering different designs and sizes we have options to meet virtually every need and personal preference.

**Introducing Assisted Living at BallyCara!
Independent, community living with a little extra support.**

At our Village Centre – the heart of Village living.
For more info, contact our Assistant Village General Manager,
Courtney Moss on 1300 272 222



1300 272 222 www.ballycara.com

Inspiring healthy & happy living