

THE BEACON



**Rest In peace Your Majesty. Thank you for your service.
1926-2022**



MESSAGE FROM THE EXECUTIVE CHAIRMAN

Dear Friends,

Welcome to spring! Hopefully it's an enjoyable three months ahead with some lovely weather conducive to much outdoor activity and a renewal of gardens big and small...

This edition of the Beacon again features many of the fantastic things happening across the BallyCara community. In addition to the activities, initiatives, services, and events that you know about, briefly outlined below are some behind-the-scenes work we continue to pursue on behalf of people using our services and our staff.

Our engagement with Government and other interested parties is ongoing in relation to legislative reforms affecting older people now and into the future

As has been reported in the media last month a number of important areas are currently being considered by the Federal Government and their Departments including new compliance standards for aged care, solutions for workforce requirements and dealing with recommendations made by the royal commission into aged care.

In addition to the areas mentioned above we are strongly advocating for a focus on individual outcomes for people using services (as opposed to bureaucratic processes) and the importance of wellness in a system that has otherwise focused on what people can't do as opposed to preventative and restorative practices. We appreciate our Residents and Clients' interest in what the Government is doing and will continue to enhance how we make the right

MESSAGE FROM THE EXECUTIVE CHAIRMAN CONTINUED

information available for you.

A key investment we continue to increase in as an organisation is our staff training and development. Beyond the required mandatory training that is undertaken regularly we are constantly exploring further needs and opportunities for up-skilling, enhancing knowledge and improving practices. Accordingly, our priorities for training and education are directly shaped by feedback received from Residents, Clients, and Staff. It is another reason why all feedback is so valuable for us as it greatly assists in sharpening our focus and identifying where we should be developing our skills and knowledge and refining our methods.

We are also continuing to pursue research initiatives that have practical meaning for us as a provider of services and for people using our services. Primarily our various research activities are through partnerships with a variety of universities and other bodies who share our interest in health and wellness, workforce development and improved outcomes for people as we grow older. Some of our own personnel are directly involved in these research initiatives combining their employment at BallyCara with their academic pursuits to help provide the most value to our programs.

Finally, and as mentioned previously we continue to advocate for the rights of older people locally, nationally, and globally. Whilst a number of international processes are continuing to focus on the human rights issues, we are eager to see greater attention to such matters here in Australia. For example, it is hoped when the new Aged Care Act is written by the Federal Government it is underpinned by a human rights framework which would see much more of a need-based approach to care, services and accommodation for older people. Of course, there are many other areas we need to see addressed formally such as discrimination, elder abuse and the protection of a person's independence and autonomy.

We will maintain our involvement in these areas as part of our ongoing commitment to inspiring healthy and happy living and having a positive impact through relationships. As alluded to above please let us know if there is any information you need on topics affecting you and as always, your feedback about what we do is treasured so don't hesitate to share any comments, complaints, compliments, ideas, or queries.

Enjoy this edition of the Beacon and embrace our lovely Spring season!

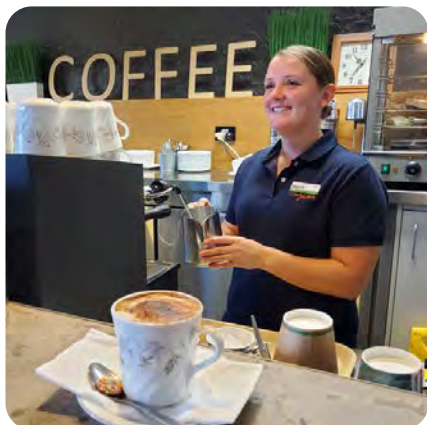
**Best wishes,
Marcus**

Happy Spring time!

Below are some of the extraordinary ladies behind our HomeCare team in Scarborough. They celebrated the first of Spring by wearing their brightest and most floral outfits!



Coffee Bar at our Wellness Centre



As part of our Coffee Bar relaunch, we were delighted to host Staff and Residents to choose our new **BallyCara Coffee Bean**. After some debate, we reached a unanimous verdict and cannot wait for you to try it! 'Rumba' by Sunshine Coast Coffee Roastery is bold with low acidity. It tastes like hazelnut and cocoa sweetness with a smoky aftertaste!

Come in to catch up with your friends & family, get a coffee after your wellness class or get your **caffeine fix to go** if you're on the run! We're open 8:30 am-2 pm Monday-Sunday.

We can't wait to see you soon!!

P.S Did we mention we have chocolate freckles!?



Poem by Hibernian Villa Resident, Aillen

It's such a pain since COVID came.....
It changed our world; for it we do blame.
We no longer have the pleasures and times of leisure,
when with love we could hug...
and to greet with a kiss so sweet.
It was with love that from our hearts did flow,
for sure we wanted the world to know.
Shopping at the Supermarket was a time
for pretty things and a friend to find.
In the mall the oldies sat to have a chat
with an old mate..... just someone to yarn of old times
and what they'd done.
Now it's in and out, so quickly they do fly
Or catch the Covid and die.
A cup of coffee and doughnut was a treat,
When an old friend we did meet.
Little pleasures beyond all measure.
We long to see the faces and the smiles
that the masks from us do hide.
But now we know that we must in the Lord to trust
It's Mandy and others
for they care with love to share.
It's happiness they bring to brighten up our day
Oh come what may!
There is a love that's all around that yet... Covid has not found!



Experts by Experience

Are looking for new members to join the group from:



&



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

The group meets four times a year to discuss a variety of topics. Their feedback goes unfiltered to the board, Executive Chairman, Executive Team and Management Team for their consideration.

For those who can't make meetings in person here at Scarborough (for instance, you might live in Melbourne!), that is okay- we have different ways to support you to participate.

To ensure we have consumer representation from all of our service areas, spots on the group are filled by invitation only.



Express your interest in joining so that we know you would like to be considered-

Email: feedback@ballycara.com

(Or let a staff member know, so they can email on your behalf).

Did you know that you can have your say about the Aged Care Reforms?

Your experience, ideas, and what you want from aged care services matter!

The Australian Government (Department of Health and Aged Care) has activities that you can get involved with to have your say.

Search for their website: 'The Ageing and Aged Care Engagement Hub'

Or go to this link: Home Page - Ageing and Aged care Engagement Hub (health.gov.au)

On their website you will find:

- Information about the Aged Care Reforms
- How feedback is informing the Aged care Reforms
- Activities that can get you involved with to have your say





Aqua Aerobics is back for Spring at Scarborough!

Mon / Wed / Fri - 8 am to 8:45 am

Starting: Monday 10th October 8 am

Cost: \$12 per person

Please book in at Reception to lock in a place



Meet Claudette and her Dad, Guy



One of our very loved support workers from Melbourne, Claudette, wrote the below on her incredible dad!

"With Father's Day having just passed, I wanted to introduce you to my dad, Guy Hennequin, who turns 97 in December.

Guy is the eldest of nine children (all of whom have passed except one brother), and he is the eldest living Hennequin.

My five siblings and I are very proud of dad, who is fit and healthy, both mentally and physically. He exercises every day, eats healthy meals and regularly reads (especially his horoscope 😊).

At the moment, dad only requires cleaning services every fortnight (from the Council). He's lucky to have six children who visit him regularly. We all have our allocated days. Mine is Friday. A great way to end the week and start the weekend.

My dad lives at home on his own, and he is a father of 6, grandfather of 14 and great-grandfather of 10.

I'm a huge advocate for happy and healthy living, which starts at home."

BallyCara Carers' Auxiliary

The BallyCara Carers' Auxiliary has a long history with Sunnyside Villa and Hibernian Villa Residential Care. But with the arrival of COVID, some changes had to be made as the Independent Living Residents within the Village could no longer enter the Residential buildings to purchase goods from the stalls in their foyers. Thus the idea of the Carers' Auxiliary 'Gift Shop' was born.

We were given a Villa that was used as a store room, and we turned it into a Gift Shop. In the last two years, the Gift Shop has been able to remain open under the guidelines of the COVID regulations, giving Residents the opportunity to browse and shop in a safer environment than in shopping centres.

Apart from the Gift shop, which opens two afternoons a week, we also hold two Fairs a year. Our recent Winter Fair was a huge success raising much-needed funds to enable us to continue providing extras for the Residents in SunnySide and Hibernian.

The membership of the Carers' Auxiliary has grown as more people move into the Village bringing with them their many talents. These people work tirelessly to provide the many items we need, enabling us to keep the shop and the two Residential stalls well stocked. Without their help and support, we would be lost. - Val Semaine, Shop Coordinator

P.S The beautiful rainforest wall in the dining room of Hibernian was brought to life from the fundraising efforts of the Carers' Auxiliary



Carers' Auxiliary shop



Bowl holder for a microwaved plate. These are hot property and fly off the shelves!



Hand towel and face washer gift pack.

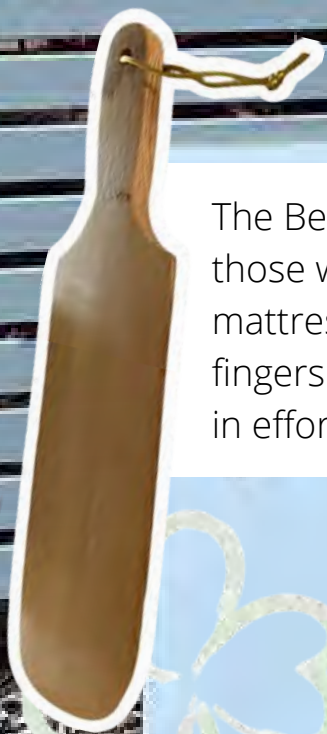
The Carers' Auxiliary gift shop is open every Tuesday and Thursday 2-3 pm. On this page are just a few of the beautiful items for sale.



Multiple newborn gift packs are available.



Beautiful handmade cards for any occasion.



The Bed Bat helps those with a heavy mattress or arthritic fingers to tuck sheets in effortlessly.



"There is a wonderful co-operation between the groups in the Village. Our Men's Shed recently provided us with a dozen wooden children's chairs they had constructed for us to sell. When a plea went out for folk to paint them, the Invigorate Group put their hand up, and their clients did a magnificent job painting them in lovely bright colours."



Eileen turns 96!

Eileen and our Senior Exercise Physiologist at the Gold Coast, Adriana, celebrating "that the best people are born in August" as they are 12 days apart. Eileen says, "we don't worry about the other 70 years in between".

EKKA day!

Our Residential Care Residents had a wonderful morning at the BallyCara EKKA!

There was dancing, live music, carnival games, face paint, sausage sizzle, animals, lots of fun and the iconic strawberry sundaes!



Invigorate outings

August activities for our Invigorate program included Birthday celebrations, morning tea & group walks at the Scarborough Esplanade in the sunshine!



Bribie Connect

Kylie, our Meditation and Yoga teacher, hosted seated Yoga and seated meditation classes at Bribie Island for our Bribie Connect program. The classes were very popular on the Island, and relaxation was had by all.

Drumming in Residential

One of our Creative Engagement Therapists, Joh, holds weekly drumming circles with our Residents. Joh chose Elvis music for this session because music from the 1950s resonates with our Residents the most. We are so grateful for Joh and her incredible ability to bring the Residents together in a creative, fun space, to connect with others in the BallyCara community and foster their sense of self.



Aged Care Employee Day

On the 7th of August, we celebrated our staff and their dedication to the Aged Care industry. All staff members across every region enjoyed jumbo chocolate freckles. We are so grateful for the compassion and support they show daily to all of our wonderful Clients and Residents.

Social games



Come and meet new friends and enjoy an hour of mental stimulation! Hoy, the card game is played on Mondays at 12:45 pm. The cost is \$1.00 to play. On Saturdays at 12:45 pm, Rummykin is played, a fun maths game. Bingo is played on Thursdays at 12:45 pm. The cost to play is \$1.00 a sheet. All games are played near the bar at the Village Centre.

Fishing trip!

Our Residents enjoying a delightful fishing trip!



Baristas at Wooloowin!

Meet Owen and Glenn, our phenomenal Baristas at our Coffee Cart in Wooloowin! Customers love seeing their smiling faces in the morning, and we are so grateful to have them part of the BallyCara team. The next time you're in North Brisbane, stop in for a chat and an excellent coffee!



New HomeCare staff in Melbourne!

We have recently had some fabulous new staff come aboard our HomeCare team! Get to know them below!

Meet Joe



What do you enjoy doing in your spare time?

I love to spend time with my family, to accompany my 3 year old Catrina for her learning such as swimming and scootering (Yes, we just bought her a new scooter). I also like to watch soccer during my spare time too.

How do you stay happy and well?

I love to listen to music or watch a movie to relax a bit to keep myself happy and positive.

What do you enjoy doing in your spare time?

Cooking and decorating, watching movies and listening to music

How do you stay happy and well?

Looking after my family/daughter, if they are happy, so am I.

Meet Aiza



Invigorate with BallyCara

Invigorate is a **social support group/centre-based respite** for BallyCara Clients accessing CHSP or HCP funding.

Invigorate provides **social connections, wellbeing and actively encourages positive ageing**. Our activities stimulate clients emotionally, mentally and physically.

Each session varies and include men's morning tea outings, BBQs, arts and craft, indoor sport games, movies, sing along, theme events like Melbourne Cup Day including a luncheon and outings to places such as museums and libraries.

Would you or someone you know benefit from being a **part of our Invigorate group**? For more information and to join **call 1300 272 222**



Details for Woolloowin:

When: Every Tuesday, 8:30 am until 12 pm or 1 pm if on an outing

Where: 36 Rose St, Woolloowin QLD 4030

Cost: HCP cost is \$20. Outing, transport to and from destination is included in price.

Details for Scarborough:

When: Every day, 9 am until 2 pm

Where: 16B Oyster Point Esplanade, Scarborough QLD 4020

Cost: HCP cost is \$20. Outing, transport to and from destination is included in price.





Form of Hope

For anyone who wants to thank a Staff Member

- ✿ Fill this in with lots of detail about why you are thanking them
- ✿ Put it in any of the Staff Reward and Recognition Scheme white letter boxes found in the Wellness Centre, SunnySide Villa, Hibernian Villa and MaryHaven
- ✿ Or, post it in to PO Box 395 Redcliffe QLD 4020
- ✿ Or, give it to a staff member to hand in for you
- ✿ It will be collected and recorded, then a copy given to the staff member you're thanking so they know that you appreciate them

To _____ (who you are thanking) Date: / /

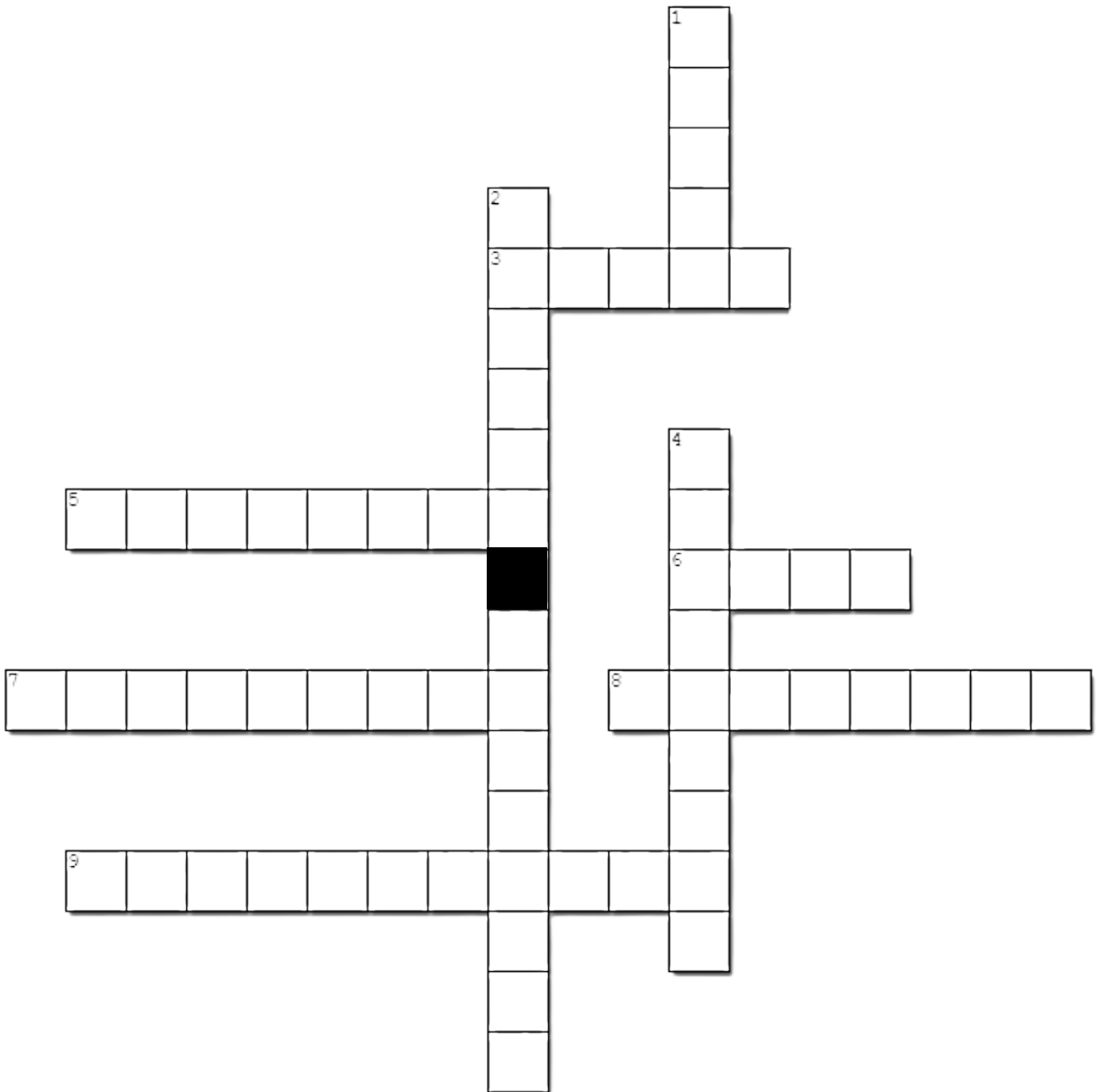
Their role/area/region they work in (if known): _____

I would like to thank you for...

This shows you are living these Sonq® Values (please tick):

- Everyone Matters: Each person and their wellbeing is important to us
- Creativity: Collaborate and Innovate courageously
- Integrity: Authentic and Transparent

Spring cross word



Across:

- 3. A spring flower
- 5. A young growing plant
- 6. Baby sheep?
- 7. Where is the carnival of flowers held in Queensland?
- 8. Last month of Spring?
- 9. Bees are in charge of what?

Down:

- 1. You Spring ___ your home
- 2. Song by the Beach Boys
- 4. The Tesselaar Tulip festival is held in what city?





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

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

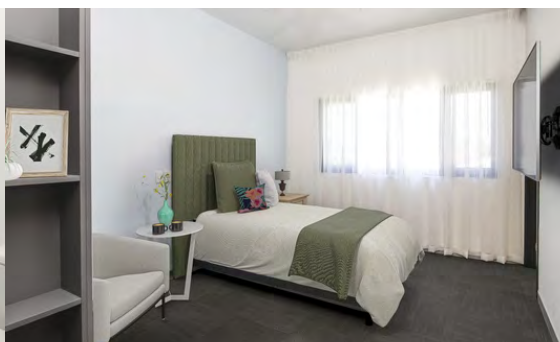
Join our waitlist now - With a variety of apartments and villas, offering different designs and sizes we have options to meet virtually every need and personal preference.

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



Choose the lifestyle you've always dreamed of

- Access to our Wellness Centre including: gym, pool, onsite café and health clinic
- A wide range of social activities including days out on our 12-seater 48ft cruiser
- Wellness opportunities with our certified Exercise Physiologists and Allied Health professionals
- Walking distance to the picturesque Scarborough waterfront

www.ballycara.com



1300 272 222 www.ballycara.com

Inspiring healthy & happy living