

PRESIDENT'S PAGE

As 2011 draws to a close it must be very satisfying for the staff, volunteers and Management Committee of Blackall Range Care to reflect back on what has been achieved over the past year. Most importantly the service has continued to provide a high quality of care and support to its clients, which makes a positive impact on their lifestyles. I know that everyone will agree that the professional, yet caring approach by all staff and volunteers is a credit to them all.

The opening of the Maleny branch of Blackall Range Care during 2011 will be remembered as a very significant event in that year. Due to the increase in needs for services in Maleny, this location has now allowed for a more efficient and effective service to be delivered to clients in this area.

The steady increase in client numbers each month, shows that Blackall Range Care Group is going to become busier as time goes by. The Management Committee will continue to provide support to the agency to ensure that its infrastructure and staffing expands as required in order for this need to be met. Apart from monthly meetings, smaller groups of Management Committee members meet every three months as part of Sub Committees. These groups address issues in depth which are then presented at the monthly meetings. The sub committees cover such areas as: staffing, policy and planning, internal audit, finance, grants and building.

Sadly Phil Simmons has resigned from the Management Committee due to other commitments within the community. He has been a valuable member of the Committee who will be greatly missed. Thank you Phil.

On behalf of the Management Committee I would like to wish all staff, volunteers, members and clients a very Merry Christmas and every happiness in 2012.

Suzi Vincent

Services over the Holiday Period

All Blackall Range Services will operate normally up until ***Tuesday 20th December*** which will be the last day of the year for Centre Day Care activities.

Wednesday 21st December is the BRCG Christmas Party which we hope many folk will be able to attend. Don't forget to return your forms with payment and any details of Transport needs or special dietary requirements. All In-home Care services due on the morning of the 21st will happen as normal, but services scheduled from 11:30 onwards will be rescheduled.

All In-home Care Services will operate normally on **Thursday 22nd and Friday 23rd December**.

For the ***week from Monday 26th December to Monday 2nd January***, the Offices at both Flaxton and Maleny will be closed. However phone messages at each office will be checked at 9am each working day. Should you require medical attention during that period please contact your doctor or ring 000.

Essential HACC Nursing Care, Personal Care, Social Support and Transport and all Packaged Care services will be maintained, though, if possible, Public Holidays will be avoided. If you receive a Care Package please discuss your needs with Jenny in plenty of time so that staff can be rostered. If you receive services through the HACC program, please discuss your needs with Shelly at the Flaxton end, or Janene at Maleny. Any essential Transports during this period, please book with Lyn before the 20th December.

If you have ***Domestic Assistance Services*** due in the week between Christmas and New Year, please discuss with your Domestic Assistance worker, as some workers choose to work on the normal work days during this week, and others are not available. If possible they will reschedule your cleaning, though this is not always achievable.

Computer Classes/Club

These will continue on Tuesdays and Thursdays up until 15 December—starting again on 5th January. Just ring Lyn on 5445 7044, and book a time to come along. Our volunteer tutors are first class, and it's really a lot of fun. **Computer Club**—We have been considering forming an informal Seniors Computer Club, meeting on Thursday afternoons. Just drop-in for say two hours maximum, when we can discuss issues, discoveries and learn from each other. Let us know what you think and if sufficient interest we will start in 2012.

Handy household hints

.....from our local Physio, Mary Bagshaw

To prevent injury or avoid further damage

⇒ When making a cup of tea only fill the kettle with the amount of water required so that the kettle is not too heavy to lift.

Ⓐ Use a trolley to carry laundry to the line. Use clothes airers if reaching high causes pain in the neck or shoulders.

Ⓐ When vacuuming, use an upright vacuum cleaner or if you have to use a barrel, don't bend too far forward. No twisting.

Ⓐ Do not sit for prolonged periods of time in front of the TV or home computer—change your posture frequently.

Ⓐ When knitting or doing embroidery, sit well back in the chair and support your arms on pillows to minimise the strain on your shoulder muscles.

Our local physiotherapists are always willing to help—

Maleny Physiotherapy, Tim and Mary Bagshaw, 5494 3911 or visit us at Shop 1/70 Maple Street, Maleny.

Range of Motion Physio—Russell McDonald or Rae Duffield-Jones at 3 Obi Obi Road, Mapleton, 54786600

FROM THEA'S DESK

As this is the last Newsletter for the year I would like to wish everyone the very best for the celebratory season. I hope that you manage to catch up with all of those dear to you, that you stay well and keep cool and hydrated in the warm weather, and that blessings flow to you in any and all forms that are meaningful.

I will miss the BRCG Christmas party this year for the first time since I joined the organisation as I will be on leave. Rest assured the organisation of the event is in excellent hands as usual and I am sure that you will all have a great time. Tasmania beckons for a little cool break, and a visit to the great new art gallery, and a soaking up of some of the State's abundant natural beauty. After that it is catching up with family. I will have all 4 children in Australia this Christmas for the first time in a couple of years, so that will be lovely.

Both Offices will be closed between Christmas and New Year, but the telephone messages will be checked at 10am each day, and essential services will continue. Please have a look at the previous page for details, and if you have any queries, do not hesitate to call.

2011 has been a full and busy year with continued growth in demand and staff to meet that demand. We have achieved additional Care Packages, growth in BRCG's HACC funding, the opening of the new Office behind the Maleny Hospital, and hopefully our greatest continuing achievement which is the daily delivery of high quality services to assist those members of our community who require a bit of professional input into the tasks that they can no longer manage as they used to do. This is the reason that we are all employed, and that our organisation exists, so we try to make it the focus of all of our endeavours, though you would no doubt be surprised at how much associated activity we are required to perform.

I will be back in 2012, fresh and invigorated, I hope.

Best Regards to all

Thea

UPCOMING EVENTS

DECEMBER 2011

- Thur 01** Jokes, Poetry & Craft
- Mon 05** Mens' Group Piano with Bill
- Tues 06** **BIG DAY OUT ACTIVITY TBA**
- Wed 07** Travel Talk Jordan Part 4/**BELL RINGING CONCERT**
- Thur 08** Jokes, Poetry & Craft
- Mon 12** Mens' Group Outdoor Activities
- Tues 13** **FISHING/Relaxing by the Sea/Restaurant lunch**
- Wed 14** **Tutti Flutes Band Christmas Concert**
- Thur 15** Jokes, Poetry & Craft
- Mon 19** Mens' Group **CHRISTMAS PARTY**
- Tues 20** **Craft & Cards**
- Wed 21** **BRCG Christmas Party at Tranquil Park**

DO YOU ENJOY JOKES, POETRY AND MUSIC?

Come along on Thursday and join the group. Phone Fiona 54 457 056.

JANUARY 2012

- Tues 03** **Cards and Craft**
- Wed 04** **Holiday Catch Up Discussion/Craft/BELL RINGING**
- Thur 05** **Poetry/Singalong, Craft**
- Mon 09** **MENS' GROUP Outdoor Games/Piano with Bill**
- Tues 10** **FISHING/Relaxing by the Sea/BBQ lunch**
- Wed 11** **Quiz Day/Craft**
- Thur 12** **Poetry/Singalong, Craft**

- Mon 16** **MENS' GROUP Outing to Mudjimba**
Tues 17 **BIG DAY OUT—Venue to be advised**
Wed 18 **Reminisce Day—Yesterday's handcrafts/
pastimes/BELL RINGING**
Thur 19 **Poetry/Singalong, Craft**
- Mon 23** **MENS' GROUP Quiz & Craft Day**
Tues 24 **FISHING/Relaxing by the Sea/Restaurant lunch**
Wed 25 **OUTING—Caloundra RSL lunch**
Thur 26 **PUBLIC HOLIDAY**
- Mon 30** **MENS' GROUP Games and Craft**
Tues 31 **BIG DAY OUT—Venue to be advised**

DO YOU ENJOY POETRY AND SINGALONGS? Come and join the group on Thursday and enjoy sharing and listening to poetry and music. Some light hearted jokes inject some fun into the activity. Great craft activities are also a feature of this day. All welcome. Phone Fiona.

COMING EVENTS/OUTINGS :

FISHING DATES: 10 & 24 January 2012

OUTING DATES: Please see calendar of events on pages 6 and 7. Please phone Fiona on 5445 7056 if you are interested in attending any of the above outings.

Note: All outings only \$11 for the day.

Health & Wellbeing

We have had a huge response to the activities advertised in our previous Newsletter - Gym Classes are now happening at Maleny and Mapleton Community Gyms - the Maleny group are so keen they don't even want a break at Xmas! Tai Chi and Steady Steps have raised lots of interest with classes starting in 2012; Aqua Aerobics is also being planned. Computer Classes and the Cooking Group remain popular. The Discussion Group continues to meet fortnightly with some interesting conversations occurring - Kate Dash taking about Crop Circles, John Stevenson sharing his adventures in Persia as a young man; and Jim Fraser from the Maleny Toastmasters with humorous travel tales.

If you have ever thought it would be great to document your life story but haven't had the chance then our **Life Story Group** which commences in February might be for you. Two of our talented local writers, Pauline Reckentin and Loma Spencer, will be sharing their expertise with the group – the focus will be documenting your life story using creative writing skills.

In addition, we could assist two keen golfers who are looking for a couple more golfers to form a small social group – if you have stopped playing but would like the opportunity of starting up again please give us a call.

There is a lot more in store for 2012 as you can see from the Healthy Lifestyles Activities Schedule – so take the first step and give us a call.. Transport to/from and of the Healthy Lifestyles Activities below can be arranged for a small fee of \$5 per session. If you would like more information about any of the activities under the Health and Wellbeing Program please give Mary Russell a call at BRCG – Ph 5445 7044. We are also working with other community groups to bring more healthy lifestyle opportunities your way – next year the **Maleny RSL will be offering Yoga Classes commencing on Feb 20** for those who may have some physical limitations – mostly seated or standing yoga poses. Cost will be \$2-\$5 negotiable – contact the RSL to register – if you would like BRCG to provide transport support please let us know by early February.

Heathly Lifestyles – Activities for 2012

◇ **Cooking for 1 or 2 Classes —Flaxton**

—Fridays 10.00am-2.00pm. with Kim **Cost \$6/class**

Discussion Group—Flaxton & potentially Maleny

Stimulating discussions on topics of interest to the group

—Fortnightly sessions— Wednesday 2.00-4.00pm; **No Charge**

Life Story Group— Maleny, Fortnightly starts Wed Feb 8th

Writing your life story with Loma and Pauline; **No Charge**

Computer Classes—Flaxton —Tuesday/Thursdays with Kathy or John. Cost: Free classes

Gym Classes— Maleny Gym Fridays 2pm-3pm;

\$5 per session Mapleton Gym Fridays 10am—11am

—Physio assessment or GP referral letter may be required

Falls Prevention—Private Classes—Mapleton

Individual assessment + twice weekly classes for with

Physiotherapist, Rae Duffield-Jones (**subsidised costs**)

Steady Steps Program—Maleny & potentially Mapleton

Falls prevention classes in group setting with Lorri Sheldon

—Maleny starts 7th February 10.15-11.30am; **Cost \$5/session**

Tai Chi Classes—Free 6 Wk Program

Maleny—Group 1 starting 17 January + other groups to follow given the huge response . **Mapleton**—Group starting early 2012

Aqua Aerobics—Maleny starting early 2012; Cost \$5/class

Hydrotherapy—at Sundale, Nambour (subsidised costs)

SUPPORT GROUPS NEWS

To all Carers

Maleny Carers Support Group will begin meetings again on the third Monday of January which will be 16 Jan 2012.

Venue: Sunstone Gardens Community Centre
23 Macadamia Drive
Maleny, 4552
Time: 9.30 - 11.30am

There will be morning tea, and a talk by Glennis Barber with a short video. The subject of the talk will be "I Had a Dream" or it could also be called "Synchronicity" which will hopefully open up some lively discussion.

Please take care of yourselves over the Xmas - New Year period. Don't forget to give yourself a present and access some respite for your loved ones so you can have some time out. Spoil yourselves - you deserve it!

We'd really like to see some more faces at our meetings. You are all welcome and I am sure you would enjoy the hospitality, the social aspect, the camaraderie, and the interesting talks. We are looking at a few outings as well, next year. For further information, please ring Glennis - 54 944 358.

May Light and Love protect you over the Xmas Season.

Coast Shopping Trips

On the 4th Monday of every month Belinda takes the small bus on a Shopping Trip to the Sunshine Plaza at Maroochydore and to the Kawana Shopping Centre. If there were a few more folk interested in a monthly trip to the Coast, then we could do 2 trips per month, one from the Flaxton.

BLACKALL RANGE COMMUNITY CARE TEAM

Management Committee of the Blackall Range Care Group

President—Suzi Vincent

Vice-President—Pat Habner

Secretary—Ann Koenig

Treasurer—Tim Bailey

Committee Members - Colleen Brady

Allan Lewis Lee Lucas

Leonie Kilmister Glennis Barber Dorothy Cosandey Frank Laver

Contacts for Blackall Range Care Group

Manager—Thea: Ph 5445 7044

Flaxton Office—Wendy, Clem, Tracy: Ph 5445 7044

Maleny Office—Lindee-Anne: Ph 5429 6152

Transport Requests—Lyn & Harriet: Ph 5445 7044

Nursing Staff—Ph 5445 7044 or Su: 0408 458 062,

Donna: 0438 156 969 Mary: 0418 118 367

Packaged Care Co-ordinator: — Jenny Ph: 5445 7044 or 0400 741 217

Cottage Social Centre —Fiona: Ph 5445 7056

Kitchen Co-ordinator—Cheryl: Ph 5445 7044

Meals on Wheels—Lyn: Ph 5445 7044

Care Co-ordinators—

Flaxton—Shelly: Ph 5445 7044

Maleny—Janene: Ph 5429 6152 or mobile 0488 735 307

Care staff—Belinda, Beryl, Caitlin, Cathy, Danielle, Helen, Jan, Katie, Lesley, Margaret, Nathalie, Rina, Ross, Sarah, Sue, Suzanne, Tara, Vicki J and Vicki M.

Health & Wellbeing Project—Mary R. Ph 5445 7044

Office Hours:

Flaxton Mon-Fri 8:30am to 4:00pm Ph: 5445 7044

Maleny Mon-Fri 9:30am to 1:00pm Ph: 5429 6152