



all about living^{inc}
choice | support | connection



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Patron of **all about living** Inc. Mr Rod Chiapello



FROM THE MANAGER

I can hardly believe that we are nearly at the end of another financial year. I want to assure everyone that **all about living** is monitoring the outcomes of both the State and Federal Budgets so that we can effectively plan for and assist with the impacts.

If you would like to provide us with feedback or raise any specific concerns from the recent budget announcements please feel free to do so via our mailbox (PO BOX 1131, Brighton) or via info@allaboutliving.com.au

We have listened to your feedback and we concede that the automated telephone answering system has not been well received.

As a result we have engaged a new staff member to answer the phones and you will only hear the automated responses as a last resort if all other operators are busy. I wish to thank everyone for the feedback they provided. (see the Human Resources update in this issue for more information)

HAVE YOU SEEN OUR NEW WEBSITE?

We have been working hard to improve the design and look of our website! Visitors to our website should now find it easier to find the information they need. So why not have a look and tell us what you think.

www.allaboutliving.com.au



WE HAVE MOVED!

Our new address is 28A Lagoon Street Sandgate.

If you have trouble finding us just head for Jeays Hardware and you'll find us.

Turn to page 4 for pictures from our Grand Opening on May 14!



HUMAN RESOURCES

Kim Price, Administration Assistant joined us on the 5th May 2014.

Kim is responsible for a variety of administrative functions which include Reception. She is the friendly voice on the phone, meaning we are able to maximise our turn-around time when responding to your calls. We welcome her to AAL.



Changes to Privacy Act

Recent changes to the Privacy Act provide for very specific guidelines on how organisations should ensure they protect your personal and confidential information. They include:

- The types of personal information we may gather
- What we do with that personal information; and
- Where and how we may send it.

We are currently updating our website, policies, procedures and handbooks to reflect these changes.

Einbunpin Festival 27th July

We will have a wonderful opportunity to visually showcase our services and the fantastic relationship which we enjoy with our participants. Come say hello at our stand!

FROM ACCOUNTS

Direct Deposit Payments: We have received a number of transactions without reference number on our recent bank statements. We would like to take this opportunity remind everyone that if you pay through your bank to please use your invoice number and your surname as the reference on the transaction. If someone else pays your bill for you, please ensure they include this information

As you will appreciate with over 500 Participants it becomes increasingly difficult to determine who and what payments are made for without a reference number or name. If you have any questions please do not hesitate to contact us on:
Email: accounts@allaboutliving.com.au OR telephone **3269 1915** and ask for the accounts department.



GRAND OPENING

all about living proudly held the grand opening of its new premises in Sandgate on Wednesday 14th May 2014. The event was well patronised by a number of dignitaries, guests and Participants.

Thanks to a collaborative effort between the British Australia Club in Sandgate and the Department of Mines and Resources the transfer of a building and leasing arrangements has enabled **all about living** to finally move into a fit for purpose location that is central to North Brisbane residents, takes advantage of local parks and businesses, and is accessible.

At the launch **all about living** acknowledge the continued support and assistance it has received from the Minister of Mines and Resources Hon Andrew Cripps MP Member for Hinchinbrook, the Member from Sandgate Ms Kerry Millard, Deagon Ward Councillor Ms Victoria Newton and the **all about living** Patron local business man Mr Rod Chiapello.



all about living President Daryl McNamara (L) with the Hon Andrew Cripps MP, Member for Hinchinbrook, Minister for Natural Resources and Mines



Participant Russell Hannan (L) with **AAL's** handyman Quentin Hannah



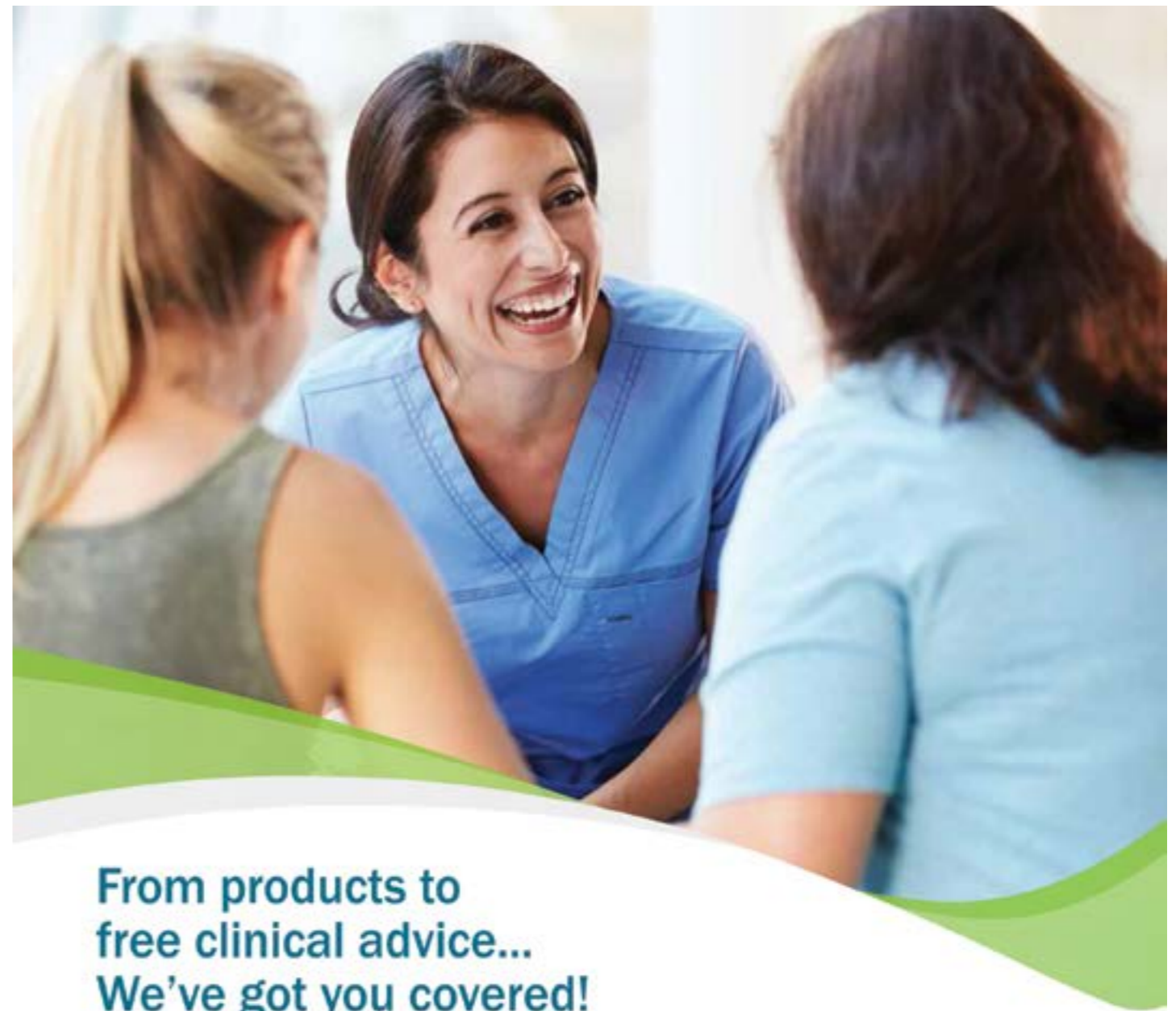
AAL President Daryl McNamara with Ms Kerry Millard, MP - Member for Sandgate



AAL Support Workers (L-R) Haley Johnston, Ashley Walsh and Mark Stevenson



AAL HR Manager Kathy Lawson and Participant and volunteer Les Batson



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STAYING HEALTHY IN WINTER TIPS

Wash, Wipe & Cover after coughing or sneezing

Get the Flu Vaccination Ask your GP if you are eligible for the free flu vaccine

Healthy Eating Foods rich in Vitamin C like garlic and leafy greens

Be Active & Sleep Well Feel better and boost your immune system!

Get a Health Check Make sure you don't have any underlying illnesses that could exacerbate a cold/flu.

Get a Plan To help with your pre-existing conditions that could worsen during the colder months.

Source: <http://www.sahealth.sa.gov.au/wps/wcm/connect/public+content+sa+health+internet/healthy+living/top+tips+for+healthy+living/keeping+healthy+this+winter>



GROUP ACTIVITIES UPDATE



We would like to Thank **Elegant Mode** in Sandgate for the donation of a gift voucher for our June raffle.

We would like to thank the **Lioness Club** of Bracken Ridge Central for the kind donation to put towards our Thursday group activities.

We would also like to thank everyone who has donated books to our activity centre library. We now have fully stocked shelves and invite people to come along and peruse through our collection!

Introducing..... Jim Doyle. Jim has been with **all about living** for 1 year. He has worked within the aged care sector for 10 + years. Jim is our new Body Movement Exercise class instructor. This exercise class consists of :

- Gentle, flowing moves
- Breathing
- Stretching
- Seated and standing exercises
- Suitable for all ages
- Fun and easy to follow

If you would like to know more about our new class or would like to come and give it a try, call Taryn the Activities Officer on 3269 1915.



CANCELLATIONS

A cancellation fee may be charged if you fail to notify us that you wanted to cancel the service and/or you do not notify us of your need to cancel at least 24hrs prior. In order to avoid the On the Day Cancellation fee, remember to notify the office at least 24 hours prior to the day.

Timely notifications of cancellations provide **all about living** with the opportunity to reschedule workers and avoid unnecessary travel to your location. If you are planning holidays, remember to advise the office of your start and return date.

When you are away for extended periods this would generally result in discharge from our service. However please let our office staff know of your circumstances prior to being away or, if hospitalised, ask your family to contact us.



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Come along and join **all about living's** ladies group on 4th August from 10am – 12pm for a High Tea to celebrate International Friendship day!





NAIDOC Week celebrations are held across Australia each July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC is celebrated not only in Indigenous communities, but by Australians from all walks of life. The National NAIDOC Theme for 2014 is – Serving Country: Centenary & Beyond.



6-13 July
2014 | **SERVING COUNTRY – CENTENARY & BEYOND**

If you are interested in joining any of our group activities don't hesitate to give us a call on 3269 1915 and ask to speak to the Activities Officer, Taryn.



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 Body Movement Class \$10.00 per person	3 Celebrate International Joke day \$10.00	4 Men's Group \$10.00
7 Ladies Group Origami with Miku \$10.00 per person		9 Body Movement Class \$10.00 per person	10 Origami with Miku \$10.00	11
14	15	16 Body Movement Class \$10.00 per person	17 Out 'n' about Picnic \$10.00	18 Men's Group \$10.00
21 Ladies Group Board Games \$10.00 per person	22	23 Body Movement Class \$10.00 per person	24 Out 'n' about Movie Buffs \$10.00 + movie ticket	
28		30 Body Movement Class \$10.00 per person	31 Christmas in July \$15.00	

Ladies Group:

Origami: Today we will be in the company of Miku - a Japanese exchange student. Miku will be showing us the traditional Japanese art of paper folding.

Board games:

Come and join us as we have morning tea and a chin wag and put our game skills to the test at our Activity Centre.

Movement Class: 10.00am—11.00 am:

A light exercise and movement class with
Gentle, flowing moves
Breathing
Stretching
Seated or standing exercises
Suitable for all ages

Celebrate International Joke day

Bring along your favourite joke and join in the laughter as we celebrate international joke day at our Activity Centre! (1/7)

Origami

Today we will be in the company of Miku - who is a Japanese exchange student. Miku will be showing us the traditional Japanese art of paper folding.

Out 'n' about - Picnic

Today we will be packing a picnic lunch and exploring the beautiful Deep water Bend in Bald Hills.

Christmas in July

Come and join us at the all about living Activity Centre as we celebrate Christmas in July.
Please note today's cost is \$15.00

Out 'n' about - Movie Buffs

Today we are going to the movies followed by a lunch and a cuppa.
Please note today's cost is \$10 + movie ticket

Men's group

Our Men's group meet every second Friday at the all about living Activity Centre. We enjoy playing dominoes, cards, darts and swapping stories over a cuppa and a biscuit or over a BBQ lunch and a cold soft drink.

Come join us!

If you would like to participate in any of our activities or would like more information, please call 3269 1915 and ask for Taryn. We appreciate and encourage feedback and suggestions if you have activities that you or your friends might be interested in participating in.

