

all about living<sup>inc</sup>  
choice | support | connection



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



# FROM THE MANAGER

The year continues to move at a frenetic pace for all about living and its staff. Since the start of the year we have delivered:

- 400+ hours of Home Maintenance Services including some 250 lawn mows
- 9000+ hours of Domestic Assistance
- 2500+ hours of Personal Care
- 3000+ hours of Respite, Social Support and Group Activities
- 950+ transport trips
- 250+ hours of Allied Health Assistance
- 160+ meals
- 780+ hours of counselling & case management

As always, you, the Participants are at the heart of what we do.

The last half of the year always brings a flurry of activity to **all about living**. Don't forget to mark your calendars for the following events:



Melbourne Cup



AGM



Christmas Party

# PUBLIC HOLIDAYS AND YOUR SERVICES

Monday, 6 October: Labour Day (office closed)

Christmas Break

Our office will be closed December 25th to January 5th

Arrangements will be made with Participants who normally receive services on these days.

If you know you will not be needing services over the Christmas period please advise the office on 3269 1915. This allows us to reassign our Support Workers to other Participants.

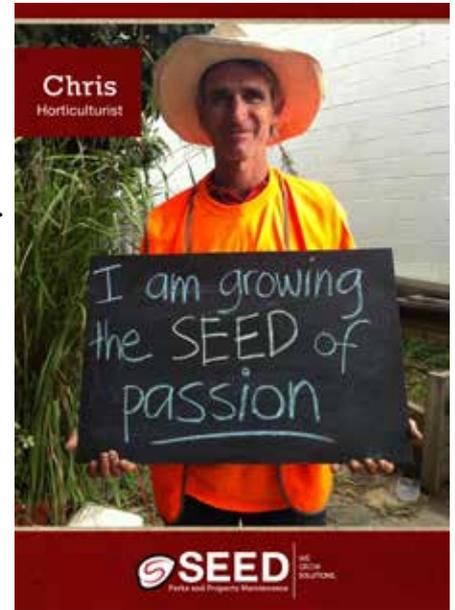
# EINBUNPIN FESTIVAL

On July 27th 2014 **all about living** joined in the fun at this year's Einbunpin festival at the Sandgate Lagoon. A big thank you to those who volunteered on the day to help promote **all about living**'s services to the community of North Brisbane. Our raffle raised over \$720 to contribute towards better services for our Participants.



# INTRODUCING CHRIS

If you receive mowing from **all about living** you may have seen this friendly face. Chris Leonard is a horticulturalist and has worked for SEED for the last three years. He lives locally and has enjoyed a varied career including working as a groundsman at Doomben Racecourse, a gardener, landscaper, and even a stint as rodeo announcer! He loves plant identification and has an encyclopaedic knowledge of plants and their Latin names.



# HUMAN RESOURCES

August 2014 saw **all about living** say farewell Ms Ming Zheng from our accounts department. We thank Ming for her many years of service and wish her all the best in her future endeavours.



In September 2014 **all about living** welcomed Mrs Natalie Archer as our new Finance Coordinator. Natalie has been able to hit the ground running and is a welcomed addition to the **all about living** team. She brings a wealth of skills and experience including a degree in business and being a Certified Practising Accountant (CPA).

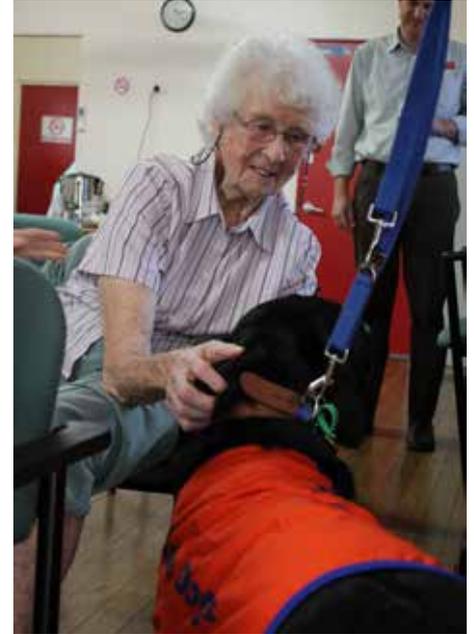
# FROM ACCOUNTS

**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 to 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](mailto:accounts@allaboutliving.com.au) OR telephone **3269 1915** and ask for the accounts department.

## COMMUNITY COLLABORATION: COME CUDDLE CHARLIE

**all about living** wishes to thank Nicci Cahill and Charlie from Guide Dogs Queensland for an informative presentation on the services GDQ provides the community. It seems Public Relations Dog, Charlie enjoyed a cuddle just as much as our Participants. We wish to thank Labor Candidate Stirling Hinchcliffe for his presence and donation to GDQ. We wish to thank our Participants for their generous donations to GDQ. We donated over \$220.



## WELCOME TO SPRING!

The cold nights are over and the flowers are blossoming. But this can give rise to an increase in pollen in the air. Hayfever can be particularly bad in Spring.

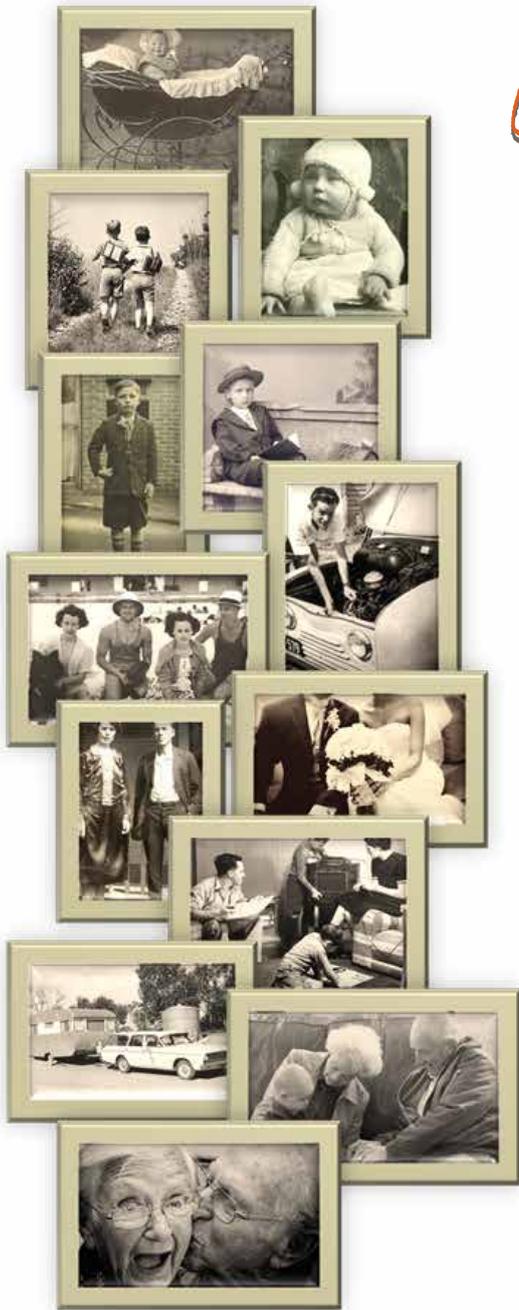
Some of the symptoms include:

- Sneezing
- A runny or stuffy nose
- Itchy ears, nose and throat
- Red, itchy or watery eyes
- Headaches

Here are a few tips to minimise hayfever reactions.

- Check the pollen count forecast on television or in the newspaper. Try to stay indoors if it's a high count.
- Stay indoors as much as possible in spring, on windy days or after thunderstorms.
- In your garden, choose plants that are pollinated by birds or insects, rather than plants that release their seeds into the air.
- Smear petroleum jelly (like Vaseline) inside your nose to stop the pollen from touching the lining of your nose.
- Splash your eyes often with cold water to flush out any pollen.
- Reduce your exposure to dust and dust mites, animals and animal hair or fur (dander).

# did you know?



"A recent university of NSW study has found that if you are aged between 70 and 90 thinking or worrying about falling over makes you fall over"

Dancing can help prevent dementia. Research has found that the mental and physical challenges of dancing has significant benefits to the brain.

If you suffer from migraines there is some good news for you: as you age your migraines occur less often and are reduced in severity.

"Research has found that levels of happiness actually climbed between the ages of 65 and 85" (University of Chicago)

"older people have been shown to have superior reasoning abilities when it comes to social dilemmas and conflicts" (University of Michigan)

# BE BUSHFIRE READY

Queensland's bushfire season traditionally runs from August to December each year, so it is important to be prepared.

- clear space around buildings
- clear and remove undergrowth near buildings
- fill in any gaps around windows, door frames and eaves
- protect larger under deck areas with non-flammable screens
- rake up bark, leaves and twigs
- make sure your property has clear access for fire trucks

Need help making your property bush fire ready? Contact the office to arrange to have your gutters cleaned and debris removed on 3269 1915

Source: <http://www.brisbane.qld.gov.au/community/community-safety/disasters-emergencies/types-disasters/bushfires>

## DID YOU KNOW?

**all about living** does more than mowing! Our Handyman can:

- Fix doors & taps
- Clean gutters, driveways and pavers
- Pull up weeds, cut down trees and remove garden waste
- Clean fans & hard-to-reach spots

To enquire, call the office on 3269 1915



## CANCELLATIONS

A cancellation fee may be charged if you fail to notify us at least 24hrs prior to your scheduled service. In order to avoid the "On the Day Cancellation fee", remember to notify the office as soon as you can.

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.

.Phone 3269 1915 or email [info@allaboutliving.com.au](mailto:info@allaboutliving.com.au)

# GROUP ACTIVITIES UPDATE

## Christmas in July

On the 31st of July we celebrated Christmas in July at our activity centre, and a great time was had by all! We would like to thank our volunteer Charmaine for cooking up the scrumptious Christmas feast!



# THANK YOU

We would like to say Thankyou to the following local business's for their generous donations to help us with fundraising.



## 'Twas five months before xmas

'Twas five months before Christmas on a day  
warm and bright  
A beautiful Brisbane day, not a snowflake  
in sight;  
No sign of a santa, the only stockings in view  
Were delightfully filled by shapely legs, quite  
a few;  
There was no red nosed reindeer, no sleigh  
bells in the snow,  
That Bing Crosby dreamt of like the ones he  
used to know.  
One more thing missing was a sprig of  
hidden mistletoe,  
Traditional Yuletide permission for kissing.  
Oh blow!

It was Christmas in July, a time of good cheer,  
Happily celebrated in festive atmosphere;  
Guests were in party mood, eager to enjoy  
fine fare  
AAL is expert at knowing how to prepare;  
So many thanks to them, the lunch  
was delicious  
(So sorry that we can't stay to help  
with the dishes!)

Ken Manwaring

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 <b>Body Movement Class</b> \$10.00 per person	2 <b>Out 'n' about - Diners Club</b> \$10.00 + lunch	3
6 <b>Labour Day Public Holiday</b>	7 	8 <b>Body Movement Class</b> \$10.00 per person	9 <b>The best of - Charlie Chaplin</b> \$10.00	10 
13 <b>Ladies Group</b> High Tea \$10.00 per person	14	15 <b>Body Movement Class</b> \$10.00 per person	16 <b>Movie Buffs</b> \$10.00 + ticket	17
20	21 	22 <b>Body Movement Class</b> \$10.00 per person	23 <b>Concert</b> \$10.00 	24 
27 <b>Ladies Group</b> Board Games \$10.00 per person	28 	29 <b>Body Movement Class</b> \$10.00 per person	30 <b>BBQ @ Baskerville</b> \$10.00	31 

**Ladies Group:**

High tea - Come along and enjoy a high tea at the **all about living** activity centre.

Board Games - Join us as we have morning tea and a chin wag and put our game skills to the test at the all about living activity centre.

**Body Movement Class - 10.00am—11.00 am:**

A light exercise and movement class with Gentle, flowing moves  
Breathing - Beginners are welcome  
Stretching  
Seated or standing exercises  
Suitable for all ages  
Fun and easy to follow.

**Out 'n' about - Diners club**

Today we are going out for lunch to the Hog's breath café at Aspley  
Cost is \$10.00 + Lunch

**The best of - Charlie Chaplin**

Did you know ?? Charlie wrote, directed, produced, edited, starred in and composed the music for most of his films?

Today we will be taking a trip down memory lane and looking into the perfectionist that was Charlie Chaplin. We will be at the all about living activity centre. Morning tea and lunch included. Cost is \$10.00

**Movie Buffs**

Today we will be going to the Strathpine cinemas to watch the latest blockbuster movie! Followed by a picnic lunch at the park.  
Please note today's cost is \$10.00 + movie ticket

**Concert**

Today we will be joined by the Metropolitan Senior Citizen's at the **all about living** activity centre for a morning of music played by the talented Mr Denis Dickens.  
Cost is \$10.00  
(Seats are limited - So book ASAP by calling Taryn on 3269 1915)

**BBQ at Baskerville**

Come and join us at the all about living activity centre as we throw a snag on the Barbie.



During September we have been selling raffle tickets to raise funds and awareness for the GROW organisation. They support people living with mental illness. The Odd socks day is a national mental health anti stigma campaign. .... because anyone can have an odd day.

We will keep you posted with how much money we raise for the organisation in our next newsletter!