



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

In this issue

- From the President
- Office Closure public holiday
- Introducing our new CEO
- Save the Date!
- Haircuts, Manicures, Pedicures
- Carer Gateway
- Thank you Tackle World
- Find us on Facebook
- Have you seen our website?
- Active Ageing Health Forum
- Food Safety "Salmonella"
- April Group Calendar
- Membership Application Form
- Creating a Lasting Change



Patron of all about living Inc.
Mr Rod Chiapello



Australian Government



Veterans'
Home Care



home and community care



Connecting health to meet local needs



Australian Government
Department of Health and Ageing



QUEENSLAND
GOVERNMENT

FROM THE PRESIDENT

I would like to welcome you all to another wonderful edition of the All About Living newsletter, and hope that everyone had the best Christmas possible.

This year is going to be one of the most exciting and yet challenging in the organisation's history as we continue to navigate our way through the changes to the aged care system.

I would like to take this opportunity to welcome Mr David Worsnop to All About Living as our inaugural CEO. David brings with him a vast range of experiences in not only the 'not for profit' sector, but also the government and private sectors as well.

The board and I are confident that David will help the organisation grow, whilst maintaining the highest level of quality and caring services that we have always been known for.

It is my sincere hope that you all enjoy the articles and information provided in this edition, and I look forward to seeing as many of you as possible at all our events this year.

Finally, the board remains committed to ensuring AAL's long term future is bright, with all current indicators looking positive. I believe that together, we can make this organisation the benchmark by which all other organisations can be measured against.

Kind Regards,

Darryl McNamara
President
All About Living

From the Rosters

Please phone the office on 3269 1915 if you need to cancel your service.

From the CEO



Are you over 65 y.o. and need help and with Personal Care??



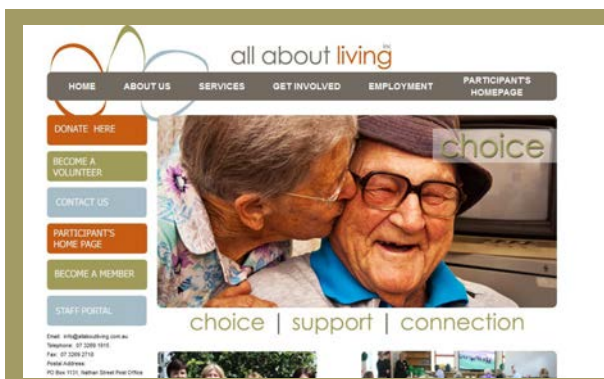
Are you over 65 years old and finding it harder to clean those 'hard-to-reach' places?



Our Support Workers are qualified to help you with your daily personal routine. This includes activities such as showering, washing your hair and dressing, or maybe you might need someone to be around to give a sense of security.

Phone the office to enquire about Personal Care on 3269 1915.

If you are under the age of 65 years old and would like to have a Manicure or Pedicure for \$7.00 please Joanne to book an appointment.



Have you seen our website?

Catch up on the latest events, see what's coming up on our activities calendar, or find out more about what All About Living can do for you to help you stay healthy, happy, and supported in your home!

www.allaboutliving.com.au

Health Forum "Active Ageing"

Thank you to Taryn for organising another successful Health Forum which was held on the 18th February at the The Old Redcliffe Fire Station. We had a fantastic turnout of 28 Participants and we had our All About Living Choir "All Directions" putting on a performance, they sounded fantastic! Our Participants enjoyed Guest Speakers from:
Alzheimer's Australia - Rae Haggarty
Physiotherapist - Jackie Lander
Dietician - Sharon Keens
They gave us some great information.



Rae Haggarty from Alzheimer's Australia



All About Living Choir
"All Directions" performing



Dietician Sharon Keens



Students from QUT

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Lifestyle Program \$10.00 per person
4 all about living Choir \$10.00 per person Ladies Group \$10.00 per person	5 Men's Group Bullocky Rest \$10.00 per person	6 Body Movement Class \$10.00 per person	7 Thursday Group Armchair travel \$10.00 per person	8 Lifestyle Program \$10.00 per person
11 all about living Choir \$10.00 per person	12 Pamper Day \$15.00 per person 	13 Body Movement Class \$10.00 per person	14 Thursday Group Samford \$10.00 per person + Lunch	15 Lifestyle Program \$10.00 per person
18 all about living Choir \$10.00 per person Ladies Group \$10.00 per person	19 Men's Group Redcliffe \$10.00 + Lunch	20 Body Movement Class \$10.00 per person	21 Thursday Group Craft Day \$10.00 per person	22 Lifestyle Program \$10.00 per person
25 ANZAC DAY	26	27 Body Movement Class \$10.00 per person	28 Thursday Group Picnic \$10.00 per person	29 Lifestyle Program \$10.00 per person

Choir: 10.30am - 11.30am

Every Monday at 10.30am the All about living Choir will meet up at the activity centre with our musical director Jenni. Come along, join in and have fun while singing with like minded people! Cost \$10.00 per person or \$15.00 for non participants

Ladies Group:

The Ladies group meet up fortnightly and enjoy a range activities like crafts, high tea and board games. We meet at the all about living office in Sandgate. Morning tea and lunch are included. \$10.00 per person

12/4 Pamper Day 9am - 12noon

Come along and enjoy a neck/shoulder massage, manicure & hand massage and morning tea! It will be held at the All About Living activity centre. \$15.00 for participants, \$25.00 non participants (Transport not included) Please ring and book a place as seats are limited

Body Movement Class - 10.00am—11.00 am:

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

Suitable for all ages, Fun and easy to follow

\$10.00 per person

Men's Group

5/4 Bullocky Rest

Come along and join us as we head to Bullocky Rest Joyner for a BBQ lunch with a view! \$10.00 per person

19/4 Redcliffe

Today we will be visiting Bee Gee's Way in Redcliffe. Then we will be having lunch at Hog's breath café. \$10.00 +lunch

\$10.00 + Lunch per person

Thursday Group

7/4 Armchair travel

Today we will be 'traveling' to France! We are going to speak French, eat French and watch a French film.

\$10.00 per person

14/4 Samford Valley

Today we will be heading to Samford! We will be having a wander through town then having lunch at the tavern.

\$10.00 per person + Lunch

21/4 Craft Day

Today we will be at the all about living activity centre where we will be having a craft day. Have a go at making a birthday card or some fridge magnets.

\$10.00 per person

28/4 Picnic

Today were off for a picnic to the foreshore at Woody point.

\$10.00 per person

Seats are limited

Lifestyle Program - Friday 10am—11am

A light exercise and movement class to help you Stay flexible

Improve your balance

Recover muscles

Meet new people

Have fun!

\$10.00 per person

MEMBERSHIP APPLICATION FORM

PLEASE PRINT

Title: _____ First Name: _____ Surname: _____

Organisation: (If applicable) _____

Address: _____

Suburb: _____ Postcode: _____

Postal Address: _____

Suburb: _____ Postcode: _____

Telephone: _____ Mobile: _____

Email: _____

I am applying for **Membership** (GST inclusive):

- | | |
|--|--|
| <input type="checkbox"/> Ordinary \$15.00 | <input type="checkbox"/> Associate: Individual - \$10.00 |
| <input type="checkbox"/> Ordinary Client rate -\$1.00 | <input type="checkbox"/> Associate: Corporate Level 1 - \$50.00 |
| | <input type="checkbox"/> Associate: Corporate Level 2 - \$105.00 |

I hereby declare that:

- The information supplied in this application is true and correct;
- I have not been refused admission to, or been removed from, any other organisation;
- If admitted as a member, I agree to be bound by the Constitution and By-Laws of All About Living Inc now in force or which may hereafter from time to time be in force;
- I have been informed that the Association holds public liability insurance of \$20M.

Signed: _____ Date: _____

Please forward this application to:
The Secretary
All About Living Inc
PO Box 1131
Nathan Street Post Office
BRIGHTON QLD 4017
Phone: 3269 1915
Fax: 3269 2718
Email: info@allaboutliving.com.au
Web: www.allaboutliving.com.au

Membership fees can be paid by cash, cheque, direct debit or BPay.
In person: 28A Lagoon Street
Sandgate Qld 4017
Bank Account:
BSB 064 124
A/C NO 1011 4570
Please add Name as reference
BPay:

OFFICE USE ONLY

Application Received Date: ___/___/___
Proposer Name: _____
Proposer Signature: _____
Seconder Name: _____
Seconder Signature: _____
Accepted By Board: ___/___/___
Board Member Signature: _____

Privacy Statement: The above information will be used for the purposes of the activities of the Association and maintaining membership records in accordance with the Association's Constitution. Information will not be used for any other purpose without your prior written consent.

You can create a powerful lasting change

Your generous donation can help make sure our community's most vulnerable; including the frail aged, Veterans and those living with a disability to live as part of their own community.

We are currently looking at expanding our services to help more than our current 620+ participants.



Donations of:

\$25.00 – Could help 1 Participant living with a disability to attend a group activity

\$50.00 – Could help 2 frail aged Participants to attend a group activity together

\$250.00 – Could provide a Participant with a spring clean

\$600.00 – Could provide sponsorship of our social support program, the Choir

My choice \$ _____

***All donations of \$2.00 or more are tax deductible ***



Please process my donation as follows:

Name	
Address	
Phone	
Donation amount	\$25 \$50 \$100 \$250 \$600 My choice: _____
Credit card details	Credit card number:
	Expiry date CVC:

If you would like more information about how to leave a Life Gift in your Will please tick this box

Return this complete slip to: All About Living – PO Box 1131, Nathan St Post Office BRIGHTON QLD 4017

Leave a Legacy of Care and Comfort

By donating or leaving a bequest to All About Living, your generous gift will go a long way in delivering not only vital personal and domestic care, but also the emotional and social support essential to our participants' mental health and quality of life. You have the power to create a legacy of care and comfort that will be felt well into the future.