



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



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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 everyone to our latest edition of All About Living's newsletter. Now that the winter months are upon us, I hope that everyone is keeping as warm as possible and enjoying what is a wonderful time of the year to be living in Queensland.

It's a very exciting time to part of the AAL family, David Worsnop our CEO has settled in wonderfully well, and our staff are working hard to maintain the highest levels of service that we are famous for to our participants. We have also just signed new contracts with DVA to expand our range of services provided to include nursing services in the future.

All About Living is also proud to be a part of the Einbunpin festival again this year in Sandgate. This festival is without a doubt the most important social gathering of the year for our community. Along with raffle prizes to be won, members of the AAL board including myself will be there.

You will all notice that work has begun on our new community garden, and with a new roof going over our pergola area in the near future, I am sure that everyone will enjoy sitting in the new shaded area overlooking our community garden when completed.

I hope you all enjoy this edition of our newsletter, as AAL continues to look to ahead.

Our future has never looked brighter as we embrace the opportunities, and overcome any challenges that 2016 may hold.

Kind Regards,

Darryl McNamara
President
All About Living

From the Rosters

You may have noticed a new person answering your call when you phone to make changes, her name is Tahlia!

Feel free to call to Tahlia to organise any changes that you may need for your service.

We understand that hospital and specialist appointments are unavoidable please phone as soon as possible to organise another day or time for your service.

Don't forget to phone the office on 3269 1915 if you need to cancel your service.



From the CEO

"David's Day Out"

David had an eye opening busy day out working along side one of our wonderful Support Workers Dee to get a feel of what it is like delivering services for our Participant's. David had the opportunity to meet our loyal Participant Sally Prouse and help her with her daily the domestic tasks.

While Dee worked with Stephen Thompson on brushing up his culinary skills and cooking up a storm, David enjoyed some time chatting with Stephen's mother about the NDIS support plan and the pending Government changes happening in 2 years time.

David looks forward to meeting more Participants over the coming months.

"I found the support workers role pivotal in supporting and enabling those people in our community who need it the most.



David with Sally Prouse



David with Stephen and Joan Thompson

Farewell Hayley and Linda

Hayley has been a valuable Team Member of the All About family Living since 2012. Hayley will be missed as she starts her new adventure in far north Queensland! We wish her the best of luck and thank her for her dedication.

Linda has been a Volunteer groups assistant for the Participant groups - Body Movement and Pamper Days since 2015. Good luck with your studies over the coming 18 months!! We thank you for your generosity.



Are you over 65 years old 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 care routine needs. This can include activities such as showering, washing your hair and dressing, or maybe you might need someone to be around to give a sense of security whilst you manage your own care needs

Phone the office now 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
Phone the office to book your appointment.

Are you interested in meeting new people?

Would you like to go out on day trips?

Have you heard about

The All About Living Thursday group?

Thursday group is a mixed group of locals that meet weekly and visit different venues in the community. Or have different activities at our activity centre in Brighton. If you have ever thought about joining in on one of our fun day trips, then now is the time!

If you have any questions or would like to book in, give Taryn a call on 3269 1915



All Directions Choir

On Friday 17th June the All About Living choir – All Directions performed at Deagon village's residents clubhouse . A big thank you goes out to our:

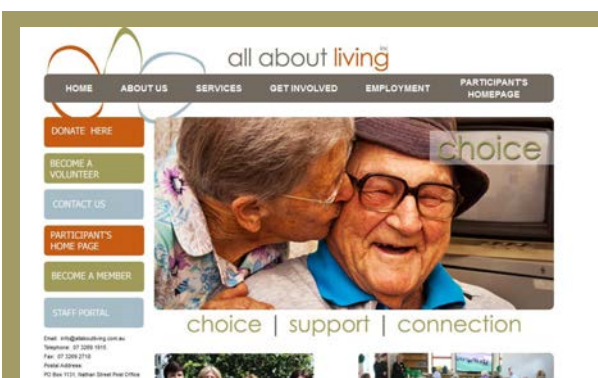
Music Director - Jenni

Our Performers:

Ivy Bruce, Marie Davidson, Margaret Faulkner
Linda Bland, Marion Connors, Michelle Connors
Stephen Wood, Yvonne Harrison, Norma Hill
Margaret Cosgrove, Colin O'Brien



If you are interested in joining the Choir, please phone Taryn on 3269 1915



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

Precautions for the Flu season

The flu is avoidable, so don't leave it to luck- out on the facts and stay well.

- Vaccination is the best protection against flu.
- Help contain the virus - stay at home if you have the flu.
- It takes at least 20 seconds to wash your hands properly.
- Coughing or sneezing into your hand allows germs to spread - use a tissue.
- The flu virus can live outside the human body for a number of hours - dispose of used tissues immediately and wash you hands.

for more information visit: www.qld.gov.au/flu



If you have any symptoms or not feeling very well, please phone the office to re organise your service.

Consult your Doctor if symptoms persist.

Remember to:

- rest in bed
- drink plenty of fluids (particularly water)
- some over the counter medication may help relieve the symptoms may help (check with Pharmacist or your GP first)

Health Forum 4th August

Due to feedback we have received, the topic for our next forum will be 'End of life preparations'.

Our guest speakers will include:

- Paul Alexander from KM Smith
- Adrian Jones from National Home doctor service
- Allan Aubrey from The Public Trustee
- Rhonda from Hello World

Join us for morning tea and guest speakers

To RSVP – please call Taryn on 3269 1915



Volunteers Luncheon

On the 12th of May we held a Volunteers luncheon at our activity centre to celebrate our dedicated volunteers and thank them for all the great work they do!

Gifts of time








Poem by Susan Greig

Both night and day
You've given your time
To make All about living a better
place.

Every family here has benefited
And your efforts can never be
erased.

We send this note to tell you
that we are aware and all
agree,
Your gifts of time – large or small
Are special ones indeed!!



Monday	Tuesday	Wednesday	Thursday	Friday
		3 Body Movement Class \$10.00 per person	4 Thursday Group Health Forum \$10.00 per person	5 Lifestyle Program \$10.00 per person
8 all about living Choir \$10.00 per person Ladies Group \$10.00 per person	9 Men's Group Maleny \$15.00 per person	10  Ekka show Day Public Holiday	11 Thursday Group Movie Buffs \$10.00 per person + movie ticket	12 Lifestyle Program \$10.00 per person
15 all about living Choir \$10.00 per person	16 	17 Body Movement Class \$10.00 per person	18 Thursday Group Seniors Week \$10.00 per person	19 Lifestyle Program \$10.00 per person
22 all about living Choir \$10.00 per person Ladies Group \$10.00 per person	23 Men's Group Redcliffe Museum \$10.00 + Lunch per person	24 Body Movement Class \$10.00 per person	25 Thursday Group BBQ \$10.00 per person	26 Lifestyle Program \$10.00 per person
29 all about living Choir \$10.00 per person		31 Body Movement Class \$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 of 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

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
9/8 Maleny**

Today we will be having a day trip to Maleny, and stopping in at the cheese factory for a cheese tasting then heading over to Mary Cairncross park for a BBQ lunch. \$15.00 per person

23/8 Redcliffe Museum

Today we will be going to the Redcliffe museum then heading to a local café for lunch \$10.00 + Lunch per person

Thursday Group

**4/8 Health Forum
End of life preparation**

Today we will be holding a health forum that will be focussing on 'End of life preparations' at our activity centre . \$10.00 per person

11/8 Movie Buffs

Today we will be heading to the Strathpine cinemas to see the latest blockbuster movie. \$10.00 + Movie ticket per person

18/8 Seniors week celebrations!

Today we will be having a seniors week celebration! \$10.00 per person

25/8 BBQ

BBQ at the activity centre! \$10.00 per person

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):

- Ordinary** \$15.00 (non Client) Associate: Individual - \$35.00
 Ordinary Client rate -\$1.00

I hereby declare that:

1. The information supplied in this application is true and correct;
2. I have not been refused admission to, or been removed from, any other organisation;
3. 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;
4. 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:
Please contact the office on 3269 1915

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.

Winter Appeal – Loneliness is cold!

Being stuck at home without human interaction can feel like you're emotionally out in the cold.

Can you help re-connect a lonely, frail, aged person with their local community?

All About Living's social support services ensure that those we care for can continue engaging in community life.

Many of those we care for have very few chances to connect socially and are therefore at risk of becoming isolated and vulnerable. The social support we provide is essential to ensure those we care for remain socially active, independent members of our community.

Winter can be cold, but it doesn't have to be lonely – give now to create a lasting change.

All About Living is a registered Charity and all donations of \$2.00 or more are tax deductible

ABN – 57 735 061 306

- \$35.00 - A day group excursion or social event for a participant in need
- \$70.00 - 2 Participants in need to attend a group excursion or social event
- \$100.00 - 4 Participants in need to attend a daily group activity
- \$250.00 - 2 Participants in need to attend a group excursion or social event for a month
- \$500.00 - 1 Participant in need to attend a group excursion or social event for a year
- My Choice \$ _____



Please process my donation as follows:

Name	
Address	
Phone	
Donation amount	\$35 \$70 \$100 \$250 \$500 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.