

All about news!

all about living
choice | support | connection

CONNECTED

Welcome to our August Newsletter, where we aim to keep you updated, informed and connected with everything that's happening at All About Living. We hope you enjoy!

Introducing Leonie Fowke as our new Executive Director

We are thrilled to announce Leonie Fowke has accepted the role of Executive Director of All About Living! Leonie has been an important part of our organisation, serving as Chief Operations Officer, where many of you have already had the pleasure of meeting her. She brings a deep understanding of our community and a proven track record of leadership.

Leonie has a wealth of experience, both in nursing and in aged care, which makes her perfect for this role. She is passionate about enhancing the way we care for our participants and believes in a holistic approach. She considers every aspect of a person's wellbeing to ensure all needs are met.

Her dedication to improving services will help us provide even better care to our community.

What does this mean for you?

It means a stronger and more stable future for All About Living. With Leonie as our leader, we are strengthening our commitment to providing high-quality services and staying connected to our community.

As the government introduces new standards for aged care providers, emphasising accountability and customer-centric care, Leonie is proactively working with our team to ensure we not only meet but exceed these standards and you continue to receive the high-quality care you deserve.



Leonie Fowke, newly appointed Executive Director at All About Living.

Our team is dedicated to focusing on quality and making sure you feel supported and valued. We are thrilled to have Leonie guiding us into this exciting new chapter and are confident that her leadership will help All About Living thrive.

Please join us in congratulating Leonie on her new role!

We Value Your Feedback!

Whether it's a complaint, compliment, or suggestion, we want to hear from you!

Contact your Case Manager on **1300 503 886** or email our team at info@allaboutliving.com.au. Be sure to include your contact details so we can follow up on your feedback.

Senior Forum a Positive and Informative Experience

Recently, our All About Living Groups held a Senior Forum to provide valuable information on important issues affecting the quality of life for older adults. The team delivered an outstanding event, focusing on educating and supporting beyond our regular services.

Feedback from attendees was very positive, they found the sessions informative and appreciated the shared knowledge.

Special thanks to our guest speakers Emma from Diabetes Australia, Sergeant Kim Richards from the Gateway District Crime Prevention Unit, and Stephanie from Dementia Australia for their invaluable insights.

Here are the top tips from each speaker:

Diabetes Management with Emma:

- Maintain a healthy, balanced diet
- Stay active
- Schedule regular check-ups with your doctor

Crime Prevention with Sgt. Kim:

- Be aware of scams and never give personal details to unsolicited contacts
- Secure your home
- Stay connected with the community

Dementia Care with Stephanie:

- Maintain a routine
- Keep an organised, safe, and comfortable household
- Communicate your needs and ask for help if needed



Emma from Diabetes Australia



Sergeant Kim Richards from the Gateway District Crime Prevention Unit



Stephanie from Dementia Australia

Thank you to everyone who joined us for this event. We all learned so much from the presentations and hope to continue hosting similar sessions in the future.

Group Activity Fees Added to Monthly Invoice

Starting in July, the fees for All About Living Group Activities will be included with your monthly invoices. This change is designed to make payments more transparent and efficient.

Including activity fees on your invoice provides many benefits including:

- Easily track which activities you participate in.
- Better money management through increased transparency.
- Reduced risk of theft and mishandling cash for both you and our staff.

Participants engaged in Group Activities will see these changes reflected in their July statements, due in August. This update will enhance your experience with All About Living and streamline our processes for a more efficient service.

Important Update: 3G Network Closing Soon

Starting 1 September 2024, Australia will shut down its 3G mobile network. This means that if your phone or medical device only works on 3G, you won't be able to make calls, including calls to emergency services. Fortunately, most people have smartphones that are compatible with 4G or 5G, so they won't be impacted by this change.

Not Sure about your device?

1. Check Your Phone: Make sure your phone can still make calls on 4G or 5G networks. Text "3G" to 3498 from your phone to see if it will be affected by the change.

2. Ask for Help: If you're unsure about your device, contact your mobile provider or visit the Australian Mobile Telecommunications Association website www.amta.org.au for guidance on your device.

3. Check Personal Alarms: Personal alarms are crucial for safety, especially if they alert emergency services. We encourage you to check these devices with your provider to ensure they'll continue to work after the 3G network shuts down. If your alarm relies on 3G, you may be eligible for financial help to get a new one through programs like the Commonwealth Home Support Programme.

Taking these steps will keep you connected and prepared. Take a moment to check that your phone and personal alarms can connect to 4G or 5G networks to ensure you're ready for 1 September 2024.



All About Living at the Einbunpin Festival

We are proud of our Sandgate heritage and were honored to be part of this year's Einbunpin Festival. All About Living provided free blood pressure checks and was available to answer any questions the community had about aged care and NDIS services. We were delighted to inform residents about the available options and support. Thanks to everyone who stopped by to say hello. It was a great day, and we loved being out in the community to enjoy the festivities!



AAL team from left to right: Leonie Fowke, Johann Holland-DeJoodt, Kirstyn Macklin, Celia Hutikka & Mark Stevenson.



AAL Christmas in July

Our Groups Christmas in July Party is one of our most treasured celebrations. Filled with Christmas cheer, delicious food, and fun games, everyone had a wonderful time. Special thanks to the All About Living choir for getting us in the festive spirit.

Are you interested in joining?

AAL Groups are open to eligible CHSP and HCP participants in or near Aspley, Bald Hill, Sandgate, and Redcliffe. Contact us on 1300 503 886 for more information.

August North Brisbane Groups *all about groups*

Our North Brisbane Groups Program offers a variety of activities to brighten your weekdays. Whether you want to learn a new skill, stay active, or make new friends, you will have a great time.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Join the Fun with Our Community Groups Program! We offer diverse weekday activities to suit all interests. Whether it's learning skills, staying active, or making friends, we're your destination for fun and enhanced wellbeing.			1 Thursday Group The Price Is Right Brighton Bowls Club \$20 per person	2 Lifestyle Program \$20 per person
5 All About Living Choir \$20 per person	6	7 Body Movement Class \$20 per person	8 Thursday Group Brisbane Bus Museum \$35 per person	9 Lifestyle Program \$20 per person
12 Ladies Group Brighton Bowls Club \$20 per person All About Living Choir \$20 per person	13 Men's Group Maleny Rainforest Discovery Centre \$22 per person	14 Ekka Royal QLD Show Day Public Holiday	15 Thursday Group EKKA Day! Brighton Bowls Club \$20 per person	16 Lifestyle Program \$20 per person
19 All About Living Choir \$20 per person	20	21 Body Movement Class \$20 per person	22 Thursday Group Maleny Rainforest Discovery Centre \$22 per person	23 Lifestyle Program \$20 per person
26 Ladies Group Brighton Bowls Club \$20 per person All About Living Choir \$20 per person	27 Men's Group Brisbane Bus Museum \$35 per person	28 Body Movement Class \$20 per person	29 Thursday Group Fire Education Brighton Bowls Club \$20 per person	30 Lifestyle Program \$20 per person

From Chopsticks to Drumsticks

We love to highlight the talents of our participants and are proud to introduce Aidan, a valued member of All About Living's Group, who showcased his creativity and generosity in an exercise class. When Aidan noticed a Team Leader using chopsticks for cardio drumming, he saw a chance to enhance the experience by crafting brightly colored drumsticks

that were easier to see and follow, sparking a trend among the group. True to his generous spirit, Aidan made sticks for everyone!

Aidan's woodworking skills also shine in the Men's Shed, where he creates Christmas decorations sold to raise funds. We are grateful for his contributions to the community and AAL.

Thanks Aidan!



Aidan Smith, much loved member of our All About Living Groups.

Group activities are available to eligible **All About Living** clients. Bookings are essential on **1300 503 886**.

Transportation Made Easy

We offer a pick-up service. Seats are limited, so reserve your seat early by calling **1300 503 886**. Need another way to get there? We can help with alternative transportation options.

Get the latest calendar and full run down of activities by visiting our website www.allaboutliving.com.au/activities-program/

