

All about news!

all about living
choice | support | connection

CONNECTED

Welcome to our October Newsletter, in this edition we are embracing Spring and aim to keep you updated, informed and connected with everything that's happening at All About Living.

You're Invited

All About Living is inviting passionate individuals to join our Consumer Advisory Body (CAB) alongside our current representatives. Since 1992, we have been dedicated to providing personalised, responsive care to communities across Brisbane, Moreton Bay, Somerset, Ipswich, and the Sunshine and Gold Coasts, making a difference every day.

Our CAB helps ensure we remain consumer-focused, providing valuable feedback to improve our services. We're looking for current or past consumers, carers, or community members with experience in community care to become Consumer Representatives.

Consumer Advisory Body Expression of Interest

As a CAB member, you will:

- Offer feedback on All About Living's services
- Advocate for consumer needs and preferences
- Collaborate with our management and Board to guide service innovation
- Help shape our strategic direction to better support the community

Eligibility: Applicants must have experience with community care, strong community networks, and able to represent broader issues.

Interested? Please send your details to info@allaboutliving.com.au, and we'll send you an application form. Your voice can help shape the future of care!

Have you been approved for a Home Care Package?

We understand that the right support is essential for staying independent at home. As a trusted local provider for over 30 years, we offer tailored services to suit your needs, including Domestic Assistance, Personal Care, Nursing, and Social Support. Our focus is on person-centered care, ensuring you feel supported every step of the way.

Call our team on **1300 503 886** to learn more about how you can get the most from your Home Care Package.



How Gardening Can Improve Your Health and Happiness

With spring in full bloom, it's the perfect time to embrace the joys of gardening. Whether you have a large backyard or just a few potted plants, gardening offers numerous physical and mental health benefits.

Spending time outdoors in the fresh air and sunshine is one of the best ways to boost your mood and overall health. Sunlight helps the body produce vitamin D, which is essential for bone health and immune function. Being outside in nature can also reduce stress and promote mental clarity, offering a peaceful escape.

Gardening also provides light exercise, making it an ideal activity for people of all fitness levels. Simple tasks like digging, planting, watering, and weeding involve movements that improve flexibility, strength, and coordination. These activities help maintain healthy joints and muscles while promoting low impact cardiovascular health.

In addition to the physical benefits, gardening brings a sense of accomplishment and joy. Watching plants grow, flowers bloom, or vegetables ripen is a rewarding experience that connects you with nature. The satisfaction of nurturing something and seeing the fruits of your labour can enhance your self-esteem and offer a sense of purpose.

If you're looking to take your gardening to the next level, consider joining a local garden club. It's a great way to socialise, share your skills, and learn new techniques from fellow gardening enthusiasts. Whether you're a seasoned gardener or just starting, there's always something new to discover and enjoy.

No matter your gardening space or experience level, getting outside and tending to your plants this spring can bring small pleasures and lasting benefits.

A Green Thumb's Passion for Orchids and Beauty

Ron Christensen, a passionate gardener and life member of both the Aspley Orchid Society and North Brisbane Orchid Society, has spent over 30 years nurturing his love for orchids. These societies, dedicated to fostering the cultivation of orchids, have brought Ron immense joy throughout the years.

At one point, Ron tended to over 600 orchids, housed in a purpose-built greenhouse and trestles on his back veranda in Bracken Ridge, where he has lived for 33 years. His orchids received the perfect balance of light, water, and care, thriving under his dedication. His involvement in orchid shows has created many cherished memories, and his commitment to the societies has also allowed him to build lifelong friendships.

These days, Ron has only a few orchids, but his love for gardening remains. His garden now features stunning desert roses alongside other beautiful flowers and plants.

Years of carefully tending to his beloved garden have left a lasting legacy, not only in the flourishing plants but also in the strong bonds he has built within the orchid community. His story inspires all who appreciate the beauty and joy of gardening.



Ron Christensen standing proudly in his garden beside a vibrant, blooming Anthurium.

Benefits of Mental Exercises for Lifelong Health

As we age, taking care of our brain health becomes increasingly important. While there is no cure for cognitive decline or dementia, research shows that engaging in regular mental exercises can help maintain cognitive function and delay the onset of conditions like Alzheimer’s disease. Keeping your brain active through stimulating activities is one of the most effective ways to support lifelong mental sharpness.

Mental exercises, such as reading, solving puzzles, or playing games, have been shown to strengthen what is known as cognitive reserve. This means that challenging the brain regularly helps it build resilience, making it better able to cope with the natural aging process. Engaging in brain activities not only boosts memory and problem-solving skills but can also delay the development of dementia-related symptoms.

It’s never too late to start. Incorporating simple, enjoyable activities like reading, crossword puzzles, or strategy games into your daily routine can help keep your mind sharp. It’s important to pick activities that are both engaging and fun, as consistency is key to reaping the long-term benefits.

Even small, regular mental challenges can make a significant difference in your brain health.

In addition to brain exercises, staying physically active is essential for cognitive wellbeing. Regular physical activity increases blood flow to the brain, nourishing and protecting brain cells, and has been shown to lower the risk of cognitive decline. Alongside this, maintaining a balanced, nutrient-rich diet is equally important for supporting brain function. Together, physical activity, a healthy diet, and mental exercises provide a well-rounded approach to keeping your brain healthy as you age.



References
 Bransby, L, Buckley, RF, Rosenich, E, Franks, KH, Yassi, N, Maruff, P, Pase, MP & Lim, YY 2022, 'The relationship between cognitive engagement and better memory in midlife', *Alzheimer's & Dementia: Diagnosis, Assessment & Disease Monitoring*, vol. 14, no. 1.
 Dinis, CJ, Pocknell, CE, Caffrey, MP & Roche, RAP 2023, 'Cognitive interventions for memory and psychological well-being in aging and dementias', *Frontiers in Psychology*, vol. 14, p. 1070012.
 Study strengthens evidence that cognitive activity can reduce dementia risk 2016, *News*, viewed 27 September 2024, www.hsph.harvard.edu/news/press-releases/cognitive-activity-dementia-risk-blacker/
 Yamasaki, T 2023, 'Preventive Strategies for Cognitive Decline and Dementia: Benefits of Aerobic Physical Activity, Especially Open-Skill Exercise', *Brain Sciences*, vol. 13, no. 3, p. 521.

Boost Your Brain with Sudoku!

Sudoku is a fun, number-based game that sharpens problem-solving skills, strengthens memory, and keeps your brain active. We heard last month’s game was tricky, so here are the answers and a new puzzle to exercise your mind. Give it a try!

September answer

4	2	6	8	5	1	7	3	9
1	7	8	9	2	3	4	5	6
9	5	3	7	4	6	2	1	8
2	3	7	4	8	9	5	6	1
6	8	4	5	1	7	9	2	3
5	9	1	6	3	2	8	4	7
8	4	9	1	6	5	3	7	2
7	1	2	3	9	4	6	8	5
3	6	5	2	7	8	1	9	4

Did You Know?
 The name “Sudoku” comes from the Japanese phrase “Sūji wa dokushin ni kagiru,” which means “the digits are limited to one occurrence.”

	7					9	5	3
			3	1		4	7	8
	5	3	8	9	7			
9	2	5			3	6		
1		7	5					
6						1	4	5
7		9	2	3		5	6	4
	1	4	6		9	7		
					4			

October & November Groups Calendar

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, we promise a great time.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 All About Living Choir Brighton Bowls Club \$20 per person	1	2 Body Movement Class \$20 per person	3 Thursday Group Strawberry View Coffee Shack \$20 per person + Morning Tea	4 Lifestyle Program \$20 per person
7  King's Birthday Public Holiday	8 Men's Group Maleny Cheese Shop \$20 per person + Morning Tea	9 Body Movement Class \$20 per person	10 Thursday Group Brighton Bowls Club Poetry Day \$20 per person	11 Lifestyle Program \$20 per person
14	15	16 Body Movement Class \$20 per person	17 Thursday Group Downfall Creek Bushland \$20 per person + Lunch	18 Lifestyle Program \$20 per person
21 Ladies Group Op Shopping \$20 per person + Lunch All About Living Choir Brighton Bowls Club \$20 per person	22 Men's Group Downfall Creek Bushland \$20 per person + Lunch	23 Body Movement Class \$20 per person	24 Thursday Group Brighton Bowls Club Halloween & Haunted History \$30 per person	25 Lifestyle Program \$20 per person
28 All About Living Choir Brighton Bowls Club \$20 per person	29	30 Body Movement Class \$20 per person	31 Thursday Group Black Cat Café \$20 per person + Lunch	1 Lifestyle Program \$20 per person
4 Ladies Group Brighton Bowls Club \$20 per person All About Living Choir Bracken Ridge Hall \$20 per person	5 Men's Group Fishing & Redcliffe RSL \$20 per person + Lunch	6 Body Movement Class \$20 per person	7 Thursday Group Brighton Bowls Club AAL Home Care Package Information Forum \$20 per person	8 Lifestyle Program \$20 per person
11 All About Living Choir Brighton Bowls Club \$20 per person	12	13 Body Movement Class \$20 per person	14 Thursday Group Slaughter Falls BBQ \$20 per person + Lunch	15 Lifestyle Program \$20 per person
18 Ladies Group Brighton Bowls Club \$20 per person All About Living Choir Brighton Bowls Club \$20 per person	19 Men's Group Slaughter Falls BBQ \$20 per person	20 Body Movement Class \$20 per person	21 Thursday Group Brighton Bowls Club Christmas Card Craft \$20 per person	22 Lifestyle Program \$20 per person
25 All About Living Choir Brighton Bowls Club \$20 per person	26	27 Body Movement Class \$20 per person	28 Thursday Group Wolston Farmhouse \$40 per person	29 Lifestyle Program \$20 per person

Join the Fun with Our Community Groups Program!

We offer weekday activities for all interests, learn new skills, stay active, and make friends.

Need a ride? Our convenient pick-up service has limited seats, so reserve early at **1300 503 886**. If needed, we can also assist with other transportation options.

AAL Groups Calendar

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

