

THE BUGLE

October 2008

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A message from the Manager

Dear Friends of BCO

We have had a very active three months developing and improving this great little organisation.

In July we put a big effort into preparing a submission for Commonwealth mental health funding to give one-to-one support. If successful, BCO will provide these services in partnership with the Redcliffe Community Association (Sunshine House) and the Sandgate and Brackenridge Action Group (SANDBAG). The program would be accessible through these community centres with BCO having the overall coordinating role as lead agency. We think this is an exciting proposal and, whatever the outcome, our three agencies will continue to offer opportunities to people to participate in all our programs.

Three committed students from Northpoint TAFE have worked on projects that will help us continuously improve our BCO services. Two students researched and are completing a written report identifying gaps in services for people in special needs groups—Indigenous people, people from a non English speaking background, people with dementia and people who are financially disadvantaged. Another student has created a survey and is conducting confidential interviews with a random sample of our consumers and participants to find out what people think of BCO. Suggested improvements are very welcome so keep them coming!

It is very encouraging that about 40 people renewed their BCO membership. Our Board functioned well this year under the leadership of Norm Wotherspoon as President. Marjorie McNamara (Vice President), Greg Hinkler (Treasurer), Nell Stanaway (Member) and Darryl McNamara (Member) were joined in September by new Board Member Jan Burnett from the Public Trustees Office. Nell has devoted years to BCO and has indicated that she is resigning from the Board at our AGM on 8 November. Fortunately she will continue to share her wisdom as Chair of our Membership and Policies Committee. The Board is keen to involve people who are prepared to advocate for consumers and so have approached representatives from National Seniors to be join our association.

We had difficulty filling rosters over the last three months. This caused us a lot of concern as we pride ourselves on giving reliable service. Some staff were ill with really nasty winter bugs, others were hospitalized or suffered injuries when not working for BCO. We contracted Caretime to help out and have now recruited some great new Support Workers and, even more wonderful, some BCO friends who previously worked for us have returned—Felicity, Lynne and Davina. Our office people—Lee, Donna, Stephen, David and Denice quietly work away at getting it happening and I thank them and you all. As always, with my warm regards.....



Merilyn



Health News

A year ago 88 year old Jean Lavender used to find walking any distance a struggle. Now she is keen to get outside for a walk most days. She is one of a group of residents in Suffolk who have been encouraged to increase their intake of water. And they have all reported dramatic results. Jean says that she feels 20 years younger. "I feel more alert—more cheerful too. I'm not a miserable person, but it's added a sort of zest." Staff at The Martins in Bury St Edmunds started a "water club" for their residents last summer. Residents were encouraged to drink 8 to 10 glasses of water a day, water coolers were installed and they were each given a jug in their room. They report significant improvements in health as a result—many fewer falls, fewer GP call outs, a cut in the use of Laxatives and in urinary infections, better quality of sleep, and lower rates of agitation among residents with dementia.

Doctors have long highlighted the risks of dehydration for elderly people. It can cause dizziness and potentially serious falls, constipation and confusion.

Story from BBC News 23rd June 2008



Some participants in the Lifestyles Group enjoyed an overnight trip to the Sunshine Coast at the end of August. Highlights were:-

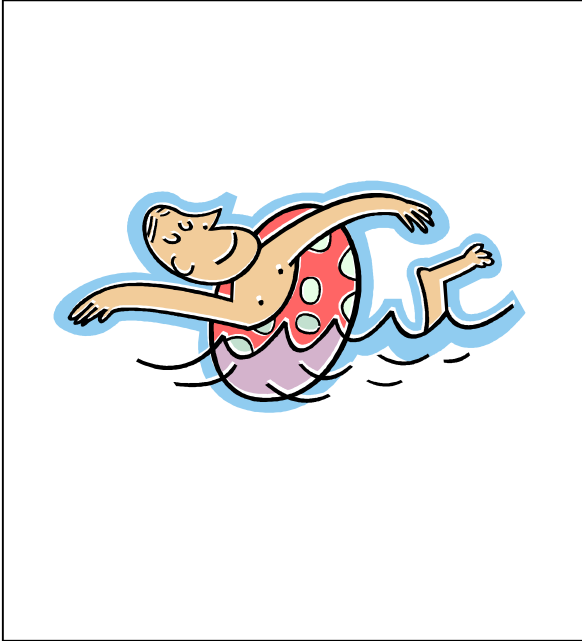
- a walk through the rainforest at Mary Cairncross Park
- a shared Asian meal on Friday night
- a picnic at Maleny
- driving in the hinterland to the sounds of Bollywood music
- time spent together

Thank you to everyone who brought tickets in our multi prize raffle. This helped to make this treat possible.

Rosters



Our Services Coordinator Lee McNeill would like to thank everyone for their patience and cooperation while we struggled to provide reliable services recently due to resourcing issues.



**Light Exercise for Swimmers
or paddlers**

The Dolphins Aquatic Centre—a hydrotherapy pool—has opened near the Redcliffe Leagues Club. If there are enough people interested, we could drive a small group of people in the bus to the pool for a fortnightly class.

Transport	\$2.30
Entry for Seniors	\$2.70
Aqualite class	\$7.00

Total Cost \$12.00

The class time when the bus is also available is:

Friday 10.15am



The pool is heated and there are ramps into the pool for easy access. Drag out those cozies and give us a ring on 32691915

Just a Thought

Peace of mind comes when your life is in harmony with true principles and values, and in no other way

Stephen Covey—Seven Habits of Highly Effective People



A Reminder..... Our Annual General Meeting is on Saturday 8th November 2008 at the St Margaret's Church Hall, 58 Rainbow Street, Sandgate. The venue is located next to the Sandgate State School. Lunch will be at 12 noon with the meeting scheduled to start promptly at 1.00pm. Lucky Door Prizes for members only. We are keen to get a good crowd!

RSVP to Stephen 32691915 by Thursday 30 October for transport and catering purposes.