



In this edition:

- New name launch—*All About Living Inc.*
- *Mystery Tours*
- Additional service—VHC shopping and escorted transport
- A message from the Manager
- Caring for someone and need time to yourself?
- Additional service—shower, bath, grooming
- It's never too late to learn what friends are for
- Laugh and lower your stress
- Isolation—as harmful as 15 cigarettes
- Leisure and social activity—the benefits

All About Living Inc.

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The launch of our new name: *All About Living Inc.*

At a Special General Meeting on Saturday 26 June 2010, members of Bayside Community Options passed a resolution to change our name to **All About Living Inc.** We have the certificate of incorporation, so we are now official!

Our re-branding—a new name, promotional material and an updated website—will energise us, provide direction and, with additional funding, give us opportunities to broaden the programs and services we offer in this and other geographical areas. A very creative graphic designer is working on a logo and promotional material.

Our new name and brand will be launched on the morning of 10 November 2010 at the community centre at Kedron-Wavell Services Club Chermshire. We are waiting to confirm which politicians are attending before finalising times.

Invitations will be sent out from late September starting with paid-up members of our association. It should be a fun, inspirational and happy event!

Mystery Tours

One Friday a month we will pick passengers up from **8.15am** in our 12-seat accessible bus and travel to an unknown destination (unknown to you that is!).

Our first mystery tour will be an all day affair (so to speak!) on **Friday 24 September**. Mel will coordinate bookings. To get on board, please ring Mel or leave a message for her on **3269 1915**.

This offer is for all participants in our services and programs, with preference given to people who are more isolated in our community.

Cost: \$30 including transport and lunch at a hotel. We will also bring biscuits, tea and coffee.

Additional Services Available

About 411 people are now accessing our Home and Community Care (HACC) and Veterans' Home Care (VHC) services and programs.

We would like to offer veterans shopping and escorted transport to other community venues for example libraries, hairdressers or barbers and other activities in the local area (4017, 4018 and 4034).

To be eligible for these services you need to be frail elderly or a younger person with conditions that impact on activities of daily living—such as driving a car and shopping. It is *not* an alternative to a taxi service. There is a fee (currently \$7) for each fortnightly service. Please contact Kathy on **3269 1915** to discuss your needs and eligibility.

A message from the Manager



Dear Friends of All About Living—An Important Message

I am quite concerned that many people who access our services are either not at home when our Support Workers call or are cancelling without 24 hours notice. It is better for everyone concerned if we can all contribute to respectful two-way relationships.

We encourage you to make appointments and to go on outings on days of the week and at times when we are not providing your services. Obviously if you are admitted urgently to hospital it is not possible to give us notice and we understand this.

One of the reasons for this request is that if you are absent from home when a Support Worker calls we still pay the Support Worker for half an hour to turn up at your home. However if we cannot give the Support Worker replacement work in your absence, they miss out on being paid for the total time they would have worked with you, for example one hour or one and a half hours. Workers need reliable work so that they can have a steady income. Mutual courtesy helps to retain good staff. Please help us to retain our staff by being home if your Support Worker is scheduled to visit.

From now on we will try to provide your preference of a morning domestic assistance and shopping services 8.30am to 12.00 noon or an afternoon service 12.00 noon to 4.00pm. We ask you to remain at home all morning or all afternoon.

Showers and bathing will be provided, if possible, at your preferred time in the morning or afternoon, between 8.00am-10.00am or 3.00pm–5.00pm.

These arrangements are still far more convenient and flexible than can be provided by other organisations. In effect we are asking you to be home as arranged one morning or one afternoon a fortnight if you have a fortnightly service. I am sure you will agree that this is a reasonable request.

We are also firming-up on fees introduced from 10 August 2009. We will invoice people \$3 when they fail to give us at least 24 hours notice of not being home for HACC services. Naturally exceptions will be made for emergency hospital admissions.

It is important to us that we provide you with reliable support. Our relationship with you needs to be a good two-way relationship. We sometimes terminate people's employment with us and this is for reasons which we are unable to explain to you due to our confidentiality obligations. We are recruiting extra staff to cover for sick and holiday leave. However keeping good staff is important to our ability to deliver consistent customer service with you. You can help us with this by being home for their visits. Please let us know if Support Workers do not provide the services agreed to in your Service Plan.

We commit to giving our professional best with the growing number of people we assist and with everyone All About Living has a relationship with!

Until next time... *With respect and warm regards, Merilyn*

Caring for someone? Need rest, recreation or time to yourself?

If you live with, and care for, an older person with dementia, or a younger person with disabilities such as mental health and well-being issues we can keep this person company while you have a break such as a cup of coffee with friends or attend appointments. We can also accompany the person you support to activities out in the community so that you can have some time to yourself. With our support you may have more energy to look after yourself and your loved one.

There is a fee of \$5 an hour on weekdays, and \$10 an hour after 5.00pm and on weekends and public holidays. These fees apply to HACC participants only. If you are a DVA client you will need to contact VHC Assessment Agency on **1300 550 450** to enquire about respite care.

Additional service available—shower, bath, grooming

We can assist anyone who is eligible and already on our books with showers, bathing and other grooming such as hair-washing and basic nail trimming (not podiatry). We can just be around while you have a shower or bath. This option means that you still have your privacy but with the safety and security of having a qualified Support Worker around.

There is a fee (currently \$5) for each service which we normally schedule from 8.00am to 10.00am or 3.00pm to 5.00pm on Mondays, Wednesdays and Fridays. This is also a good option to prepare for transitioning to Community Aged Care Packages (CACP) which is a higher level of care to support you to remain in the community for as long as you can. Please contact Kathy on **3269 1915** to discuss your needs and eligibility.

It's never too late to know what friends are for

‘Our happiness depends to a great extent on the quality of our friendships, not the number of friends we have. Friendship protects us from the devastation of loneliness. It makes us be far less dependent, builds our feelings of inner reality and self-acceptance and our capacity to be open and accept other people. We find it easier to like ourselves; we discover who we are.

Whatever our age, habits of friendships can be reshaped for the better at any time throughout our life.

The healthiest intimate relationships also include space for shared and individual friends. Because friendship is so critical for our inner well-being and resilience, we ought to see it as a priority. Some may feel awkward about making themselves open and vulnerable to caring and some may tell themselves they have no time; yet friends truly are not optional in a rounded life.

Common interests, a willingness to risk a lively consistent yet respectful interest in others are the basics. Listening well, offering and accepting support, valuing and encouraging who the person is, not just their “usefulness” or status, are immensely attractive qualities that enhance friendly communication.

Loyalty, making time for friends, keeping your word, respecting confidences and never taking advantage of your friends is also pertinent.

A world without friends is impoverished; a life with friends is ceaselessly rich.’

—Stephanie Dowrick *Good Weekend, The Sydney Morning Herald, 24 July 2010*



Laugh and lower your stress level



It is interesting that laughter has many of the physiological benefits of exercise; it decreases the resting blood pressure, stimulates the sympathetic nervous system and increases respiratory activity.

Laughter can also decrease the heart rate below the person's normal level which allows the body to enter a state of relaxation. Laughter and humour can also be a social lubricant reducing stress.

Laughing makes us feel better physiologically and psychologically and therefore reduces our stress levels.

Isolation as harmful as smoking 15 a day!

‘A scientific review of 300,000 people of all ages revealed those with poor social networks were just as likely to go to an early grave as those who abused smoking or alcohol. Scientists stated being socially disconnected was equivalent to smoking 15 cigarettes or drinking six units of alcohol a day.



It is also worse for someone’s health than much better-recognized health risks such as avoiding exercise, and twice as bad for one’s health as obesity. The support of a few good friends or strong family relationships could contribute to good health by reducing the harmful effects of stress. Other people’s influence may also contribute to good health and boost the immune function.

The authors of the journal, Public Library of Science Medicine, said medical professionals should routinely evaluate patients’ social networks and recommend more connections with other people. People with adequate social relationships had a 50 per cent greater likelihood of survival compared to those with poor or insufficient social relationships.

When someone is connected to a group and feels a responsibility for other people, that sense of purpose and meaning translates to taking better care of themselves and taking fewer risks. University of Sydney’s public health expert Bruce Armstrong, said it was plausible that people’s unhealthy habits of poor diet and exercise would improve with social connectedness and interaction.’

—from *The Australian*, 29 July 2010

“***Alone we can do so little;
together we can do so much.***
—Helen Keller”

Leisure and social activity—the benefits

‘Social isolation is the “absence of satisfying social relationships and a low level of involvement in community life.”

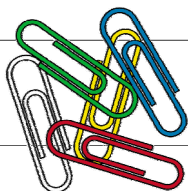
The conditions necessary to reduce social isolation are to: have informed choice; have control over one’s health and social care; feel recognised and feel that you belong; receive love and affection; share intimacy and have empathy; be interdependent; be useful; feel safe; have personal power and live in tune with society.

Leisure activities are a choice we make and enjoy and satisfy a human need for self-fulfilment which disentangles us from the everyday human stresses of life. Leisure pursuits directly contribute to health preservation, disease deterrence and physical development.

Leisure, through faith in the activity or in-activity, makes us whole again. It is a mental and spiritual attitude that restores, re-establishes and returns us to our original or ideal state.

The Tao concept believes leisure is a freedom of form or the absence of form, a carefree state of being or state of happiness.’

—from the *Recreation and Leisure Study Guide*, The Australian Catholic University, 2010



**We will be updating all our forms including invoices
using the new name *All About Living Inc.***

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