

# The Range Care Crier

A NEWSLETTER FOR THE BLACKALL RANGE CARE GROUP INC.

MAPLETON – FLAXTON – MONTVILLE – MALENY

Volume 7, Issue 9

January 2000

## OUR BUSH CHRISTMAS

Well! Didn't we have a wonderful time at our Christmas Party. The Dad and Dave Aussie theme was a great success and we catered for over 70 people (the biggest attendance yet at the Cottage). Of course, a special thank you must go to our tireless volunteers who are never fazed by our grand plans.

We knew it was developing into a crazy day long before anyone arrived. There was Kyleigh dressed in colonial style catching chooks who were reluctant to go to the party, but with some encouragement from her they were persuaded!



Kyleigh, harnessing the horses, ready to get the show on the road,

Then at the venue, one chook changed its mind and made a bid for freedom and the other one was in such a tizz, it laid an egg! It was a sight to see Tom and all racing after escaping chooks and once caught clipping their

wings to ensure they stayed put. Meanwhile, the dog got loose and discovered the kitchen and to cap it off, the tarpaulin fell down. What a beginning!

The Cottage was set up in country style complete with clothes on the line. (who owned those bloomers?) Together with Bo the friendly sheepdog and the aforementioned chooks, we welcomed the guests. The courtyard was decorated with an old tarp sunshade, a traditional Aussie outhouse, a horse and cart and plenty of bush greenery. The weather turned on a beautiful day.

The highlight of the day was a wonderful band called the Bushwackers, who volunteered to play for us. The band comprised of 10 members, and some came from as far as Brisbane and Bribie. They played all the old country songs and Christmas carols and we will certainly invite them back again.

We were all delighted by the Dave and Mabel skit performed admirably by our very own Mona Wain and Norm Schonrock. Mona was a fabulous Mabel and went all out with her costume. She wore a great hessian apron and plodded around in big work boots most of the day. Norm was a convincing Dave. Wasn't Roly versatile as Santa and the Bush Poet? – thanks Roly. The choir consisted of Sylvia, Judy, Olive, Marilyn, Hilda and Winifred who all sang beautifully. A delicious morning tea and lunch was enjoyed by all and everyone was in high spirits as they headed for home.

*Continued on page 2.*

### **FROM TRICIA'S DESK**

Welcome to 2000! Well we talked about it all through 1999 and finally the Year 2000 is



here. Hopefully the Millenium Bug left you in peace, I think it was all a bit of a farce and cost a lot of people a lot of time and money. At the cottage we have a full program planned to keep you all interested and entertained for the year ahead.

A few changes will have to be made in regard to our Cottage days. Client numbers have increased, especially on Tuesday's, therefore we will need to open Thursday as a normal Cottage day instead of an outing day. Unfortunately bus trips will not be as frequent, however once a month we will be planning a Day Trip for all clients. With a little cooperation from all I am sure we can work it out to suit everybody. We will talk this over on your return. Looking forward to seeing you all back, safe and sound ready for the year ahead. **Take Care**

*Continued from page 1*

Many thanks to you all for entering into the spirit and being a special part of the day. By the way, the Christmas Cake raffle was won by Val McKay. Thanks to Tricia's Mum for making the cake and Margaret Newsome for icing it so professionally



Myrtle and Rhonda Simpson joining into the spirit of day.

## ***What Happened at the Fair***

The Blackall Range Care Group's recent "Spirit of Christmas" Fair, held in the Cottage grounds, was a great success on all counts. The number of people attending was well up on previous years and community stallholders indicated that business was very brisk.

The Fair raised almost \$3000 up 8% on last year's effort.

The money will all go towards the provision of extra facilities and activities.

The fine weather and colourful garden at the Cottage provided an ideal setting for very pleasant interaction between the Group's staff, members, clients and the wider community.

Our fund raising committee and wonderful group of helpers are to be congratulated for their hard work and efforts.

The Fair will now be a permanent feature of the Group's activities and is scheduled for the first Sunday in December each year.

## Wot's On

The following program is subject to change. Please check the "Wot's On" board at the Cottage.

### JANUARY

Wed 5 <sup>th</sup>	Podiatrist
Thurs 6 <sup>th</sup>	Client Free Day
Fri 7 <sup>th</sup>	Nambour Shopping
Mon 10 <sup>th</sup>	Fishing, Baroon
Tues 11 <sup>th</sup>	Australiana Theme
Wed 12 <sup>th</sup>	Music Day
Thurs 13 <sup>th</sup>	Cards & Games
Fri 14 <sup>th</sup>	Nambour Shopping
Mon 17 <sup>th</sup>	Fish Kites
Tues 18 <sup>th</sup>	Craft Activity
Wed 19 <sup>th</sup>	Craft & Bingo
Thurs 20 <sup>th</sup>	Cards & Games / Committee Meeting
Fri 21 <sup>st</sup>	Nambour Shopping
Mon 24 <sup>th</sup>	Woodwork
Tues 25 <sup>th</sup>	Clients Picnic – Bribie
Wed 26 <sup>th</sup>	Public Holiday
Thurs 27 <sup>th</sup>	Cards & Games
Fri 28 <sup>th</sup>	Nambour Shopping
Mon 31 <sup>st</sup>	Woodwork

### FEBRUARY

Tues 1 <sup>st</sup>	Chinese New Year Dinner
Wed 2 <sup>nd</sup>	Podiatry – Candles
Thurs 3 <sup>rd</sup>	Kawana Shopping
Fri 4 <sup>th</sup>	Nambour Shopping
Mon 7 <sup>th</sup>	Musical instruments
Tues 8 <sup>th</sup>	Guest Speaker
Wed 9 <sup>th</sup>	Guest Speaker
Thurs 10 <sup>th</sup>	Cards & Games
Fri 11 <sup>th</sup>	Nambour Shopping
Mon 14 <sup>th</sup>	Boot Painters
Tues 15 <sup>th</sup>	Quiz/Computer Workshop
Wed 16 <sup>th</sup>	Indoor Bowls
Thurs 17 <sup>th</sup>	Craft & Games Committee Meeting Members Lunch BBQ

Fri 18 <sup>th</sup>	Nambour Shopping
Mon 21 <sup>st</sup>	Fridge Magnets
Tues 22 <sup>nd</sup>	Clients Outing – Fish & Chips, Mooloolaba
Wed 23 <sup>rd</sup>	Word Games
Thurs 24 <sup>th</sup>	Cards/Womens Info Group
Fri 25 <sup>th</sup>	Nambour Shopping
Mon 28 <sup>th</sup>	Mobile
Tues 29 <sup>th</sup>	Client Free Day

### MARCH

Wed 1 <sup>st</sup>	Podiatry/Bingo
Thurs 2 <sup>nd</sup>	Cards/Bingo/Plaza
Fri 3 <sup>rd</sup>	Nambour Shopping
Mon 6 <sup>th</sup>	Woodwork
Tues 7 <sup>th</sup>	Bingo
Wed 8 <sup>th</sup>	Wind Chimes Making
Thurs 9 <sup>th</sup>	Cards & Games
Fri 10 <sup>th</sup>	Nambour Shopping
Mon 13 <sup>th</sup>	Pizza Making
Tues 14 <sup>th</sup>	Poetry Reading
Wed 15 <sup>th</sup>	Hair & Beauty Day
Thurs 16 <sup>th</sup>	Cards & Games
Fri 17 <sup>th</sup>	Nambour Shopping
Mon 20 <sup>th</sup>	BBQ & Kite Flying
Tues 21 <sup>st</sup>	Armchair Travel
Wed 22 <sup>nd</sup>	Brisbane Bronco's club
Thurs 23 <sup>rd</sup>	Cards & Games
Fri 24 <sup>th</sup>	Nambour Shopping
Mon 27 <sup>th</sup>	Woodwork
Tues 28 <sup>th</sup>	Music
Wed 29 <sup>th</sup>	Word Games
Thurs 30 <sup>th</sup>	Cards & Games/ Womens Info Group
Fri 31 <sup>st</sup>	Nambour Shopping

JANUARY PROFILE

Chloe

I was abandoned as an adult cat and was wandering homeless in Nambour. Hungry and alone, I was knocked down by a bus and injured. Unconscious and in need of intensive care, I was rescued by a good Samaritan and taken to Graeme Willims the vet on Lamington Terrace Nambour. I was on the brink of death for many days – it was touch and go, but the loving care of Grame and his girls pulled me through.

The next task was to find a home for poor orphaned me, and the vet knew just who to call. Someone who could NEVER say no to an animal in need and yes, you've guessed it – it was Tricia! One phone call was all it took and I was on my way to my new abode.

After a competition to find a name for me, Tricia decided on Chloe which really pleased me for if you'd only heard some of the suggestions – oh, meow!

I am happy at the Care Group and everybody loves me and I love them and live a good life. Thank you for rescuing me!



Chloe- "mistress of all she surveys"

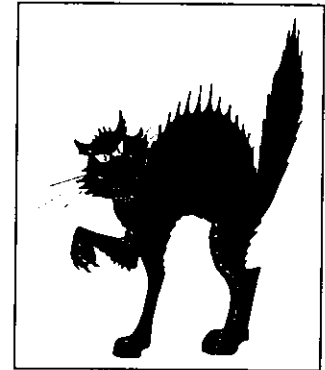
*Did you hear about the cat that ate the wool?  
It had mittens!*

*-And more on the subject of cats-*

**- Lucky? –Unlucky?**

In America, black cats have always been considered unlucky – mainly because of their association with witchcraft. They got a lot of bad press from the Church.

In other countries the black cat is considered good luck. This superstition dates back to the ancient Egyptians, who worshipped cats. One of the most important goddesses was Bast – a female black cat. The ancient Egyptians also gave us the "nine lives" tale, inspired by the cat's fabled tenacity and resilience.



In England, a black cat is also considered good luck.

Charles I of England had one, and when it sickened and died, he lamented "My luck has gone". The next day he was arrested. So it's not surprising that they were bought and sold for large sums of money.

It is also held that a black cat walking into your house will bring you good luck. The animal is said to have curative powers as well. Blood from its tail is purported to cure many minor illnesses if rubbed on the affected body part. In many primitive areas of the world, the black cat has been used in special rituals. Cat lovers can relax though, there is no evidence to indicate that black kittens were ever sacrificed to appease the gods.

So whether you believe they are good luck or bad luck, it's a good idea to treat black cats (and all other cats) well – just to be on the safe side!

## AGEING AND CARING

Taken from an article by Paul E Ruskin, MD.

I was invited to present a lecture to a class of graduate nurses who were studying the 'Psychosocial Aspects of Ageing'. I started my lecture with the following case presentation.

The patient is a white female who appears her reported age. She neither speaks nor comprehends the spoken word. Sometimes she babbles incoherently for hours on end. She is disorientated about person, place and time. I have worked with her for the past six months but still she does not recognise me. She shows complete disregard for her physical appearance and makes no effort whatsoever to assist in her own care. She must be fed, bathed and clothed by others. Because she is edentulous, her food must be pureed and because she is incontinent, of both urine and stool, she must be changed and bathed often. Her shirt is generally damp from almost incessant drooling. She does not walk, her sleep pattern is erratic. Often she wakes in the middle of the night and her screaming awakes others.

Most of the time she is very friendly and happy. However, several times a day she gets quite agitated without apparent cause. Then she screams. After this presentation, I asked the nurses how they would feel about taking care of such a patient. They used words such as 'frustrated', 'angry', 'hopeless', 'depressed' and 'annoyed' to describe how they would feel.

When I stated that I enjoyed taking care of her and that I thought they would too, the class looked at me in disbelief. I then passed round a photo of my six month old daughter!

After the laughter had subsided, I asked why it was so much more difficult to care for a 90 year old than a 6 month old with identical problems.

We all agreed that it is physically easier to take care of a baby weighing 15 pounds than a helpless adult weighing 100, but the answer seemed to go deeper than this.

The infant, we all agreed, represents new life, hope and almost infinite potential. The demented senior citizen, on the other hand, represents the end of life with little potential for growth.

We need to change our perspective. The aged person is just as lovable as a child. Those who are ending their lives in the helplessness of old age deserve the same care and attention as those who are beginning their lives in the helplessness of infancy.

## NEW YEAR'S RESOLUTIONS

Behave or be brave.

Get points or get satisfaction.

Climb the wall or climb a mountain.

Deplore the world or explore the world.

Take a nap or a risk.

Keep dry or get wet.

Mow the lawn or catch the dawn.

Get take-away or take yourself away.

Count the candles or blow them out.

Worry or wonder.

Sleep it off or run it off.

Go to work or go play.

You've got mail or get a life!

Live life or love life.

Read a menu or a map.

Stare at the horizon or find a new one.

## IF YOU COULDN'T SPEAK, WHO WOULD BE YOUR VOICE?

*David Welsh*

*Honorary Solicitor,*

*Blackall Range Care Group Inc*

The heading of this article is also a title of a publication produced by the Queensland State Government when they introduced new laws in relation to Enduring Powers of Attorney in June 1998. Under this legislation some wide-ranging changes were made to the law as it relates to Enduring Powers of Attorney.



These changes were the last of three major changes to be made to the law of Power of Attorneys since introduction of the general form of Power of Attorney in 1974.

But first, what is a Power of Attorney? A Power of Attorney is a legal agreement giving someone else the power to make decisions on your behalf. But why, you ask, should I give somebody else the power to make decisions on my behalf when I am perfectly able to make those decisions by myself? That is true, but you may not always be able to make the decisions when you need to. For example, it may be a simple matter that you may be out of the country or State at a time when documents need to be signed or you may be too ill to understand the nature and effect of the decisions that you are making and therefore unable to make those decisions.

If you are incapacitated and cannot make decisions for yourself and you have not given anybody else the power to make those decisions, there can be real practical difficulties for the

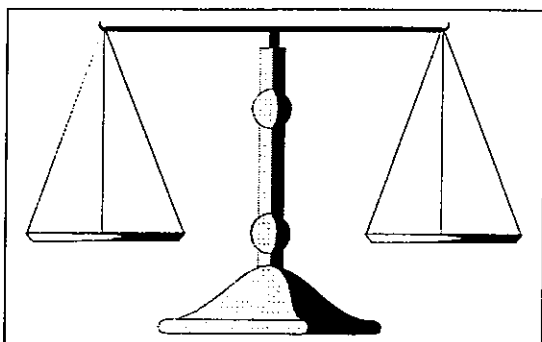
management of your affairs, which will be faced by your family and friends. If the capacity is permanent, it may be necessary to have you declared a protected person under the Mental Health Act and the Public Trustee (a Government body) would have to be appointed to manage your affairs and make those decisions on your behalf.

In 1991, the first form of Enduring Power of Attorney was introduced in Queensland and many people have taken the opportunity of executing Enduring Powers of Attorney in favour of members of their family or close friends. The change to the law which occurred in 1998 was substantial, but it was made clear that any Enduring Power of Attorney executed under the 1991 provisions still have full force and effect for what it has always been for, that is, for your financial affairs. The 1998 Act introduced a new form for Enduring Power of Attorney for financial matters and also introduced the new concept of an Enduring Power of Attorney for personal matters. Financial decisions are things such as doing your banking, paying your bills, dealing with houses and land, and decisions of that nature. Personal decisions are things such as where you live, who you live with, day to day issues like diet and dress, and the type of health care you receive. Anybody who executed an Enduring Power of Attorney prior to June 1998 has a Power of Attorney for financial matters but not for personal matters.

One of the most important provisions in relation to personal matters Power of Attorney is that the Power of Attorney only comes into effect if you are incapacitated and lose the ability to make decisions for yourself and you are not able to communicate them to others. Therefore, you always retain the ability to make your own personal decisions and your Attorney cannot

make those decisions for you. The financial matters Power of Attorney can come into effect any time you nominate, such as immediately on a particular date or on a particular occurrence.

There are always a number of issues which should be borne in mind when you are thinking about making a Power of Attorney, and it is important that the different options are explained to each person so that the particular Power of Attorney that suit one's own particular circumstances can be prepared. It is not possible in an article of this size to canvass all the issues that need to be addressed, such as who do I appoint? Do I put any limitations on the power if I am appointing more than one person? How are they to sign? Can I revoke the power at any time? And what happens if my Attorney dies or becomes incapacitated? These are all issues that should be discussed with your solicitor so that appropriate decisions can be made to suit your own particular circumstances. Therefore, it is essential that any Power of Attorney is prepared by your solicitor.



**Attention All Members.**

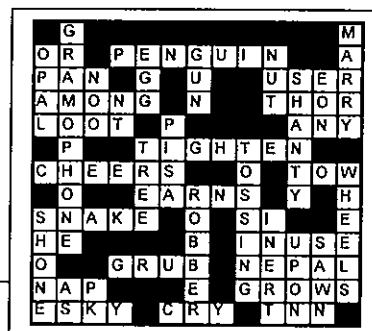
A general information meeting will be held at the Cottage on Thursday February 17<sup>th</sup> at 11.00am followed by a BBQ lunch for all clients, members and friends of the Care Group. Mark it in your diaries now. Please RSVP the Cottage on 54457044 prior to February 10<sup>th</sup> See you there!

*Christmas at the Cottage*

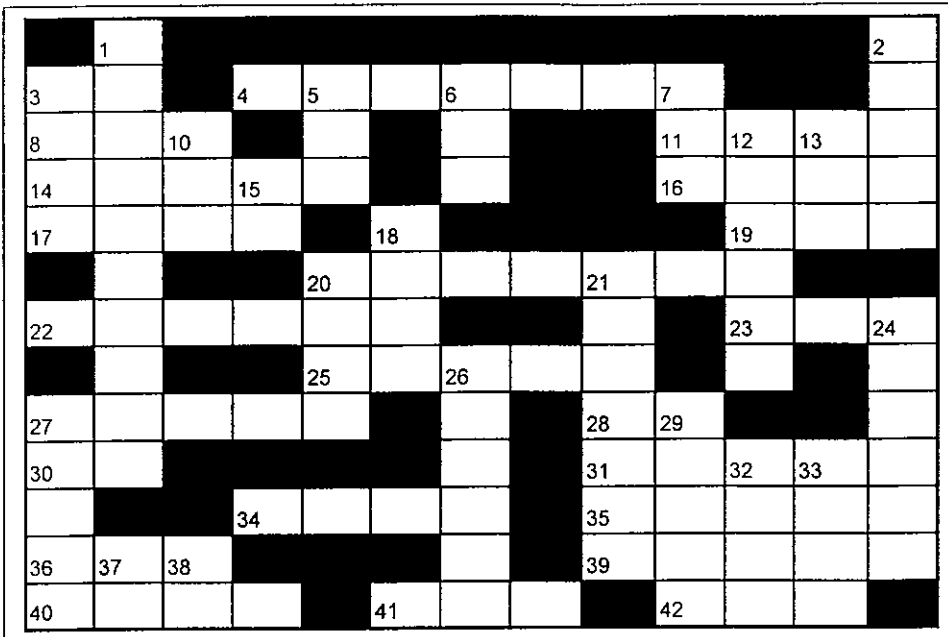
By Sylvia Johnson

There's a bit of a buzz around Flaxton way  
It's getting much closer to Christmas Day  
We at the Cottage are busy as bees  
Making things for Christmas trees.  
The Cottage Fair on 5<sup>th</sup> December  
Our Christmas breakup a day to remember  
The staff make us all a terrific lunch  
They really are a wonderful bunch  
With help for all in many a way  
To make for us this special day  
We have Father Christmas with gifts for all  
Crackers to pull and fun galore  
Then Tom comes along, the bus is here  
We hug one another with a glint of a tear  
Say Merry Christmas and see you next year.

**Answers to crossword**



# PUZZLE PAGE



**Down**

- 1 Record Player
- 2 Wed
- 3 Gem
- 5 Ovum
- 6 Weapon
- 7 Pecan or Beer
- 10 Scottish 'now'
- 12 Sailor's Song
- 13 A number of Eras
- 15 Northern Territory
- 18 Leaning Tower
- 20 Woody Plant
- 21 Throwing
- 24 Rotating circles
- 26 Thief
- 27 Gleamed
- 29 Not moving
- 32 On top
- 33 Cut timber
- 37 When, while, during

**ACROSS**

- 3 Otherwise
- 4 Could be a fairy
- 8 Metal Pot
- 11 A person who uses
- 14 Between
- 16 Norse God
- 17 Money
- 19 Whichever
- 20 Fit closely
- 22 Shouts of approval
- 23 To pull by rope
- 25 Gains wages
- 27 Reptile
- 28 Chem. silicone
- 30 Opposite of 'she'
- 31 Occupied (2 words)
- 34 Slang for 'food'
- 35 Kathmandu is here
- 36 Short sleep
- 39 Increases in size
- 40 Ice box
- 41 Weep
- 42 Trans- News Network

Answers to crossword on Page 7

**FIND THE HIDDEN WORDS**

Find and circle the words listed. Thirteen letters will be left, which will spell the hidden words.

Answer : Care Cottage

N	W	O	T	S	I	R	T	A	I	D	O	P
M	O	V	I	E	S	D	R	O	W	O	M	I
O	S	H	O	P	P	I	N	G	C	U	G	N
T	O	W	E	L	A	R	I	B	S	R	A	E
F	Q	C	I	S	U	M	I	I	O	C	M	A
A	E	B	C	O	G	N	C	H	L	O	E	P
R	A	T	B	A	G	A	T	S	V	U	S	P
C	A	M	R	O	L	O	C	E	E	R	T	L
R	A	D	T	N	Y	I	R	A	E	T	I	E
N	E	B	U	S	N	A	G	S	M	R	A	G
N	M	F	I	C	C	E	R	N	U	R	S	E
C	A	P	I	G	G	A	R	D	E	N	A	A
N	P	P	S	D	R	A	C	C	O	U	R	T

BBQ	BINGO
BUS	BIG
CAB	CAP
CARDS	CARE
CHLOE	CRAFT
COURT x2	EAT
FAN	FUN
GAMES	GARDEN x2
MOVIES	MOW
MUSIC	MUSICAL
NAMBOUR	NAP
NURSE	PAM
PICNICS	PINEAPPLE
PODIATRIST	RAT
RIBS	SHOPPING
SNAGS	SOLVE
TAR	TARMAC
TIE	TOM
TOWN	TOWEL
VOLUNTEER	WORDS
YARD	