



AUTUMN 2022

THE BEACON

MESSAGE FROM THE EXECUTIVE CHAIRMAN

Dear Friends,

Welcome to Autumn 2022!

They say 'time flies when you are having fun' - it seems time also flies when the world presents you with many challenges.

Our COVID/pandemic challenges which have been ongoing for two years now, have been supplemented with major weather events, and constant changes in what we can and can't do.

We recognise many of us are feeling weary. Still, in this weariness, across the BallyCara community, we have found support, kindness, resilience, and adaptability.

As we all acknowledge the trials we continue to overcome, we learn the importance of 'self-care' the need to continue to look after ourselves, our loved ones, our friends, and our communities.

As the long (wet) summer days begin to shorten and turn to a cooler autumn comfort, may we all seize the moments and opportunities to share a laugh, an enjoyable chat, and importantly have fun!

With the upcoming Federal Election, the media will no doubt constantly bombard us with various pieces of political information and coverage of issues that may be of interest to us but may lack factual content.

If you have any questions or feedback about policy issues that relate to BallyCara and all that we do please don't hesitate to advise us so we can either convey your feedback through our advocacy channels, or provide clarification to you where possible.

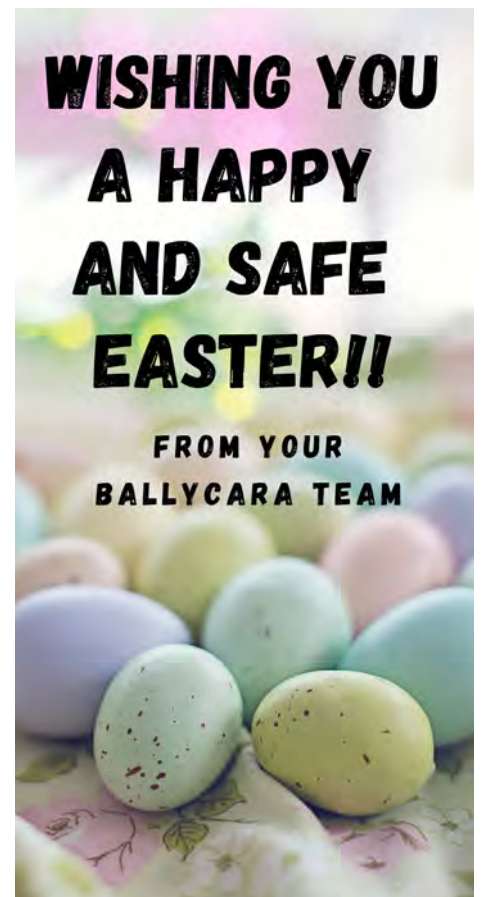
I also take this opportunity to wish you and your families a Happy and Holy Easter as well as a joyous St Patrick's Day 2022!

Best wishes,

Marcus

**WISHING YOU
A HAPPY
AND SAFE
EASTER!!**

**FROM YOUR
BALLYCARA TEAM**




Birthdays in the Village

Doug turned 

Our Hibernian Villa Resident, Doug, turned 101 in December.



Mary-Therese birthday celebrations!

Mary-Therese celebrated turning  with other Residents and staff.



Kathy turned 

A big Happy Birthday to our GC friend, Kathy! She has a sweet tooth so our EP Adriana organised a special treat (or 2) from the bakery that she loved.



Pearl joins the  **club!**

Pearl celebrated her milestone birthday with a morning tea hosting other Residents and her family who surprised her on their arrival!



Welcome to **BallyCara Woolloowin's**, latest addition

The Caras' & Co Coffee Cart

Meet **Nicole**



The Barista



Remy the poodle visiting the coffee cart

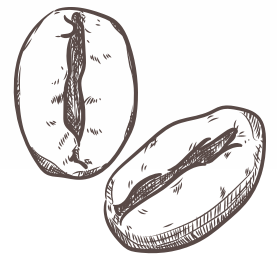


Nicole's top 3 drinks:

1. **Vanilla Soy Latte**

2. **Iced Latte on a hot day**

3. **Flat White**



What's been happening in our **BallyCara** community

Resident, Mary-Therese was elated when she was granted, honorary Postie status by Australia Post. She is our resident Postie, dutifully collecting letters from the Wellness Centre and delivering them to Hibernian and Sunnyside concierges.



Our Gold Coast friend Elizabeth, and EP, (Adrianna) had an exercise session in the gardens. They had a delightful time finishing the day off with some cloud watching.

Our new Residents taking in the astonishing view from their new apartment. Congratulations and welcome, Heather & Gary!



We had donations for 3 Vinnies families from our beautiful Residents, delivered by Mark. When delivered, the families were elated and grateful to the kind Residents.

Carers' Auxiliary Support Group

A social, friendly and welcoming environment where participants can share experiences and learn from other carers alike. A chance to **make friendships, mingle with others, develop support networks** and **receive education** about matters that may be concerning you.

Our Support Group removes the isolation barrier for both carers and their loved ones. The Carer Support Group is designed to place your needs first, to help you **find the balance between your needs and the needs of your care recipient.**

Your loved one that you care for is most welcome to come with you.



New Staff:

There have been some new friendly faces around the Village and we are absolutely delighted to introduce...

Kirsty Bourne - Customer Service Officer

Sarah Nichols - Assistant Customer Service Coordinator.

Nicole Nandoo - Home Care RN for the Cabool region, including the Village.




James Hewat
Village General Manager



GARDENING RULES

FROM, JOHN BURKE



Gardening is a tough gig anytime but lately it's a bit like living in a wind tunnel with the sprinklers on. But some diehards never lie down, God bless 'em. And True Blue Gardeners can cop tough love advice. So sit down, grab a coffee and take your medicine like a ...man / woman/person?

RULE 1: DONT BE A HOARDER!

Cull those poor suffering summer survivors - they deserve a break.

RULE 2: GIVE YOUR GARDEN A REST

Be assured that Autumn will arrive despite Climate Change.

RULE 3: RECHARGE SOIL BATTERIES

BUT - Keep it Simple and don't strip the local Nursery's fertilizer shelf. A few handfuls of blood & bone and dolomite is equivalent to a Red Bull on an empty stomach for plants.

RULE 4: BE A DEVIL - TRY A GREEN MANURE CROP

No, you don't need to raid the local chook house. Toss in a handful of seeds like buckwheat/ cow pea /soybean or even birdseed from Aldi. Give them a couple of weeks growth, then slash and turn them into the soil- Voila! a good supply of organic mulch and nutrients. A dash of mulch from the community garden compost bin wouldn't go astray either (whoops, did I say that?)



RULE 5: PLUCK A WEED OR TWO.

Get the little blighters before they monster your garden into a jungle. (But make sure they are weeds - we don't want any garden wars erupting on the commons).

RULE 6: DONT FORGET THE MAGIC POTION - WATER

Use your calibrated finger to test the top 2.5 mm - remember young plants have shallow roots and the top layer will dry out sooner than you think.

JOHN'S VEGIE SUGGESTIONS:

1. Tomatoes - stake them early (remember the wind tunnel!).
2. Lettuce - suggest Cos because they thrive if you harvest leaves as required.
3. Radish/Rocket - add a bit of "bite" to the salad.
4. Shallots- remove 20 cm of root base from an Aldi bunch and plant deep.

JOHN'S FLOWER SUGGESTIONS:

Let your hair down and try a splash of colour.

1. Plenty of beautiful Petunia hybrids (mass plant) available.
2. Snap Dragons give a long lasting display if spent flowers are cut early.
3. Straw flowers and Corn Flowers are a good standby.
4. Good old Vincas and Pentas can transform a dull corner into an eyecatcher.
5. Use your imagination!

All that should keep you out of mischief for a while but if you'd prefer to just cuddle up to your Aspidistra, be sure the TRUE BLUE GARDENERS will continue to tempt you into the great outdoors. Til next time. The Gardening Galah from V 510

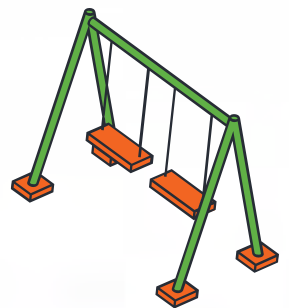
BUS TRIPS



Village Residents
at Lake Wyaralong



and at
The Lost World
in
Bracken Ridge



Do you want to stay up to date on what's happening at BallyCara? Follow us on Social Media!



@BallyCara

Have any feel good stories? Email them to us at social@ballycara.com

The best local Fish & Chips, voted by our staff



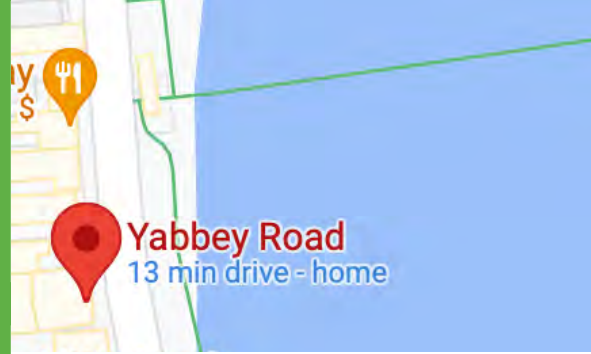
Marvelous Fish & Chips

Recommended by: Sharon Blackburn

'Fantastic fish and chips and for Marvel lovers...yes, it is themed'.



Shop 4/113 Landsborough Ave, Scarborough QLD 4020



Yabbey Road

Recommended by: Ruth Falconer



133 Redcliffe Parade, Redcliffe QLD 4020



The Boat Shed Scarborough

Recommended by: Sarah Hermann



2/63 Landsborough Ave, Scarborough QLD 4020

BONUS!

Cotton Tree Seafoods
Small takeaway for fish 'n' chips

If you are up the coast you need to visit Cotton Tree Seafoods for fish & Chips!

3/17 Cotton Tree Parade, Maroochydore QLD 4558

Recommended by: Craig James



GEORGES GRILL Seafood & Burgers

Recommended by: Andrea Kahukiwa

'Everyone loves this place'

Cornubia Shopping Centre Cnr Bryants Rd & Redland bay Rd, Loganholme QLD 4129



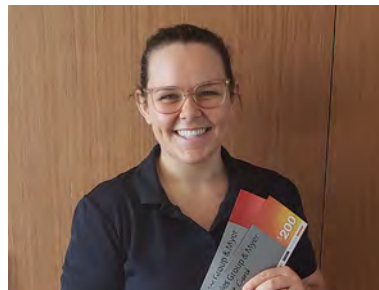
STAFF REWARD AND RECOGNITION SCHEME: JANUARY WINNERS

The final round for 2021 of our Staff Reward and Recognition Scheme concluded in December, with four winners (chosen by a panel of BallyCara Staff, Residents and Clients) selected in January. Nominations were submitted using the Form of Hope. If you would like to thank a staff member for going above and beyond, and nominate them for the next round of the Scheme, a Form of

Hope is available at the end of the Beacon
or under 'Contact Us' at www.ballycara.com

RACHAEL

SENIOR EXERCISE PHYSIOLOGIST

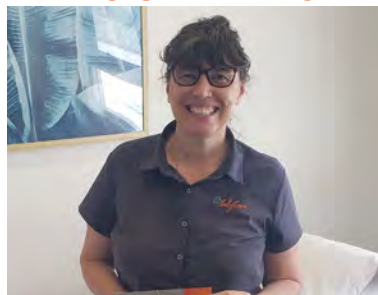


Rachael is amazing. She is powerful in that she prompts you to do some things that you never believed that you could do. She stands there with a smile and creates ways of helping me to do the exercises that I don't want to do – because I know that outcome is worth it. More importantly, it's not that I don't want to do it, it's that I don't think I can, and she shows me that I can do it! My biggest achievement that she has helped me to achieve, was walking up the 20 steps at an art gallery to see the paintings that I love. I never thought I'd be able to walk steps again. When I did it, I felt on top of the world!

Rachael makes a big difference because she continues to make a big difference to me every week. She's never critical, always compassionate and believes in me so I can believe in myself.

AMANDA

PHYSIOTHERAPIST



I think Amanda's quiet demure appearance doesn't let people see her strength and compassion. Amanda has always gone above and beyond what you would ever expect, and found solutions for problems that I didn't think could be resolved. She used to visit us out at Warner long before I came here where she helped my husband and I through an extremely difficult period. She helped me feel that there were people who didn't know us, but were prepared to go the extra mile for us. She always came with solutions in mind, and you know that she had worked hard to find them. She was one of the reasons that I chose to move into the Village when I needed to. It was lovely when I arrived and another staff member let me know that they had contacted Amanda to let her know I had moved in, which brought me great joy. Amanda makes a big difference to my life because I know that even after she leaves my home, she is working hard to find the best way for me – and for all that she sees.

MADI CUSTOMER SERVICE OFFICER (REGIONAL)



Madi has been pivotal in helping the Wellness office through the busiest time of the year! Me, being the only full-time employee for Wellness on the Gold Coast, sometimes the 'little' tasks get pushed to the back of the line as we are just so busy seeing our lovely Clients. Enter the ever-wonderful Madi! Over the past few weeks Madi has been a constant stream of support and help – no task was too much to ask. This generosity was best amplified when Madi was in conversation with myself, and she realised that I was out in the community seeing our lovely Clients for the large majority of the week and I had not had the capacity to do any preparations for Christmas. Madi then graciously offered to help write the Christmas cards for the Gold Coast Wellness Clients AND help wrap small Client tokens. This very kind gesture was done on top of her own busy workload and other HomeCare commitments. A day later when I walked into the office, Madi had gone above and beyond what I could have ever asked for!! ALL 90 cards/tokens were signed, sealed, organised and ready for distribution. All our Clientele were giving the Wellness Team many thanks when receiving their tokens this week, but all thanks has to go to Madi!

The generosity that Madi continuously demonstrates makes a big difference in our consumers lives as she always goes that 'extra mile' for them! Madi does not directly work with our Wellness consumers, yet she is still able to make a big difference. Madi does a lot of work behind the scenes; such as the aforementioned Christmas cards, enquiry calls, GP faxes and diary organisation just to list a few. These things may not directly help our consumers, but they help me immensely. In turn I am able to best focus my energy on giving our consumers a quality service with my full attention knowing that 'behind the scenes' everything is so well taken care of with Madi.

MEHRDAD EN IN RESIDENTIAL



*A big thank you because... I love seeing and hearing your interaction with the Residents. You are so respectful and caring, and always bring a sense of fun and exuberant communication whenever you are on. The Residents obviously enjoy your presence, especially the men who you 'banter' with, often causing them to laugh uproariously. Well Done!
This makes a big difference to our Residents' lives because you bring a heightened sense of fun and life to the Residents, and give them great joy.*

St. Patrick's Day



Thursday 17th March 2022

Formerly known as the Hibernian QLD Friendly Society, BallyCara is proud to have Irish roots. We like to honour our roots through the use of the shamrock in our logo, our SONA® ethos, various buildings in our Village being named in Gaelic (Amicus & Cairdeas), and of course always celebrating St. Patrick's Day.

Take a look at our past celebrations below!



Keep an eye out on Village Communications for this year's festivities!

UPCOMING KEY DATES

St. Patrick's Day

Thursday 17th March

Good Friday

Friday 15th April

Easter Sunday

Sunday 17th April

Easter Monday

Monday 18th April

Anzac Day

Monday 25th April

Labour Day

Monday 2nd May

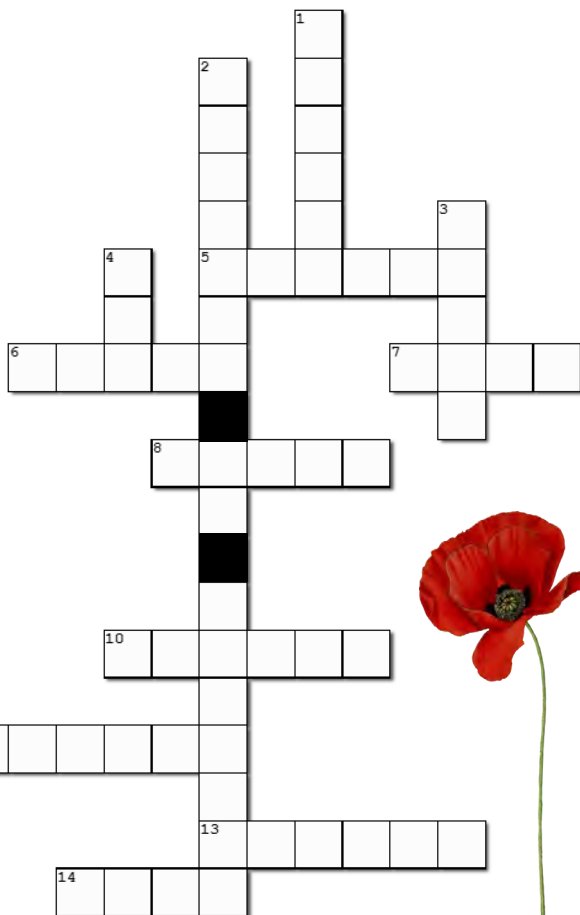
Mother's Day

Sunday 8th May

International Nurses Day

Thursday 12th May

BALLYCARA CROSSWORD- AUTUMN EDITION



Across:

5. Easter is always in what season?
6. What instrument is The Last Post played on?
7. When do most ANZAC services start?
8. What flower is associated with ANZAC Day?
10. Where is Gallipoli?
11. What do you eat too much of at Easter time?
12. How many leaves are on the BallyCara shamrock?
13. What is the capital of Ireland?
14. What do you hunt for on Easter?

Down:

1. What do you collect Easter eggs in?
2. What does BallyCara mean in Gaelic?
3. What is the acronym for the Australian and New Zealand Army Corps?
4. Type of Irish dance
9. Another word for a Shamrock

Fill in a **Form of Hope** to thank
any staff member 

You can fill out as many as you like for:

★ whoever you like ★ when you like

★ as many times as you like

(there are no limits!)



Every **Form of Hope** written for eligible staff
becomes their nomination

for the ★ **Staff Reward** and **Recognition Scheme** ★

★ 5x Winning
Staff

★ Drawn 3x
per year



★ Each winner receives a \$250.00 Voucher for being a
Shining Star



Form of Hope

For anyone who wants to thank a Staff Member

- ♣ Fill this in with lots of detail about why you are thanking them
- ♣ Put it in any of the *Staff Reward and Recognition Scheme* white letter boxes found in the Wellness Centre, SunnySide Villa, Hibernian Villa and MaryHaven
- ♣ Or, post it in to *PO Box 395 Redcliffe QLD 4020*
- ♣ Or, give it to a staff member to hand in for you
- ♣ It will be collected and recorded, then a copy given to the staff member you're thanking so they know that you appreciate them

To _____ (who you are thanking) Date: / /

Their role/area/region they work in (if known): _____

I would like to thank you for...

This shows you are living these Sona® Values (please tick):

- Everyone Matters:** Each person and their wellbeing is important to us
- Creativity:** Collaborate and Innovate courageously
- Integrity:** Authentic and Transparent



If you would like to receive a copy of our newsletter electronically, please email info@ballycara.com to join our mailing list.

Are you or anyone you know looking for a friendly new community?

Join our waitlist now - With a variety of apartments and villas, offering different designs and sizes we have options to meet virtually every need and personal preference.



CAIRDEAS APARTMENT

2, 2 + Study, 3 2 1
For Sale from \$485,000



FEDERATION STYLE VILLA

2 1 1
For Sale from \$380,000



AMICUS APARTMENT

2.5 2 1
For Sale from \$485,000



ORIGINAL STYLE VILLA

2 1 1
For Sale from \$360,000



Choose the lifestyle you've always dreamed of

- Access to our Wellness Centre including: gym, pool, onsite café and health clinic
- A wide range of social activities including days out on our 12-seater 48ft cruiser
- Wellness opportunities with our certified Exercise Physiologists and Allied Health professionals
- Walking distance to the picturesque Scarborough waterfront

www.ballycara.com



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Inspiring healthy & happy living