

FREE

# boandik Bytes

Quarterly Magazine  
October, 2022

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## CEO announced

Permanent replacement found

## NDIS aspirations

Sustainable growth eyed

2022



@boandiklodge



# Boandik Bytes



Residents rest during an archery challenge held on the week of the Commonwealth Games.

## Features

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**Cover:** Boandik clients tour the Community Wellbeing Centre. Picture: Christian Fleetwood

## Editor's letter



Welcome back! It's time for your October edition of *Boandik Bytes*.

This edition brings with it some exciting news for the future of our organisation, including the arrival of our new, permanent Chief Executive Officer.

Declan Moore has taken on the role, and I'm excited for him to be introduced to you all. Declan has the Board's full backing.

We're also unveiling our aspirations as a provider of services for National Disability Insurance Scheme (NDIS) participants, and celebrating three extraordinary birthdays

for our residents.

One of the things that I've absolutely loved since arriving at Boandik is having the opportunity to photograph you all.

I'm excited to share more of those images with you all in your latest edition of the *Boandik Bytes*, and I hope you enjoy what has been prepared for you.

As always, it is prepared with care.

Go well,

*Christian Fleetwood, Marketing Officer*

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Boandik photo book



Make it sparkle



Birthday celebrations







Boandik photo book

Chicks visit





Boandik photo book



Wacky Wednesday



Boandik photo book



NAIDOC Week







## Did you know...

We've been serving your community for more than 70 years

On 14 February 1952, a public meeting was held to discuss the need to establish a home for the aged residents of Mount Gambier. Over one hundred people were in attendance.

Chairing the meeting was Anthony Francis Sutton (pictured), the namesake of a number of sites around the region. At this meeting, it was decided that a committee be setup to oversee the creation of a 'home for aged persons' in Mount Gambier.

This committee included Mr Sutton and R. H. B. Russell, H Marks, Rev. Bandt, Mr Pitman, Dr Hawkins, J. H. Pick and J.B. Butler.

Mr Parry of *The Border Watch* stated he was prepared to act as secretary and that subscriptions would be accepted at *The Border Watch* offices. Mr Sutton was elected to act as chairman, while Mr AH Pitman was appointed as treasurer and the National Bank was to act as banker.

It was decided that the name of the home be the Mount Gambier Old Folks Home Incorporated. On an annual subscription of £2.20 being paid the resident of the home then became members. A constitution was drawn up free of charge by Mr DA Roberts.

There is a lot more to this story, but what began in 1952 with those discussions was the organisation now known as Boandik.

We look forward to creating history alongside you all.

—The Boandik team



## Checking in with the Chair

Hear what lies ahead with an update from Boandik's Vicki Quinn

Welcome to the October edition of the Boandik Bytes Quarterly Magazine.

It seems that with each edition, there's something important to report for the future of our organisation.

I'm pleased to share with you all that, after an extensive national recruitment process, Declan Moore has been appointed as Boandik's new and permanent Chief Executive.

Declan has joined Boandik as CEO with the full backing of the Boandik Board of Directors and with nearly three decades of executive level experience in the human services industry. This experience spans the non-profit, local and state government sectors.

I'd like to thank our Interim CEO, Glenn Rappensberg, for his service over the last 20 weeks or more. Glenn has shown exceptional leadership in assisting our organisation to prepare for the numerous challenges the sector will face and the changes we will need to embrace over the next year.

These challenges are expected after the Federal Government's response to recommendations by the recent Aged Care Royal Commission.

We also expect changes to occur in our industry, including a new funding model and changes to how residential and home care services will be provided into the future.

Declan took over from Glenn in mid-September, after being brought up to speed with an extensive handover.

His permanent appointment comes after a thorough search for the right candidate to fill the position that was left vacant after the conclusion of 23 years' service by Gillian McGinty.

I would like to say thank you for your patience, your expertise, and your dedication during this interim period. Without it, there is no Boandik.

Thank you for your efforts in upholding the Boandik brand of quality care for our residents and for our clients.

I wish you and your families good health.

—Vicki Quinn, Chairperson of the Boandik Board of Directors



# Newsroom

Bite-sized news, events & updates from across Boandik



## Celebrating culture

Over the last quarter, several dates that celebrate Australia's diversity of culture were marked by Boandik.

Boandik is incredibly grateful to Boandik staffer Ranim Alkharabeh (pictured) for speaking to our residents and sharing her story during Refugee Week 2022.

In 2015, Ranim migrated with her family to Australia from Syria. They were accepted as refugees.

Two years later, Ranim joined Boandik, where she shares her culture with residents at St Mary's.

On a visit outside of her work hours, Ranim shared her story and parts of her culture.

Residents learnt about shisha and what makes Syrian coffee different, and ate 'zet zaatar' (a Middle Eastern spice mix served with oil on bread).

Joining Ranim in sharing her story was Boandik resident Erna Kotarski, who migrated to Australia from Germany during WWII.

Refugee Week in Australia is an annual celebration of the positive contributions made by refugees to Australian society.

This year, it was held from Sunday, 19 June to Saturday, 25 June.

Thank you, Ranim and Erna.

Meanwhile, Boandik residents and clients



joined in NAIDOC Week 2022 celebrations with painting activities, delivered alongside staff and volunteers.

These included members of the Ascot Club at the Boandik Community Wellbeing Centre (pictured).

Held on Tuesdays and Thursdays at our Community Wellbeing Centre, the Boandik Ascot Club is a social group that brings people together.

NAIDOC Week is a time to celebrate and recognise the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

It is also seen as an opportunity for all Australians to learn about First Nations cultures and histories and participate in celebrations of the oldest, continuous living cultures on earth.

In the spirit of reconciliation our organisation acknowledges the Traditional Custodians of country throughout Australia and their connections to land, sea and community.

We pay our respect to their Elders past and present and extend that respect to all

Aboriginal and Torres Strait Islander peoples today.

National NAIDOC Week celebrations are held across Australia in the first week of July each year.

Did you know that 8.6 per cent of all Australians have Scottish ancestry?

Tartan Day is an annual celebration around the world of Scottish culture and heritage, which was marked at the St Mary's home.

While the date of the celebration differs around the world, the International Day of the Tartan was held this year on 1 July.

Celebrated each year on 14 July, Bastille Day is the French national day. It commemorates the anniversary of the Storming of the Bastille on 14 July 1789, a turning point of the French Revolution.

Residents at the Boandik St Mary's home celebrated Bastille Day by eating pastries and listening to Charles Aznavour.

They also shared stories of travel throughout France and later sat down to watch *Marie Antoinette* (2006).





### Headphones arrive

Thanks to a generous donation by the Rotary Club of West Mount Gambier, Filomena D'Agostino (pictured) will be able to listen to her own music on her own headphones.

Unlike your typical wireless headphones, those being used as part of our new music therapy program can store an SD card.

This means that, once the SD cards are loaded with personalised music, residents and clients can listen to their very own music on their own headphones.

This will allow Filomena—who communicates in Italian—to listen to some of her favourite music, including the works of Andre Rieu, and Italian-Australian artist Alfio and his tracks like 'Il Nostro Sogno' and 'Serenata All'amore'.

More than 40 sets of headphones were delivered to support Boandik's residents living with dementia. These headphones will be used for a music intervention, which recent studies have shown can improve the wellbeing of individuals with dementia and their caregivers.

### Family and friends: Volunteer

Do you have members of your family or friends who would be interested in volunteering? They could be an ideal candidate for a valuable and rewarding role with Boandik.

Across Australia, each year more than six million volunteers dedicate over 600 million hours to help others, according to Volunteering Australia.

At registered charities and non-profit organisations like Boandik, volunteers are absolutely priceless to ensuring these organisations can provide excellent care and support for their communities.

Boandik currently has vacancies available across all of its homes, but has a strong focus on building volunteer numbers at Boandik Crouch Street.

Hours are based on the lifestyle program and can be as little as one hour per week.

Any enquiries can be made to Boandik Volunteer Coordinator Mandy Linnell on (08) 8725 7377.

Alternatively, you can reach Mandy via email at [alinnell@boandik.org.au](mailto:alinnell@boandik.org.au)

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# CEO announced

Permanent CEO begins with full backing of Boandik Board of Directors

**D**eclan Moore has been formally announced as Boandik's new Chief Executive Officer, and, as of mid-September, has taken over from his predecessor, Glenn Rappensberg.

Mr Rappensberg was employed as Boandik's Interim CEO in May while the non-profit organisation's Board of Directors embarked on an extensive national recruitment process.

The Boandik Board of Directors Chair, Vicki Quinn thanked Mr Rappensberg for his dedication to the organisation.

"Over a period of 20 weeks, Glenn has shown exceptional leadership in assisting the organisation to prepare for the numerous challenges the Sector will face in the next 12 months," Mrs Quinn said.

Organisations like Boandik will face the roll-out of the Federal Government's response to the recent Aged Care Royal Commission, incorporating a new funding model and changes to how residential and home care services will be provided in the future.

"I see a bright future for this organisation as it continues to grow its services as an NDIS-registered provider, complementing its significant position as a residential and community care provider across the Limestone Coast," Mr Rappensberg said.

Mr Moore will join Boandik with nearly three decades of executive level experience in the human services industry, spanning non-profit, local and state government.

This includes his most-recent role as CEO of the Campaspe Shire Council in Echuca,



Credit: Chris Hawking

Victoria, where he successfully navigated staff and the organisation through the COVID-19 pandemic, which included working with cross-border councils and state organisations to reduce impacts on border communities.

In addition, Mr Moore will be based in the Limestone Coast. He has a clinical background and has worked within a policy framework that advances social outcomes within multiple healthcare sectors.

Mrs Quinn said Boandik's Board of Directors were unanimous in their decision to appoint Mr Moore.

"He has our full support to advance the organisation's strategic objectives, for the betterment of the Limestone Coast community," she said.

*Boandik has a long and proud history of delivering quality services with the support of its community.*

Mr Moore said he is motivated to use his skillset to drive high quality aged care and disability support services for South Australians who choose Boandik as their home or provider of services.

"My aspirations for Boandik, its residents, clients, families, staff, volunteers and other key stakeholders are about working with the Board and staff to deliver on the promises made in Boandik's Strategic Plan and Key Result Areas," he said.

"Boandik has a long and proud history of delivering quality services with the strong support of its community, and I very much look forward to playing my part in growing, strengthening and maintaining our critical partnerships."

Mr Moore will be based at Boandik's Lake Terrace Office in Mount Gambier.





# Committed to serve

Boandik eyes sustainable growth in services to meet the needs of the Limestone Coast

While much of Boandik's reputation is due to its services as an aged care provider, the organisation is also among the region's registered providers of disability services.

An NDIS-registered provider since 2018, Boandik Community Care offers flexible and personalised services for adults living with disability.

Boandik's Disability Services Coordinator, Nathalie Goodall, said Boandik provides services to NDIS participants to support an unmet need in the region.

"These services are vitally important to individuals living with disability as it supports them to have choice and control in their life," Ms Goodall said.

Staff in multiple roles ranging from case

managers, registered nurses and support staff provide these services for individuals.

"Boandik employees have long term experience in the industry, pride themselves on a friendly professional approach and support individual preferences of each client," Boandik's Disability Services Coordinator, Nathalie Goodall, said.

"Boandik takes pride in delivering a high standard of support services to each individual, which focuses on supporting every person's individual preferences.

"An experienced, stable team of professionals support each of our clients' individual preferences for how they would like their support needs to be undertaken."

Moving forward, Boandik is committed to the safe and sustainable growth of its

services for NDIS participants.

This comes in a bid to meet the needs of the Limestone Coast community.

According to the Australian Bureau of Statistics' latest information on disability, ageing and carers in Australia, 17.7 per cent of all Australians (4.4 million) are identified as living with disability.

Of the 4.4 million Australians living with disability, 4.2 million are identified as living in households.

Three in five (59.8 per cent or 2.5 million people) of the Australians living with disability (living in households) needed assistance with day-to-day activities.

These activities include health care (29.9 per cent), property maintenance (27.1 per cent).

A client, who preferred to remain anonymous, said it meant a lot to have access to the right support.

"Boandik are my legs because mine don't work very well anymore," they said.

"They [Boandik] help with everything that I can no longer do. It means a lot to have access to help and support when the body will no longer work like it used to.

"Having access to support in the community means that I can stay in my own home. It's so important to have access to this type of care."

Further information on disability, ageing and carers in Australia can be found at the ABS.







# Goodall marks anniversary

NDIS coordinator celebrates a year in the role, thanking efforts of staff

In late August, Nathalie Goodall passed the one-year mark in her role as NDIS Coordinator at Boandik Community Care.

Rather than celebrate large achievements in her 12 months in the role, Ms Goodall is instead celebrating small victories achieved for her clients—GPs conducting home visits for clients, or successful speech pathology and occupational therapy reviews, among other victories.

However, Ms Goodall is drawing attention to the fact that these victories have been achieved through diligent reporting by the people at the coal face, “our amazing support workers,” she says.

“It has been a challenging time in the NDIS sector as I am sure all providers will attest to for many reasons, including but not limited to COVID-19 and staffing,” Ms Goodall said.

“I would like to take this opportunity to thank our amazing support workers who go above and beyond every day to keep our clients safe and deliver a high standard of support.”

Ms Goodall has also leveraged her relationships with local support coordinators, who she was worked

alongside for many years. “Healthy professional relationships have formed over time, and they trust my nursing judgement, completing the required referrals so that our mutual clients receive a high standard of support,” she says.

Ms Goodall plans to continue supporting “this amazing demographic of people” to live their best lives and to continue Boandik Community Care’s growth in a “safe and sustainable manner”.

As well as providing residential and in-home care services for adults in the Limestone Coast, Boandik provides disability support services to NDIS participants in the region.

The organisation plans to expand its operations across the region, leveraging its proud history as a trusted provider of care and support.

“Starting in a new role, in a different organisation always means learning new systems and I feel that I have a good handle on that now,” Ms Goodall says.

“I feel very fortunate to work for an organisation that has its employees’ well-being at the forefront. This culture is created by a strong management team who are always approachable and supportive.”

## Brainteasers

- Across**
- 1. Some may be cold
  - 5. Landed
  - 9. Fervidness
  - 14. "Doctor Zhivago" character
  - 15. Seat of Irish kings
  - 16. Regional animals
  - 17. Straightforward
  - 20. Type of blanket
  - 21. Appearance
  - 22. Names in publishing
  - 23. Not quick on the uptake
  - 25. Civil rights worker Medgar
  - 27. Rightmost column, typically
  - 29. Samara source
  - 30. Fissure
  - 33. Young cod
  - 36. Viscount's superior
  - 38. Vronsky's love
  - 39. Straightforward
  - 42. Party servers
  - 43. Like a Marine's bed, usually
  - 44. Genesis
  - 45. Hold out one's paw?
  - 46. Parked oneself
  - 47. Homestead's county
  - 49. Light sleeper
  - 51. Peruse again
  - 55. Part of F.D.R.
  - 58. PC screen image
  - 60. Born
  - 61. Straightforward
  - 64. Jerk one's knee, perhaps
  - 65. Picked-on instruments, for short
  - 66. Basic bit
  - 67. Princess of Colchis
  - 68. Jane of literature
  - 69. Invigorates (with "up")

1	2	3	4		5	6	7	8		9	10	11	12	13	
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55	56	57						58	59				60		
61							62					63			
64							65					66			
67							68					69			

- Down**
- 1. Shortcomings
  - 2. Backing for an exhibit
  - 3. Muse of poetry
  - 4. Cap with a pompon
  - 5. It suits you
  - 6. Type of edition
  - 7. Castle with many steps?
  - 8. Feather bed?
  - 9. Maintain to be true
  - 10. Balsa vessels, e.g.
  - 11. Type of citizenship
  - 12. Story start
  - 13. Opposite of "yippee!"
  - 18. Makes improvements to
  - 19. 1887 La Scala premiere
  - 24. Low barks
  - 26. Knowledgeable
  - 28. Group with a lot of bills
  - 30. Black wildebeests
  - 31. Cost for a deal?
  - 32. Bygone era
  - 33. Give the brush-off
  - 34. Place for seeds
  - 35. Bilbo Baggins' find
  - 37. Explain further
  - 38. Dogpatch denizen
  - 40. Scythian warrior
  - 41. Gnawing mammal
  - 46. Musical composition
  - 48. Wake from sleep
  - 49. Terpsichore's forte
  - 50. Daring
  - 52. Growing outward
  - 53. Fabulous fabulist
  - 54. Judges to be
  - 55. Where students may go at night
  - 56. Fencing tool
  - 57. Take charge on the dance floor
  - 59. A Witch of Eastwick
  - 62. Expected
  - 63. Insignia spot

## Crossword

Find the solution at <https://onlinecrosswords.net/7261>



	4				3		8	9
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		5		8		1		
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# It's Bytes trivia time

Think you're a clever cookie? Prove it by taking the Bytes trivia (if you dare).

1. Who wrote the novel, 'The Green Mile'?

2. Equinophobia is the fear of what?

3. The frigate 'Bonhomme Richard' was named after whose pen name?

4. Boxer John L. Sullivan is often recognised as the first what?

5. Differences between which two religions contributed to violent conflicts during the Indian struggle for independence in 1947?

6. Where was writer, neurologist and psychiatrist Viktor Frankl born?

7. What type of alcoholic drink is calvados?



8. What did George Harrison's dentist do in April 1965 that changed the face of rock?

---

9. Mozambique was previously ruled by which European country?

---

10. Chromophobia is the fear of what?

---

11. What powdery substance contains the male sex cells of a flower?

---

12. As of 2020, how many Popes have their been?

---

13. Construction of the Roman Colosseum began under the rule of which emperor?

---

14. What is the capital of South Korea?

---

15. What are male turkeys called?

---

16. What does Passover commemorate?

---

Answers: 1. Stephen King. 2. Horses. 3. Benjamin Franklin. 4. Heavyweight champion in gloved boxing. 5. Hinduism and Islam. 6. Austria. 7. Brandy. 8. Gave The Beatles LSD. 9. Portugal. 10. Colours. 11. Pollen. 12. 266. 13. Vespasian. 14. Seoul. 15. Gobblers. 16. The Hebrews' liberation from slavery in ancient Egypt.



*This article by Associate Professor John Dearnaley of the University of Southern Queensland was originally published by The Conversation on 13 September 2022.*

**H**ay fever is a downside of springtime around the world.

As temperatures increase, plant growth resumes and flowers start appearing.

But while native flowering plants such as wattle often get the blame when the seasonal sneezes strike, hay fever in Australia is typically caused by introduced plant species often pollinated by the wind.

### A closer look at pollen

Pollen grains are the tiny reproductive structures that move genetic material between flower parts, individual flowers on the same plant or a nearby member of the same species.

They are typically lightweight structures easily carried on wind currents or are sticky and picked up in clumps on the feathers of a honeyeater or the fur of a fruit bat or possum.

Hay fever is when the human immune

system overreacts to allergens in the air. It is not only caused by pollen grains but fungal spores, non-flowering plant spores, mites and even pet hair.

The classic symptoms of hay fever are sneezing, runny noses, red, itchy, and watery eyes, swelling around the eyes and scratchy ears and throat.

The problem with pollen grains is when they land on the skin around our eyes, in our nose and mouth, the proteins found in the wall of these tiny structures leak out and are recognised as foreign by the body and trigger a reaction from the immune system.

### So what plants are the worst culprits for causing hay fever?

Grasses, trees, and herbaceous weeds such as plantain are the main problem species as their pollen is usually scattered by wind.

In Australia, the main grass offenders are exotic species including rye grass and couch grass (a commonly used lawn species).





Weed species that cause hay fever problems include introduced ragweed, Paterson's curse, parthenium weed and plantain. The problematic tree species are also exotic in origin and include liquid amber, Chinese elm, maple, cypress, ash, birch, poplar, and plane trees.

Although there are some native plants that have wind-spread pollen such as she-oaks and white cypress pine, and which can induce hay fever, these species are exceptional in the Australian flora.

Many Australian plants are not wind pollinated and use animals to move their clumped pollen around.

For example, yellow-coloured flowers such as wattles and peas are pollinated by insect such as bees. Red- and orange-coloured flowers are usually visited by birds such as honeyeaters.

Large, dull-coloured flowers with copious nectar (the reward for pollination) are visited by nocturnal mammals including bats and possums.

Obviously Australian plant pollen can still

potentially cause the immune system to overreact, but these structures are less likely to reach the mucous membranes of humans.

### What can we do to prevent hay fever attacks at this time of the year?

With all of this in mind, here are some strategies to prevent the affects of hay fever:

- stay inside and keep the house closed up on warm, windy days when more pollen is in the air
- if you must go outside, wear sunglasses and a face mask
- when you return indoors gently rinse (and don't rub) your eyes with running water, change your clothes and shower to remove pollen grains from hair and skin
- try to avoid mowing the lawn in spring particularly when grasses are in flower (the multi-pronged spiked flowers of

couch grass are distinctive)

- when working in the garden, wear gloves and facial coverings particularly when handling flowers
- consider converting your garden to a native one. Grevilleas are a great alternative to rose bushes. Coastal rosemary are a fabulous native replacement for lavender. Why not replace your liquid amber tree with a fast growing, evergreen and low-allergenic lilly pilly tree?

### If you do suffer a hay fever attack

Sometimes even with our best efforts, or if it's not always possible to stay at home, hay fever can still creep up on us. If this happens:

- antihistamines will reduce sneezing and itching symptoms
- corticosteroid nasal sprays are very effective at reducing inflammation and clearing blocked noses

- decongestants provide quick and temporary relief by drying runny noses but should not be used by those with high blood pressure
- salt water is a good way to remove excessive mucous from the nasal passages.

Behavioural changes on warm, windy spring days are a good way of avoiding a hay fever attack.

An awareness of the plants around us and their basic reproductive biology is also useful in preventing our immune systems from overreacting to pollen proteins that they are not used to encountering.

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# *Happy hundreds*

The remarkable people celebrating 100 or more years of life



*"You work hard and play up when you can," Dixie Cram on the secret to a long, happy life.*



Several Boandik residents have celebrated passing their 100th birthdays this quarter, with staff, volunteers and family members gathering to wish them well and many safe returns.

A resident of the Boandik Lake Terrace home, Dixie Cram celebrated her 103rd birthday at an event organised by Lifestyle Coordinator Debbie Brockie.

Fellow residents gathered alongside staff, volunteers and members of Dixie's family to wish her a happy birthday. Alongside this, a painting of Dixie was unveiled.

The portrait, painted by Emily Smith, was part of The Centenarian Portrait

Project by Teenagers series, which paired teenage artists with the most senior South Australians.

When asked what the key was to live a long and happy life, Dixie said it was straightforward.

"You work hard and play up when you can," she said.

Shortly after Dixie marked her 103rd birthday, Celia Malcolm (pictured, below) celebrated her 101st birthday.

In her time, Celia ran an Angus stud cattle farm near Penola, alongside her late husband Shaw, where she maintained home





duties and helped cook for farm staff.

Celia has travelled the world but says Australia remains the most beautiful country on the planet.

She says she is proud of her brothers for the service to the Royal Australia Air Force during the Second World War.

Born in Melbourne on 17 August 1921, Celia now lives at the Boandik St Mary's home, where she attends most lifestyle activities to-date.

The home's Lifestyle Coordinator, Cindy Crozier, said: "Celia has been blessed with a passion for life and learning."

"We wish her a happy 101st birthday and we send all our love."

Celia said her secret to a long and happy life was hereditary.

Meanwhile, Mary Duggan, who lives at the St Mary's home, celebrated her 100th

birthday in May.

Mary, who was born on 30 May 1922, was surrounded by residents, staff, and volunteers on her birthday, and also marked the day alongside her family.

In each of their cases, it is hard to comprehend how much the world has changed in the last 100 or more years.

Two World Wars, the emergence of flight, humanity's first footsteps on the moon, the digital age—all witnessed by Dixie, Celia, and Mary.

Boandik's residents have such a wealth of wisdom and life experience, and these people are no exception to such a rule.

We are privileged to have them in our care, and we wish them many more returns.

# Our People

*An NDIS case manager, Caitlan O'Dine says Boandik Community Care "feels like home"*

Nearly a year after joining Boandik, Caitlan O'Dine feels at home.

It's as though she's always been a part of Boandik, she says.

"From my first interview, the kindness shown by employees here has been unmatched in my working career," Caitlan says.

"I think that's the most important factor, from the CEO remembering your name to saying, 'hello,' to the volunteers each day.

"Feeling like you are valued in the organisation, it encourages employees to continue to work hard and take pride in what they do."

Caitlan joined Boandik in October 2021 as a part time receptionist at Boandik Community Care, but her position has evolved in the months since then.

She holds multiple roles and says Boandik offers "great opportunities to further your role" or switch paths, if you prefer.

With extensive working history in the NDIS sector as both a support worker and in

case management, she was soon offered the role of NDIS Case Manager and Groups Coordinator.

When asked about her proudest memory during her time with Boandik, she says: "I guess it's the fact that I'm juggling three roles here, and I think I am doing quite well".

"Part of my Group's Coordinator role is to come up with creative activities for the Ascot Club members each week, which is always a challenge as we have some really interesting members with all different histories," Caitlan says.

"They definitely keep me on my toes!"

She is grateful for the mentorship of Patricia Patzel, Boandik's Chief Client Officer, for "being so understanding when it comes to being a working mother with young kids during covid times".

Caitlan's advice to anyone beginning a role with Boandik is to "be resilient in the face of setbacks and stay the course".





# An inspiration

*At 100 years of age, Mary Duggan continues to inspire the next generation of Defence Force personnel, having recently received a medal and letter acknowledging her role and efforts.*

In August, a mysterious parcel arrived for Mary Duggan, a resident at Boandik St Mary's.

Within was a heavy, metallic medal, which Mary believed at the time was sent in relation to her recent 100th birthday.

In May, Mary celebrated her centenary alongside staff, residents, volunteers, and her family. Mary also received cards from The Queen, former Prime Minister Scott Morrison and current Prime Minister

Anthony Albanese, and the Governor of South Australia, Frances Adamson.

However, the medal appears to have little to do with Mary's centenary.

It turns out that the medal was sent as a sign of gratitude and honour towards Mary and her distinguished military service.

Accompanying the medal was a message from Fiona (Fee) Grasby OAM, a serving Warrant Officer of the Royal Australian Air Force.

During the Second World War, Mary served in the Royal Australian Air Force for four years in several roles that included sergeant, drill instructor, physical education instructor and cinematographer.

This came at a time when it was rare for women to be given the opportunity to lead.

Despite this, Mary at one stage was leading a group of 40 to 50 women.

She continues to inspire.

"Dearest Mary, congratulations on your achievements," the message from Warrant Officer Grasby OAM reads.

"It is women like you who have paved the way for us to succeed. Thank you."

Mary says her fondest memories of serving are from her time in Mount Gambier.

"At the beginning, I was the only sergeant there, but then two or three years after I had two or three other girls who were also sergeants but in different fields," she says.

Later, Mary became a cinematographer



after being posted to Melbourne.

This role involved flying all over Australia, surveying the nation's coastlines and bushland for advantageous positions for the Australian Defence Force.

Films were then created by Mary to show her comrades and superiors.

"I've had a good life, I really have," Mary says.

"I spent four years in the Air Force, but then that was wartime and that was the reason I was there. I had a brother in the Air Force and a brother in the Army.

"My husband was in the Army as well and we married in wartime."

At the time, now former Boandik St Mary's Residential Manager Joe Renko congratulated Mary on her achievements.

"Mary Duggan brings an amazing piece of history to Boandik St Mary's that illustrates her colourful life at 100 years young," Mr

Renko said.

"Mary was a Sergeant in the Women's Australian Airforce Service, and is currently the oldest surviving legacy member in South Australia. She continues to be a current member of Legacy South Australia's Mount Gambier branch."

Mr Renko added that Mary is passionate and proud of her war service and achievements and continues to receive medals and honours.

"Mary continues to partake as master of ceremonies at St Mary's ANZAC and Remembrance services and lays the facility's wreath on behalf of all residents and staff," he said.

"Furthermore, Mary is proud to speak about experiences of past service to residents and staff."





# Community Wellbeing Centre

## Hydrotherapy Health Fitness

101 Lake Terrace East, Mount Gambier

### Hydrotherapy Pool

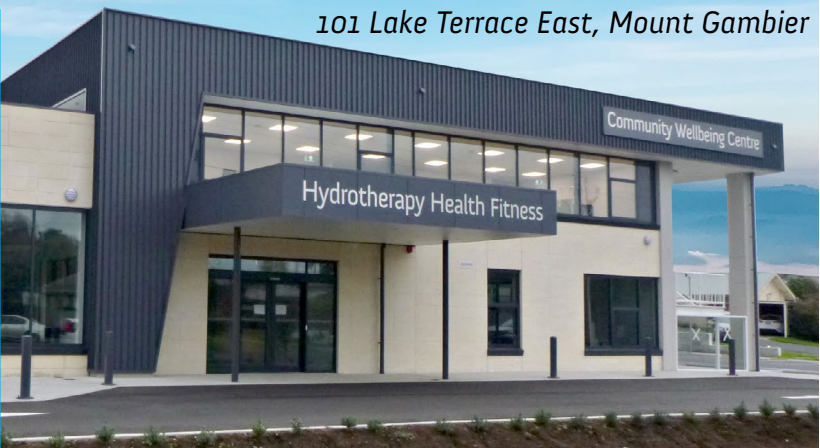
### Opening Hours

Monday	9am-11am	2pm-6pm
Tuesday	8am-12pm	3pm-6pm
Wednesday	9am-12pm	2pm-7pm
Thursday	8am-11am	3pm-6pm
Friday	9am-12pm	2pm-6pm
Saturday	9am-12pm	1pm-4pm
Sunday	9am-12pm	1pm-4pm

**Open to the general public.** Limit of 10 in pool at any time. Social distancing must be obeyed.

Bookings are essential.

**\$11 adult. \$9.50 concession (1hr)**



### Who can use the Centre?

The general public, health professionals, sporting clubs.

### Book a time online

Visit [bookings.boandik.org.au](https://bookings.boandik.org.au) and follow the link to book a session at the 'Community Wellbeing Centre'.

### Visit the Centre + tap your pass

When visiting the Centre, wave your pre-paid wrist band at the door to enter the centre.

A \$15 deposit is also required for a wristband.

### Allied health professionals

The pool is available for hire by allied health professionals. Please see staff to discuss available options.

### COTA Strength for Life program

Boandik Physiotherapist assessment \$54.00 (½ hour)  
2 x sessions per week thereafter at \$16.00 week

### Stafford's Gymnasium

Designed for use with programs developed by a physiotherapist. A *Physiotherapist assessment is required before you can access this gym.*

Individual use	Adult	Concession
5 entry pass	\$ 50.00	\$ 42.50
10 entry pass	\$ 90.00	\$ 80.00
20 entry pass	\$ 180.00	\$ 150.00

**GIFT VOUCHERS** are available for use at the Centre.



**Follow: @CommunityWellbeingCentre for regular updates.**

**Phone: 8724 1251.**

### Hydrotherapy pool

#### Opening times

Our opening times are subject to change.

Please monitor the Wellbeing Centre's Facebook page for the latest opening times and classroom schedules.

Access to the pool will require you to prepay for visits.

**Refer to [bookings.boandik.org.au](https://bookings.boandik.org.au)**

#### Aqua Fitness class times

Monday 11am-12noon. Wednesday 7pm-8pm.

Thursday 11am-12noon and 6pm-7pm.

#### Hydrotherapy pool entry

Individual entry	Adult	Concession
5 entry pass	\$55.00	\$47.50
10 entry pass	\$105.00	\$90.00
20 entry pass	\$200.00	\$170.00

*Concession is pension card holder or person under 16yrs.*

#### Group Aqua Fitness and Group Hydrotherapy

5 entry pass	\$95.00
10 entry pass	\$180.00
20 entry pass	\$342.00

*All passes expire 6 months from date of purchase.*

#### Program development

A physiotherapist is available to develop programs for individuals. Please speak to staff to book an appointment. Physiotherapist assessment and program development \$83.50 (¾ hour)

#### Disability Program Development

Boandik is approved to provide physiotherapy assessment, programs, therapy, and personal training support for clients registered with the NDIS. Programs are developed based on the needs of the individual. Please see staff for information.

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