

The Tattler

The bimonthly newsletter of Beuaraba Living ~ for residents, members and wider community



January / February in this issue

Executive Team Report, Board News,
Lifestyle Resident Activities, Residents' Charter of Aged Care Rights
plus all your regular features.



OPENING HOURS CONTACT DETAILS

Please note, we are currently not accepting any new patients, at this time. Clinical hours may be reduced on Wednesday & Fridays. We thank you for your understanding.

Beuaraba Medical Centre Phone 07 4619 8412

Monday - CLOSED
Tuesday - 8:30am - 5pm
Wednesday - 8:30am - 5pm
Thursday - 8:30am - 5pm
Friday - 8:30am - 5pm
Saturday - CLOSED
Sunday - CLOSED

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Christmas Concert Tattler





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The first issue of 2026 and isn't the year flying.

Another big THANK YOU to all who contributed to a fantastic Christmas and New Year for all our residents.

As we reflect on the first three months of the new aged care act (effective 1st November 2025) we can see that there have been some unintended consequences for the sector and more importantly substantial cost impacts for the recipients of aged care services, particularly in the home care space. Beauaraba Living continues to focus on delivering outstanding levels of Residential Aged Care to our community and remain hopeful that the decision makers will make the necessary policy setting changes to increase the overall viability of the sector.

A reminder that the Aged Care Act brings with it strengthened accreditation standards, statement of rights, code of conduct along with revised complaint and whistleblower policies.

As everyone's circumstances are different, please reach out to us to make time to run through the process of residential aged care and what aspects may or may not be relevant to your unique situation.

The Leadership team are continuing to focus on the things that we can control, increasing our access to registered staff and enhancing our staff training offerings and widening the focus of training opportunities available to the entire team.

As most of you will be aware we have embarked on the transition process from our current medication management program to a new program called Bestmed. Bestmed offers increased functionality for our team, with enhanced medical administration safety protocols, along with full compliance and conformance with changing legislation and accreditation requirements. We are on track to complete this changeover by late April.

After a rigorous selection process, we are also changing our method of internal communication and will shortly be migrating to an application called Whistle, which we are expecting to have in place and operating by the end of February 2026.

Both changes are supported by an enhancement to our external internet communications, supported by the recent connection and establishment of NBN optic fibre data connections to site.

A mighty CONGRATULATIONS to the dedicated team at the Beauaraba Living Auxiliary Op Shop who were awarded the community group of the year at the recent Pittsworth Australia Day Awards. A fitting tribute for the work that they do each and every day and for the substantial levels of support that they provide to Beauaraba Living residents

Remember that a community working together can achieve anything.

Brad, Janet, Sarah, Sue.

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If you have any suggestions or comments, please contact:

Chief Executive Officer
Beauaraba Living

10 Weale Street
Pittsworth Qld 4356
Ph: 4619 8422
Fax: 4619 8400

Email: enquiries@beauarabaliving.org.au
 or **Board Chair**

Mr Wayne Saal 0429 955 892

Follow Beauaraba Living on Facebook



Beauaraba Living Auxiliary



Op Shop Opening Hours

Monday	9 am to 4 pm
Tuesday	9 am to 4 pm
Wednesday	9 am to 4 pm
Thursday	9 am to 4 pm
Friday	9 am to 4 pm
Saturday	9 am to 11.30 am

New Volunteers are Welcome

Drop in & see us at the Opportunity Shop
Donations gratefully accepted,

Note—Furniture by prior arrangements only.

94 Yandiilla St, Pittsworth



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Have you thought of purchasing a leaf?
 For **\$150 per leaf** you can honor your loved one's memory. For an application and details, call to the admin office or email enquiries@beauarabaliving.org.au OR call in or drop by to see the Tree of Reflection for some inspiration.

Thank you for your support !

Suggestion Box: Please also remember you can fill out a feedback form found with the Suggestion Boxes which are situated in all the foyers. Staff on duty can assist you if required. These forms can then be placed inside the box for daily collection.

or

External Avenues that you may use if the issue is not resolved:

Qld Aged & Disability Advocacy

- Freecall 1800 818 338

Aged Care Quality and Safety Commission

- Freecall 1800 951 822
- agedcarequality.gov.au

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Phone—07 4693 1855

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Sat: 8.30am to 12.30pm

Christmas Light Winners Tattler



Beauaraba Living were the lucky winners of the Pittsworth District Alliance Christmas Lights Competition 2025. Sponsored by Ros Scotney & Gardens of the Downs.

We won 1st place in the business category up against another wonderful display at local hair salon Beauty and the Beard.

Congratulations to all who contributed to our display and all who entered around town.



We welcome your feedback-

Tell us how we are going: We always welcome your feedback, this is what guides us as to what is being done well and what can improve. *Providing feedback is very easy just Scan this QR Code with your mobile device then follow the prompts. Thank you.*



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Meet the Director of Care Services — **Tattler**

Janet Newlands - 50 Years of Nursing - By resident Brian Pierce

The Director of Care Services at Pittsworth's Beauaraba Living has spoken out about the rising number of patients with dementia, and the need for more beds to accommodate them. Sister Janet Newlands said it would cost about 20 million dollars to build four more dementia specific units – she calls them memory support units, and Beauaraba wasn't successful in its bid for funding for more units, so it will try again this year.

“Exercise and healthy living helps when you have the disease, but even people with healthy lifestyles still end up with dementia. There are a lot of people living in the community with it and it's hard on the person and hard on the families as well.

We've had many people who are very highly skilled and would use their brain a lot in their day- to- day life and still end up with dementia, so there's no clear-cut cause or cures. There are a couple of medications that can help slow it down, but there are no cures.”

Sister Janet has been a director of Nursing for 24 years. “I've recently celebrated 50 years of nursing, something I really enjoy. I tell everyone I have three great loves in my life: family, nursing and my cattle.”

“I'm one of six children. I'm the second eldest in my family. My mother is still alive at 94. She lives at Pittsworth. I have had four children. The eldest is Janet Michael, next is Janet Alice, then came Mervyn, followed by the youngest Felicity. My youngest, Felicity, has now decided to follow in my footsteps. She works at the Toowoomba Hospital as an RN (Registered Nurse). She always said she would never be a nurse, but now she is. She just came home one day and said 'you know how I said I was never going to be a nurse. Well I've decided I will!”



“I have about 9 grandchildren, some live in Tamworth, some are local, some in Toowoomba.”



Sister Janet recalls how different nursing was when she started. “It was mandatory that you lived in the nurses' quarters. We were hospital trained, not university trained. We all started in the pan room. But we learnt a lot of hands-on skills. A lot of theory and some practical. I am very appreciative of that. We didn't have any say in what shifts we did, and there was a rotation through different wards, we basically just did whatever we had to do. We learnt a lot from the senior nurses. Most of our nursing in the acute hospitals was with student nurses. You may have a surgical ward and on a morning shift you would have 2 RN Registered Nurses, and the rest would be student nurses – we all had our jobs to do. The Pan room is where we used to have metal pans for people who couldn't get out of bed to go to the toilet. We had metal wash bowls – most people had sponge baths back in those days, and even the length of stay has changed. Most people who had their gall bladder out would be in hospital for 10 days, whereas now you would be home the same day. Keyhole surgery has made a big difference. I've seen a lot of changes.

We didn't go through the universities, but we still had a school of nursing, so we still actually had to learn.”

Continued on next page.



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Meet the Director of Care Services — **Tattler**

“There’s been a lot of changes in technology and equipment that we use, even when it comes to things like drips and IV’s that people have. We can now manage a whole ward of people much easier. In the earlier days we had to count the drops to make sure it was all on time. A lot of things are premade now, I think the complexity of patients we look after is much higher than it used to be. Another example is that we didn’t have anything like syringe drivers or anything similar for the management of pain. Everyone had to have injections on a regular basis.”

“I spent 6 years in Tasmania and absolutely loved it. I worked interstate as well. I was an Assistant Director of Nursing at Toowoomba Hospital for quite some time, and I have been director of nursing for 24 years in aged care. I’m not ready to give up nursing but I will cut back to part time in the next year or so. Here at Beauaraba Living we have some people who are very skilled and will be able to take over the role without me having to worry about that, but I will still keep nursing. When I cut back to part time, I’ll probably do more bed-side nursing.”

“I was in the Pilton valley but I’ve just moved my property to Proston which is inland from Gympie. I’ve had Simmental and Simbrah stud cattle since the mid 90’s. I first became interested in stud cattle when my son was in primary school. He was dyslexic and the schools didn’t cater a lot for dyslexia then. We bought a lot of books and magazines on livestock which interested us. That’s how we first got involved in the stud cattle industry. Proston has good rainfall which ensures great cattle markets in that area.”

Sister Janet says that regarding nursing, there are more legislation requirements and more paperwork for senior staff to do. “We need a lot more nurses. It’s good to be able to make sure everyone is on the same page, and we get a high standard of care across all the nursing areas, but it’s a bit sad the amount of paperwork that we actually have to do because it takes your most experienced nurses away from providing care. We have many younger nurses. It’s people with experience like myself and our senior nurses that should be spending a lot more time with the younger nurses.”

Sister Janet says our population is increasing and we are not just short of nurses, but doctors as well, and the community expectation is very high. “People expect that regardless of what happens to you the doctors can fix it, but sometimes they can’t. We’re short of allied health staff as well so we are limited in staff in rural area and cities. There needs to be a lot of strategic planning because with trying to get more of those people, we’re looking at years down the track, even if you started training more nurses and doctors now.”

“I’ve enjoyed all my nursing, and I’ve been lucky because I’ve worked in a number of areas. I used to be in charge of orthopaedics. I’ve done drug and alcohol nursing; I helped set up the first HIV clinic in Toowoomba – so there are lots of things – I worked with Dr Dennis Lennox in Toowoomba Hospital and Dr Ken McLeod. We set up trials of day clinics because we had a shortage of beds. There are lots of things that have changed but I am very lucky with the exposure that I’ve had because I use all those skills every day.”

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Various Resident Christmas Activities—Tattler



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Thank you to all who donated and gifted over the festive season. The residents and staff are very appreciative of your generosity.



Australian Government
Aged Care Quality and Safety Commission

Certificate of Accreditation

This is to certify that
Beauaraba Lodge
has been accredited by the Aged Care Quality and Safety Commission to

29 April 2028

Liz Hefren-Webb
Liz Hefren-Webb
Commissioner

Under the New Aged Care Act effective from 1st November 2025 we remain accredited under the Australian Aged Care Quality and Safety Commission.

The terminology has now moved to being a registered provider of Australian Aged Care Services.

For Beauaraba Living this registration period is now 1st November 2025 to 28th December 2028.

We continue to progress our plans for continuous improvement and are always striving to excel in all areas to be the best that we can be. We look forward to you all assisting us in this endeavour.

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Happy New Year

January

New Years Day - Thursday 1st
Australia Day - Monday 26th



February

Darwin Day - Thursday 12th
Valentines Day - Saturday 14th
Chinese New Year - Tuesday 17th
Ash Wednesday - Wednesday 18th



Other Choices of Pastoral Carer / Church Services offered to Beuaraba Living Residents.



Harvest New Life Church — Pastor Brett Dolly – 0418 615 773

nlc.pittsworth@gmail.com 129 Short Street, PO Box 125, Pittsworth Qld 4356

I call down to Beuaraba from 10:30 - 11:30 am on a fortnightly basis.

Lutheran Church— Pastor Charlie Uebergang, General inquiries 0436 428 212 email:

pittsworthlp@gmail.com. St Peters Lutheran Church, 31 Hadley St, Pittsworth Qld.

Church. *Beuaraba Living Services held 3rd Friday Monthly.*

St. Andrew's Anglican Church— Parish Priest :Father Tony Swansson Phone 0439 876 110.

email: pittsworth@anglicanchurchsq.org.au 30 Hume St, PO Box 44 Pittsworth Qld. Parish

Services: Saturday 6:00pm, Sunday 9:00am. *Beuaraba Living services 4th Friday Monthly.*

St. Stephen's Catholic Church Pittsworth — Parish Priest Fr Thomas Areekuzhy

0407452859. 34 Hume Street, PO Box 22, Pittsworth Qld 4356. Mass Times 1st Sunday

Liturgy of the Word 8:30am, 2nd Sunday, Saturday Vigil 6:30pm, 3rd Sunday Mass

8:30am, 4th Sunday Mass 8:30am, 5th Sunday Mass 8:30am.

Beuaraba Living Services held 2nd Friday Monthly

Uniting Church—Rev. Willie Liebenberg Phone: 0477 888 185 email: willie@wkuc.org.au

15 Briggs St, Pittsworth 4356. Willie doesn't visit at a set time, but is always available if someone wants to see him.

Uniting Church: Worship times: Sunday 9:00 am in Murray Street, Pittsworth Uniting

Church. Days could visit: Tuesdays – Fridays contact details in the Tattler: Rev. Willie

Liebenberg.

Millmerran Bible Baptist Church— Pastor Brendan Zimmermann 0422 044 454

darlingdowns@trinitybrisbane.org. 43-45 Walpole St Millmerran Qld. Every Sunday

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Beuaraba Living Auxiliary. Beuaraba Living Auxiliary—Op Shop



Beuaraba Living Auxiliary—Notes Committee - 2024/25

- Chairperson:** Anita Ruhle
- Vice Chair:** Ann Garland
- Secretary:** Veronica Henricks
- Treasurer:** Barbara Piper
- Roster Clerk:** Denise Farrell
- BLA-Op Shop Coordinator :** Kate Hanley

Hello Readers,

Well the first month of this year has come and gone. And a huge month for donations received and for sales at the op shop. Biggest month ever. The shop is very full.

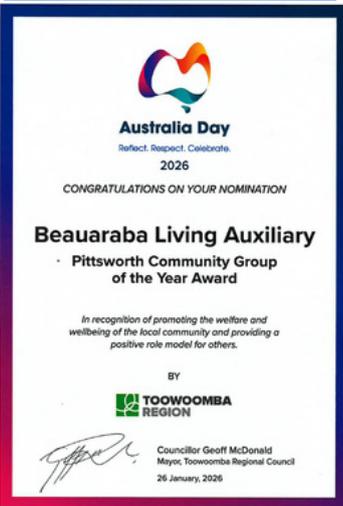
This piece of information is probably bit late but in November the Beuaraba Living Auxiliary was nominated in the 7News Community Achievement Awards, category being Bendigo Bank Community Group of the Year Award. The shop was selected as a Semi Finalist, but unfortunately we were unsuccessful in obtaining this award. It was an honour and a privilege to be nominated.



Congratulations and thank you to all our wonderful volunteers at the Beuaraba Living Op Shop for their Semi Finalist placement for Community Group of the Year Award.

The Beuaraba Living Auxiliary was also nominated in the Community Group Award for 2026 Australia Day. Yay! We Won! Thank you goes to the person who nominated the Auxiliary for this award. There is a framed winner's certificate taking pride of place on the wall behind the counter at the Op Shop. A well deserved accolade to the 50+ volunteers who give so freely of their time and talents helping to run the daily operations within the Op Shop. Well Done Everybody.

Our Summer Clothing Sale has started with Ladies Clothing priced at \$2, Children's clothing priced at 5 items for \$2. Unfortunately for the men, the clothing is still \$4, but that is still a very good price. There are a lot of Ladies and Children's bags in reserve stock and not so many for the men.



And additional congratulations to the Auxiliary for their nomination for Pittsworth Community Group of the Year Award at the Australia Day Awards.

The shop has a large range of furniture at the moment. Come, have a look, might be just what you need.

Op Shop hours are still 9am to 4pm Monday to Friday, and 9am to 11.30am Saturday morning.

From all the Op Shop volunteers,
Stay safe, happy and healthy

We ♥ our Volunteers



Volunteering can help you make friends, learn new skills, advance your career, and even feel happier and healthier. Learn how to find the right volunteer opportunity for you.

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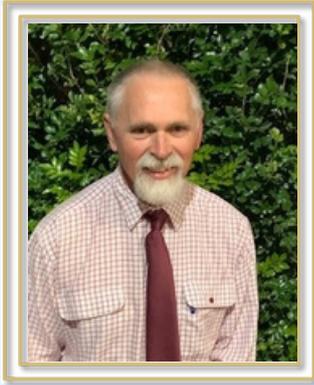
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Pittsworth District Alliance
PO Box 503
Pittsworth QLD 4356
E: info@pittsworth.org

Tourism and Events
E: pittsworthevents@gmail.com

Vision Statement: To build and develop Pittsworth to achieve sustainable economic and lifestyle benefits for the district. To promote the district as an exceptional place to live, work, invest and visit. *Mission Statement:* That the Pittsworth District Alliance identifies, develops, leads and supports, as appropriate strategically important projects and lobbies for sustainable economic growth that will position this district as an attractive place to live, work invest and visit.

Phone - 0481 353 055



Hello and welcome Tattler community to a brand-new year.

Happy to start off the year surprising Dr Kate with a small gathering at Beauaraba to celebrate her 40 years of doctoring, with the largest proportion of her time in Pittsworth we are grateful for the effort she has put into the health and wellbeing of our community.

Back in November Brad and 3 Board members travelled to Warwick to a Darling Downs Regional forum of Not for Profit Aged Care Facilities. Hearing the same issues raised that we have and no quick fix answers makes us more aware of our responsibilities to our Facility. We may curse Toowoomba trying to attract staff to work in Pittsworth but from what we understand we are doing ok as some places have had to reduce occupancy as they cannot attract and retain staff at their facility.

Back in the last Tattler it was said we will be up for Reaccreditation April 2028, this has now changed to re-registration by December 2028. The government is watching us every quarter as well. Brad and his leadership team (Janet, Sue and Sarah) have to collate all our financial, clinical and staff minutes information for scrutiny by the government. This is of benefit for us as it keeps us informed of our position as well, but it is a time-consuming task. We are changing some of our software packages we have been using to better help with this reporting and to also be compliant with new legislation. One in particular will allow greater safety and communication between Doctor, Pharmacy and Nurse in the delivery and reporting of medication to our Residents.

Australia Day Awards finally gave the Beauaraba Living Auxiliary as a Community Group the recognition they deserved. After being nominated numerous times, it was wonderful to receive the award. With a volunteer base of roughly 45 members, and a hard-working leadership team of Anita, Veronica, Barb and Ann the volume of work and funds raised is exceptional. I'm sure the interaction the ladies have with customers and between themselves makes it worthwhile for them to have a chat and feel good about what they achieve when they do their shift.

Would also like to thank the community for the support they give to the Op Shop in both donating and purchasing of goods.

A well done to the organisers of the staff end of year party at the Bowls club and to all that attended. To see the happy interaction between the families and staff was terrific, we all know we are not great bowlers by any stretch of imagination but the have ago attitude was great to watch.

Regards, Wayne Saal

Dr Kate. 40 Years of Medicine ——— Tattler

Earlier this year, we proudly celebrated Dr Kate’s remarkable 40-year career in medicine.

We have been incredibly fortunate to have benefited from her dedicated service at Beauaraba Living since 1997. Through her work at the Beauaraba Medical Centre (formerly Platinum Health), Dr Kate has built a strong reputation and lasting relationships with both past and present residents, becoming a highly valued and trusted member of our community.

“Beuaraba Living is very appreciative of Dr Kate’s dedication to the residents of Beauaraba Living and the wider Pittsworth community. On behalf of the residents, families, staff, volunteers and community we take this opportunity to congratulate and thank her for 40 years of medical professionalism, dedication, care, kindness and compassion.” - Brad Jones CEO.






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After nearly a decade of dedicated service, we celebrated the retirement of Ellie Gollan, who has been an AIN here at Beauaraba Living since 2015. Ellie’s commitment, compassion, and positive presence have made a lasting impact on colleagues and those she supported. We’re incredibly grateful for her years of hard work and wish her all the very best in this next chapter. Congratulations, Ellie!



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Beauaraba Living Weale Team Residents





Beuaraba Living
Daniel Team Residents



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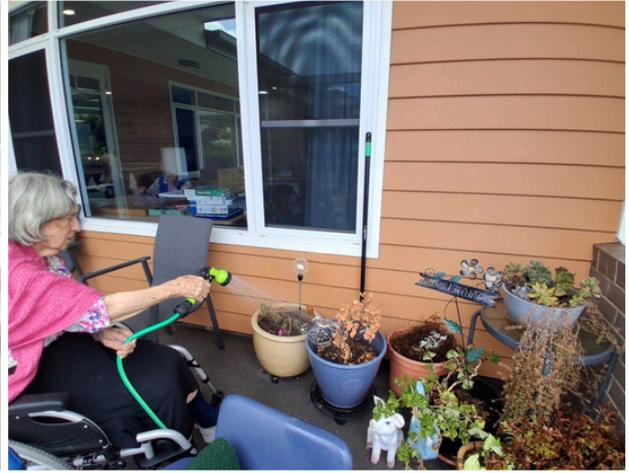
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Beuaraba Living Daniel Team Residents



New Years Eve

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COUNTDOWN

JANUARY

TOAST

CHEERS

CLOCK

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RESOLUTION

MIDNIGHT

TRADITION

FUTURE

bernays

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The Statement of Rights

The Statement of Rights clearly identifies your rights when seeking or receiving aged care services. Under the Aged Care Act 2024, your provider and aged care workers are legally obliged to deliver services in line with these rights.



Autonomy and freedom of choice

I have the right to make my own choices – about my care, relationships, lifestyle and taking risks – with support if I want it.



Equitable access

I have the right to have my needs assessed in a way that works for me including having my cultural background, past trauma or cognitive conditions, such as dementia, respected.



Safe, quality care

I have the right to be treated with dignity and respect by experienced aged care workers who value my identity, culture, spirituality and diversity.



Privacy and confidentiality

I must have my privacy respected and my personal information kept confidential, and be in control of who this information is shared with.



Communication and complaints

I have the right to be informed in a way I understand and to raise concerns without fear of reprisal. My feedback must be dealt with fairly and promptly.



Support and social connections

I can stay connected to important people, pets and culture including independent advocates. As an Aboriginal or Torres Strait Islander I can stay connected to Country and Island Home.



For free, confidential and independent support call the Aged Care Advocacy Line 1800 700 600



OPAN | Older Persons Advocacy Network

Condamine Clothing

OPENING HOURS
MON-FRI 8:30AM-5:00PM
SATURDAY 8:30AM-12:00PM
SUNDAY - CLOSED

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LADIES & MENSWEAR

- SLIPPERS
- SOCKS
- SINGLETS
- UNDERWEAR
- MENS PJ'S
- SKECHERS SHOES

Strengthened Aged Care Quality Standards



Find out more 
agedcarequality.gov.au/older-australians



Meals on Wheels
Queensland

Meals on wheels is a community Service to people who are frail aged, younger Disabled, their carers and community members. This service enables people to continue living comfortably in their own homes.

Volunteers deliver meals directly to homes.

Contact
0427 586 684

Inquires for Meals on Wheels

Remember this service is available to everyone to use.



DO SOMETHING GOOD WITH YOUR CONTAINERS AND DONATE TODAY.

Beuaraba Living is a 128-bed, award-winning aged care home located just 35 minutes southwest of Toowoomba, nestled in the heart of the rural Pittsworth community.



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The Residents
do not live in our
workplace
we work in their
Home



Pittsworth Chiropractic Centre

Dr Karen M. Rock
Chiropractor
*Palmer University: U.S.A.
B.Sc. Canada*

82 Yandilla St, Pittsworth. 4356
Pb: 07 4693 2111

Tue & Thur 2pm-6pm
Wed 9.30am-1pm
Sat 8am-finish

www.pittsworthchiropractic.com.au

