



# Garden City News



Volume 30

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February 2024

**Garden City News is a free newsletter** produced by Barcaldine 60 & Better Program (aimed to support older people to stay safe and maintain and strengthen connections to the community, and reduce risk of harm and social isolation) with contributions from others, for participants and older people in the community. Please share this newsletter. If you prefer, it can be emailed to you. The newsletter can be found on Barcaldine Regional Council website also.



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## REGIONAL SENIORS' CHRISTMAS LUNCH

On December 12 the Barcaldine Regional Council sponsored Regional Seniors Christmas lunch was held. People from Alpha, Jericho, Aramac, and Barcaldine attended Barcaldine Aged Care once again provided a top meal We were also ably assisted by Girl Guide helpers and younger family members of 60 & Better participants and friends.

We thank everyone who attended and our generous prize donors for your contributions.



Tobi-Lee, Jarvis, Tommy, Quade, Sophie, Kalee, Liliann, Sarah and Kiana who helped at the Seniors Christmas Lunch

Councillor Milynda Rogers presented Hermione Duncan with an acknowledgement of 60 years service to Red Cross.



Shirley Jackson with great grandson Mason who helped with selling tickets.



Gloria McKean, Leigh Knox and Ann Laycock at the lunch.

## Welcome to 2024 with 60 & Better

The last newsletter was written at the end of November 2023. Since then we've had Christmas lunches and family Christmas celebrations and time with family and friends. It has also been a time of enduring some hot temperatures and less than ideal weather.



The New Year has just begun and there are a number of things we need to think about in planning the year's activities and events. While the regular activities will continue, we need to consider some other options regarding different activities and times.

Our first talk for the year will be on Tuesday 6th February when Bill Ricketts will be our guest. Bill's presentation will be an astronomical exposition. Please come and learn some more about our universe.

Shrove Tuesday (Pancake Day), is 13th February and we'll combine pancakes for morning tea with hoy on that day. Morning Tea is 10:00am. Cost for hoy and bingo is now \$7 for morning tea and 1 set hoy cards or 1 set bingo numbers and \$11 for morning tea and 2 sets. Bingo is on 27th February.

The meeting will be on 20th February, so please come and share your ideas.

I've wondered about having another go at bonsai, any takers?

Tai chi, exercises and croquet have resumed. You are welcome to come. It's all low impact and low cost.

Till Next Time Stay Well

Jean

## Congratulations to the Australia Day Award Recipients

On Australia Day, the residents of Barcaldine Regional Council area gathered for some different events and to recognise achievements throughout the region. Congratulations to all who were nominated for your commitment and diligence to your cause.

Citizen of the Year—Rhys Peacock, Barcaldine

Citizen of the Year (Certificate of Recognition) - Jean Williams (Barcaldine)

Young Citizen of the Year—Allana Parker (Aramac)

Community Event of the Year—Westech Field Days

Community Event of the Year (Certificate of Recognition) - Muttaborra Social Touch Football Event

Sportsperson of the Year—Tayla Jackson (Aramac)

Sportsperson of the Year (Certificate of Recognition) - Riley Jorgensen (Aramac)

Young Sportsperson of the Year—Jimmy McClelland (Alpha)

Young Sportsperson of the Year (Certificate of Recognition) - Sophie Ham (Barcaldine)

Volunteer of the year - Barcaldine Sandgoannas (Senior and Junior clubs combined)

Volunteer of the Year (Certificate of Recognition) - Alison Woods (Aramac)

Cultural Person of the Year—Georgia Welldon (Jericho)

Congratulations to David Kerrigan who was awarded a Member of the Order of Australia (AM) in the Australia Day Awards For significant service to volunteer and social welfare organisations, and regional rugby league.



## Birthday, Anniversary Greetings

We send belated birthday greetings to Paula Bashford, Jenny Lawson, Tom Haren, Donna Muston and Val Hales who had birthdays in January. Bob and Mina Duncan celebrated their wedding anniversary also.

People having a birthday in February include Clare Ogden, Joan Argow, Bob Duncan (who will be 90), Bill Balderson (85 on 23/02/24), John Cameron, David Hauenschild, Gloria McKean, Mick Morrison, Lionel Walsh, Jill Williams, Andy Stewart, Wendy Boyd and Lyn Batchelor.

## Smoke Alarm Reminder

Have you had the necessary smoke alarms fitted to comply with the rules that come into force in January 2027?

- All existing private homes, townhouses and units will require photoelectric interconnected smoke alarms. These must be either a hardwired (eg. 240v) or non-removable 10 year battery powered type alarm.
- The legislation requires smoke alarms must be installed in the following locations:
  - on each storey
  - in each bedroom
  - in hallways that connect bedrooms and the rest of the dwelling
  - if there is no hallway, between the bedroom and other parts of the storey; and
  - if there are no bedrooms on a storey, at least one smoke alarm must be installed in the most likely path of travel to exit the dwelling.



For more information visit <https://www.qfes.qld.gov.au/prepare/fire/smoke-alarms/existing-properties>

## Summer safety: Top Tips

**Drink plenty of water** Regular sips of water are a must to stay adequately hydrated. Ageing individuals are more vulnerable to dehydration.

**Staying cool** Fans, air-conditioners, wet towels — keeping the body temperature at a safe level can go a long way to increase comfort and decrease risk of the body experience heat stress.

**Check prescriptions** It's important to know if someone has an increased likelihood to suffer from dehydration, increase body temperature or even sun sensitivity .

**Dress appropriately** To dress for the heat, look to loose, light fabrics that breathe. Natural materials such as cotton or linen are better to regulate body temperature. And don't forget a hat and sunscreen for venturing outside to protect from the UV rays and prevent sunburn.

**Find indoor alternatives** When it is especially hot, avoid heading outdoors. Finding a few indoor alternatives for much-loved lifestyle activities is useful to ensure wellbeing. You could bring gardening indoors too — some soil, cuttings, recycled jars and water are all you need to start little indoor gardens that can thrive on the window sill.

**Take it easy** Hot weather sometimes means taking it slow and not exerting the body. Sometimes staying inside by the fan or air-conditioner is a must. Source: <https://selmar.edu.au/summer-safety-seniors/>

## Barcaldine Community Care Services contacts

are:

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## The sugar-coated truth: How to reduce your sugar intake

Our understanding of sugar, its health implications, and why it's a concern continues to grow. But how do we ensure we're keeping our sugar intake in check? In this blog, we delve into the dangers associated with sugar, especially in sugary drinks, and offer practical advice on how to manage your sugar consumption effectively.

The food and drink we consume each day provides our bodies with the energy and nutrients it needs to function, repair and grow. The Australian Dietary Guidelines advises that our daily dietary intake should include a variety of 'everyday foods' from the 5 food groups, including wholegrain bread and cereals, a variety of fruit and vegetables, a selection of low-fat dairy or dairy alternatives, as well as lean meats or meat alternatives. In doing this, we provide our bodies with the vast majority of 'good nutrients' it needs each day to function at its best.

The term 'discretionary foods' is commonly used to describe food and beverages that lie outside the 5 food groups. These items are intended for occasional and modest consumption due to their often high sugar, salt, or saturated fat content, which, when overindulged, can negatively impact overall health and wellness.

Soft drinks and other sugar-sweetened beverages firmly fall into this category, with a single 250ml can containing as much as 8 teaspoons of sugar, exceeding 65% of the recommended daily sugar intake for an entire day.

While 1 soft drink might not be a major issue, consistent consumption could be impacting your health. Did you know that women who consume 2 or more sugar-sweetened beverages a day are at a significantly higher risk for heart disease, type 2 diabetes, and obesity?<sup>[2]</sup>

Sugary drinks fail to satisfy your body's hunger and thirst cues, often leaving you wanting more. Consequently, individuals tend to increase their consumption. They also pose a significant threat to our dental health. Those who regularly indulge in soft drinks are at a heightened risk of tooth decay and related illnesses.

So which drinks should we look out for to avoid hidden sugar? Soft drinks, and many iced teas, fruit juices (unless 100% fruit juice with no added sugar), sports and energy drinks are packed with sugar and other additives and so are not as healthy as claimed.

Cutting back on sugary drinks is an easy way to reduce your overall sugar consumption, and it can be quite an easy habit to kick! Here are some of our top tips.

- Identify triggers – The first step in any behaviour change is awareness. Keep a 'drink diary' for a week to track what, when, and why you're consuming sugar sweetened beverages.
- Find alternatives – Opt for water, sparkling water, or unsweetened herbal teas. You can also infuse water with fruits for a burst of natural flavour.
- Plan ahead – If you know you'll be tempted to purchase sugary drinks, bring your own beverages or water bottle containing the healthy alternatives above.
- Treat, don't cheat – Save sugar-sweetened beverages for special occasions, and even then, opt for a smaller serving size.
- Team work – Changing a habit is always easier when you have a tribe. Talk to your friends and your family to help focus on making healthier lifestyle choices.
- Understand the label – One of the best ways to understand the sugar in the drinks you consume is to check the label on the packet. If the sugar content per 100g/100mL is more than 15g, this is considered high in sugar. So, pay attention to serving sizes and the amount of sugar per serving.

Drinking sugar-sweetened beverages can be a hard habit to kick. But when you consider the incredible benefits of reducing your sugar intake— more energy, better oral health, lower risk of chronic diseases—it becomes a small sacrifice for a much bigger reward

Source: <https://hw.qld.gov.au/blog/how-to-reduce-your-sugar-intake/>  
November 2, 2023



**Promising research uses arthritis drug to halt type 1 diabetes onset** 8 December 2023

In a ground-breaking Australian study, a commonly prescribed rheumatoid arthritis drug is showing promise to suppress the progression of type 1 diabetes in people newly diagnosed.

The world-first human trial involving 60 participants at St Vincent's Institute of Medical Research is being led by Professors Thomas Kay and Helen Thomas. It has shown that a drug called baricitinib can effectively preserve the body's own insulin production and suppress the progression of type 1 diabetes in people who initiated treatment within 100 days of diagnosis.

The results of the study were published yesterday in the New England Journal of Medicine.

"When type 1 diabetes is first diagnosed there is a substantial number of insulin-producing cells still present. We wanted to see whether we could protect further destruction of these cells by the immune system. We showed that baricitinib is safe and effective at slowing the progression of type 1 diabetes in people who have been recently diagnosed," said Professor Kay.

This research shows promise as the first disease-modifying treatment of its kind for type 1 diabetes that can be delivered as a tablet. "It is tremendously exciting for us to be the first group anywhere in the world to test the efficacy of baricitinib as a potential type 1 diabetes treatment," said Professor Kay.

"Up until now, people with type 1 diabetes have been reliant on insulin delivered via injection or infusion pump. Our trial showed that, if started early enough after diagnosis, and while the participants remained on the medication, their production of insulin was maintained. People with type 1 diabetes in the trial who were given the drug required significantly less insulin for treatment."

Professor Thomas said her team is optimistic that this treatment will become clinically available.

"This would be a huge step-change in how type 1 diabetes is managed and we believe it shows promise as a fundamental improvement in the ability to control type 1 diabetes," said Professor Thomas.

Professor Kay said in a Channel 7 interview that Australian regulators may ask that further research on a larger cohort of people is completed before baricitinib is approved for type 1 diabetes prevention. He said it may take three or more years before the drug was approved for diabetes prevention.

The baricitinib clinical trial was funded by JDRF. Professor Kay is an Australian Diabetes Society 2020 Kellion Award winner for his outstanding contribution to diabetes research, clinical or service areas in Australia.

Source: <https://www.diabetesaustralia.com.au/news/research-uses-arthritis-drug-to-halt-type-1-diabetes/>

**Start Moving**

Have you considered starting some physical activity? The weather has been unkind for undertaking energetic activity and the possible undesired consequences relating to heat exhaustion or more serious outcomes deter many of us from achieving much physical activity. Now is the time to consider starting a new venture or resuming some activities you enjoy. There are a groups you can join or if you prefer you may enjoy an early morning walk, or a swim, or moving to some music, or some mindful meditation, or meditation in motion. Whether you prefer solitude, or to be part of a group there is something you can do to move the muscles and engage the mind.

Wisdom gained through life experience is a special gift you can offer others.

It takes as much energy to dream as it does to plan.

Use what talents you possess; the woods would be very silent if no birds sang there except those that sang best.

## Enhanced work bonus for seniors expected to result in increase pension benefits

Seniors navigating the challenges of the cost-of-living crisis are set to benefit from new legislative changes that enhance opportunities for part-time work while safeguarding age pension benefits.

Commencing on January 1, the revised Work Bonus scheme introduces more favorable incentives, allowing pensioners to earn up to \$504 per fortnight without experiencing any reduction in government payments. This substantial adjustment, expected to cost the government \$42 million over four years, introduces an initial “income bank” balance of \$4000 for new pensioners, a departure from the previous starting point of zero.

Furthermore, the maximum income bank balance is permanently elevated from \$7800 to \$11,800, granting pensioners added flexibility by enabling them to accumulate unused portions of their \$300 fortnightly concession for future use.

The impetus behind these changes lies in the recognition of the escalating retirement costs, especially in essential areas such as food, energy, and fuel, which have outpaced inflation in recent years. The adjustments aim to provide financial relief to seniors grappling with the economic pressures associated with retirement.

Scott Quinn, MLC senior technical manager, emphasizes that the enhanced Work Bonus scheme serves as a proactive measure to empower older Australians to engage in the workforce while mitigating the impact of the income test on their age pension.

These alterations offer a more significant upfront incentive for individuals reaching pension age to explore opportunities for paid employment, fostering financial independence. Quinn points out the potential for seniors to participate in sporadic or casual employment, aligning with the evolving landscape of the gig economy.

Crucially, the benefits of the Work Bonus extend beyond age pensioners to encompass recipients of the Disability Support Pension and Carer Payment who have reached pension age but continue to receive these payments. Government data underscores the notable increase in the workforce participation rate among individuals over 65, which surged from 6.1% in 2001 to 15% in 2021.

While advocacy group COTA Australia welcomes the legislative changes as a positive step, they acknowledge that more comprehensive measures are needed to address the broader issues faced by older workers. Patricia Sparrow, CEO of COTA Australia, emphasizes the importance of simplifying the system, aligning it with the personal tax income structure, and combating systemic ageism.

Ageism remains a significant barrier to employment for older individuals, and while the incentive payment is a beneficial piece in the puzzle, Sparrow contends that more comprehensive action is required. The Work Bonus, with its specific application to paid employment, adds an extra \$300 per fortnight per person, reaching a total of \$504 before triggering the income test.

Mr. Quinn suggests that seniors explore the nuances of how the Work Bonus could work in their favor, emphasizing the requirement for “gainful work income” in return for the payment.

As these legislative changes take effect, they hold the potential to reshape the landscape for seniors seeking financial stability through part-time work while navigating the complexities of retirement in the face of a cost-of-living crisis.

Source <https://www.60plusclub.com.au/news/enhanced-work-bonus-for-seniors-expected-to-increase-pension-benefits/>

More information about Work Bonus is available from Services Australia. <https://www.servicesaustralia.gov.au/who-can-get-work-bonus?context=22561>

Allowing others to help you is a form of generosity - you give others a gift by allowing them to do a good deed.

Learning to receive is just as important as learning to give. Learning to receive is just as important as learning to give.



### Sticky Chicken

4 (fillets) chicken thighs

1/4 cup soy sauce

1/4 cup sweet chilli sauce

1/4 cup crunchy peanut butter

Mix all ingredients, except chicken, in a saucepan over low heat.

Pour over chicken and marinate for a few hours.

Place chicken onto a tray lined with baking paper and bake at 180°C for approximately 30 minutes.

### Chop Suey Chow Mein

500 g beef mince

1 carrot grated

3 celery stalks finely chopped

1/4 cabbage shredded

2 onions sliced

3 tbs rice

1 tsp curry powder levelled

45 g chicken noodle instant soup

1 tbs oil

1 pinch salt and pepper to taste

Heat the oil in a pan and brown mince, celery, and onion

Make up the chicken noodle soup according to packet directions in a large saucepan.

Add the mince mixture, rice, curry powder, pepper and salt into the soup.

Simmer for 10 minutes, stirring occasionally to avoid catching on pan.

Add carrot and cabbage and simmer for a further 8 minutes, or until carrot and cabbage are cooked



### Easy Pikelets

1 cup self-raising flour

2 tbs caster sugar

1 egg lightly beaten

3/4 cup milk

Combine flour and sugar in a medium bowl.

Gradually whisk in egg and milk to make a thick, smooth batter.

Drop dessertspoonfuls of mixture into a greased heavy-based pan. Cook until bubbles begin to appear on the surface of the pikelet. Turn and brown the other side.

Serve with yoghurt and a little stewed or pureed fruit or maple syrup or jam and cream.

These pikelets also freeze very well.

### Savoury Corn Pikelets

2 cups self-raising flour

2 tablespoons dry milk powder

1 teaspoon salt

2 eggs

1 1/2 cups water

220g creamed corn (approx 1/2 lge can)

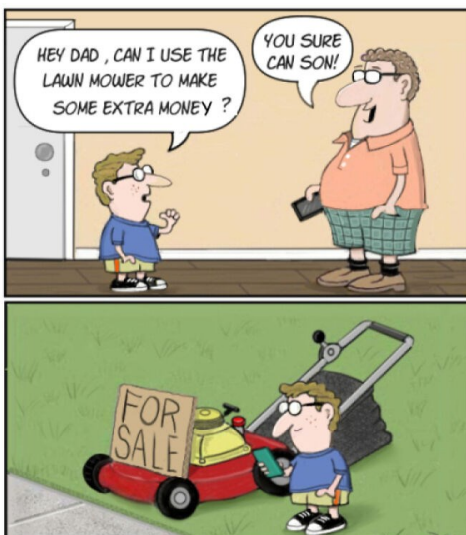
4 chopped spring onions

1/2 teaspoon chopped garlic

2 teaspoons mustard powder

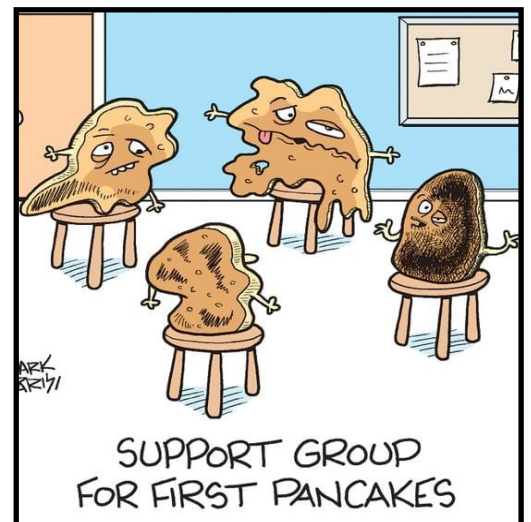
Place all the ingredients in a bowl and beat well for about 3 minutes until batter is smooth.

Heat a non stick fry pan and cook tablespoonfuls of mixture until they are bubbly and holey on the top surface. Carefully turn the pikelets over and cook the other side. If you don't have a non-stick fry pan then use a smidge of oil in a regular pan.



Two Mafia hitmen are walking through the forest at night when one of them says, "I have to admit, it's pretty scary out here."

The other replies: "Well, how do you think I feel then? I have to walk back alone."



## OBSERVATIONS ABOUT LIFE

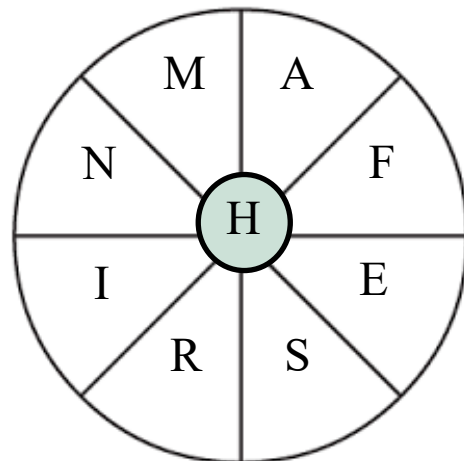
01. The ability to speak several languages is an asset, but the ability to keep your mouth shut in any language is priceless.
02. Be decisive. Right or wrong, make a decision. The road is paved with flat animals that couldn't make a decision.
03. When I get a headache, I take two aspirin and keep away from children just like the bottle says.
04. Just once, I want the prompt for username and password to say, "Close enough."
05. Becoming an adult is the dumbest thing I've ever done.
06. If you see me talking to myself, just move along. I'm self-employed. We're having a meeting.
07. The biggest lie you tell yourself is, "I don't need to write that down. I'll remember it."
08. I hate it when I can't figure out how to operate the iPad and my tech support guy is asleep. He's 5 and it's past his bedtime.
09. Today's 3-year-olds can switch on laptops and open their favorite apps. When I was 3, I ate mud.
10. Tip for a successful marriage: Don't ask your wife when dinner will be ready while she's mowing the lawn.
11. So, you drive across town to a gym to walk on a treadmill?
12. Old age is coming at a really bad time.
13. Growing old should have taken longer.
14. If God wanted me to touch my toes, He would've put them on my knees.
15. Last year I joined a support group for procrastinators. We haven't met yet.
16. I don't need anger management. I need people to stop irritating me.
17. My people skills are just fine. It's my tolerance for idiots that needs work.
18. "On time" is, when I get there.
19. Even duct tape can't fix stupid – but it sure does muffle the sound.
20. Women are angels. When someone breaks their wings they continue to fly—usually on broomsticks.
21. Your mind needs exercise just as much as your body does, that's why I think of jogging every day.
22. Aging has slowed you down, but it hasn't shut you up.

**Mathdoku** Complete the puzzle by entering the numbers 1—9 in each empty white cell. Each number can be used once only There is only one solution that will satisfy all equations.

	x		-		=	37
+		-		+		
	x		-		=	25
-		+		+		
	-		+		=	5
=		=		=		
6		7		12		

## Word Wheel

Find as many words as you can using the letters in the wheel. Each word must contain the middle letter and at least three others. There is at least one nine letter word. Each letter can be used only once in each word.





# February 2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1 60+ Exercises Tai chi	2 Croquet	3	4
5 Men's Shed	6 60 + Tai Chi Talk	7 Cultural Assn Men's Shed	8 60+ Exercises Tai chi	9 Croquet	10	11
12 Men's Shed	13 Shrove Tuesday Tai Chi Pancake Morning Tea Hoy	14 Cultural Assn CHSP Lunch Men's Shed	15 60+ Exercises Tai chi	16 Croquet	17	18
19 Men's Shed	20 Tia Chi Meeting	21 Cultural Assn Men's Shed	22 60+ Exercises Tai chi	23 Croquet	24	25
26 Men's Shed	27 Tai Chi Bingo	28 CHSP Outing Men's Shed	29 60+ Exercises Tai chi	1st March World Day of Prayer	2nd March Barcaldine Ball	8th March International Women's Day



**BARCALDINE  
60 & BETTER PROGRAM  
AUSPICEE OF  
BARCALDINE REGIONAL COUNCIL**



FUNDED BY



Queensland Department of Child Safety, Seniors and Disability Services

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**Coordinator:** Jean Williams

**MISSION STATEMENT** To enable older people at a community level to participate in decisions and activities which affect their health and well being.

**VISION STATEMENT** Sustaining a strong age friendly community where older people are respected, valued and empowered.

**Activity Times & Dates February 2024**

**Tai Chi:** Tuesdays 9:00am

Thursdays 9:00am

**Exercises:** Thursdays 8:30am

**Craft :** Thursdays 10:00am

**Croquet:** Fridays 8:00am

**Talk:** 10:00am 1st Tuesday 6th February

**Pancake Morning Tea & Hoy:** 10:00am 2nd Tuesday 13th February

**Meeting:** 10:00am 3rd Tuesday 20th February

**Bingo:** 10:00am 4th Tuesday 27th February

**DISCLAIMER**

The Barcaldine 60 & Better Program reserves the right to edit all articles as necessary. Opinions expressed in this newsletter do not necessarily reflect those of the 60 & Better Program. Information is of a general nature and not meant to be specific advice. Efforts have been made to ensure it is accurate.

Puzzle Solutions

Mathdoku

5	*	9	-	8	=	37
+		-		+		
7	*	4	-	3	=	25
-		+		+		
6	-	2	+	1	=	5
=		=		=		
6		7		12		

**Word Wheel**  
9 letter Word  
FISHERMAN

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Barcaldine 60 & Better Program

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