



# GARDEN CITY NEWS

**VOLUME 25**

**ISSUE 3**

**April 2019**

A free collaborative newsletter produced by Barcaldine 60 & Better Program and Barcaldine Community Care Services and other contributors for participants, clients and older people in the community. Please share this newsletter with others. If you prefer it can be emailed to you. The newsletter can be found on Barcaldine Regional Council website also.

## **BARCALDINE 60 & BETTER PROGRAM**

# **CENT SALE**

**SATURDAY 6th APRIL 2019**

*Barcaldine Town Hall*

**Doors open 12:30 pm Games start 1:30 pm**

**ADMISSION \$5.00 (includes afternoon tea)**

**Great Prizes**

**Lucky Door Special Draws Raffle**

**Everyone Welcome!**

**Cent Sale Tickets can be bought prior to the sale**

**at 60 & Better office**

**Cent Sale tickets \$1.00 / sheet**

## At 60 & Better

As I write these notes the rain is gently falling and the water is pooling on the concrete outside. What a soothing sound and refreshing sight! Gardeners will be making mental notes of the jobs that they will now be able to do.

Our activities are continuing with a solid attendance at hoy and bingo. The people doing craft activities each week are producing a variety of colourful useful articles. Exercises and tai chi provide a basis for maintaining strength, flexibility and balance. Croquet is a chance to apply the strength and flexibility while attempting to earn extra shots and be the first finished. If you'd like to join us please drop in to 'The Willows' on Tuesday and Thursday mornings or if you'd like to try croquet come along to the Oak St park (near the d'Arcy Doyle mural) at 8.30 on Friday mornings.

If you'd like to play games such as boules or disc bowls before our social activities we can set up the games for you. Table tennis is available also. Just ask.

Digital Learning for Older Australians is available at 60 & Better. Talk to Jean to arrange some tuition or use of the computers. We have an iPad and an android tablet and desk top computers to use.

The committee has an Easter raffle - The Bunny with the Money. Apart from 1st prize of \$200 and a bunny there are three minor prizes. Tickets are \$2 each or 3 for \$5. The raffle will be drawn on Thursday 18th April.

For our **talk on Tuesday 2nd April**, we'll focus on family and town history. We will also discuss producing a book featuring the people of Barcaldine who have reached 80 years of age since the last book was published in 2010.. The over 80's project was started by Dell Aylett and as a legacy we can continue to record a brief outline of people's lives as they reach or have reached this milestone. Please come with ideas and a willingness to not only start the task but to see the project to fruition. All welcome.

Meeting day is Tuesday 16th April. This will be after the cent sale and just before Easter. Please bring your feedback from the cent sale and suggestions for activities and events.

Hoy will be on Tuesday 9th April and Tuesday 30th of April. Bingo will be on 23rd April. We look forward to your company. Cost for morning tea and to play is \$5.

Barcaldine 60 & Better Program will be 25 years old this year. An inaugural meeting was held in May 1994 and a committee was formed. Daphne Brown was the first co-ordinator and Clare Ogden has been a committee member since that time. Ian Williams and David Hauenschield also rate a mention in minutes from 1994.


Wrinkles mean you laughed, grey hair means you care and scars mean you lived.

Till next Time - Whatever you do, do it well.

*Jean*

*Happy Birthday!*

Birthday Greetings to:-  
Colleen Somerville, Doug Church, Eileen Newton, Kara Murray, Marie Hall, Joy Melville, Ian Brown, Pam Ward who celebrate birthdays in April.



feel  
**better**  
soon

Get Well wishes go to  
Del Scott. We miss you  
at our activities.



We offer our condolences to  
Jack Plumb, his son David,  
family and friends following  
the passing of David's wife  
Lorna.



## Eating more fruits and vegetables may help men with memory loss

Need another reminder to eat your fruits and vegetables? Doing so might lower your risk of memory loss, according to a study published online Nov. 21, 2018, by *Neurology*. The study looked at almost 28,000 men, average age 51, who filled out questionnaires every four years for 20 years about how many servings of fruits, vegetables, and other foods they ate each day. The participants also took tests of their thinking and memory skills at least four years before the end of the study, when the average age was 73.

The researchers found that men who consumed the

most daily servings of vegetables and fruit (six or more servings) were less likely to develop poor thinking skills than the men who consumed the fewest (about two daily servings or less). A serving of fruit was defined as a cup of whole fruit or half a cup of fruit juice. A serving of vegetables was a cup of raw vegetables or two cups of leafy greens.

The connection? Scientists speculated that the antioxidants and bioactive substances — such as vitamins A, B, C, and E; carotenoids; flavonoids; and polyphenols — found in fruit and vegetables may reduce brain oxidative stress, which in effect may prevent age-related brain dysfunction like memory loss. Source: [www.health.harvard.edu](http://www.health.harvard.edu)

### Hot Cross Bun Loaf

- 2 teaspoons dried yeast
- 5 tablespoons caster sugar
- 1 cup (250ml) milk warmed
- 2½ cups plain flour
- 40g butter, melted
- 1 egg yolk
- 2 teaspoons cinnamon
- 1 cup (160g) sultana



#### **CROSS**

- ½ cup (75g) plain flour
- ⅓ cup (80ml) water

#### **GLAZE**

- 2 tablespoons apricot jam
- 1 tablespoon water

1. In a bowl, mix the yeast, 2 teaspoons of the sugar and the milk. Set aside in a warm place for 5 minutes or until bubbles appear.
2. Place the flour, butter, yolk, remaining sugar and cinnamon in a bowl, add the yeast mixture and mix until a smooth dough forms. Add the sultanas and knead on a floured surface for 5 minutes or until the dough is smooth and elastic. Place in a greased 20cm x 10cm x 7cm loaf tin. Cover with a tea towel and set aside in a warm place for 1 hour or until doubled in size. Preheat oven to 180°C (355°F).
3. To make the cross, whisk together the flour and water and pipe a cross pattern on the uncooked loaf. Bake for 40 minutes or until golden.
4. To make the glaze, place the jam and water in a saucepan over low heat and stir until the jam is softened. Brush the jam mixture over the baked loaf. Cool slightly in the tin, turn out and slice to serve. Serves 8–10.

### Sweet and Sour Fish with Pineapple

- 500g firm fish fillets
- 1 tablespoon soy sauce
- 1 tablespoon plain flour
- 2 cups oil for deep frying
- 1 green capsicum, diced
- 1 onion, diced
- 1 small tin (225g) pineapple pieces, juice reserved salt to taste
- 3 tablespoons tomato sauce
- 1 tablespoon water
- 1 teaspoon sesame oil
- 1-2 teaspoons plain flour (to thicken)



1. Cut fish into bite-size pieces. Place in a mixing bowl and combine with soy sauce and 1 tablespoon of flour. Let stand for 30 minutes.
2. Meanwhile, heat oil in deep-fryer or heavy saucepan and deep fry the fish pieces until golden brown. Drain on paper towels; set aside.
3. For the Sauce, saute green capsicum, onion and pineapple in a medium frypan for 1 minute. Stir in reserved pineapple juice, tomato sauce, water, remaining 2 teaspoons of flour, sesame oil, and salt to taste. Cook until thickened, stirring occasionally.
4. Serve, by dipping fried fish pieces into sauce, or pour the sauce over the fish.

#### Some simple cooking tips

- Always read and re-read your recipes before you start cooking.
- Always taste your dishes before serving.
- Clean as you go!
- And always remember - keep it simple!

## Should you let your pets sleep in bed with you?

Cats and dogs carry various bacteria and parasites — some of which can be transferred to humans, according to veterinary health expert Jane Heller. Staphylococcus (skin infections) and parasite diseases like round worms are some example health hazards associated with close contact between humans and pets.

But those risks are low, particularly if the animals are kept clean and have routine vet checks. And the risks aren't that different to those associated with sharing a bed with another human, Dr Heller says. "If that human is unwell, or carrying bacteria or a parasite, you won't necessarily get that bug, but the risk is greater than if you were not in such close contact."

Allergies can also be accentuated by having pets in the bed. One simple way to mitigate these, Dr Heller says, is to train the animal to sleep at the end of the bed on a separate blanket.

"Anyone who has slept in a bed with an animal will have at some stage woken up with their bottom in their face," she says, adding that can increase risk. Dr Heller says if a person has reduced immunocompetence (when the immune system isn't functioning at full capacity, such as when you are unwell or undergoing medical treatment), "making a choice not to sleep with your pet is sensible".

That can include pregnant women, but for anyone concerned about toxoplasmosis specifically, Dr Heller says that is more likely to transfer from changing kitty litter (in which case women should wear gloves or have someone else do it).

Because dogs are active for about 20 per cent of the night, co-sleeping can cause "relatively mild reductions in overall sleep quality" for humans, a small Australian study found.

Sleep disruption could also be due to mismatches between human, dog and cat core temperatures. But the disadvantages of human-animal co-sleeping are "small" compared to the social support and increased feelings of security it brings, US researchers have found.

Some pets may be even more disruptive to our sleep when not in the bed — for example, when scratching at doors or barking outside. Ultimately, sleeping with your pet has psychological, social and cultural benefits, and low health and behavioural risks — most of which can be mitigated with care and training.

Good hygiene and health care for you and your pet is the simplest way to prevent most potential health problems, Heller says.

- Wash your hands after you handle your pet and especially before you handle food.
- Don't share implements for human and animal food preparation.
- Remove any pet faeces from the home and garden quickly and hygienically.
- Maintain regular worming and flea control for your pets.
- Do not feed your pets offal and consider the risks of feeding them raw meat.
- Take particular care when young animals and children mix.
- Be especially mindful around people with a weak immune system.

And don't forget that pets have numerous positive benefits for our health and wellbeing

Source : [www.abc.net.au/life/](http://www.abc.net.au/life/)

## 5 steps for good oral health

1. Brush twice a day with fluoridated toothpaste and clean in between your teeth with floss or small brushes daily
2. Drink fluoridated tap water – a 2014 National Health and Medical Research Council report showed a 26 to 44 per cent decrease in tooth decay in people who drank fluoridated water
3. Wear a mouthguard when playing sport as dental injuries can cause pain and loss of teeth
4. Don't smoke as it contributes to gum disease and oral cancer
5. Minimise sugar in your diet. Sugars help bacteria turn into acids that cause decay. If you eat or drink something sugary or acidic, rinse your mouth with water afterwards

Source: <https://www.hcf.com.au/health-agenda/>



The Department of Health

# HOME ASSIST SECURE



CHSP, QCC, HCP, HAS, NDIS, HOME MODS, MOW

# Community Care Services

## From the Project Coordinator

### Calendar

By now you should all have a copy of the Regional Calendar of Events. Our first Regional Trip is to Emerald for the day—20th June 2019.

15th & 16th August—will be our trip to Winton to the Age of Dinosaurs. More details to follow

### Staff Meeting

At our first staff meeting I outlined our program for the year, which included these 'mantras' for our staff:

- Solutions not problems
- Positive not negative
- Passionate not mundane
- For everyone, not just the favourites
- Your energy and passion are reflected in your clients

### Smoke Alarms—April

**Please ensure you have a 9V battery for each of your smoke alarms. Bill will be around to visit you all during April to clean and replace the batteries.**

### Jobs List for Home Assist

There are many 'jobs' that we can offer to you around your home including:

- ⇒ Making of threshold ramps for rises in your home
- ⇒ Covering of Air Conditioners for winter
- ⇒ Servicing and replacement of photoelectric smoke alarms
- ⇒ Gutter Cleans

#### **Inside this issue:**

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#### **What we can offer clients:**

- Easy access to local tradespeople
- Local, personalized service
- A comprehensive Education Program
- Information & Referral
- Wide variety of Minor Maintenance services
- Smoke alarms & fire safety materials
- Home Security advice

## From the Project Coordinator continued ....

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### New Aged Care Standards

There is a change to the Home Care Common Standards that we worked with for the past 5 years. These have now become the single set of Aged Care Quality Standards. Their focus is now on you, as the consumer (the user of our services) your goals and the choices that you make related to your services. This will enable you to have a greater say in the services we deliver to you and tailor them more to suit your needs 👍

### Reminders:

Bill is on leave—check the calendar for details

### Contact

If you need to contact us, details are below:

Office: 07 4651 2187

Bill's Mobile: 0409 621 346

Carl's Mobile: 0408 372 526

Until next time, take care

Carl 😊

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## Central & Far West Home Modifications

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**Currently, we have a waiting list for services. Under Consumer Directed Care you are able to choose your own contractors. If there is any way we can assist you, please contact us today for an assessment!**

This program provides Modifications to the homes of clients who are eligible. We are able to provide you with increased access and keep you safely within your own home, instead of moving into an Aged Care Facility.

An Occupational Therapist will visit and make some recommendations and refer you through My Aged Care. We are also able to offer a Tele-health option for those clients who wish to take part. This may included the construction of a **ramp, steps, bathroom, kitchen, stair climber, water lift or other modification** to your home, to increase access and safety.

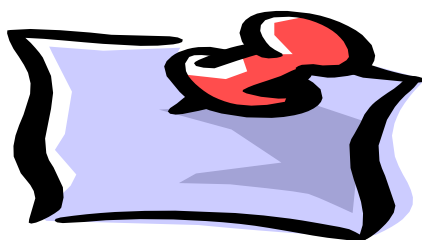
**After** we receive your referral from My Aged Care, we then Project Manage the referral, construction, contractors, materials and other services, who will work with us and you to ensure your needs are met.

This Program covers the whole of the Central West Region, including Diamantina, Winton, Barcoo, Blackall/Tambo, Barcaldine and Longreach areas. Eligibility and funding conditions do apply to this Program.

# Community Care Services Office (Barcaldine)

## Notice board & Sign

There is a notice board at the front of the office for you to leave a message, should you call in and no one is in the office. If you leave your name and number we will contact you when we return.



With the air conditioning in the office, a sign on the footpath is displayed when we are in the office. This will advise if someone is in the office!



## Phone Messages

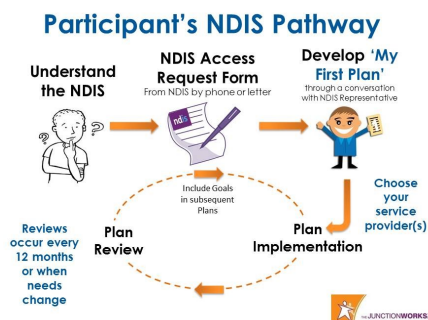
Our office is not manned all the time. If you ring, please leave a message so we can contact you when we return. **We will call you back, if you leave a message!**



## National Disability Insurance Scheme NDIS

Barcaldine Regional Council is a registered provider of the NDIS. Once you have an NDIS Plan we are able to assist you in implementing that Plan to best suit your needs. These supports are divided into Core, Capital and Capacity Supports. We deliver the following service groups:

- Daily Tasks, including consumables
- Social & Community Participation
- Assistive Technology
- Home Modifications
- Community Nursing Care
- Assist with Personal Activities
- Assist with Travel & Transport
- Household Tasks
- Group & Centre Activities
- Plan Management & Support Coordination



NDIS Plans are focussed on the individual, to assist you to engage in local and community based activities. Our team will work **with** you, to achieve your goals. These Plans are developed to increase your independence within your home and to improve your connection to your community.

We also offer Plan Management support—where we act as the 'bank' for your Plan funds, managing payments and invoices on your behalf.

**HOME ASSIST SECURE & CENTRAL  
& FAR WEST HOME  
MODIFICATIONS**

66 Ash Street  
PO Box 191  
Barcaldine Q4725

Phone: 07 4651 2187  
Fax: 07 4651 2376  
Bill's Mobile: 0409 621 346  
Carl's Mobile: 0408 372 526  
E-mail: carlo@barc.qld.gov.au

**We can't change your world, but  
together we can make a difference**

**When you come to the  
end of your rope, tie a  
knot and hang on!**

## Compliments and Complaints!

Most of the time, things go pretty smoothly and there are no issues. We all like these times—they make life easier. If this happens for you as a result of our services we'd really like to hear about the things that we do well! We, like you, enjoy hearing good things 😊.

Sometimes, things just don't work out, for whatever reason. Most times, it's something simple and easy to fix, so we'd like to hear about that as well.

It can't always be right—there might be an issue—that we are not aware of. We can't fix things for you, if we are unaware of the problem.

Don't be afraid to tell us the good and the not so good. We need to fix things as part of our ongoing improvement and we can't do that without your help.

Be a part of our team and provide us feedback on how we are doing 👍

## Field Officer Update



### April Focus:

## Smoke Alarms and Medi Alert Phones

April sees Bill checking every smoke alarm in the district as well as the batteries for your medi alert phones. Please supply a 9V battery for each of your smoke alarms, so they can be replaced.






Please ask about the jobs around your home, if we can't help, we can certainly direct you to someone who can. Your safety and security, in your home, is our main focus. 📞

If you are not a client, we can certainly join you up! It's free to join! Some friendly advice—well, it's free also!

We are here to assist and help you out! Don't be afraid to ask for assistance—that's what we are here for!



# April 2019

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 Aramac	2 Barcy	3 Jericho	4 Barcy	5 Maintenance	6	7
8 Muttaborra	9 Barcy	10 Alpha	11 Barcy	12 RDO	13	14
15 Barcy	16 Barcy	17 Jericho	18 Barcy	19 	20 	
22 Easter	23 	24 	25 	26 RDO	27	28
29 Barcy	30 Barcy					

## Community Care Services Schedule of Events

- ◆ **Bill, Carl and Rose are on Leave 23rd & 24th April**
- ◆ **Reminders:.....**
- ◆

# April 2019

<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
<b>1</b> Men's Shed	<b>2</b> 60 + Ex- ercises Talk	<b>3</b> Men's Shed	<b>4</b> 60 + Tai Chi Craft	<b>5</b> Croquet 8.30am Oak St park	<b>6</b> Markets  60 + Cent Sale	<b>7</b>
<b>8</b> Men's Shed	<b>9</b> 60 + Ex- ercises Hoy	<b>10</b> CHSP Lunch Men's Shed	<b>11</b> 60 + Tai Chi Craft	<b>12</b> Croquet	<b>13</b>	<b>14</b>
<b>15</b> Men's Shed	<b>16</b> 60 + Ex- ercises Meeting	<b>17</b> Men's Shed	<b>18</b> 60 + Tai Chi Craft	<b>19</b> Good Friday	<b>20</b> Easter Saturday Races	<b>21</b> Easter Sunday
<b>22</b> Easter Mon- day	<b>23</b> 60 + Ex- ercises Bingo	<b>24</b> CHSP Lunch Men's Shed	<b>25</b> ANZAC Day	<b>26</b> Croquet	<b>27</b>	<b>28</b>
<b>29</b> Anoint- ing Mass Men's Shed	<b>30</b> 60 + Ex- ercises Hoy				<b>Tree of Knowledge Festival 3 - 6 May</b>	

## All I Need to Know About Life I Learned from the Easter Bunny



A friend is someone  
who thinks you're  
a good egg  
even though you're  
slightly cracked!

One Easter Sunday the Reverend Jones announced to his congregation, 'My good people, I have here in my hands three sermons.....

A \$100 sermon that lasts five minutes

A \$50 sermon that lasts fifteen minutes

And a \$20 sermon that lasts a full hour.

Now, we'll take the collection and see which one I'll deliver.'

Don't put all of your eggs in one basket.

Walk softly and carry a big carrot.

Everyone needs a friend who is all ears.

There's no such thing as too much candy.

All work and no play can make you a basket case.

A cute little tail attracts a lot of attention.

Everyone is entitled to a bad hare day.

Let happy thoughts multiply like rabbits.

Some body parts should be floppy.

Keep your paws off other people's jellybeans.

The grass is always greener in someone else's basket.

An Easter bonnet can tame even the wildest hare.

To show your true colours you have to come out of your shell.

The best things in life are still sweet and gooey!

### From Aunty Acid's philosophies

Sometimes being silly with a friend is the best therapy.

If a woman speaks and no one listens, chances are her name is Mum.

Be sure to taste your words before you spit them out.

### Easter Quiz

1. A 'Crucession' is a procession headed by which symbolic object? \_\_\_\_\_
2. At the Last Supper, what food did Jesus liken to his body? \_\_\_\_\_
3. Does Easter fall on the same dates every year?  
\_\_\_\_\_
4. Easter Island belongs to which South American country? \_\_\_\_\_
5. How many days does Lent last for? \_\_\_\_\_
6. What day precedes Ash Wednesday?  
\_\_\_\_\_
7. How was Jesus fastened to the cross? \_\_\_\_\_
8. What comes first Easter Week or Holy Week?  
\_\_\_\_\_
9. On the side of which hill was the garden of Gethsemane? \_\_\_\_\_
10. What name is given to the Sunday before Easter Sunday? \_\_\_\_\_

### Sonnet for ANZAC Day

Sound the Last Post again, lest we forget  
the freedom that we cherish has been bought -  
not found like mushrooms in the field; the debt  
is ours to pay, mindful of those who fought  
and fell - yet still they held the torch aloft!

May we remain as zealous to withstand  
the traitors who would make our fibres soft,  
as well as enemies beyond the land.

The trumpet has the power to move us still,  
and though the debris of a flood of years  
lies over hand and mind, an aching thrill  
comes rising perilously close to tears.

Sound the Last Post to hold the memory bright,  
then sound the Rouse and keep the torch alight.

Alf Wood

**ANZAC  
DAY**

## Puzzle Solution

1. A cross
2. Bread
3. No - it's a moveable feast
4. Chile
5. 40 days
6. Shrove Tuesday/Pancake Day
7. With nails through his hands and feet
8. Holy Week (week preceding Easter week)
9. The Mount of Olives
10. Palm Sunday

## Barcaldine 60 & Better Program - A Healthy Ageing Program

Funded by



Under the auspices of  
Barcaldine Regional Council

### Barcaldine 60 & Better Program

*The Willows*

13 Willow Street

PO Box 269

Barcaldine Q 4725

Phone 07 4651 2354

Email [jeanw@barc.qld.gov.au](mailto:jeanw@barc.qld.gov.au)

**Coordinator:** Jean Williams

#### Hours of Operation

Monday—Friday 8:00 am—1:00 pm

**Exercises:** Tuesday 9:00am

**Tai Chi:** Thursday 9:00am

**Craft:** Thursday 10:00am

**Croquet:** Friday 8:30am Oak St park

**Talk:** 10:00am Tuesday 2nd April

**Hoy:** 10:00am Tuesday 9th April

**Meeting:** 10:00am Tuesday 16th April

**Bingo:** 10:00am Tuesday 23rd April

**Hoy:** 10:00am Tuesday 30th April



#### Executive Committee

**President:** Lyn Batchelor  
**Vice President:** Beverly Church  
**Secretary:** Pam Miller  
**Treasurer:** Shirley Jackson

#### 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.

**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.

If unclaimed return to :-

Barcaldine 60 & Better Program  
PO Box 269  
Barcaldine Q. 4725

