

GARDEN CITY NEWS

EASTER
Blessings



Volume 26

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April 2020

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.

Changes to 60 & Better Program Day to Day Operations and Activities

In accordance with Australian Government, Queensland Government and Barcaldine Regional Council legislation and directives the Barcaldine 60 & Better Program has closed its doors for regular activities.

This means we have cancelled our weekly exercise, tai chi, croquet sessions and our twice weekly morning teas as well as health talks, hoi. bingo, meetings and Down Memory Lane Café. The cent sale planned for the 4th April has had to be postponed to a future, unknown date. You may borrow books or jigsaws from the 60 & Better library but please ring and make a time to come or have items delivered. Returned items may be left in the crate on the outside table.

There is not a calendar in the newsletter as there are no group activities but please remember the special times of Easter and ANZAC Day this month. Good Friday is 10th April and ANZAC Day is Saturday 25th April.

We encourage everyone to follow the directions of social distancing and restricted social gatherings as well as unnecessary travel. From time to time I'll be ringing people to say hello and if there is anything I can do, please say so. You can ring me also to check how I'm doing.

While unable to be physically near people, it does not mean we can't reach out and talk on the phone or send text messages or use other means of telecommunication if they are available. Many suggestions of how to keep occupied at home while restricted to the few necessary outings have been made. While many of these rely on use of technology it has also been suggested we do not rely exclusively on using a screen to keep us entertained or engaged. I'm trying to find some other ways for people to stay connected so please share your ideas.

Most of us have unfinished projects that could be finished with a little concentration and time. Then we can make some more projects to finish. As the weather cools it is also an opportune time to undertake some of those outside tasks like preparing garden beds to produce an array of vegetables and fruit and flowers in the coming months. Those cluttered drawers and cupboards could also be tidied. Who knows what might be hidden there?

Please stay safe so you can come back when activities resume . *Jean*

Message from Outback Futures

I received an email from Louise Middleton, Program Manager at Outback Futures. Part of the email reads, 'As always, Outback Futures is committed to providing support and care for our outback communities, whether we face isolation, drought, flood, or an unprecedented pandemic. We will continue to stay connected with you, in ways that are safe for everyone.'

People will have a wide range of responses to the unfolding COVID-19 situation, and we are here to support you and people in your community who are experiencing stress, anxiety, or any other challenging responses. As you are aware, anyone in your community can arrange for a phone or video chat with one of our counsellors or psychologists by calling **0417 703 729**. We are keen to help with the challenges of increased isolation and whatever that means for each one of us, in any way we can.

We are thankful that the established Outback Futures model means that we are well equipped to provide regular and consistent support to people when face-to-face options are not available. Our **Stay With Me video/phone support** will continue, and we can potentially expand these services in response to the needs in our communities.

In line with this deeply held Outback Futures' value, and current government health guidelines and directives, we will continue to review our plans on a regular basis in the coming months. We feel the tension between wanting to visit in person to support our communities, and not wanting to inadvertently carry this virus into new outback locations. With these considerations in mind, we will remain connected to you during these times.'

Outback Futures email address is: info@outbackfutures.org.au

Easter Thoughts

"Good Friday and Easter free us to think about other things far beyond our own personal fate, about the ultimate meaning of all life, suffering, and events; and we lay hold of a great hope." — Dietrich Bonhoeffer

"A man who was completely innocent, offered himself as a sacrifice for the good of others, including his enemies, and became the ransom of the world. It was a perfect act." — Mahatma Gandhi

Lest We Forget

*They shall grow not old, as we that are left grow old;
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning
We will remember them.*

4th stanza of 'For the Fallen', by Laurence Binyon 1914



Condolences

We pass our condolences to the family and friends of Beryl Dickson, an Aramac identity for many years.

We were also saddened to hear of the death of Val French, an advocate for the rights of older people. Val was the driving force behind Older People Speak Out.

Birthday Greetings for April

Happy Birthday to
Colleen Somerville, Doug
Church, Eileen Newton, Kara
Murray, Marie Hall, Joy Mel-
ville and Ian Brown

Roast Pork with Maple Apple Sauce

2kg Coles Australian Pork Boneless Leg Roast
2 tablespoons olive oil
1 tablespoon sea salt flakes
500g washed potatoes, cut into 3cm pieces
1 gold sweet potato, cut into 3cm pieces
1 carrot, peeled, diagonally sliced crossways
1 large zucchini, thickly sliced
1 brown onion, coarsely chopped
4 Granny Smith apples, peeled, cored, coarsely chopped
2 tablespoons maple syrup
1 tablespoon white wine vinegar

Method

Preheat oven to 230°C. Place pork in a large roasting pan. Rub the oil and salt over pork rind and into the cuts. Roast for 30 mins or until the rind crackles. Reduce oven to 180°C. Roast for a further 1 hour 40 mins or until pork is cooked through, adding the potato, sweet potato, carrot, zucchini and brown onion to the pan for the last hour of cooking. Cover the pork with foil and set aside for 20 mins to rest. Meanwhile, combine the apple, 1/4 cup (60ml) water, maple syrup and vinegar in a saucepan over medium heat. Bring to a simmer. Cook, covered, for 8-10 mins or until apple is tender. Use a fork to roughly mash. Transfer to a serving bowl. Serve the pork and vegetables with the apple sauce.

Crispy Hot Cross Crackers

4 traditional fruit hot cross buns
Olive oil spray
1/2 teaspoon sea salt flakes

Method

Preheat oven to 220C/200C fan-forced. Line 2 baking trays with baking paper. Using a serrated knife, slice buns into 5mm slices. Place on prepared trays. Spray with oil. Sprinkle with sea salt. Bake for 5 to 6 minutes or until golden and crisp. Cool. Serve.

Tartare Sauce

190g (3/4 cup) whole-egg mayonnaise
2 gherkins, chopped
2 tablespoons chopped fresh continental parsley
1 tablespoon fresh lemon juice
2 teaspoons baby capers, rinsed, chopped
2 teaspoons Dijon mustard

Method

Combine mayonnaise, gherkins, parsley, lemon juice, capers and mustard in a bowl. Cover. Place in fridge for 1 hour to develop the flavours.

Smoked Salmon and Cheese Log

250g packet cream cheese, softened
1 tablespoon capers, chopped
50g smoked salmon, chopped
1 tablespoon fresh chives, finely chopped
1 tablespoon fresh dill, chopped
1/2 cup flaked almonds, toasted
fresh dill, to serve
Lavosh crackers, to serve

Method

Using an electric mixer, beat cream cheese until smooth. Stir in capers, salmon, chives and dill. Season with pepper.

Place a 30cm-long piece of plastic wrap on a flat surface. Spoon cheese mixture onto plastic. Lift plastic wrap and roll mixture away from you to form a log. Place another 30cm-long piece of plastic wrap on a flat surface. Sprinkle with almonds, leaving a 2cm border. Carefully unwrap log and transfer onto almonds. Roll up plastic to coat log, pressing gently to secure. Twist ends of wrap to seal. Refrigerate for 2 to 3 hours or until firm. Unwrap log. Sprinkle with dill. Serve with crackers. Substitute other herbs such as parsley if dill is unavailable.



An observation—Homemade meals are good for the heart and soul.

Some Words of Wisdom

Have courage for the great sorrows of life and patience for the small ones; and when you have laboriously accomplished your daily task, go to sleep in peace. **Victor Hugo**

However difficult life may seem, there is always something you can do and succeed at. **Stephen Hawking**

Keep looking up. That's the secret of Life. **Snoopy**

Keep calm and carry on. **Winston Churchill**

What happens when your immune system meets a virus?

Your immune system is made up of different types of cells and molecules, such as antibodies. The **first line of defence** is what's known as our innate immune system. Every cell in your body is primed to make interferons — antiviral molecules — when they detect an intruder.

"These cells will start to make their own inherent antiviral molecules that will try and stop, for example, viruses from replicating," Professor Pellegrini, an infectious diseases expert at the Walter and Eliza Hall Institute, said.

This innate response, which kicks in immediately, produces substances called cytokines, which cause fever and inflammation of the tissues as the cells start to die.

"That's a natural mechanism for them to try and commit suicide if they recognise they've been infected."

There are also **white blood cells**, known as natural killer cells, which detect infected cells and kill them.

The **second line of defence** occurs in a spectrum of other white blood cells such as **monocytes**, **macrophages** and **neutrophils** that survey the environment and try and recognise infection, and release immune hormones to try and prepare other cells for the likely scenario that they might get infected.

The **third line of defence** is the **adaptive system**, which takes several days to kick in. These are white blood cells such as T-cells that try to kill infected cells, and B-cells that produce antibodies that either neutralise the bug or coat them with a substance so they can be recognised by the T-cells.

The problem with the new SARS-Cov-2 virus is that we have no antibodies or adaptive immune system. If the immune system can't stop the virus replicating, it goes into overdrive and ramps up inflammation, especially in the lungs. This is what causes viral pneumonia.

"This is where it's critical for our body to be nimble. And the nimble part of the immune system is the innate system."

The immune systems of the **very old and the very young** are weaker than most other people.

"As you age, some of the cells also age and become a little less nimble in their capacity to respond to the infections."

Usually babies and very young children also have a greater risk because their innate immune system hasn't matured, but that does not appear to be happening with COVID-19.

People who are **immunocompromised** are also less nimble. This includes people who have a disease or are taking a drug that suppresses their immune system such as those with autoimmune conditions such as rheumatoid arthritis, cancer who are undergoing chemotherapy and people who have had organ transplants.

If you are already fighting an infection, conditions such as **heart disease, lung disease and diabetes** may also put more load on your body's ability to cope and function.

"It's not as if all the [serious illness from] COVID-19 we're seeing is caused by people who have got an inept immune system," Professor Pellegrini said.

"It's probably more a spectrum of people who have got subtle immunosuppression ... but that is overlaid with a lot of people who've probably got a normal immune system, but have got damaged lungs or heart that just cannot cope with the stress of having an infection."

For example, if the heart doesn't have capacity to deliver oxygen to the body it has to beat harder, which in turn can cause a heart attack.

Or if part of the lung is damaged there is less ability to get oxygen into the blood.

Having a **concurrent infection**, such as the flu, can also make it harder for your immune system to cope, which is why doctors are recommending you get a flu shot.

Stress may also affect your immune system, although we're not exactly sure how, Professor Pellegrini said. "If you're under tremendous psychological stress then your adrenaline and cortisol levels will be high and these too could impact immunity."

From: <https://www.abc.net.au/news/health/2020-03-25/can-you-boost-your-immune-system-to-help-fight-coronavirus/12085036>

HOME ASSIST SECURE

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CHSP, QCSS, HCP, HAS, NDIS, Home mods, MOW

Community Care Services

From the Senior Community Care Services Officer

Coronavirus (COVID-19)



Certainly changing times, since our last newsletter.

We will be contacting all of you personally, to see how you are managing with the changes to your lifestyle.

If you have chosen to self isolate, we are able to supply deliveries of food, supplies and medications—you just need to let us know.



If you are over 70 or are in the high risk category, it is suggested that you stay at home. We can certainly provide the support you need.

If you have access to the internet, there are daily updates on the BRC Website and FaceBook page. The Galilee Gazette also has all the information related to COVID-19 updates.

Jordan is still completing maintenance jobs that come in, but not traveling each week. If you have maintenance issues, please call him direct and he can organize trips around requests.

Our office is closed to the public to isolate ourselves to ensure we can still provide you with services.

If you have any concerns or any questions, please don't hesitate to contact us. We will assist you as best we can, so we can get through this together.



What is the Coronavirus?

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus.

Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.

The best way to prevent and slow down transmission is be well informed about the COVID-19 virus, the disease it causes and how it spreads. Protect yourself and others from infection by washing your hands or using an alcohol based rub frequently and not touching your face.

From the Senior Community Care Services Officer continued ...

What to do if I need help?

If you experience any difficulties with your health you should call 000.

Attend medical appointments as usual and if you feel unwell or have flu like symptoms, call your local Medical Centre prior to visiting.

At the time of publishing we are Coronavirus FREE in the Central West. We are working closely with all agencies to ensure that we remain FREE and to limit access from infected areas.

If we can assist you in anyway, please don't hesitate to contact us.

Contact

If you need to contact us, details are below:

Office: 07 4651 2187

Jordan's Mobile: 0409 621 346

Carl's Mobile: 0408 372 526

Until next time, take care

Carl 😊

Community Care Contacts

BRC District Contacts

In Alpha and Jericho contact:

Donna McGrath -District Coordinator

Office: 07 4985 1304

Mobile: 0429 051 304

Damian Howard—District Manager

Office: 07 4685 1166

Mobile: 0487 000 083

In Aramac & Muttaborra contact:

Maree Hansen -District Coordinator

Office: 07 4651 3346

Mobile: 0427 465 134

Paula Coulton—District Manager

Office: 07 4652 9999

Mobile: 0419 661 031

In Barcaldine contact:

Carl O'Neill—Snr CCS Officer

Office: 07 4651 2187

Mobile: 0408 372 526

Jenny Lawrence—District Manager

Office: 07 4651 5600

Mobile: 0427 511 813



Easter Trivia

1. What is the two-word name given to the Spanish 'holy week', which takes place during the last week of Lent?
2. 'Śmigus-dyngus' (Wet Monday) is a celebration which takes place on Easter Monday where boys try to soak girls with water. Girls also do the same to boys on Easter Tuesday. In which country does it take place?
3. Easter Island forms part of which South American country?
4. 'La Mona de Pascua' is a festive Easter dish popular in Spain, but what type of food is it?
5. Which annual event for children and their parents is held on the White House's South Lawn every Easter Monday?
6. In which country is 'Capirotada', a traditional food which resembles bread pudding, eaten on Good Friday?
7. 'Påskeøl' is a Danish beverage consumed at Easter. What is it?
8. The New York Easter Parade takes place on which famous street?
9. According to French tradition, which items are said to fly away to Rome and bring Easter eggs back to the children on their return?
10. In which British overseas territory is Good Friday kite-flying a famous tradition?



ANZAC Trivia

These question relate to world War II

1. Where is Gallipoli?
2. When did the first ANZACs land at ANZAC Cove?
3. When did the ANZACs leave Gallipoli?
4. What is the Menin Gate?
5. The first Royal Australian Navy battle occurred on 9 November 1914. What ship was sunk by HMAS Sydney during that battle?
6. Where is the Australian War Memorial?
7. Who was Kemal Ataturk?
8. What was a Maurice Farman Shorthorn?
9. In which country did the Australians do their training before embarking on the ships that transported them to Gallipoli?
10. What was the name of the only Australian pilot to be awarded a Victoria Cross in WW1?

A World War 1 fact.

The first significant Australian action of the war was the Australian Naval and Military Expeditionary Force's (ANMEF) landing on Rabaul on 11 September 1914. The ANMEF took possession of German New Guinea at Toma on 17 September 1914 and of the neighbouring islands of the Bismarck Archipelago in October 1914.



It was Palm Sunday but because of a sore throat, 5-year-old Johnny stayed home from church with a sitter. When the family returned home, they were carrying several palm fronds. Johnny asked them what they were for.

"People held them over Jesus' head as he walked by," his father told him.

"Wouldn't you know it," Johnny fumed, "the one Sunday I don't go and he shows up."

The Sunday School teacher was describing that when Lot's wife looked back at Sodom she turned into a pillar of salt, when Bobby interrupted. "My mommy looked back once while she was driving," he announced, "and she turned into a telephone pole."

Puzzle Solutions:

Easter Trivia

1. Semana Santa
2. Poland (and also Ukraine)
3. Chile
4. A type of cake
5. The Easter Egg Roll
6. Mexico
7. Easter beer
8. 5th Avenue
9. Church bells
10. Bermuda

ANZAC Trivia

1. Turkey
2. 25th April 1915
3. 20th December 1915
A war memorial in Ypres Belgium
5. German ship Emden
6. Canberra
7. Turkish Commander
8. an aeroplane
9. Egypt
10. Lt Frank McNamara

Barcaldine 60 & Better Program

The Willows

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Email jeanw@barc.qld.gov.au

Coordinator: Jean Williams

Hours of Operation

Monday - Thursday 8:00 am - 1:00 pm

Friday 8:00am - 12:00pm

Exercises: Tuesday 9:00am

Tai Chi: Thursday 9:00am

Craft: Thursday 10:00am

Croquet: Friday 8:00am Oak St Park

Health Talk: 10:00am Tuesday 7th April

Hoy: 10:00am Tuesday 14th April

Meeting : 10:00am Tuesday 21st April

Bingo: 10:00am Tuesday 28th April

Lunch: 12:00pm Friday 24th April

CENT SALE: SATURDAY 4TH APRIL



Barcaldine 60 & Better Program - A Healthy Ageing Program

Funded by



Under the auspices of
Barcaldine Regional Council

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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

