

GARDEN CITY



NEWS



VOLUME 23

ISSUE 7

AUGUST 2017

A free collaborative newsletter produced by Barcaldine 60 & Better Program and Barcaldine & District Home Assist Secure and Central & Far West Home Modifications and other contributors for participants, clients and older people in the community.

Barcaldine Elder Olympics

22ND AUGUST 2017

BARCALDINE BOWLING CLUB



Morning Tea: 9:30am

Welcome / Opening Ceremony 10:00am

Games Start: 10:15am

Lunch: 12:00pm

Games Recommence: 1:00pm

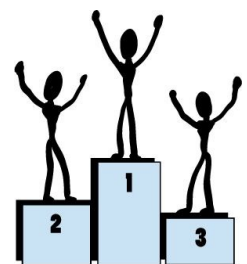
Games Finish 2:30pm

Presentation 2:40pm

Afternoon Tea 2:45pm

Day finishes approximately 3:00pm

Footy bowls, hoop bowls, toss the can in the bin, hillbilly golf, darts, quoits could be among the games played. There will be a guessing the weight contest.



At 60 & Better

The Annual General Meeting was held recently. The committee executive is President Lyn Batchelor, Vice President Pam Miller, Secretary Bev Church and Treasurer Shirley Jackson. All members are eligible to be on the committee and vote at meetings. Membership is \$2 and can be paid at the office. In the last little while the committee has used funds it has raised to provide a water cooler, wall fans, exercise equipment and to subsidise bus trips.

Please be aware that there is a change to booking a seat on bus trips. The seat must be paid for when booked. Refunds will not be given unless there are extenuating circumstances or the seat can be allocated to someone else. Also if insufficient numbers book, trips may be cancelled or alternate arrangements made.

The health talk for August is courtesy of medical / allied health students at Barcaldine Hospital. It is on Tuesday 1st August at 10:00am. Please come and make them feel welcome.

Hoy will be on Tuesday 8th August at 10:00am, preceded by exercises and morning tea. Everyone is welcome to attend and for \$5 you receive a hearty morning tea and one set of cards to play hoy. We endeavour to provide an array of prizes that people can use.

Committee meeting is Tuesday 15th August where final arrangements for the Elder Olympics will be made. Please bring any other business for discussion as well.

It is Seniors Week from 19th - 27th August. The only event we've planned is the Elder Olympics on 22nd August. Come and support this event. This is games number 23. Some competitors participated in the under 65 years category in 1995 and are now in the over 80 years section.

The 60 & Better newsletter, Garden City News is now available on the Barcaldine Regional Council website. Visit the Barcaldine Regional Council site and click the newsletter link - <http://www.barcaldinerc.qld.gov.au/home>. Browse the other information there too.

As we are trying to contain costs, newsletters for Jericho residents will be mailed to the Jericho Outpatients Clinic 19 Pasteur St for collection starting with the September issue. If you no longer want a printed copy of the newsletter please let me know.

Till next Time.

Every accomplishment starts with the decision to try.

Jean

Birthday Greetings for August

We wish both Gwen Norman, and Pat Stirling a Happy Birthday.

Have you been to the Radio Picture Theatre lately? If so, you'll have noticed the new chairs which offer an alternative to the canvas seats and plastic chairs. The theatre could be a venue for a future activity.

Cheesy Bean and Potato Bake

450g potatoes, peeled, quartered

1/2 cup hot milk

3/4 cup grated tasty cheese

820g can baked beans in tomato sauce

Preheat oven to 200°C/180°C fan-forced. Place potatoes in a medium saucepan with water and boil until tender. Drain thoroughly. Using a potato masher, coarsely mash potatoes. Add milk. Mash until smooth. Add 1/2 cup cheese. Stir until smooth. Season with salt and pepper. Place beans in a 5 cup-capacity baking dish. Cover with mash. Sprinkle with remaining cheese. Bake for 20 to 25 minutes or until golden and hot. Season with pepper. Serve with pork chops or chicken breasts.



Apple Custard

400 g can pie apples

1 teaspoon cinnamon

1 teaspoon lemon rind, finely grated

2 tablespoons honey

1 cup (250mL) evaporated skim milk

2 eggs

Place all ingredients in a food processor or blender and beat until well combined.

Pour mixture into four individual greased ovenproof dishes.

Place dishes into a larger pan of water and bake in a moderate oven (180°C/350°F) for 40 mins or until the mixture has set.



3 ways to harness positive psychology for a more resilient you

Express gratitude. Gratitude is a thankful appreciation for what you have — from a roof over your head to good health to people who care about you. When you acknowledge the goodness in your life, you begin to recognize that the source of that goodness lies at least partially outside yourself. In this way, gratitude helps you connect to something larger than your individual experience — whether to other people, nature, or a higher power. Set aside a few minutes every day and think about five large or small things you're grateful for. Write them down if you like. Be specific and remember what each thing means to you.

Leverage your strengths. To reap the benefits of your strengths, you first need to know what they are. Unfortunately, according to a British study, only about one-third of people have a useful understanding of their strengths. If something comes easily to you, you may take it for granted and not identify it as a strength. If you are not sure of your strengths, you can identify them by asking someone you respect who knows you well, by noticing what people

compliment you on, and by thinking about what comes most easily to you.

Certain strengths are most closely linked to happiness. They include gratitude, hope, vitality, curiosity, and love. These strengths are so important that they're worth cultivating and applying in your daily life, even if they don't come naturally to you.

Savour the "good." Most people are primed to experience the pleasure in special moments, like a wedding or a vacation. Everyday pleasures, on the other hand, can slip by without much notice. Savouring means placing your attention on pleasure as it occurs, consciously enjoying the experience as it unfolds. Appreciating the treasures in life, big and small, helps build happiness.

Multitasking is the enemy of savouring. Try as you might, you can't fully pay attention to multiple things. If you're scanning the newspaper and listening to the radio during breakfast, you're not getting the pleasure you could from that meal — or the newspaper or radio program. If you're walking the dog on a beautiful path but mentally staring at your day's to-do list, you're missing the moment.

Source: Healthbeat www.health.harvard.edu/

Tricks to Rev Up Your Memory

We all have moments of forgetfulness about where we put the keys, why we walked into a room, or what an object is called. Most likely, this reflects age-related changes in thinking skills. Memory involves three processes: encoding, recording, and retrieval. The brain receives and encodes (takes in) new information; the brain then records (stores) the information; finally, the brain retrieves information when you need it.

Many brain regions are involved in this process. For example, the cerebral cortex — the large outer layer of the brain — acquires new information as input from our senses. The amygdala tags information as being worthy of storage. Nearby, the hippocampus stores memories. And the frontal lobes help us consciously retrieve information.

Many people notice a difference in memory starting in their 50s. That's when age-related chemical and structural changes can begin in brain regions involved with memory processing, such as the hippocampus or the frontal lobes. These changes may slow processing speed, making it hard to recall familiar names or words.

A medication side effect may also affect memory. For example, if you use an anti-anxiety drug like

clonazepam (Klonopin), its sedating side effects can make your brain less alert and more sluggish. This in turn makes it more challenging for your brain to carry out the essential encoding, recording, and retrieval steps of memory.

Another way to boost memory is to make the most of the way it works. The following ideas may help.

1. Repeat what you hear out loud, such as someone's name, or an address, or a new idea. Repetition increases the likelihood you'll record the information and be able to retrieve it later.

2. Make a note of people you need to call, errands to run, and appointments.

3. Make associations between old and new information. Connect a person's first name to something familiar. For example, if the person's name is Sandy, imagine that person on a beach.

4. Divide information into chunks, such as taking a long number and remembering it more like a phone number.

Forgetting something minor from time to time is probably normal. It's not normal when memory changes interfere with day-to-day functioning. Talk to your doctor if you're making more mistakes than usual completing tasks or chores. But don't panic. More often than not there's a temporary reversible cause to the memory slip. Source: www.health.harvard.edu/

Scientists uncover Ancient Roman recipe for world's most durable concrete

Ancient Roman concrete marine structures built thousands of years ago are stronger now than when they were first built. So how has Roman concrete outlasted the empire, while modern concrete mixtures erode within decades of being exposed to seawater?

Scientists have uncovered the chemistry behind how Roman sea walls and harbour piers resisted the elements, and what modern engineers could learn from it. Romans built their sea walls from a mixture of lime (calcium oxide), volcanic rocks and volcanic ash, a study, published in the journal *American Mineralogist*, found. Elements within the volcanic material reacted with sea water to strengthen the concrete structure and prevent cracks from growing over time.

"It's the most durable building material in human history, and I say that as an engineer not prone to hyperbole," Roman monument expert Phillip Brune told the *Washington Post*.

Nowadays, we create concrete from a mixture of limestone, sandstone, ash, chalk, iron and clay.

Modern sea walls require steel reinforcements, and the concrete is designed not to change after it sets.

On the other hand, the Roman recipe was designed to reinforce itself over time.

Scientists previously discovered Roman concrete contained aluminous tobermorite, a rare mineral that is hard to produce. The tobermorite formed within the Roman concrete early on, as seawater reacted with the mixture to generate heat.

Now a more detailed examination of the chemistry of the concrete showed significant amounts of that rare mineral growing out of another mineral naturally found in volcanic rock called phillipsite. The long-term exposure of the concrete to seawater caused both the tobermorite and phillipsite to crystallise throughout the concrete. These prevented cracks from forming, therefore reinforcing the concrete over time.

The researchers said this could lead to more environmentally friendly ways of modern concrete construction, but warned it may take years before the precise Roman mixture was discovered.

"I think [the research] opens up a completely new perspective for how concrete can be made," Dr Jackson (a researcher) said.

"That what we consider corrosion processes can actually produce extremely beneficial mineral cement and lead to continued resilience, in fact, enhanced perhaps resilience over time."

Source: <http://www.abc.net.au/>



Eating Well, Keeping Healthy



How Well are You Eating?

- Have you lost weight without trying to?
- Are you underweight?
- Have you lost your appetite?
- Are you eating or drinking less than usual?
- Do you have a sore mouth, loose teeth or dentures that don't fit?
- Do you have trouble shopping, preparing meals or feeding yourself?
- Have you had any falls?
- Do you eat alone most of the time?

If you answer **Yes** to any of these questions, then you may not be eating well enough to keep your body healthy? You should speak to your doctor about being referred to an Accredited Practising Dietitian.

Not eating enough is one of the main reasons that older people become sick, frail and lose their independence.

Eating Well:



- Will improve your appetite
- Gives you more energy to enjoy life
- Helps heal your wounds, cuts and sore
- Decreases your chance of illness and infection
- Keeps you strong so you are less likely to fall and break a bone

Prepared by Dietitians Association of Australia Rehabilitation and Aged Care Interest Group (NSW Chapter) 2015

NOTICE

Treasurers on Box is now operating as

Barcy Craft Co-operative

and will be conducting markets on

19th August

then on every 2nd and 4th Saturday

at Box Street

Stallholders welcome

For details Please contact

46511316

46516071 or

46512442



HOME ASSIST SECURE

Funded by



Queensland Government

CENTRAL & FAR WEST HOME MODIFICATIONS

Barcaldine & District Home Assist Secure

From the Project Coordinator

New Smoke Alarm Legislation for Queensland

You may have heard about the new smoke alarm legislation. There are some things you need to know:

- It is a **10 year** roll out (2027) if you own your own home
- You will need a smoke alarm in **every bedroom** and **hallway** leading to a bedroom
- All the smoke alarms need to be **interconnected** with each other (if one goes off, they all go off)
- If you are in a rented home, you must contact the landlord or the real estate agent as the time for upgrade is different (2022) but the same rules apply
- **You do not need to upgrade immediately**
- Our current smoke alarm program will keep you safe in your home

The old saying still stands: **If you don't use it, you will lose it!**



Jobs List

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

- ⇒ Making of threshold ramps for rises in your home
- ⇒ Chair/Bed Raisers—making it easier to get in & out of chairs and beds
- ⇒ Servicing and cleaning of Air Conditioners
- ⇒ **Servicing and replacement of photoelectric smoke alarms**
- ⇒ Install of Uniden Phone alert systems

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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

The NDIS

People aged under 65 years will soon be able to access the NDIS (National Disability Insurance Scheme). This will replace the current State funded system. No one will miss out on services, however there will be a registration and assessment process to access services.

It is a new system and the 'roll out' date for our area is November 2017. If you would like more information either contact the NDIA Regional Office (National Disability Insurance Agency) on **07 4412 3033** or drop in and see us.

Further work...

Bill now has a number of other 'jobs' collected while doing smoke alarms. Please be patient as he works through the list of jobs.

Contact

If you need to contact us, details are below:

Office: 07 4651 2187

Bill's Mobile: 0409 621 346

Until next time, take care

Carl's Mobile: 0408 372 526

Carl 😊

Major Home Modifications

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

This program provides **MAJOR** Home Modifications to 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. 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.

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.

For a brochure and further information about funding and the process, contact the office.

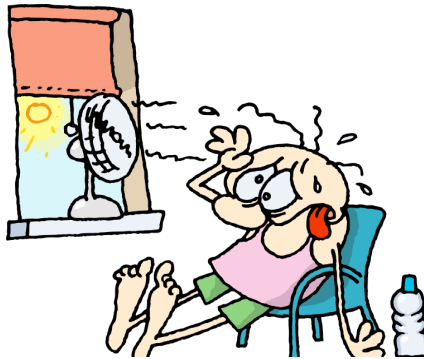
Information Sessions, Call and Messages

Noticeboard & 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

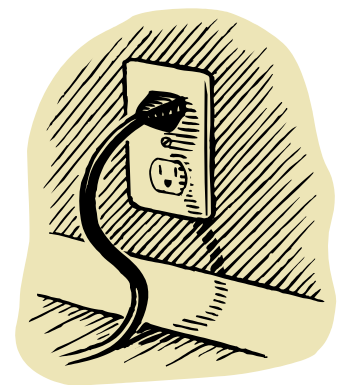
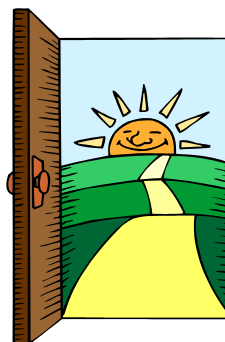
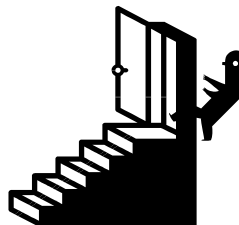
Our office is not manned all the time. If you ring, please leave a message so we can contact you when we return. **We will call you back, if you leave a message!**



Minor Home Modifications

Minor Home Modifications are **small, low cost** interventions that consist of **adding aids and equipment to the existing structure of your home to improve accessibility and your safety**. These modifications are based on an average of **\$1000** per modification per client per financial year. An example of minor modifications projects may include, but not be limited to:

- Bath tub removal
- Hand held showers
- Step modifications & handrails
- Door wedges and mini ramps
- Switch & power point relocations
- Shower screen removal
- Re-swing/removal of doors
- Handrails on steps and veranda's
- Cement pathways



There are strict guidelines related to these services and the allocation is not an 'entitlement' more a 'one off' assist in problem areas (depending on available funding). You should not assume that you are automatically 'entitled' to use this money for basic repairs around your home, that you would normally be responsible for.

There is a waiting list and eligibility criteria on these services so please be patient.

**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

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

**The manner of giving is
worth more than the
gift!**

Field Officer Update

Policies and Procedures ...

Our services are all covered by BRC and specific service Policies and Procedures. There is a Regional Client Handbook that is available to all clients and also policies and procedures related to many other areas within our services.

Many Policies and Procedures relate to the specific areas that we deal with each day and are purely administrative.

However, there are Procedures which you will need to be aware of and that will be important to the services that we deliver to you, across the region.

All these Policies and Procedures will eventually be the same for all services that are delivered by BRC Community Care Services.

If you require any further information, please give us a call. We are more than happy to assist you.



Services continue as per the Calendar. Keep an eye on the Schedule of Events also, under the Calendar. Every second Friday, Bill will spend the morning maintaining and updating equipment. This is a time for us to make sure the equipment we use is in working order, maintained and ready to go!

August Focus:

Services will continue as normal through August, with a focus on thresholds (small rises) and trip hazards around your home.

We are able to fabricate small ramps to fit almost all unexpected rises in your home. These can be made with a minimal cost, for only the materials used.

If you are not a client, we can certainly join you up! It's free to join!

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

August 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1 Barcy	2 Jericho	3 Barcy	4 RDO	5	6
7 Aramac	8 Barcy	9 Alpha	10 Barcy	11 Maintenance Day	12	13
14 Muttaborra	15 Barcy	16 Jericho	17 Barcy	18 RDO	19	20
21 Barcy	22 Barcy	23 Alpha	24 Barcy	25 Maintenance Day	26	27
28 Barcy	29 Barcy	30 Jericho	31 Barcy			

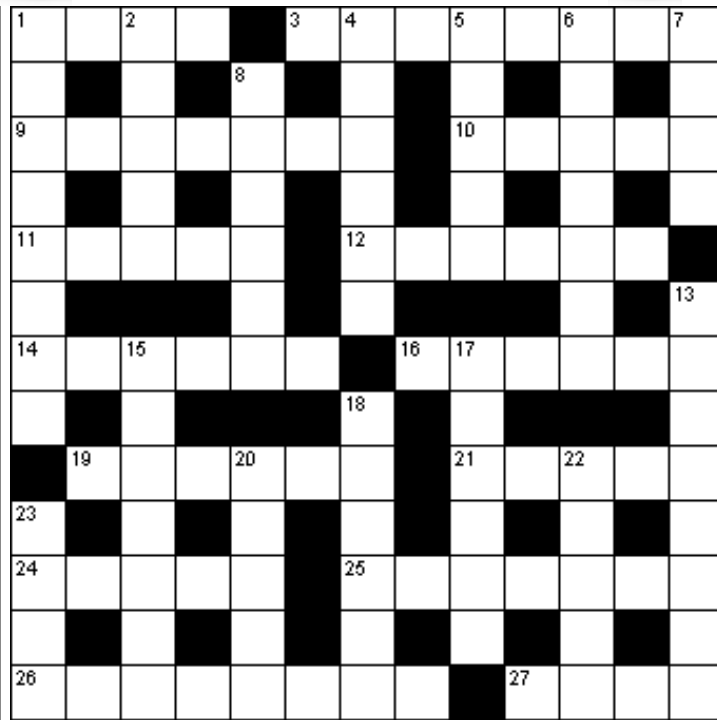
Home Assist Secure Schedule of Events

◆ **21st-25th—Seniors Week**

◆

AUGUST 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
TCA Tai Chi for Arthritis TCD Tai Chi for Diabetes	15/08/17 <i>Don't Shoot Me, I'm only the Piano Player</i> Town Hall	1 60 + Exercises Health Talk TCD 6:00pm	2 Men's Shed CHSP Lunch	3 TCA 9am Beading / Craft	4 <i>Jeans for Genes Day</i> Croquet	5
6	7 Anointing Mass at The Willows Men's Shed TCD 12pm	8 60 + Exercises HOY TCD 6pm	9 Men's Shed	10 TCA 9am Beading / Craft Mateship Matters 6:30pm TOK	11 Croquet	12 <i>Mutta-burra Races</i>
13	14 Men's Shed TCD 12pm Garden competition Entries <u>close</u>	15 60 + Exercises Meeting TCD 6pm	16 Men's Shed CHSP Lunch	17 TCA 9am Beading / Craft	18 Croquet Art Exhibition Opening	19
20 <i>Aged Care Bingo</i>	21 Men's Shed TCD 12pm	22 <u>ELDER OLYMPICS</u> TCD 6pm	23 Men's Shed	24 TCA 9am Beading / Craft	25 Croquet	26 <i>Health Forum Town Hall</i>
		SENIORS WEEK				
27 <i>Mini Trains at Museum</i>	28 Men's Shed TCD 12pm	29 60 + Exercises Games TCD 6pm	30 Men's Shed CHSP Lunch	31 TCA 9am Beading / Craft	Barcaldine Art Exhibition daily viewing 19 August to 1st September	<u>7/10/17</u> <u>Aramac Senior Citizens Cent Sale</u>



Across

- 1. Suffering from ill health
- 3. Knitted jacket
- 9. Apparel
- 10. Latin-American dance
- 11. Leader of a Jewish congregation
- 12. Tight-fitting

undergarment

- 14. Hunting expedition
- 16. Symbol
- 19. Capital of Turkey
- 21. Less common
- 24. Astound
- 25. Heartless
- 26. Sneak
- 27. Continent

Down

- 1. Startle
- 2. Ascend
- 4. Assault
- 5. Discourage
- 6. Polite, refined
- 7. Corner
- 8. Elder
- 13. Food of the gods

- 15. Type of pigeon
- 17. Wall paintings
- 18. Call off
- 20. One acting on behalf of another
- 22. Public disturbances
- 23. Sodium chloride

Those, who go to sleep late, are called owls. Those, who wake up early, are larks. And those, who go to sleep late and wake up early, are called *Angry Birds*.



Yes, money cannot buy happiness, but it is much more comfortable to cry in a new BMW than on a bike.

A motivational speaker, while addressing his audience, talked about the various achievements man has made today. He said, 'Today, man has built a ship to cross an ocean, fastest trains to travel across cities, and built planes to fly high in the skies like a bird...'

A gentleman from the audience interrupted, 'Any yet, a man still cannot sit on a barbed wire like a bird does!'

Mary's fourth grade homework assignment was to make sentences using the words in her spelling list, along with the definition. Coming across the word "frugal" in the list, she asked her father what it meant. He explained that being frugal meant you saved something.

Her paper read: "Frugal: to save."

Sentence: "Maid Marion fell into a pit when she went walking in the woods so she yelled for someone to come get her out. She yelled 'Frugal me, Frugal me!'"

When a new dentist set up in town he quickly acquired a reputation of being the 'Painless' dentist. However, a local little girl called Veronica disputed his claim.

'He's a fake!' Veronica told her friends. 'He's not painless at all.'

When he stuck his finger in my mouth, I bit him, and he screamed like anyone else!



The strong young man at the construction site was bragging that he could outdo anyone in a feat of strength. He made a special case of making fun of one of the older workmen. After several minutes, the older worker had had enough. "Why don't you put your money where your mouth is," he said. "I will bet a week's wages that I can haul something in a wheelbarrow over to that outbuilding that you won't be able to wheel back." "You're on, old man," the braggart replied. "Let's see what you got." The old man reached out and grabbed the wheelbarrow by the handles. Then, nodding to the young man, he said, "All right. Get in."

Some people are like clouds. When they go away, it's a brighter day.

Happiness will never come to those who fail to appreciate what they already have.

Happiness is when what you think, what you say, and what you do are in harmony. [Mahatma Gandhi](#)

PUZZLE SOLUTION

1	S	I	2	C	K	3	C	4	A	R	5	D	I	6	G	7	A	N
U	L	8	S	T	E	E	O											
9	R	A	I	M	E	N	T	10	T	A	N	G	O					
P	M	N	A	E	T	K												
11	R	A	B	B	I	12	C	O	R	S	E	T						
I	O	K	E	13	A													
14	S	A	15	F	A	R	I	16	E	M	B	L	E	M				
E	A	18	C	U	B													
19	A	N	K	20	A	R	A	21	R	A	22	R	E	R				
23	S	T	G	N	A	I	O											
24	A	M	A	Z	E	25	C	A	L	L	O	U	S					
L	I	N	E	S	T	I												
26	T	E	L	L	T	A	L	E	27	A	S	I	A					

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

Coordinator: Jean Williams

Hours of Operation

Monday—Friday 8:00 am—1:00 pm

Exercises: Tuesday 9:00am

Tai Chi: Monday 12:00pm Tuesday 6:00pm
Thursday 9:00am

Beading: Thursday 10:00am

Croquet: Friday 9:00 Oak St park

Health Talk: 10:00am 1st August

Hoy: 10:00am 8th August

Meeting: 10:00am 15th August

Elder Olympics: 9:30am 22nd August

Social Morning: 10:00am 29th August



Barcaldine 60 & Better Program -

A Healthy Ageing Program

Funded by



Under the auspices of
Barcaldine Regional Council

Executive Committee

President: Lyn Batchelor

Vice President: Pam Miller

Secretary: Beverly Church

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.

If unclaimed return to -:
Barcaldine 60 & Better Program
PO Box 269
Barcaldine Q. 4725

