

GARDEN CITY NEWS

VOLUME 25

ISSUE 7

AUGUST 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.

Seniors Week 2019 Health & Well Being Expo

Where: Barcaldine Shire Hall

When: Wednesday 21st August 2019

Time: 10am to 2pm

How: Free Transport from Alpha, Jericho and Aramac

Why: To celebrate with you

SNACKS AND FOOD AVAILABLE THROUGH THE DAY

We are holding a Seniors Week Health and Well Being Expo in Barcaldine. Queensland Health, North West Remote Health, CQ Mobility, NDIS, Discussions, Chats, Games & Activities, Demonstrations, Health Checks and a very special surprise – all awaiting you.

We would love to see you there



Queensland
Seniors
Week



Contact:

Donna: 07 4985 1304

Maree: 07 4651 3346

Carl: 07 4651 2187

Jean: 07 46512 354

Delma: 07 4650 4044



**SWITCHED
ON SENIORS**

**BARCALDINE
REGIONAL COUNCIL**

At 60 & Better

The **AGM** was held on 16th July. The committee executive is Karen Brown, President, Beverly Church, Vice President, Pam Miller, Secretary and Shirley Jackson, Treasurer. We thank Lyn Batchelor for her services as President during the past few years. I must also acknowledge the long service of Shirley Jackson and Beverly Church in executive roles as committee members, as well as those other long standing members Clare Ogden, Joan Argow and Mary Arthur who have been consistently part of the team for more years than I have. It is fitting to also mention David Hauenschild who has audited the books on many occasions and we most sincerely thank him.

All people 60 years and over are eligible to attend 60 & Better activities and you do not need to be a member to attend. The nominal membership fee of \$2 entitles people to a couple of benefits and responsibilities not otherwise available. The participants and committee drive the program. The coordinator is employed by the auspice using funding from the Department of Communities, Disability Services and Seniors to work with the committee and participants to help older adults aim for physical, social, emotional and spiritual wellbeing and continuing participation in community and address social isolation.

Trip to Muttaborra. This trip has been postponed from Tuesday 6th August to Tuesday 3rd September. We will leave from 'The Willows' at 7:30am. Cost of the bus is \$10 and lunch will be available at the Exchange Hotel. Exercises will be available for those who do not travel.

Falls prevention / balance classes have commenced with Mete Ozdemir, an Exercise Physiologist from North West Remote Health. These are on a weekly basis. So far, 16 people has signed up to do classes.

This year we are having a small **Father's Day Raffle** with first prize of a \$100 Barcy Business Buys Gift Voucher and second prize of a \$50 Barcy Business Buys Gift Voucher. Tickets are available at the office and we'll sell tickets outside IGA on a couple of Friday mornings. The raffle will be drawn on Thursday 29th August..

Elder Olympics. This will be the 25th year of Elder Olympics. This year we plan to utilise the Barcaldine Lawn Tennis Club facilities. International Day of Older Persons, Tuesday 1st October has been selected as the date. Do you have any ideas for events ?

Computer Classes. If you have any queries or a desire to learn some basic computer/ digital skills please come along on Monday mornings at 11:30 am or arrange another time to use the devices.

Over 80's Book. Thank you to those people who have completed and returned their information forms which provide vital material to complete life histories. Forms to complete are available at the 60 & Better office and we ask you consider sharing a little about yourself in the book. Whether you provide a brief overview of your life or not we'll ask permission to include your basic details such as date of birth and a photograph in the book.

Till next Time. *'Deal with the faults of others as gently as your own'.*

Jean

Condolences

Our sincere and heartfelt condolences go to the families and friends of David Colman, John Bennetts, Tom Coveney, Doreen Rogers, John Dolgner, Allan Hayden, Gerry Fogarty, and Pat Searles. May the stories we share and the memories we treasure sustain us as we comfort one another in this time of shared loss.

Birthday greetings

Doug Smoothy celebrated his 94th birthday on 7th July and Dorothy Smoothy will be 89 on 10th August. Happy Birthday Doug and Dorothy.

Christina Stewart has a birthday in August as well. Happy Birthday Christina.

Tai chi, the winner at warding off falls

Exercising is one of the best ways to ward off falls. But which type of exercise helps most? A small randomized controlled trial — the gold standard in research — found that tai chi is the winner. The study was published online Sept. 10, 2018, by *JAMA Internal Medicine*. Researchers took 670 older adults (average age 78) with a self-reported history of falls or mobility problems and divided them randomly into three groups. One group did tai chi only; one group did stretching exercises only; and one group did aerobics, strength training, and balance and flexibility exercises. All of the participants took part in

their assigned activities twice a week, for an hour each time. After six months, people in the tai chi group had experienced 58% fewer falls compared with people in the stretching group, and 31% fewer falls compared with people in the group doing several types of exercises. The type of tai chi in the trial was tailored to older adults at risk for falling. But lots of evidence has shown tai chi in general is effective for improving balance. It uses a series of slow, flowing motions and deep breathing. The gradual shifting of weight boosts your strength, flexibility, range of motion, and reflexes.

Source www.health.harvard.edu



Brushing Your Teeth

You'll no doubt be aware that brushing your teeth, which removes the plaque that causes tooth decay and gum disease, is important. What you may not know is that how often you brush, how long you brush for, the kind of technique and toothbrush you use all matter too.

To gain the maximum benefit from brushing your teeth, you should be brushing for at least two minutes morning and night, spending roughly 30 seconds on each quarter of your mouth. Think that sounds like too much hard work?

Firing up your streaming service, playing your favourite two-minute song and brushing until the end is one fun way to make sure your teeth get all the cleaning they need.

If you're like most people, you probably don't give too much thought to how you brush your teeth, beyond squirting on some toothpaste, and brushing back and forth.

But as your dentist will tell you, how you brush your

teeth matters a great deal. You should be cleaning your teeth systematically, starting at the back with the toothbrush bristle at the gumline or at a 45° angle, brushing gently in a circular motion, and finishing with a spit, not a rinse. If you have an electric toothbrush, you should be guiding the moving brush head slowly from tooth to tooth following the contours of the tooth and the curve of the gums.

Regardless of the brush you use, try to avoid brushing with too much force as this can damage the surface of your teeth. And as for the toothpaste? You only need a pea-sized amount to get the job done.

You are always best using a soft-bristled toothbrush with a small head and a flexible neck because this will most effectively remove plaque and debris from your teeth, without damaging your teeth and gums and drawing blood. Try to replace your brush at the first sign of wear-and-tear or every three months, whichever comes first, and if you've just had a cold, replace your toothbrush so you don't get reinfected by the germs in the bristles.

Source: Australian Dental Association



Digital Devices

Computers exist in many digital devices that we use on a day-to-day basis. Digital devices may be input, output or storage devices. It is the binary system used to process information that determines whether a device is digital.

An **input** device is any piece of computer hardware used to provide data to a computer system. Examples include: keyboard, mouse, scanner, digital

camera, webcam.

An **output** device is any piece of computer hardware used to communicate the results of data that has been processed. Examples include: monitor, printer, speaker, headphones.

A **storage device** is a piece of computer equipment which can be used to store data.



Mixed Vege Lentil Bake

1 3/4 cups red lentils, rinsed
1 onion, finely chopped
3 cups mixed vegetables, diced
4 cups fresh spinach
400g can diced tomatoes with garlic and herbs
1 cup reduced-salt vegetable stock
1/2 cup grated reduced-fat cheddar
1/2 cup grated parmesan

Preheat oven to 190°C. Place lentils in a saucepan of boiling water and cook for 20–25 minutes. Drain and place into a lightly oiled baking dish.

Meanwhile, spray a large frying pan with oil and cook onion for 3–4 minutes, until softened. Spray pan with a little more oil and add mixed vegies. Cook for 3–4 minutes.

Add vegetables to baking dish with lentils and toss to mix. Stir through spinach, tomatoes and stock.

Sprinkle with cheddar and parmesan and bake for 15 minutes, until golden.

Add lean, cooked bacon or some tuna before baking. This recipe is great for winter vegies like cauliflower or squash.

Spiced Apple and Date Mug Pudding

2 1/2 tablespoons self-raising flour
1/4 teaspoon cinnamon
pinch of ground nutmeg
2 teaspoons oat bran
1 tablespoon chopped dates
1/4 green apple, peeled, cored, grated
3 teaspoons caster sugar
2 tablespoons skim milk
1 egg
1 teaspoon sunflower oil
icing sugar, to dust

1. Sift flour and spices into a small bowl. Stir oat bran, dates, apple and sugar through flour mixture.
2. Whisk skim milk, egg and sunflower oil in a separate small bowl. Add wet ingredients to dry ingredients and stir with a fork until mixture just combines. (Be careful not to overmix or cooked pudding will be tough.)
3. Spoon mixture into a mug and transfer to microwave. Cook on high for 70–90 seconds, or until pudding rises and top just sets. (Don't overcook.)
4. Dust pudding with icing sugar and serve immediately.

Malnutrition in Seniors

Malnutrition occurs when a person is not eating enough of the right foods and, as a result, is not getting the nutrients the body needs to function properly. Malnutrition is a major cause of ill health in seniors, contributing to falls, confusion, infection, preventable hospital admissions, postoperative complications, rapid physical and cognitive decline, even premature death.

While malnutrition is a major cause of ill health, ill health can also cause malnutrition due to loss of appetite and poor eating habits. Malnutrition is not just something that happens in old age. Anyone can be malnourished, at any age, but age increases the risk

because people often eat less food than they did when they were younger, even though their needs for nutrition don't decrease. Eating less over time can easily lead to problems.

The most common sign of malnutrition is weight loss, particularly unintentional weight loss over a relatively short period of time (eg a few months). Whilst most people who are malnourished will lose weight, it is possible to be a healthy weight or even overweight and still be malnourished. If you or a loved one have unintentionally lost weight over the past few months it's important to consult your health professional.

Source - Home Instead Senior Care : Nutrition for Seniors 2017

Mulch

Mulch is essentially a layer of material placed on the surface of the soil. Reasons for applying mulch include conservation of soil moisture, improving fertility and health of the soil, minimising temperature fluctuations in the soil, reducing weed growth and

enhancing the visual appeal of the area. Organic mulches include formerly living material such as chopped leaves, straw, grass clippings, compost, wood chips, shredded bark, sawdust, pine needles, and even paper. Inorganic mulch types include gravel, pebbles, plastic, and landscape fabrics.



The Department of Health

HOME ASSIST SECURE



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

Community Care Services

From the Project Coordinator

Health and Well Being Expo

Flyers are out for the Expo. Ask your local area for one if you haven't seen one. Make sure you save the date! We would love to see you all here.

Phones and NBN

The NBN system starts in September 2019. Most of you have already swapped over (you have a big white box with the phone plugged in). If you don't, contact your phone provider. Your provider will send you a letter, they won't call you.

Many people are getting calls saying their phones will be cut off if they don't swap over! These are prank calls and I suggest you just

hang up .



Cultural Trips ...

Winton Trip—12th and 13th September. Donna and Maree will give more information about this trip. It will be an overnighter in Winton and we will give you some options on accommodation, but it will be your responsibility to organize a bed.

Emerald Trip—21st & 22nd November will also be an overnighter.

Jobs List for Home Assist

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

- ⇒ Checking on home security concerns including lighting
- ⇒ Covering of Air Conditioners for winter
- ⇒ Servicing and replacement of photoelectric smoke alarms
- ⇒ Uniden phone alert systems

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 ...

New Aged Care Standards, Home Care Packages and Quality Audit ...

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. There will also be some changes to Home Care Package arrangements and we will undertake a Quality Audit, where assessors may contact you about the services you receive from us. All positive experiences to improve the options we can deliver to you. We focus on Service, Quality, Communication and Reputation. 👍

Reminders:

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 😊

Central & Far West 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 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.

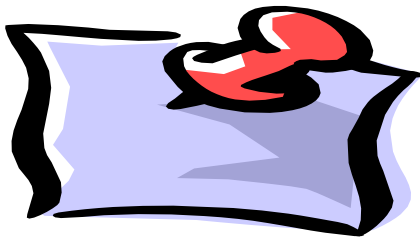
After we receive your referral from My Aged Care, we then Project Manage the referral, construction, contractors, materials and other services, who will work with us and you to ensure your needs are met.

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.

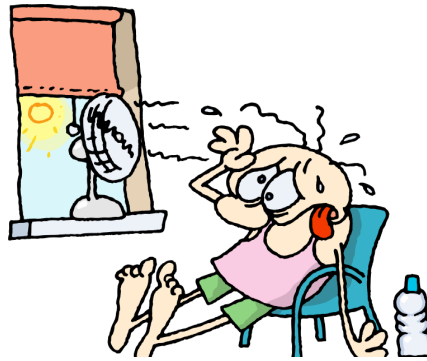
Community Care Services Office (Barcaldine)

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

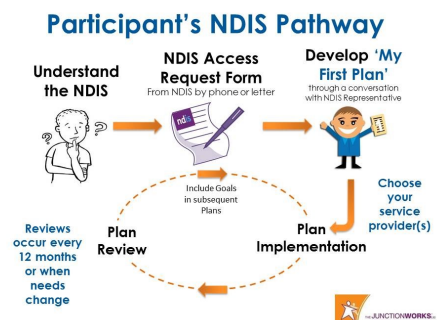
Our office is not manned all the time. If you ring, please leave a message so we can contact you when we return. **We will call you back, if you leave a message!**



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**

**I have never in my life
learned anything from
anyone who agreed with
me!**

Our Values for Service!

Every decision we make about the services we provide, have you at the centre. It is because of you, we are here.

Every decision we make, everything we do!

1. **Integrity**—being honest, consistent and transparent in our delivery of service.
2. **Leadership**- using a collaborative approach to making decisions with you.
3. **Fairness**- ensuring an equitable approach across all areas of service.
4. **Commitment**- dedicated, professional staff, who continually improve.
5. **Respect**- for you as the seniors and elders of our communities, and
6. **Responsiveness**- providing the best possible outcomes in a timely manner. 🙌



Field Officer Update

July Focus:

Those little jobs



Is some little job you've always wanted done, annoying you? Check with Bill and see if he is able to help you out. If he can't we can certainly help you to get it sorted somehow. It might be just something small, but give us a call.

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, its 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!

July 2019

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

Community Care Services Schedule of Events

◆ Reminders:::::

SAVE THE DATE:

Health and Well Being Expo in Barcaldine Wednesday 21st August

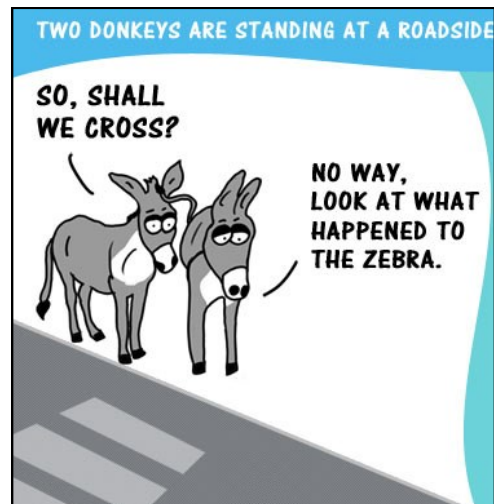
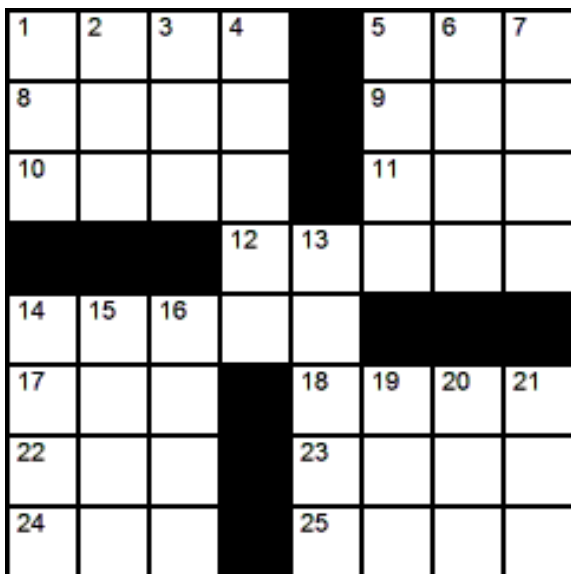
August 2019

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Seniors Week is 17 - 25 August	Get Gardening Competition Entries Close 5th August	Barcaldine Cancer Volunteer Group Biggest Morning Tea Village Green 8am - 12pm 13/08	1 60 + Tai chi Craft Digital Devices	2 Croquet Oak St park	3	4
5 Men's Shed Digital Devices at The Willows	6 60 + Exercises	7 Men's Shed	8 60 + Tai chi Craft Digital Devices	9 Croquet Oak St park Arts Council Art Exhibition Opening	10 CWA Markets Races Muttaborra	11
12 Men's Shed Digital Devices at The Willows	13 60 + Exercises Hoy Biggest Morning Tea	14 Men's Shed CHSP lunch Arts Council Show	15 60 + Tai chi Craft	16 Croquet Oak St park	17	18
19 Men's Shed Digital Devices at The Willows	20 60 + Exercises Meeting	21 Seniors Expo Men's Shed	22 60 + Tai chi Craft	23 Croquet Oak St park	24 CWA Markets St Joseph's Catholic School Colour Run	25
26 Men's Shed Anointing Mass Digital Devices at The Willows	27 60 + Exercises Bingo	28 Men's Shed CHSP lunch	29 60 + Tai chi Craft	30 Croquet Oak St park Barcaldine State School Fete	31	1 Sep Mini Trains at Museum

A man to a psychiatrist: "How do you select who should be admitted to your facility?"
 The psychiatrist replies: "We fill a bathtub with water and give the person a spoon, a cup and a bucket. Then we ask that person to empty the bathtub."
 The man smiles: "Ah, I understand, if you are sane you would take the bucket."
 The Psychiatrist replies: "No, a sane guy pulls the plug. Do you want a room with or without a balcony?"

In a boutique:
 Could I try the dress in the shop window, please?
 I'm sorry madam but no. We have cabins for that.

An employee complains to his boss, "Sorry boss, but the salary doesn't even remotely match the effort I put into my work."
 Boss nods, "I know, but we can't let you starve to death."



- Across**
- Scintilla
 - Network
 - Ellipse
 - Regret
 - Part of the neck
 - Anger
 - Helicopter part
 - Aspect
 - Frozen water
 - Unaccompanied
 - Offspring
 - Notion
 - Insect
 - Prophet

- Down**
- Electrically charged particle
 - Eggs
 - Strike gently
 - Warning signal
 - Legal document
 - Currency
 - Beverage
 - Fertile part of a desert
 - Passport endorsement
 - Image
 - Transmitted
 - Poem
 - Shelter
 - Paddle

SYMBOL-LOGICAL

Work out the value of each shape using simple arithmetic functions:
 (+) Plus (-) Minus (---) Division (x) Multiplication.
 Each shape has a different value and is a whole number.
 No shape has a value less than 1.

$$\star + \frac{\blacksquare}{3} = 20$$

$$\frac{\blacksquare}{5} - \blacktriangle = \frac{\star}{2}$$

$$\blacktriangle + \star = \blacklozenge$$

Puzzle Solutions

I	O	T	A	■	W	E	B
O	V	A	L	■	R	U	E
N	A	P	E	■	I	R	E
■	■	R	O	T	O	R	■
V	I	S	T	A	■	■	■
I	C	E	■	S	O	L	O
S	O	N	■	I	D	E	A
A	N	T	■	S	E	E	R

■ = 30 ⬡ = 11 ★ = 10 ▲ = 1

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: Thursday 9:00am

Craft: Thursday 10:00am

Croquet: Friday 9:00am Oak St Park

Hoy: 10:00am Tuesday 13th August

Meeting : 10:00am Tuesday 20th August

Seniors Expo: 10:00am 21st August

Bingo: 10:00am Tuesday 27th August

Muttaburra Trip 7:30am 3rd September



Barcaldine 60 & Better Program -

A Healthy Ageing Program

Funded by



Queensland Government



Under the auspices of
Barcaldine Regional Council

Executive Committee

President: Karen Brown

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

