

GARDEN

VOLUME 23

CITY NEWS

ISSUE 11
DECEMBER
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.

Don't forget the Barcaldine Regional Council sponsored Seniors Christmas Lunch on Tuesday 5th December at the town hall. Cost is \$10 and there'll be a multi draw raffle. Doors open at 11:00am. Lunch is 12:15pm.



THE BARCALDINE CHURCHES TOGETHER INVITE
YOU TO
CAROLS BY CANDELIGHT
AT THE VILLAGE GREEN
SUNDAY EVENING 3RD DECEMBER
AT 6:30PM CAROLS BEGIN AT 7:00PM



BARCALDINE 60 & BETTER CHRISTMAS LUNCH AT *THE WILLOWS*

12:00PM for 12:30PM LUNCH TUESDAY 19TH DECEMBER

COST \$10

RSVP 15TH DECEMBER to 46512354

OR put your name on the sheet at the entrance table in the main room



This is the last issue for the year and we'll publish next year's first issue at the end of January.

In last month's issue I failed to mention the visit from Charleville Healthy Ageing. We had an enjoyable morning tea and lunch with the Charleville / Augathella group and made some tentative plans to visit Charleville next year. It is some time since we went as a group and we've discussed staying for two nights to take in the Cosmos Centre and other attractions. No dates have been set. Nor have accommodation, costs and travel arrangements been made.

Also my apologies for a couple of mistakes with birthdays and condolences I made in last month's newsletter.

A group travelled to Emerald on Friday 24th November where we visited the art gallery and had a sneak preview of an exhibition which was to open that night. The exhibition featured mosaics and paintings and jewellery created by Veronika Zeil and Ainslie McMahon. The secondary activities were also appreciated. We say a big thank you to Euan Miller who drove the bus and assisted wherever he could.



A few samples of the exhibition items.

Last hoy for the year is on Tuesday 12th December at 10:00am. Please come and join us for a few laughs and the chance to take home some useful items.

Christmas Lights tour of Barcaldine will be on Wednesday 13th December. As last light is not till almost 7:30pm, we won't leave *The Willows* until this time. A light meal will be provided from 6:45pm. Please let Jean know if you intend to do the tour.

The committee meeting is on Tuesday 19th December before our Christmas lunch. This is a chance to do some planning for next year. If you'd like to see different activities and have some ideas for improving the program please come along. Without input from participants it is difficult to develop activities that suit and fulfil needs and desires.

The Christmas money tree raffle will be drawn at the 60 & Better Christmas lunch.

Thank you everyone for your support and your efforts during the year.

Have a Merry Christmas and a Happy New Year. Play and travel safely and enjoy what the festive season brings.

Till next time Jean.

Condolences and Congratulations

We send condolences to Rocky, Cameron and Todd Gadd and other family members and the many friends of Mary Gadd. Mary was loved for her quick witted quips and kind and generous gestures.

We also offer our sympathy to the family and friends of Colin Van Lathum who had a long association with Barcaldine.

We send birthday greetings to Jack Plumb who will be 93 on 14th December.

A couple of people are due for their OBE (Over Bloomin' Eighty) while we are having a break. Happy Birthday folks.

Mocha Cheesecake

250g plain chocolate biscuits, broken
100g butter, melted
2 teaspoons gelatine
¼ cup just-boiled water
1 tablespoon instant coffee granules
375g cream cheese, chopped, at room temperature
½ cup caster sugar
1300ml thickened cream
180g dark eating chocolate, melted

1. Lightly grease a 20cm round springform pan.
 2. Place biscuit pieces in a food processor and process until fine crumbs form. Add butter and pulse until well combined. Press mixture over base and side of pan. Chill for 30 minutes.
 3. Meanwhile, in a jug, whisk gelatine into the boiled water along with the coffee, until dissolved. Allow to cool.
 4. In a bowl, using an electric mixer, beat cream cheese and sugar together until smooth. Beat in cream, then the gelatine mixture, mixing until well combined.
 5. Pour half the filling into the biscuit crust. Drizzle with half the melted chocolate, swirling with a skewer until marbled. Repeat with remaining filling and chocolate. Cover and chill overnight, or until firm.
- It's important that the gelatine and cheese mixtures are at a similar temperature when you combine them, as this prevents lumps forming.
 - This recipe is not suitable to freeze.

Ham Tortilla with Tomato Salad

2 teaspoons olive oil
1 medium red onion, thinly sliced
2 garlic cloves, crushed
1 large zucchini, coarsely grated
2 cups (250g) leftover roasted vegetables, cut into 2cm cubes
150g leftover lean ham off-the-bone, diced
6 eggs
¼ cup reduced-fat milk
250g punnet cherry tomatoes, halved
2 tablespoons chopped basil leaves
2 teaspoons balsamic vinegar
4 cups mixed salad leaves

1. Heat oil in a medium (24cm base diameter) non-stick frying pan over medium heat. Cook onion, stirring, for 5 minutes, or until softened. Add garlic and zucchini, and cook, stirring, for 1–2 minutes, or until wilted. Add leftover vegies and ham, stir; spread mixture around the pan.
2. Whisk eggs and milk together in a large jug. Season with black pepper. Pour egg mixture over vegies. Reduce heat to low, cover and cook for 10 minutes, or until base is golden and set.
3. Place frying pan under a grill heated to medium-high, and cook for 3–4 minutes, or until top is set and golden. Leave to cool for 5 minutes in the pan.
4. Meanwhile, combine tomatoes, basil and vinegar. Carefully invert tortilla onto a clean board and cut into 8 wedges. Serve with tomato salad and mixed salad leaves.

Talking with Anglicare about the NDIS

NDIS (National Disability Insurance Scheme)

is a new way for people with a disability to access individual support. It is about giving choice and control to the person.

Anglicare is holding a session to discuss the NDIS journey on **Wednesday 6th December at 82 Ash St Barcaldine from 11:30am to 1:00pm.**

Discussion will be about eligibility, registering for NDIS, Plans and Planners and how you can prepare. People with a disability, family, friends carers are encouraged to attend.

Please RSVP or direct questions to Alison

Ph. 46580431.

2018 Barcaldine Telephone Directory

Please keep a lookout for the following request form that will soon be delivered to every post office box, rural property and/or letterbox with a Barcaldine address.

If you would like to have your details included in the new Directory, simply complete the appropriate details and drop the form in at the Post Office. **NO STAMP REQUIRED.**

Please note that this is a completely new publication and **no information from previous directories will be transferred across to the 2018 version.**

If you misplace or do not receive a form, just ask for one at the Post Office.

	Barcaldine Telephone Directory Barcaldine Aged Care PO Box 186 BARCALDINE Qld 4725
<small>If you would like your Residential, Business or Property details listed in the 2018 Barcaldine Telephone Directory, please complete the details that you would like included and return this form to the address shown above by Friday 2 March 2018. If this form is not received by this date, your details will not be in the new publication.</small>	
Surname: _____	_____
First Name or Initial: _____	_____
Business / Company Name: _____ (if applicable)	_____
Street Address or Property Name: _____	_____
Home No: _____	Mobile No: _____
Fax No: _____	UHF Channel No: _____
Email: _____	_____
<small>If your business would like to buy advertising space, please tick here and someone will be in contact. <input type="checkbox"/></small>	
<small>If your business would be interested in a "Pink Pages" Listing at a cost of \$20, please tick here. <input type="checkbox"/></small>	
<small>If you would like more than one listing at the same address, please make a copy of this form or contact (07) 46 511 562 for an extra copy.</small>	

Ryan's Rule - patient, family and carer escalation process

Ryan's Rule applies to all patients admitted to a Queensland Health Public Hospital and in some Hospital in the Home (HITH) services. Ryan's Rule is a three step process to support patients (of any age), their families or carers, to raise concerns if a patient's health condition is getting worse or not improving as expected resulting in a response to concerns.

Ryan's Rule should only be used for concerns related to the patient's health condition getting worse or not improving as expected whilst the patient is in hospital or receiving care via a Hospital in the Home service. **Ryan's Rule is not for general complaints.**

Please advise hospital staff of the complaint and they will be able to provide you with the correct process or visit the Queensland Health website for information regarding how to make a complaint.

Source:

<https://www.health.qld.gov.au/psu/ryans-rule-patient,-family-and-carer-escalation-process>

Steps to invoke Ryan's Rule

Step 1

Talk to a nurse or doctor about your concerns.

If you are not satisfied with the response.

Step 2

Talk to the nurse in charge of the shift.

If you are not satisfied with the response.

Step 3

Phone 13 HEALTH (13 43 25 84) or ask a nurse and they will call on your behalf.

Request a Ryan's Rule Clinical Review and provide the following information:

- hospital name
- patient's name
- ward, bed number (if known)
- contact phone number.

A Ryan's Rule nurse or doctor will review the patient and assist.

Haemorrhoid help: preventing and treating flare-ups

The best way to keep haemorrhoid flare-ups at bay is to maintain healthy lifestyle habits. Preventing constipation is key. Make sure your diet always includes enough fibre to promote healthy bowel movements, and be mindful about staying well hydrated. If you need help with your water intake, keep a water bottle by your side at all times as a reminder to drink. Jazz up your water with a slice of lemon, lime, or orange.

Also, regular exercise supports good bowel function, so if you do not exercise on a regular basis, this is a good time to begin. Don't try to immediately reach the goal of at least 150 minutes per week of exercise. Begin with short periods of walking. Over time, you can increase your speed and duration of activity. Get your doctor's okay if you have any reservations about exercising or you plan to begin a vigorous routine.

There are other simple, everyday habits you can develop to help with relief when a haemorrhoid flare-up arises. For example:

Less strain, more gain. Don't delay bowel move-

ments during flare ups. Always go when you feel the urge, as putting off bowel movements can cause stool to back up, leading to increased pressure and straining, which aggravates your haemorrhoids. Also, try not to sit on the toilet for long periods; this tends to make haemorrhoids push out and swell up. A way to make going to the bathroom easier — and faster — is to elevate your feet with a step stool as you sit on the toilet. This changes the position of the rectum in a way that could allow for easier passage of stools.

Keep the area clean. After every bowel movement, clean the anal area with a witch hazel pad, a soothing baby wipe, or a cotton cloth soaked in warm water. Be thorough but gentle. Aggressive rubbing and scrubbing, especially with soaps or other skin cleansers, can irritate the skin and make your haemorrhoids worse. Applying petroleum jelly or aloe vera gel to the anal area can soothe irritation after a bowel movement.

Take a soft seat. Sitting on a cushion rather than a hard surface helps reduce the swelling of existing haemorrhoids and prevents the formation of new ones.



HOME ASSIST SECURE



CENTRAL & FAR WEST HOME MODIFICATIONS

Barcaldine & District Home Assist Secure

From the Project Coordinator



And the sun goes down on another year

As yet another year ends, we reflect on 2017. Some friends were lost, some were gained and the majority of us continued on our merry journey through life.

We here (Carl, Bill and Jean) would like to thank you once again for your support and we appreciate the fact that we can assist you to keep you functioning in your homes throughout the year.

We close for a well deserved break (we think!) on **Thursday 21st December 2017 at 12 noon** and reopen for services on **Monday 8th January 2018.**

If you have a genuine emergency over the break call **0428 683 465** (BRC On Call phone) for assistance.

Whatever your plan for Christmas and New Year, we wish you good health and happiness. If traveling, be safe and enjoy your time with family, friends and loved ones.



We look forward to seeing you in the New Year!

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.

Anglicare will be holding a session next Tuesday 5th December in their offices in Barcaldine. Contact Anglicare for more details

It is a new system and the 'roll out' date for our area was 1st November 2017. If you would like more information either contact the NDIA Regional Office (National Disability Insurance Agency) on **07 4412 3033** or Kate Lynch the Area Coordinator or drop in and see us.

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 😊

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.

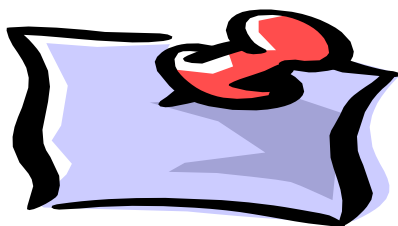
This Program covers the whole of the Central West Region, including Diamantina, Winton, Barcoo, Blackall/Tambo, Barcaldine and Longreach areas. Eligibility and funding conditions do apply to this Program.

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

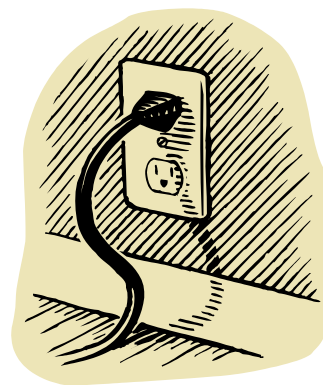
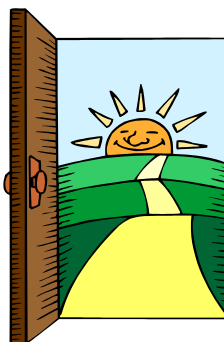
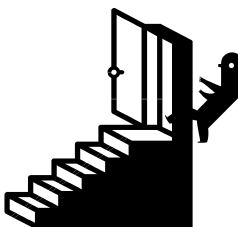
Our office is not manned all the time. If you ring, please leave a message so we can contact you when we return. **We will call you back, if you leave a message!**



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 Q 4725

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

If you think you're too
small to have an
impact, try going to
bed with a mosquito!

Field Officer Update

Tele-health Services ...

Our services are usually delivered face to face. We do offer the option of a tele-health service. This means that consults can be made by services in your home via an ipad where the other consultant can speak and view your home from another location.

The aim of this is to be less intrusive and to reduce the costs of travel to provide you a service.

Of course there are limitations to this service, but generally, wherever there is phone coverage we are able to assist you with a tele-health service.

You can choose who you speak to and where they are located—its all about the choices we are able to offer you to best suit your needs.

Ask for more information, if you are interested.



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!

December Focus:

Services will continue as normal through December, with the focus on grabrails. These are low cost interventions to assist you on stairs and within your home

Most of these grabrails are unobtrusive but highly effective in the prevention of falls, especially in high risk areas like bathrooms, uneven surfaces, steps and ramps. Bill can make these up himself, which saves you on price!

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!

December 2017

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

Home Assist Secure Schedule of Events

- ♦ HAS Services cease **Thursday 21st December 2017 @ 12 noon** and recommence **Monday 8th January 2018**
- ♦ Call **0428 683 465** in an **EMERGENCY** for services while we are closed

December 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	TCD = Tai Chi for Diabetes 12:00pm Mondays 6:00pm Tuesdays				1 Croquet in park 8am	2 Races
3 Carols by Candlelight 6:30pm Village Green	4 Anointing Mass at The Willows Men's Shed TCD	5 Senior's Christmas Lunch Community Forum	6 Aqua Exercise 7:15am Men's Shed NDIS talk	7 60 + Tai Chi Craft	8 Croquet in park	9 Town Fair Drawing of Barcy Bucks
10	11 Men's Shed TCD	12 60+ Exercises HOY TCD	13 Aqua Exercise CHSP Lunch Men's Shed	14 60 + Tai Chi Craft	15 Croquet in park	16
17	18 Men's Shed TCD	19 60+ Exercises Meeting Xmas Lunch TCD	20 Aqua Exercise Men's Shed	21 60 + Tai Chi Craft	22 Croquet in park	23
24	 25 Christmas Day	26 Boxing Day	27	28	29	30
31 New Year's Eve		The 60 & Better Program coordinator will be on leave from midday 22 December 2017 until 22 January 2018. During this time, please check with a member of the committee executive or Barcaldine Regional Council for access to the building. Scheduled activities will resume on Tuesday 30 January 2018. The first newsletter for 2018 will be produced between 22 January and 25 January.				



When you stop believing in Santa Claus is when you start getting clothes for Christmas!

What's red and white, red and white, red and white? Santa rolling off your roof.

What's black and white and red all over? Santa covered with chimney soot.

A class of six-year-olds sang "Hark, the Herald Angels Sing" at a Christmas concert. The line "God and sinners reconciled" was a tricky one for this age group.

One little boy, with a voice that completely drowned out the rest of the choir, happily belted out, "God and sinners dressed in style!"



Alex was five; all his Christmas presents were always signed, 'from Father Christmas.'

A little while after Alex had opened all his presents on Christmas morning, his dad became aware that he was looking quite down in the mouth for no obvious reason.

'What's the matter, Al?' he asked.

'Ummmm', replied Alex slowly, 'I really hoped that you and Mummy would give me something for Christmas'.

Can you complete these Christmas song titles?

Start of Title	Rest of Title	Start of Title	Rest of Title
Have Yourself...		Santa Claus Is...	
Away...		Go Tell It...	
Do You Hear...		What Child...	
Rudolph...		Angels We...	
It's the Most...		We Wish...	
Hark!...		O Come All...	
O Little...		The Twelve	
I Saw Mommy...		While Shepherds	
It Came...		Rockin' Around	
The Little...		I'll Be....	
God Rest...		Frosty...	
It's Beginning to...		The Holly...	
Carol of		Joy to	

A Merry Little Christmas	PUZZLE SOLUTION		Days of Christmas
In a Manger	Kissing Santa Claus	Coming to Town	Watched Their Flocks
What I Hear	Upon the Mid-night Clear	On the Mountain	The Christmas Clock
The Red Nosed Reindeer	Drummer Boy	Is This?	Home for Christmas
Wonderful Time of the Year	Ye Merry Gentlemen	Have Heard on High	The Snowman
The Herald Angels Sing	Look A lot Like Christmas	You A merry Christmas	And the Ivy
Town of Bethlehem	The Birds	Ye Faithful	To the World

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

Aqua Exercises: Wednesday 7:15am swim pool

Tai Chi: Monday 12:00pm Tuesday 6:00pm

Thursday 9:00am

Craft: Thursday 10:00am

Croquet: Friday 8:00am Oak St park

Seniors Lunch: 5th December

Hoy: 10:00am 12th December

Christmas Lights: 13th December

Meeting: 10:00am 19th December

Lunch: 12:30 pm 19th December



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

