



GARDEN CITY NEWS

VOLUME 25

ISSUE 11

DECEMBER 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.

Regional Seniors Christmas Lunch

Barcaldine Regional Council sponsored Christmas Lunch for all senior Barcaldine Regional Council residents and their carers / partners is on at Barcaldine Town Hall on Tuesday 3rd December. Cost is \$10 and doors open at 11:00am for a 12:30 lunch. Please come and catch up with your friends from other towns.

Barcaldine Regional Council 2019 Christmas Lights Competition:

Categories: Residence, Commercial / Community Group, People's Choice



Participants are encouraged to have Christmas lights on display from 7:00pm - 9:00pm nightly.

Judging will take place between Wednesday 11th December and Tuesday 17th December. Winners will be announced on Wednesday 18th December.

A tour of Barcaldine lights will leave from 13 Willow St on 16th December at a little after 7:00pm. Please put your name on the list if you want to come along.

BARCALDINE 60 & BETTER PROGRAM

CHRISTMAS LUNCH

AT THE WILLOWS

TUESDAY 17TH DECEMBER 2019

FROM 11:45AM

LUNCH 12:30PM

COST: PLEASE BRING A SMALL SALAD OR SWEETS TO SHARE

RSVP BY FRIDAY 13TH DECEMBER



At 60 & Better

This is the last newsletter for the year, so I'll say thank you to all who have been part of 60 & Better this year for your support and willingness to be involved. We've had some successful ventures and some that did not meet our expectations. Involvement in activities helps us take care of our physical, emotional, mental, social and spiritual selves and enhances our wellbeing and allows us to participate further in our community.

Over the years the contributions of many have built and grown 60s to give us structure and purpose to provide a safe, inclusive space for older community members. For 25 years the Barcaldine 60 & Better Program has been in existence. In an organisation's life there are several stages - a forming stage, a storming stage, a norming stage, a performing stage and hopefully not yet an adjourning stage. The performing stage is reliant on continuing support and input from participants. Please come and join in!

Next year we need to continue with our current activities and possibly add to or redevelop a couple of activities. The Digital Learning for Older Australians project needs new vigour and commitment. A new series of group sessions is being planned for a start date in March. All participants will be expected to complete a number of courses and activities from the Be Connected website.

There are different social and physical pursuits we could engage in - we are limited mainly by numbers of people interested in these activities and costs. If you have an idea for a different activity or a way to revitalise our present offerings please join us and share your thoughts.

Activities will continue until Friday 20th December. This means we have the Barcaldine Regional Council sponsored Seniors Lunch on Tuesday 3rd December, hoy on 10th December, Christmas lights tour on 16th December, meeting and 60 & Better lunch on 17th December. Exercise will be held on 10th and 17th December, tai chi on 5th, 12th and 19th December and croquet will be on 6th, 13th and 20th December.

The Barcaldine Regional Council will close its offices on Friday 20th December 2019 at 12:30pm for the Christmas shutdown. Offices will reopen on Monday 6th January 2020. The 60 & Better office will be closed during this time and I'll be taking leave.

"Just remember, the true spirit of Christmas lies in your heart." — The Polar Express

Take Care. Merry Christmas and Happy New Year.

Jean

Congratulations, Condolences, Compliments

We say farewell to Kaylene Reynolds who has been researching Barcaldine history and providing family history to others researching their family histories. Kaylene's quest has unearthed some little known facts and we have been privileged to share some morning teas and fact finding sessions with her. All the best Kaylene.

We wish Jack Plumb a Happy 95th Birthday on 14th December. Also Birthday Wishes go to Phil and Julie Mitchell and to Bubby Davis. Bubby will be 91. Belated Greetings go to Bev Church whose birthday we didn't acknowledge last month.

Our sympathy is extended to Avril Whitfield and Alan Hayward and their families and friends following the deaths of their brothers Boyd and Terry.



**Congratulations to
Doug and Dorothy
Smoothy who celebrated their 70th
Wedding Anniversary
on 23rd November.**

They celebrated the occasion with a family morning tea.

Ham and Egg Pasta Salad

250g small seashell pasta
2 eggs
60g cooked ham, cut into thin strips
300g frozen peas, thawed
1 cup grated Swiss cheese
1/2 cup mayonnaise
1/4 cup sour cream
spring onions, chopped
1 teaspoon mustard
Tabasco sauce (to taste)
1 teaspoon paprika



1. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes, or until al dente. Rinse under cold water, drain and set aside.
2. Meanwhile, place eggs in a saucepan and cover with cold water. Over medium heat bring water to a full boil. Lower heat and simmer for 10 to 15 minutes. Immediately plunge eggs into cold water. Let cool completely, then peel and slice.
3. In a large serving bowl, toss together the pasta, egg, ham, peas and Swiss cheese. In a separate bowl, mix together the mayonnaise, sour cream, spring onion, mustard and Tabasco sauce. Stir until well blended.
4. Pour 3/4 of the dressing over the pasta and toss to coat thoroughly. Spread the remaining dressing evenly over the top of the pasta salad, all the way to the edge of the bowl. Sprinkle with paprika, cover tightly and chill 4 hours, or overnight for best flavour.

Christmas Brownies in a Jar

1 1/4 cup plain flour
1 tsp salt
1 tsp baking powder
2/3 cup cocoa powder
3/4 cup brown sugar (firmly packed)
3/4 cup white sugar
3/4 cup milk chocolate chips
3/4 cup white chocolate chips
100 g walnuts, roughly chopped



1. Wash and thoroughly dry a 1 litre glass jar. Sift the plain flour, baking powder and salt into a bowl and mix to combine.
2. Place half of the flour mixture into the bottom of the glass jar and tap lightly to settle it. Using a spoon, carefully add the cocoa powder on top of the flour – try not to mix them together. Add the remaining flour mixture, and then the brown sugar.
3. In the following order, layer the white sugar, milk chocolate chips, white chocolate chips and walnuts.
4. Seal the lid and handwrite a gift tag with the following instructions: Preheat oven to 180°C (160°C fan forced oven). Grease and line an 18cm x 28cm rectangular baking tin. Place all ingredients into a large bowl and add 150g melted butter and 3 lightly beaten eggs. Mix well. Bake for 25-30 minutes or until cooked through.
5. Give as a lovely homemade gift to a friend or family member!

Taken from **Older Australians at a Glance** -Australian Institute of Health and Welfare Report 2018

Older people make up a considerable proportion of Australia's population—in 2017, over 1 in 7 people were aged 65 and over.

- In 2016, 1 in 3 older people were born overseas; the majority of these were born in a non-English speaking country
- In 2016, 1 in 8 older people were engaged in employment, education or training
- In 2014–16, Australian men aged 65 could expect to live another 20 years and women another 22 years
- 7 in 10 Australians aged 65 years and over considered they had good, very good or excellent health
- 3 in 4 older Australians own their own home
- 1 in 6 of all homeless people on Census night were aged 55 or over
- 3 in 4 older Australians had participated in one or more recreational activities away from home in the past 12 months
- In 2016, two-thirds (66%) of older Australians lived in *Major cities*, compared with 72% of people aged under 65

How to cope and stay safe in extreme heat

During extreme heat it is easy to become dehydrated or for your body to overheat. If this happens, you may develop heat cramps, heat exhaustion or even heatstroke. Heatstroke is a medical emergency which can result in permanent damage to your vital organs, or even death, if not treated immediately. Extreme heat can also make existing medical conditions worse.

The best way to survive the heat is to plan ahead for hot days and know what to do when the heat hits. Hot weather can affect anyone, including the young and healthy.

During extreme heat, whether it's one hot day or a heatwave, remember:

- Drink plenty of water, even if you don't feel thirsty (if your doctor normally limits your fluids, check how much to drink during hot weather).
- Keep yourself cool by using wet towels, putting your feet in cool water and taking cool (not cold) showers.
- Spend as much time as possible in cool or air-conditioned buildings (shopping centres, libraries, cinemas or community centres).
- Block out the sun at home during the day by closing curtains and blinds.
- Open the windows when there is a cool breeze.
- Stay out of the sun during the hottest part of the day. If you do have to go outside, wear a hat and sunscreen, and seek shade.
- Cancel or postpone outings. If you absolutely must go out, stay in the shade and take plenty of water with you.
- Wear light-coloured, loose-fitting clothing made from natural fibres like cotton and linen.
- Eat smaller meals more often and cold meals such as salads.
- Make sure food that needs refrigeration is properly stored.
- Avoid heavy activity like sport, renovating and gardening.
- Watch or listen to news reports to find out more information during extreme heat.

<https://www.betterhealth.vic.gov.au/health/healthyliving> is the source of How to cope and stay safe in extreme heat and Sleep and mood

Mood and sleep

Getting enough sleep, and the right type of sleep, is vital for our overall health and wellbeing. While you sleep, your body works to support healthy brain function and maintain your physical health. When you do not get enough sleep, you feel tired, you find it hard to concentrate and remember things and you may be grumpy. Lack of sleep can also impair your judgement and impact your physical coordination. So not getting enough sleep affects the way you feel, think, work, learn and get along with other people.

If you are having problems getting to sleep or staying asleep, or if you often feel tired during the day, you may need to work out what's happening.

Long term sleep deficiency can increase the risk of chronic health problems such as heart disease and diabetes. It can also significantly affect your mood. Sleeplessness and mood disorders are closely linked. And it can work both ways – sleep loss can affect your mood, and your mood can affect how much and how well you sleep.

Studies show people who are sleep deprived report increases in negative moods (anger, frustration, irritability, sadness) and decreases in positive moods. And sleeplessness is often a symptom of mood disorders, such as depression and anxiety. It can also raise the risk of, and even contribute to, developing some mood disorders.

Anxiety and stress increase agitation and keep your body aroused, awake and alert. You might find you can't turn your brain off, your heart beats faster and your breathing is quick and shallow.

If you've been having trouble getting enough good sleep, try these tips:

- Get a routine and stick to it. Try going to bed around the same time every night and getting up at the same time each morning.
- Avoid drinking coffee and alcohol too close to bedtime. And finish eating at least two hours before your head hits the pillow.
- Keep TVs and iPads out of your bedroom.
- Make your bedroom a haven. Make sure your bed is comfortable. Turn the lights down as you get into bed. Read using a bedside light.
- Try some simple meditation, like closing your eyes for 5–10 minutes and focusing on taking deep, slow breaths.
- Enjoy a warm bath.
- Don't lie awake watching the clock. If you are tossing and turning, try getting up and reading a book for half an hour or so before trying to go to sleep again.

HOME ASSIST SECURE

Funded by



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

Community Care Services

From the Project Coordinator

As Christmas approaches

We all take this opportunity to wish you a happy, safe and enjoyable Christmas with family and friends.



Our offices will close from 20th December 2019 at 1230pm and re-open Monday 6th January 2020.

Home Care Package consumers will be contacted in the coming weeks to plan services over this shutdown period.

Cultural Trips

Emerald Trip—12th & 13th December will also be an overnigher. You will need to book your own accommodation—707 Motel maybe?

Appreciation

Isn't it nice when someone gives you a smile or a thank you? It seems to be an expectation that our services are always there to 'serve you!' Our staff go 'above and beyond', sometimes to their own detriment.

When was the last time you appreciated the staff who support you daily?



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
- ⇒ Cleaning & Servicing of Air Conditioners
- ⇒ Construction and Install of Grab Rails and Handrails
- ⇒ Uniden phone alert systems

Inside this issue:

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| Information Sessions & calls | 3 |
| Contact Details & Quotes | 4 |
| Field Officer Update | 4 |
| Community Care Services Calendar | 5 |

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, CHSP and Quality Audit

We have commenced adding a number of consumers to our new eHSP system. We thank you for your cooperation in getting this set up and assisting us with the 'kinks' we have discovered. We will continue to add consumers as we go around and develop new care plans and add new consumers.

Once this is set up and in place in your home, staff should be following the goals and requests that have been entered into the Care Plans (continued on page 5

Reminders:

Services re-commence 6th January 2020.

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 😊

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.

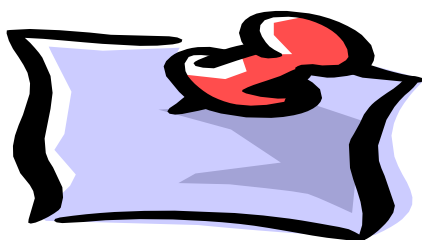
After we receive your referral from My Aged Care, we then Project Manage the referral, construction, contractors, materials and other services, who will work with us and you to ensure your needs are met.

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

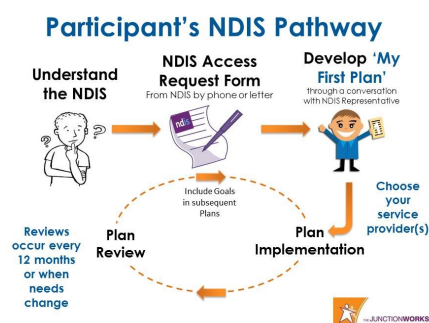
Our office is not manned all the time. If you ring, please leave a message so we can contact you when we return. **We will call you back, if you leave a message!**



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

Jordan's Mobile: 0409 621 346

Carl's Mobile: 0408 372 526

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

**Believe you can and you
are halfway there!**

Continued from Page 2

It is important that you are clear about your expectations, as we will be clear about ours. **This will be a joint partnership where we will work with you, not for you.**

CHSP = Support.

This will mean that once a Care Plan is in place, everyone will follow it (staff, you, nurses, coordinators). If there needs to be changes, this will be in the form of a review.

Care Plans will need to be in your homes so that you and the staff that attend (no matter who they are or where they are from) have a clear direction daily for the services that are delivered.

Ultimately, it will strengthen the service expectations for you and give us an opportunity to assist you with achieving your goals.

It is a change to the way we have operated in the past, but it doesn't change our focus on Service, Quality, Communication and Reputation.

If you have any questions, please contact Donna, Maree or myself. We are here to assist you as best we can 😊

Field Officer Update



December Focus:

Its time for Christmas Cheer

The focus for December is **appreciation!**

It has been a busy year and we will wind down services—its surprise month! Anything that needs our attention we will aim to get to before the 20th December. Any genuine emergencies over the shutdown period? Call **0428 683 465**






Please ask Jordan 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! 📞



December 2019

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----------------|---------------------|---|-------------|-----------------------|---|--|
| | | | | | | 1 |
| 2 Aramac | 3 Barcy | 4 Jericho | 5 Barcy | 6 RDO |  7 | 8 |
| 9 Muttaborra | 10 Barcy | 11 Alpha | 12 Barcy | 13 Maintenance Day | 14 | 15 |
| 16 Barcy | 17 Barcy | 18 Jericho | 19 Barcy | 20 RDO |  21 | 22 |
| | | | | <u>Services Cease</u> | | |
| 23 | 24 Christmas Eve |  25 Merry Christmas | 26 | 27 | 28 |  29 |
| 30 | 31 New Years Eve |  | | | | |

Community Care Services Schedule of Events

◆ Reminders:

Christmas Shut Down

- ◆ Our offices will close from 20th December 2019 at 1230pm and re-open **Monday 6th January 2020** call **0428 683 465** if there is a genuine emergency ie. water leak, blocked toilet etc

December 2019

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|---|--|------------------------|--|--------------------------------------|-----------------------------|
| | | Barcaldine Regional Council Clean Up Week 2nd - 5th December | | | | 1 |
| 2 Men's Shed | 3 Seniors Christmas Lunch | 4 Cultural Centre Men's Shed CHSP Lunch | 5 Tai Chi Craft | 6 Croquet | 7 | 8 Carols by Candle-light |
| 9 Men's Shed | 10 60 + exercises Hoy | 11 Cultural Centre Men's Shed CHSP Xmas Lunch | 12 Tai Chi Craft | 13 Croquet | 14 Bowling Club Christmas Fair | 15 |
| 16 Men's Shed Christmas Lights Tour | 17 60 + exercises Meeting 60 + Lunch | 18 Cultural Centre Men's Shed | 19 Tai Chi Craft | 20 Croquet BRC offices close at 12:30 pm reopen 6/01/20 | 21 | 22 |
| 23 Men's Shed | 24 | 25 Christmas Day  | 26 Boxing Day | 27 | 28 | 29 |
| 30 Men's Shed | 31 New Year's Eve | | | 2020 Australia Day Awards nominations close 12:00pm 3rd January | | |

'Twas the Night Before Christmas

WORD SEARCH



One Christmas, a mother asked her young daughter if she could name two of Santa's reindeer.

"Rudolph and Olive," replied the young girl confidently.

"Rudolph and Olive?" said the mother, quizzically.

"Are you sure?"

"Yes, mommy, Rudolph and Olive. Like in the song."

"The song?" asked the mother. "What song?"

The girl sang, "Rudolph the red-nosed reindeer, had a very shiny nose. And if you ever saw it, you would even say it glows. Olive the other reindeer...."

"It is Christmas every time you let God love others through you. Yes, it is Christmas every time you smile at your brother and offer him your hand."
~Mother Teresa

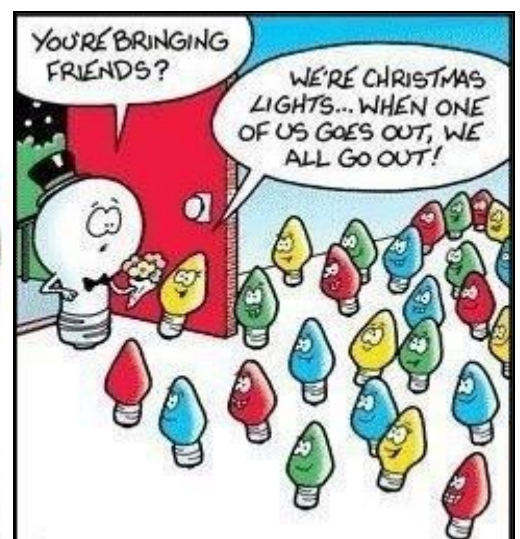
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| U | N | D | O | R | U | M | U | M | E | Q | S | R | U | L | E | V | W | E |
| D | F | U | N | R | P | V | B | O | Z | W | A | D | E | Y | E | L | O | X |
| P | I | C | I | Y | Q | I | W | O | T | S | S | E | A | C | D | U | H | I |
| S | N | L | K | X | L | C | P | R | I | Y | R | C | S | Y | N | H | F | V |
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| B | S | M | O | M | U | O | E | I | B | S | X | A | I | J | E | X | D | P |
| F | T | E | T | E | D | F | Z | B | M | T | B | O | F | Y | R | I | E | A |
| K | L | N | S | X | O | B | Q | E | D | N | T | B | E | S | V | A | G | C |
| X | E | T | E | C | H | A | R | P | R | I | E | J | R | H | R | O | X | H |
| N | D | R | F | V | D | A | A | F | E | C | M | Y | X | S | M | U | L | L |
| E | X | G | C | Q | E | H | K | O | T | H | O | P | N | R | T | A | U | R |
| R | M | N | E | H | R | P | V | V | T | O | C | O | L | S | Z | C | E | K |
| D | F | O | S | R | I | C | H | P | A | L | W | K | T | E | U | H | T | S |
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|----------|----------|----------|----------|-------------|
| BEDS | COMET | DONNER | NAP | SNOW |
| BELIEF | CREATURE | HOUSE | NESTLED | SOOT |
| BLITZEN | CUPID | KERCHIEF | PIPE | ST NICHOLAS |
| CAP | DANCED | LAWN | PRANCE | STOCKINGS |
| CHILDREN | DANCER | MOON | REINDEER | SUGAR PLUMS |
| CHIMNEY | DASHER | MOORE | SASH | TOYS |
| CLATTER | DIMPLES | MOUSE | SLEIGH | VIXEN |
| CLEMENT | | | | |



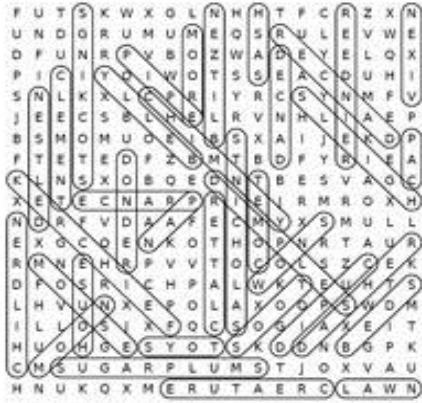
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© 2016 by King Features, Inc.
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www.familycircus.com
By artist JEFF KEANE

"Boy, Grandma! Aren't you glad you have all of us to give presents to?"



Sending you all a hug this Christmas as it's the perfect gift.. It's Free, one size fits all and it can easily be returned.

Puzzle Solution



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 - 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

Seniors Lunch: Tuesday 3rd December

Hoy: 10:00am Tuesday 10th December

Christmas Lights Tour: 7:00pm 16th December

Meeting : 10:00am Tuesday 17th December

60 & Better Lunch: 12:30pm 17th December



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

Funded by



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

