

# GARDEN CITY NEWS



**Volume 26**

**Issue 11**

**December 2020**

A free collaborative newsletter produced by Barcaldine 60 & Better Program (aimed to support older people to stay safe and maintain and strengthen connections to the community, and reduce harm and social isolation) 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.

All residents of the Barcaldine Regional Council area who are 65 years old or more and their carers are invited to attend

## *BARCALDINE REGIONAL SENIORS CHRISTMAS LUNCH*

**TUESDAY 8TH DECEMBER  
BARCALDINE TOWN HALL**

**DOORS OPEN 11:00AM**

**LUNCH 12:30PM**

**ADMISSION \$10:00**

**Entertainment**

**Raffle Lucky Door**



**RSVP BY Thursday 3rd December to 60 & Better—phone  
46512354 email [jeanw@barc.qld.gov.au](mailto:jeanw@barc.qld.gov.au) or drop in to 13 Willow St**

You do not need to be a pensioner or care services client to attend.

Hosted By  
Barcaldine



Sponsored By



## CHRISTMAS LIGHTS COMPETITION

Barcaldine 60 & Better will be doing a tour of the town Christmas Lights on **Monday 14th December**. Please let Jean know if you'd like a seat on the bus. We'll meet at 'The Willows' to leave a little after 7:00pm or when it is sufficiently dark to appreciate the creativity and efforts of people who have made displays.



## BARCALDINE 60 & BETTER PROGRAM CHRISTMAS LUNCH

TUESDAY 15TH DECEMBER 2020

AT THE WILLOWS

Please Book Your Place by Friday 11th December.

Lunch will be at 12:15pm

Cost \$10.00



### Other News from 'The Willows'.

We will continue with our regular activities until Friday 18th December. Exercise, tai chi and croquet will be at their regular times.

Hoy will be on Tuesday 1st December as the Seniors Christmas Lunch is on the 8th December.

We'll have a short meeting on 15th December to tidy up things for the year.

Computer lessons will be available on Thursday and Friday mornings as well. Please book a minimum of 24 hours ahead so the mentor is aware of your intention to attend.

We are currently working on a project to recall where people lived in the past and record this. Sharon Broughton has provided some maps and we are asking people to record when and where families lived. Everyone is welcome to participate. Please share your knowledge of forebears and their Barcaldine home with us. You are invited to attend from 11:30am on 18th December to discuss and record some of your information. Lunch will be about 12.30pm.

Thank you everyone for your support during the year. Please continue to support us next year.

The coordinator will be on leave from 21st December 2020, resuming work on 11th January 2021. Please contact Barcaldine Regional Council with any queries during this time.

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

Have a Safe and Happy Christmas and New Year. Till Next Time. *Jean*

### Congratulations Condolences

We send birthday greetings to Jack Plumb, Margaret Murray and Dawn Crawley.

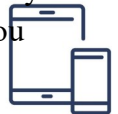
Long time residents will remember Erica (Timmy) Witt who was a renowned singer. Erica died recently and we send our condolences to her friends and family. It is many years since Erica left home but on different occasions she performed at concerts in Barcaldine.

Barcaldine Medical Centre will be closed from Wednesday 23rd December 2020 and will reopen on Monday 11th January 2021.

## **NBN Co's top tips for working securely at home:**

- Protect your work laptop or devices by not leaving them unattended in unsecure areas, and locking the screen when you are away from the device.
- Do not allow family to use your work devices or passwords as they could accidentally erase or modify important work information, or unknowingly infect your device.
- Protect your home wireless network with a password and change the default administrator password on your home router using the instruction guide for your router.
- Never reuse passwords – if one site is compromised then others are too. Consider a password manager if you're finding it complicated to keep track of your passwords
- Devices should never be left where others can see them (e.g. inside a car if you decide to duck down to the shops, or visible within a room if someone is walking past a window at street level.)
- Shred documents to dispose of them securely. If you do not have access to a shredder, store the documents safely until you can return them to work and dispose of them in secure bins.
- It is best to avoid using free Wi-Fi hotspots for work-related business. These are often unsecured and the data you transmit can be snooped on by others.
- If possible, enable multi-factor authentication (MFA) whenever possible. MFA uses your password, but also adds a second step such as a code sent to your phone or an app that generates the code for you as an extra layer of security.
- Keep personal information safe by installing the latest software and updating apps to protect your personal devices from the latest threats.
- Remember nbn will never call and ask to access your computer or advise that you're going to be disconnected. NBN Co is a wholesaler, which means it does not sell phone or internet services directly to the public. People need to contact their preferred phone and internet provider in order to make the switch.
- never give an unsolicited caller remote access to your computer or devices via the installation of programs, such as Team Viewer.
- NBN Co does not make automated calls, such as robocalls, to advise of disconnections to nbn or existing copper phone line services. Do not engage with these calls.
- Do not share your financial information (i.e. bank, credit card or gift card details) or personal details with an unsolicited caller or door knockers trying to seek payment for an nbn™ service.
- Do not share your financial information (i.e. bank, credit card or gift card details) or personal details with an unsolicited caller or door knockers trying to seek payment for an nbn™ service.

Visit NBN Co's website at [www.nbn.com.au/scamadvice](http://www.nbn.com.au/scamadvice) for information on how to identify and avoid potential scammers or for advice if you suspect you have been scammed.



## **Towards an Age Friendly World**

The World Health Organization (WHO) has for some time been advocating the need for more inclusion of older people by adapting structures and services to the needs of an ageing population.

An age-friendly world enables people of all ages to actively participate in community activities and treats everyone with respect, regardless of their age. It is a place that makes it easy for older people to stay connected to people that are important to them. And it helps people stay healthy and active even at the oldest ages and provides appropriate support to those who can no longer look after themselves.

Many cities and communities are already taking active steps towards becoming more age-friendly. A dedicated website, Age-friendly World, supports them in this endeavor by providing a one-stop-shop on age-friendly action at the local level: guides and tools, age-friendly practices and information on hundreds of city and community initiatives around the world.

Age-friendly communities are more liveable for everyone but require strong leadership and commitment.

Source: <https://www.who.int/ageing/age-friendly-world/en/>

### **Creamy Bacon Pasta Salad**

250g dried fusilli pasta

1/2 cup whole egg mayonnaise

1/3 cup sour cream

1/4 cup fresh lemon juice

200g rindless bacon, chopped

1 red capsicum, deseeded, chopped

2 green spring onions, trimmed, sliced, plus extra to serve

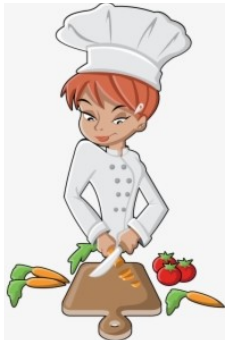
A pinch of pepper

1. Cook the pasta in a large saucepan of boiling water following packet directions or until cooked to your liking. Drain and rinse under cold water. Transfer to a bowl.

2. Combine the mayonnaise, sour cream and lemon juice in a bowl. Season well with pepper.

3. Cook the bacon in a non-stick frying pan over medium - high heat for 5 - 7 minutes or until crisp. Drain on a paper towel.

4. Toss 3/4 of the dressing through the pasta. Add the bacon, capsicum, corn and spring onions. Toss to combine. Drizzle with the remaining dressing and sprinkle with extra spring onions.



### **Brown Rice Salad**

2 cups brown rice

1kg peeled pumpkin

2 red onions cut into wedges

1/4 cup chopped sliced parsley

1-2 tbs olive oil

1/3 cup chopped pecans

2 tbs white wine vinegar

3 tsp honey

1. Preheat oven to 200° c.

2. Cook 2 cups brown rice in boiling water for 30 minutes until tender. Drain and rinse in cold water. Cool.

3. Meanwhile, cut peeled pumpkin into 2cm cubes. Peel and cut red onions into wedges. Place into a baking pan and drizzle with 1-2 tbs olive oil. Roast for 25 minutes until tender and golden.

4. Stir parsley and pecans into cooked rice. Whisk olive oil with white wine vinegar and honey. Add to rice mixture with pumpkin and onion. Toss gently. Transfer to a serving bowl. Serve.

### **Merry Mango Trifle**

800 g fruit cake sliced

1/4 cup sherry

500 g brandy custard

300 ml double cream whipped

4 mangoes fresh peeled sliced

120 g fresh raspberries \*to serve

1. Cover base of 2L dish with cake slices and sprinkle with sherry.

2. Whip cream to soft peaks. Mix together custard and cream in a bowl. Pour half over cake and spread.

3. Top with half the mango and repeat layer.

4. Top with remaining custard and cream mixture and refrigerate for 3 hours or overnight.

5. Top with raspberries to serve.

\* optional



### **Summer Punch**

2 litres tropic fruit punch mix

2.5 litres dry ginger ale

2 litres orange juice

1 litre apricot juice

2 x tins tropical fruit salad in natural juice

1 punnet strawberries

bunch of mint

bag of ice

1. Cut up strawberries into small pieces. Pick leaves off the mint and shred

2. Pour all liquids into large bowl and stir, then add the fruit salad, strawberries and mint.

3. Add 3 cups of ice to the bowl and stir. Chill for 1½ hours before serving.

4. If possible store in jugs in an esky or in the fridge and top up as it is used.

## More Top Tips for Better Portion Control

Here are some very easy ways to manage the size of your food and drink serves:

- eat portions that suit your own appetite and energy needs
- keep portions moderate in serve size and, if it helps, use smaller plates or bowls
- when eating out say “no thanks” to upsizing or supersizing
- eat slowly and stop eating when you have had enough. Don’t feel pressured to clean up the plate
- avoid going back for seconds, particularly at smorgasbords, or alternatively fill up on extra cooked vegetables or salads and then finish the meal with some fruit
- avoid distractions, for example watching the telly, when eating
- limit sugary drinks so you’re only having them occasionally and in smaller serves (375mls or less). Plain tap water is actually the best and cheapest thirst quencher
- if having a latte or cappuccino, swap over to the smaller size and have it made with low fat milk, and preferably without sugar
- when buying takeaway meals, check the serving size and also the kilojoule counts if available on their menu boards – and don’t forget to include cooked vegetables or fresh salads with your order
- if only a large serve is available, share it instead or make it last over two meals
- share a dessert or occasional foods such as a slice of cake or muffin and go for the healthier option by choosing ones with fruit and leaving off the cream.



<https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/>

## Keeping Cool in a Heatwave

Nine of Australia’s 10 hottest years on record have occurred since 2005 and last year was our third-warmest. These rising temperatures have health professionals concerned because heatwaves are a health risk. For young and old Australians especially, soaring temperatures can cause heatstroke and even death.

What’s more, blackouts aren’t uncommon during a heatwave because the use of air conditioners and fans puts stress on the electricity grid. So if a blackout does happen when temperatures are high, what can you do to protect yourself and stay cool?

A recent Australian study examined two heatwave scenarios – one a hot, humid heatwave (40 degrees celsius, 50 per cent humidity) and the other a very hot, dry heatwave (47 degrees celsius, 10 per cent humidity). They got volunteers to sit in climate-controlled rooms and test out three different strategies for keeping cool. The baseline, control strategy was drinking a cup of water every half hour.

The second group got to put their foot in water too,

and the third group got to put water all over their body with a sponge. The researchers measured the core temperature of the volunteers, their heart rate, how much they perspired and how uncomfortable they felt.

The study found that the sponge method of keeping cool was best. It helped to get rid of heat via evaporation, slightly decreased heart rate and also reduced sweating. Foot soaking was also effective but just not as much as the sponge.

The volunteers in this study were healthy young people, so the authors say more research has to be done in older populations to confirm the strategies will work for them. But the study does show that simply having access to tap water can make a meaningful difference to your ability to manage heatwaves in the event of a blackout.

As the effects of climate change continue to be felt and heatwaves become more frequent, familiarity with strategies for keeping cool will become even more important.

<https://www.mydr.com.au/news/how-to-keep-cool-in-a-heatwave>

in this issue >>>

Job List for Home Assist Secure

Home Modifications

NDIS – National Disability Insurance Scheme

Field Officer Update

Monthly Calendar



Volume: 13  
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A Monthly Insight into Community Care Services

let's connect

Our funding Organisations >>>



**Our Services include:** CHSP (Commonwealth Home Support Program), QCSS (Queensland Community Services Scheme), HCP (Home Care Packages), HAS (Home Assist Secure), NDIS (National Disability Insurance Scheme) and MOW (Meals on Wheels)



## Keeping the Dream Alive

*Christmas Arrives ..... What a Year ....*

*We can certainly say that 2020 has been a year like no other! With Christmas approaching, it will be a little different for us all, I imagine.*

*Our services will have a compulsory shut down from 12:30pm on Thursday 24<sup>th</sup> December until 8:00am on the 4<sup>th</sup> January 2021.*

*If you have an emergency during that time, please call 000. If there is a maintenance issue or a problem within your home that needs urgent attention please contact your local District Manager or call the BRC On Call Phone: 0428 683 465*

## What's all the News? Covid-19 & Services

Restrictions and border closures have certainly eased but Covid 19 is still a big part of our lives. Remember the key to fighting Coronavirus is:

1. Washing your hands
2. Personal distancing 1:2
3. Staying home if you are sick or unwell
4. Get tested if you have symptoms
5. Participate in legal contact tracing initiatives

Personal distancing is a priority ensuring you keep yourself and others safe. Wash your hands regularly and stay safe.



set the stage >>>

# What is the NDIS and who is it for?

The NDIS is a registered program to deliver services to people with a disability to enable them to live their best life, access supports at home, engage in social and community activities and access allied health supports

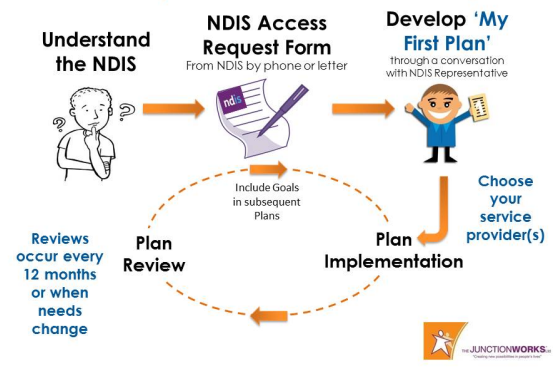
## What can I access?

You can access any services that relate directly to your disability. Under the Guidelines, the NDIS will not provide services already supplied by another system ie. Health, Housing, Justice, Child Protection.

## How do I get an NDIS Plan?

You must register with the NDIA to get an approved Plan. This is done with one of the Local Area Coordinators. You then choose a provider who can offer services to you, according to the funding and guidance items in your plan.

## Participant's NDIS Pathway



## What Services can I get?

It depends on your Plan, but generally:

- Plan Management
- Support Coordination
- Daily Tasks
- Social & Community Participation
- Assistive Technology
- Consumables
- Transport

## INTERNATIONAL MENS DAY November 19

### BECAUSE

- 76% OF SUICIDES ARE MEN
- 85% OF HOMELESS ARE MEN
- 70% OF HOMICIDE VICTIMS ARE MEN
- 40% OF DOMESTIC ABUSE VICTIMS ARE MEN
- MEN ARE THE MAJORITY VICTIMS OF VIOLENT CRIME
- MEN ON AVERAGE SERVE 64% LONGER IN PRISON
- MEN ON AVERAGE ARE 3.4X MORE LIKELY TO BE IMPRISONED THAN WOMEN WHEN BOTH COMMITTED THE SAME CRIME

## On Location!

*I shared this with our staff this week in our weekly staff meeting. Interesting to note, some of the statistics and the 'lack of reporting' of many instances around the world. Distressing that crimes against humanity go unreported.*

then what happens >>>

## Developing a Care Plan to suit your needs

*We work with you and your registered Plan, to develop the best way to effectively implement your Plan so you can achieve your Goals.*

The **GOALS** that you set as part of your Plan, set the stage for what services you receive and how your Plan will be implemented. You have **CHOICE & CONTROL**, so ultimately, its up to you!

We provide you support and transport, if you require it, within the local community, to attend to daily life activities or just to get out and about within the community.






There is no limit to the type of support you receive, as long as it fits within the scope of your Plan and will assist you to develop and achieve your goals.

In time, there will be a focus on daily social, group activities, that will be open to the community and allow daily catch ups, chats, morning teas, opportunities to connect, skill development, games, art projects, gardening and any other activity that will actively engage people and bring them together.



# Monthly Calendar for December 2020



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

## Jobs for Home Assist Secure!

- ✓ Checking on home security concerns including lighting options
- ✓ Cleaning and servicing of Air Conditioners
- ✓ Construction & Install of Grab Rails (in bathroom & toilet) & Handrails (on steps or ramps)
- ✓ Medi Alert Phone Systems – both monitored & un-monitored, landline & mobile options
- ✓ General house maintenance – minor repairs & maintenance
- ✓ Smoke Alarm replacement, servicing and maintenance
- ✓ Advice on Falls Prevention Strategies
- ✓ Connection with local tradespeople
- ✓ Referral and advice



It's good to be in high demand, but its even better when the work you do is appreciated!

During these difficult times, we are not making our usual 'drop ins'.

If you don't ring and organise with Jordan to have work completed, he will not just 'drop in'.

**We are protecting you and ourselves during Covid-19**





# the final thoughts...

When someone you love  
becomes a memory, the memory  
becomes a treasure!



## Christmas Events

**Christmas:** the festive season is upon us and there will be some activities in your local area.

**1<sup>st</sup> December** – Aramac Snrs Christmas Party

**8<sup>th</sup> December** – Seniors Christmas Party in Barcardine

**9<sup>th</sup> December** – Alpha CHSP Building completed

**10<sup>th</sup> December** – Alpha trip to Emerald (TBC)

**11<sup>th</sup> December** – Aramac trip to Longreach

**24<sup>th</sup> December** – services

conclude at 12:30pm today  
**4<sup>th</sup> January 2021** –  
Community Care Staff back to work

In the New Year we are intending of having in increase in Group Social Support activities. In **Alpha** we are aiming for 3 days a week (days to be confirmed) and 4 days a week in **Barcardine**.

You are more than welcome to join in any of these activities and more details will be provided in 2021 😊

In the next issue >>>

## In The Next Issue

*Job List for Home Assist Secure*

*Home Modifications*

*NDIS – National Disability Insurance Scheme*

*Field Officer Jobs*

*Monthly Calendar*



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Contact us on **07 4651 2187**

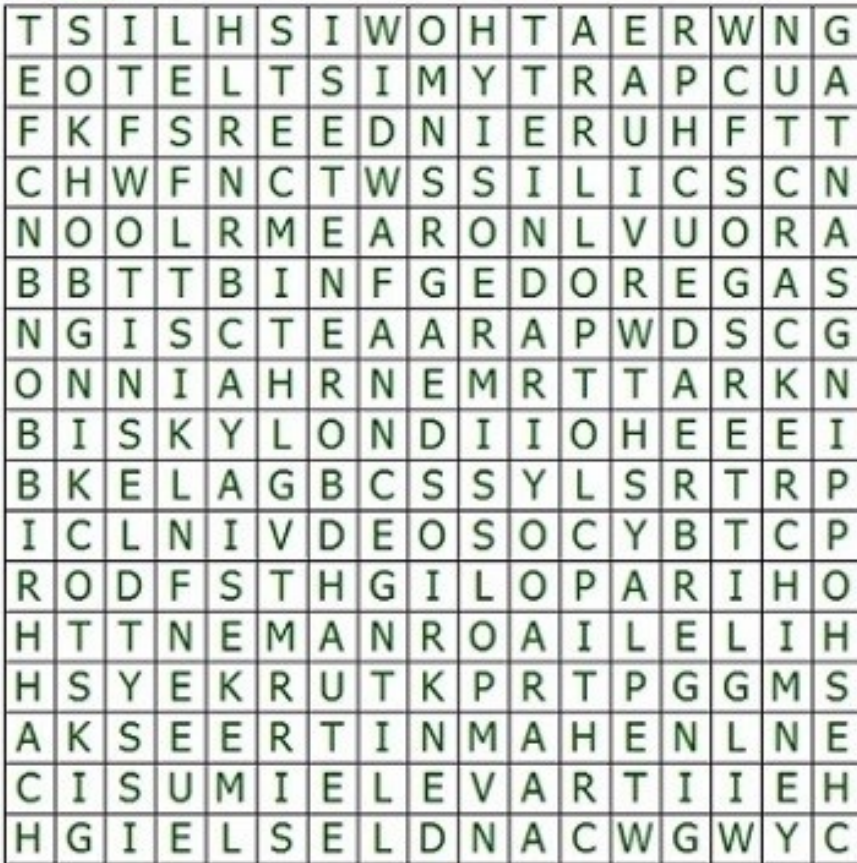
[www.barcardinerc.qld.gov.au/community-information/aged-care-disability-programs](http://www.barcardinerc.qld.gov.au/community-information/aged-care-disability-programs)



# December 2020

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1 60 + Exercises Hoy	2	3 Tai Chi	4 Croquet	5 QCWA Twilight Markets	6
7 Men's Shed	8 Regional Seniors Xmas Lunch	9	10 Tai Chi	11 Croquet	12 Bowling Club Xmas Fair???	13
14 Men's Shed Tour Xmas lights	15 60 + Exercises Meeting <b>Lunch</b>	16	17 Tai Chi	18 Croquet	19	20
21 Men's Shed	22	23	24	25	26	27
28 Men's Shed	29	30	31 <b>NEW YEAR'S EVE</b>	<div style="border: 1px solid black; padding: 5px; text-align: center;">                     Barcaldine 60 &amp; Better office                      will be closed from Monday                      21st December 2020 until                      Monday 11th January 2021.                 </div>		

**CHRISTMAS DAY**



- |             |            |
|-------------|------------|
| BOWS        | NUTCRACKER |
| CANDLE      | ORNAMENT   |
| CHILDREN    | PARTY      |
| CHIMNEY     | PLAYS      |
| COOKIES     | REINDEER   |
| ELVES       | RIBBON     |
| FAMILY      | SANTA      |
| FRIENDS     | SHOPPING   |
| GARLAND     | SLEIGH     |
| GIFTS       | SNOW       |
| GINGERBREAD | STOCKING   |
| GLITTER     | SURPRISE   |
| HAM         | TINSEL     |
| HOLLY       | TOYS       |
| HOT         | TRAVEL     |
| CHOCOLATE   | TREES      |
| LIGHTS      | TURKEY     |
| MISTLETOE   | WISH LIST  |
| MUSIC       | WREATH     |

Words may run forward, backwards and diagonally, both backward and forward. Two of the words are included twice. Can you find them?

May Christmas be about what's in your Heart and not what's in your pocket!

Remember, Christmas isn't about how big the tree is, or what's under it. It's about who's around it

"Thanks for the electric guitar you gave me for Christmas," little Chris Cody said to his uncle the first time he saw him after the holidays. "It's the best present I ever got."

"That's great," said his uncle. "Do you know how to play it?"

"Oh, I don't play it," the little fellow said. "My mum gives me a dollar a day not to play it during the day and my dad gives me five dollars a week not to play it at night

At Sunday school, the younger children were drawing pictures illustrating Biblical stories. The teacher walked by and noticed one little boy was drawing an aeroplane! "Oh, what Bible story are you drawing?" she asked. "This is the Flight into Egypt," the little boy answered. "See, here is Mary, Joseph and baby Jesus. And this," he said, pointing to the front of the plane, "is Pontius. He's the Pilot."

A boy wanted to be Joseph in the Sunday School pageant. He was cast as the landlord and objected loudly, but to no avail. When the pageant was presented, Mary and Joseph knocked on the door and asked him if he had a room for them. The boy smiled and said, "Yes, sure. Lots of room. Come on in!"



## Puzzle Solutions

Santa, Wreath

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

Funded by



Under the auspices of  
Barcaldine Regional Council

### 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](mailto: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

**Croquet:** Friday 8:30am

**Digital Learning:** Thursday & Friday 10:00am

**Hoy:** 1st December 10:00am

**Regional Xmas Lunch:** 8th December 12:30pm

**Meeting:** 3rd Tuesday, 15th December 10:00am

**60+ Lunch** 15th December 12:15pm

**Memory Lane Café** 18th December 11:30am



#### 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

