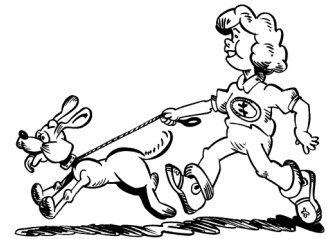


GARDEN



CITY NEWS

VOLUME 24

ISSUE 1

February 2018

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.

Australia Day

Barcaldine Regional Council hosted Australia Day this year with Australia Day ambassadors Professor Kenneth Donald and Dr Robert McGregor and Penny Button addressing the gatherings in the different towns and presenting the Australia Day Awards.

Winners of Barcaldine Regional Council Australia Day awards were:

Regional Awards

Citizen of the Year Morgan Gronold

Lifetime Recognition Thomas Lockie; Barcaldine

Highly Commended Toni Austin, Barcaldine

Young Citizen of the Year Elizabeth Pumpa, Barcaldine

Community Event of the Year Westech Field Days

Highly Commended Alpha Races, Alpha



Community Awards

Volunteer of the Year Belyando Butterflies, Alpha, Sally Newton, Barcaldine,

Vicki Croker, Jericho, Fleur Wallis, Muttaborra,

Highly Commended Alvin Bonner, Jericho

Senior Sports Award Richard Egerton, Barcaldine

Junior Sports Award Clay Gleeson, Alpha, Jimmy McClelland, Jericho,

Bianca Lumby, Barcaldine, Sydney Volker, Aramac, Tyrone Spence, Muttaborra,

Highly Commended Hayden Leaney, Jericho

Welcome back

At the end of last year we hosted a regional seniors Christmas lunch which was sponsored by Barcaldine Regional Council. It was well attended by people from across the area. Barcaldine Aged Care Inc. did a superlative catering job and we thank everyone for their support. Remember the lunch is for all older people living in the Barcaldine Regional Council area., not just 60 & Better participants or Commonwealth Home Support Program clients or pensioners.

We were invited to participate in the Christmas Light competition judging. We had a most enjoyable evening viewing the lights while our bus pilot, Carl navigated the streets and even provided rum balls for the passengers. The Barcaldine Christmas Lights winners were: Brett and Gail Jenkins, Todd and Toni Austin, Spencer Astill, Gary and Natasha Walsh, Barcaldine Country Motor Inn and Clinton and Rachael Bettiens.

The 60 & Better Christmas lunch was an enjoyable event with an array of salads and desserts to tempt the palate. This was the final event for the year. The 60 & Better Christmas money tree was drawn at the lunch. Winners were - 1st Joycelyn Bennetts, 2nd Eileen Newton, 3rd Rhonda Harvey, 4th Toby Austin.

Activities for 2018 start this week with exercises on Tuesday 30th January aqua exercises on 31st January, tai chi on Thursday 1st February and croquet on Friday 2nd February.

The first talk for the year will be on Tuesday 6th February at 10:00am. Barcaldine Regional Council District Manager, Jenny Lawrence will be our guest. All Welcome.

Tuesday 13th February is hoy day. It is also Pancake Tuesday. We'll have pancakes and pikelets for morning tea instead of sandwiches and fruit. Please come along and share the goodwill and fellowship as well as the chance to take home some extras.

The first meeting for the year will be on Tuesday 20th February. We need to set some firm dates for our proposed events and determine which new activities we'll undertake. Please come and offer suggestions.

As a trial we'll play trivia on 27th February and if it is successful further trivia mornings will be held. At present the thought is that teams of four or five players will test their knowledge across a number of topics. There may be a small prize for the top team.

Till next time Jean



If you realize you aren't so wise today as you thought you were yesterday, you're wiser today. Life is much more fun if you live it in the spirit of play and collaboration, working with instead of against others.”

Congratulations, Condolences

Happy Birthday to those who have had a birthday recently and to those who will celebrate shortly. Among those who have celebrated birthdays in the past little while are Tom Haren, Jeanette Lawson and Sister Rita Connor. People who will be having a birthday in February include Clare Ogden, Lyn Bachelor, Beryl Thompson, Pam Miller, Helen O'Sullivan and Billy Balderson.

Our thoughts and sincere sympathy go to Dawn Crawley and Allan and Shirley Clark and families and friends. Dawn's son and Allan's and Shirley's son-in-law Garth died recently.

We have been saddened by the death of Tom Lockie. Our condolences go to Tom's wife Vicki and his daughter Beccy and her family and other family members. Tom and his stories will live in our memories.

Codeine is coming off the shelves this week. Here's what you need to know

As of Thursday 1st February, codeine-based pain relief will no longer be available over the counter.

To get your hands on painkillers like Panadeine and Nurofen Plus, you will first need to make a trip to your GP to get a script.

It's part of a decision by the Therapeutic Goods Administration to move the drug from Schedule 2 and 3 to Schedule 4 (prescription only), in a bid to curb codeine addiction and misuse.

But the change doesn't mean a doctor's appointment will be necessary for every migraine, sports injury, or bout of period pain. There are alternatives for effective pain management, and in most cases, codeine is not an appropriate first line of treatment.

If you use codeine medication for acute or chronic pain, here's what you need to know.

Codeine use can be harmful. Codeine is an opioid pain medication that is converted into morphine once you swallow it.

"Traditionally, it's been used for acute pain, chronic pain, and unfortunately for some patients who have irritable bowel syndrome and diarrhoea," said Dr Bastian Seidel, president of the Royal Australian College of General Practitioners.

What doctors now know is that codeine is not an effective treatment for chronic pain, and when used over a long period of time or in a self-medicating way, can be harmful.

According to the TGA: "Codeine can cause opioid tolerance, dependence, addiction, poisoning and in high doses, death."

Research published in the Medical Journal of Australia found the rate of codeine-related deaths in Australia more than doubled between 2000 to 2009.

"Nationally, we are seeing 150 people die each year because of codeine overdoses," Dr Seidel said.

"That is completely unacceptable in the 21st century, and it's time for us to take action."

Low-dose codeine isn't that effective. Research has shown that over-the-counter pain medicines containing codeine offer very little additional benefit when compared with similar medicines without codeine.

"There are other medicines available that are more effective for pain, and certainly less dangerous

when compared to codeine," Dr Seidel said.

For acute pain, alternatives include products containing paracetamol or ibuprofen (an anti-inflammatory), or a combination of both.

"If it's dental pain, an acute headache, or you had a sports injury — and feel you need to take medication — then using paracetamol and ibuprofen in combination is certainly safer and more effective than a codeine-based product, and therefore preferable," Dr Seidel said.

He noted that anti-inflammatories like ibuprofen are for short-term use only, and given the potential for long-term side effects, should not be used regularly without consultation from a GP.

"We can't switch from one dangerous drug, which is codeine-based, to something else which is being used without any monitoring ... So again, one has to be really careful," he said.

If you find over-the-counter medicines do not provide adequate relief for your acute pain, it's time to head to the doctor for further diagnosis and treatment.

If you use codeine on a regular basis to manage chronic pain, it's a good idea to make an appointment with your GP to discuss alternative treatment plans.

"If you have a chronic medical condition, it certainly would be very reasonable to have a longer-term relationship with your doctor and see them on a regular basis, to review your medication needs and make sure you are otherwise well," Dr Seidel said.

Chronic pain usually requires a multidisciplinary approach. Alternative pain management strategies include over-the-counter and prescription medicines, as well as non-medicine interventions, such as physiotherapy, acupuncture, lifestyle changes, and self-management tools like exercise and relaxation.

Your GP may also choose to refer you to a pain specialist or pain management clinic.

"Just giving out painkillers is certainly inappropriate and not something that's going to help most patients. It's got to be a more sophisticated approach of getting people pain relief," Dr Seidel said.

If you think that you are unable to manage without codeine and experience some of the side effects of withdrawal, talk to your GP about getting help.

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

5 ways to manage arthritis and keep it from slowing you down

Arthritis is a painful problem that can interfere with your ability to do the things you enjoy. But you can take steps to manage arthritis by protecting your joints, reducing discomfort, and improving mobility. Physical or occupational therapists can be very helpful in teaching you how to modify activities and accomplish daily tasks more easily in order to manage arthritis. But there are simple things you can do for yourself, starting today. Here are five of them:

- 1. Keep moving.** Avoid holding one position for too long. When working at a desk, for example, get up and stretch every 15 minutes. Do the same while sitting at home reading or watching television.
- 2. Discover your strength.** Put your strongest joints and muscles to work. To protect finger and wrist joints, push open heavy doors with the side of your arm or shoulder. To reduce hip or knee stress on stairs, let the strong leg lead going up and the weaker leg lead going down.
- 3. Plan ahead.** Simplify and organize your routines so you minimize movements that are difficult or painful. Keep items you need for cooking, cleaning, or hobbies near where they are needed (even if that means multiple sets of cleaning supplies, one for your kitchen and each bathroom, for example).
- 4. Take advantage of labour-saving devices and adaptive aids.** Simple gadgets and devices can make it easier to perform daily activities such as cooking, gardening, or even getting dressed. Long-handled grippers, for example, are designed to grasp and retrieve out-of-reach objects. Rubber grips can help you get a better handle on taps, pens, toothbrushes, and silverware. Pharmacies, medical supply stores, and online vendors stock a variety of aids for people with arthritis.
- 5. Ask for help.** People with arthritis often worry about the possibility of growing dependent on others. But only a very small percentage of people with arthritis become severely disabled. Still, the emotional burdens of managing arthritis can be considerable. Educate family members and friends about how arthritis affects you, and don't be afraid to ask for help when you need it.

Source: www.health.harvard.edu

Sweet Potato and Zucchini Slice

2 tbs olive oil
1 large brown onion, finely chopped
300g sweet potato, peeled, coarsely grated
2 garlic cloves, crushed
6 eggs (can opt to just use whites of two if you wish)
40g plain flour (or a wee bit more if the mix is too mushy)
125g reduced fat ricotta
250g zucchini, grated, moisture removed
2 tbs each of flat leaf parsley and chives
Extra herbs, seasoning to your taste
Preheat oven to 180c Grease and line a 26x16cm slice pan.
Heat the oil in a large non stick fry pan over high heat, and cook the onion, stirring for 3 minutes or until soft. Stir in the garlic for 1 minute or until aromatic.
Whisk the eggs, and flour in a large bowl until mixture is smooth. Whisk in ricotta until just com-

bined. Stir in the sweet potato mixture, zucchini, herbs, season.

Pour the mixture into the pan. Bake for 30 minutes until golden and cooked through. Set aside to cool slightly

Serve the slice with tomatoes, and other salad.

Caramel Sauce

40g margarine or low fat spread
1 cup firmly packed brown sugar
375ml Carnation light & creamy evaporated milk
125g marshmallows
vanilla ice-cream, to serve

Combine margarine and sugar in a saucepan over a medium heat. Stir until sugar dissolves and mixture comes to the boil. Reduce heat to low and simmer for 1 minute. Pour evaporated milk into mixture and stir until well combined. Add marshmallows and stir until marshmallows melt. Pour into a serving jug and set aside to cool slightly. Serve warm with ice-cream (for a little decadence).





HOME ASSIST SECURE



CENTRAL & FAR WEST HOME MODIFICATIONS

Barcaldine & District Home Assist Secure

From the Project Coordinator

Welcome to 2018!

So begins another year and here we are in February already!

A busy year ahead for our services, with streamlining to follow the same Policies and Procedures and to get standardized services across the BRC Region.

Minor maintenance jobs will continue to be the focus of the Home Assist Secure service, so remember to let us know of those jobs you need done around the home.

Your safety and security at home is our priority.

This Program is funded by the Queensland Government and has reporting guidelines that we must meet. Last year we completed a total of 1377 jobs for you totaling 1562 hours of face to face work time. A mighty effort by Bill who goes over and above to ensure everything is just right for you!

Certainly can't put a price on this type of service to keep you living in your own home.

We look forward to working with you again, in 2018.

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

For any enquiries about the NDIS call our local advisor Cate Lynch on 0459 876 657.

Barcaldine Regional Council can supply services to eligible participants who are over 40 years of age.

Anglicare also service NDIS participants in our area, with a focus on under 40's.

We are happy to assist, in any way we can.

Contact

If you need to contact us, details are below:

Office: 07 4651 2187

Bill's Mobile: 0409 621 346

Until next time, take care

Carl's Mobile: 0408 372 526

Carl 😊

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.

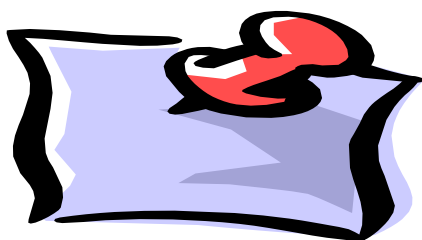
After we receive your referral from My Aged Care, we then Project Manage the referral, construction, contractors, materials and other services, who will work with us and you to ensure your needs are met.

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.

Information Sessions, Call and Messages

Noticeboard & Sign

There is a notice board at the front of the office for you to leave a message, should you call in and no one is in the office. If you leave your name and number we will contact you when we return.



With the air conditioning in the office, a sign on the footpath is displayed when we are in the office. This will advise if someone is in the office!



Phone Messages

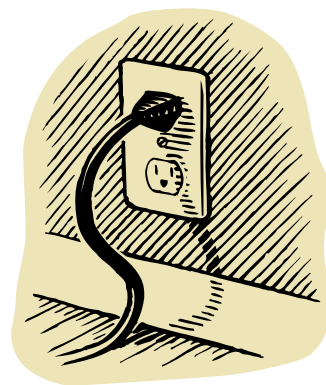
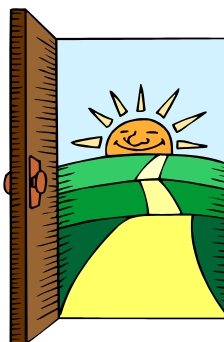
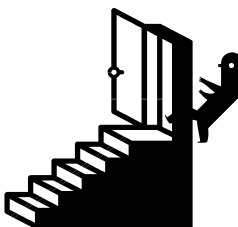
Our office is not manned all the time. If you ring, please leave a message so we can contact you when we return. **We will call you back, if you leave a message!**



Minor Home Modifications

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

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



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

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

**HOME ASSIST SECURE & CENTRAL
& FAR WEST HOME
MODIFICATIONS**

66 Ash Street
PO Box 191
Barcaldine Q4725

Phone: 07 4651 2187
Fax: 07 4651 2376
Bill's Mobile: 0409 621 346
Carl's Mobile: 0408 372 526
E-mail: carlo@barc.qld.gov.au

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

**One of the secrets to
staying young is to
always do things you
don't know how to do—
to keep learning!**

Field Officer Update

Paying Your Home Assist Accounts ...

When we complete work for you, and materials are used, we will issue you with an account for those items. Everything is itemised for you to see the actual costs.

We send this account to Barcaldine Regional Council, who issue the account through their debtors system. All payments on accounts are made to a BRC Office or Transaction Centre.

Please ensure that you pay the correct amount and if you are unsure, we usually highlight the amount owing on our invoice. Give us a call at the office if you are unsure.

We aim to give you the best possible prices on the materials we use—we don't pass on extras—just the cost to us.



We are here to assist you as best we can

Services continue as per the Calendar. Keep an eye on the Schedule of Events also, under the Calendar. !

February Focus:

Services will continue as normal through February, with the focus on windows, doors, screens and security lighting. These are low cost interventions to assist you within your home

Although security is not a huge concern, being safe within your home, certainly is. It is important that doors and windows have the ability to lock for your own personal safety. It's not difficult, just something we take for granted

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

February 2018

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

Home Assist Secure Schedule of Events

- ◆ 15th February—Aramac Planning Day
- ◆ 22nd & 23rd—Home Assist Regional Network Meeting

February 2018

Sun Mon Tue Wed Thu Fri Sat

TCD= Tai Chi for Diabetis				1 Tai Chi Craft	2 Croquet	3
4	5 Anointing Mass Men's Shed TCD	6 60 + Exercises Talk TCD	7 Aqua exercises Men's Shed	8 Tai Chi Craft	9 Croquet	10
11	12 Men's Shed TCD	13 Pancake Tuesday Hoy TCD	14 Valentine's Day Aqua exercise Men's Shed CHSP Lunch	15 Tai Chi Craft	16 Croquet	17
18	19 Men's Shed TCD	20 Exercises 60 + Meeting Aged Care AGM	21 Aqua exercises Men's Shed	22 Tai Chi Craft	23 Croquet	24
25	26 Men's Shed TCD	27 Exercises TCD	28 Aqua exercises Men's Shed CHSP Lunch			

A recent scientific study showed that out of 2,293,618,367 people, 94% are too lazy to actually read that number.

Two police officers crash their car into a tree. After a moment of silence, one of them says, "Wow, that's got to be the fastest we ever got to an accident site."

Judge: "Why did you steal the car?"

Man: "I had to get to work."

Judge: "Why didn't you take the bus?"

Man: I don't have a driver's license for the bus.



My dog used to chase people on a bike a lot. It got so bad, finally I had to take his bike away.

An optimist sees light at the end of a tunnel and thinks it's an exit.

A pessimist sees light at the end of a tunnel and assumes it is an onrushing train.

The train conductor sees two stupid guys staggering on train tracks.

The local minister sees that every morning, some apples on his tree are missing. He makes a sign: God sees everything.

The next morning, somebody writes under it: Yes, but he's not a snitch.

What goes through every village, over mountains, crosses rivers and deserts and yet never moves?

A road.

Famous Couples through history - some are real people some are characters from stories.

Can you name the other half of the couple?

Romeo _____

Eve _____

Cleopatra _____

Robert Browning _____

Ginger Meggs _____

Dave _____

Napoleon _____

Lord Nelson _____

Faust _____

Nell Gwynne _____

Robin Hood _____

Hamlet _____

Ann Boleyn _____

Marie Curie _____

Lancelot _____

Scarlet O'Hara _____

Queen Victoria _____

Samson _____

Bonnie _____

Johnnie Cash _____



Local Telephone Directory. Barcaldine Aged Care Inc. is compiling a local telephone book. Detail forms have been delivered throughout the rural and town areas. Please complete the form and return it by 2nd March if you haven't already done so. Forms can be returned to the Barcaldine post office, visitor information centre or mailed to Barcaldine Aged Care or scanned and emailed to barcytele-phone@skymesh.com.au.

PUZZLE SOLUTION

- | | |
|-----------------------------------|-------------------|
| 1. Juliet | 11. Maid Marion |
| 2. Adam | 12. Ophelia |
| 3. Mark Anthony | 13. Henry viii |
| 4. Elizabeth Barret Brown-
ing | 14. Pierre Curie |
| 5. Minnie Peters | 15. Guinevere |
| 6. Mabel | 16. Rhett Butler |
| 7. Josephine | 17. Prince Albert |
| 8. Lady Hamilton | 18. Delilah |
| 9. Gretchen | 19. Clyde |
| 10. King Charles II | 20. June Carter |

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

Health Talk: 6th February

Pancake Tuesday Hoy: 10:00am 13th February

Meeting: 10:00am 20th February

Trivia: 10:00am 27th February



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

