

# GARDEN CITY NEWS

**VOLUME 25**

**ISSUE 1**

**FEBRUARY 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. It can be found on Barcaldine Regional council website also.

## **Australia Day Awards**

Australia Day was celebrated across the region at a number of venues. The Barcaldine Regional Council hosted two Australia Day Ambassadors, Ms Olivia Hargoder and Ms Gitie House.

Barcaldine Regional Council area Australia Day Awards were presented to:-



### **Regional Awards**

**Citizen of the Year**

Certificate of Recognition

**Young Citizen of the Year**

**Community Event of the Year**

**Kristy Sparrow, Alpha**

Joycelyn Bennetts, Barcaldine

**Hayley Cridge, Barcaldine**

**Jericho Hay Run**

### **Community Awards**

**Volunteer of the Year**



**Senior Sports Award**

**Junior Sports Award**

**Cultural Award**

**Lesley Delandelles, Jericho**

**Luke Young, Jericho**

**Patrice Lawrence, Barcaldine**

**Ted Bignell, Aramac**

**Robert Turner, Muttaborra**

**Dawn James, Aramac**

**Ryan Dillon, Alpha**

**Riley O'Dell, Jericho**

**Elizabeth Pumpa, Barcaldine**

**Gladys Gifford, Jericho**

**Congratulations to all nominated for awards for your commitment to your community.**

From the Coordinator February 2019

It is almost two months since the last newsletter. Thank you everyone who attended the Seniors Christmas Lunch in December. It was a friendly time for reacquaintances and catching up. Once again Barcaldine Aged Care Inc. provided a wonderful lunch and compliments were plentiful. Songbird Louise Winter entertained with Christmas and other songs before lunch.

60 & Better participants had the privilege of taking part in judging the **Christmas lights in Barcaldine**. First prize for Private Residence was awarded to Brett and Gail Jenkins. Second prize went to Clinton and Rachael Bettiens and Ian Hansen and Mykala Balderson received third prize. The Barcaldine Country Motor Inn won Best Commercial / Community Award. Spencer Astill received the People's Choice Award.

The 60 & Better **Christmas Money Tree raffle** winner was Christine Stewart. Shirley Jackson, Shae Roston, John Cameron and Jim Allpass won the minor prizes. Thank you to all who bought tickets and supported us.

Exercises and tai chi continue at 9:00am on Tuesday and Thursdays and croquet at 8:00am on Fridays. The treadmill and exercise bike are available for use by financial members as long as two people are present (both do not need to be using exercise equipment).

The **first talk for the year** is on Tuesday 5th February at 10:00am when Barcaldine Regional Council CEO, Steven Boxall and District Manager, Jenny Lawrence will be our guests. Please come and join us for morning tea and conversation.

**Hoy** will be played on **Tuesday 12th February** and **bingo** on **Tuesday 26th February**. **Morning tea** is after **9:45am** and **games** start about **10:00am**. Please do not come before 9:30am unless you are coming to set up as exercises are in progress.

The 60 & Better Committee **meeting** is at **10:00am Tuesday 19th February**. This is an opportunity to have input into planning the year's events and developing our direction. Items already identified for consideration include cost of activities, upgrades to furniture and equipment.

**Computer lessons** (desktop, laptop, tablet, phone) are available for anyone requiring assistance. For those who are yet to sign up please do so in the next week or two. Individual mentoring and group sessions will be offered depending on what people want help with and mutually convenient times. Please let Jean know your needs and when you are available. You are able to bring and use your own digital devices.

Till next time. *Things turn out best when you make the best of the way things turn out.* *Jean*

### **Birthday Greetings.**

We send greetings to Tom Haren who has notched up another milestone. Happy 90th Birthday Tom. Jenny Lawson had a birthday recently too.

Congratulations to Pat and Clare Ogden who celebrate their 66th wedding anniversary on 9th February and Happy Birthday to Clare whose birthday is 10th February.

A little bird has whispered that Lyn Davies will be celebrating a significant birthday in February. Lyn Batchelor and Pam Miller also have birthdays in February.

### **Condolences**

Our sympathy is extended to the family and friends of Judy Balderson. Judy will be remembered for her caring and considerate nature.

We have heard of the passing of former Barcaldine resident Barbara Ruck and offer condolences to her family and friends.

## Does physical activity reduce depression, or does depression reduce physical activity?

It's a quintessential chicken and egg scenario — and a question that's plagued scientists for some time. Now, thanks to the power of modern genomics, a new study published in *JAMA Psychiatry* provides the "strongest evidence" yet that exercise has a protective effect against depression. Using the genetic data of 300,000 adults, researchers at Massachusetts General Hospital found people with higher levels of physical activity had lower odds of major depressive disorder, according to lead researcher Karmel Choi. "We found evidence that higher levels of physical activity may causally reduce risk for depression," Dr Choi said. In fact, the research shows that replacing sedentary behaviour with 15 minutes of vigorous activity each day can reduce depression risk by roughly 26 per cent.

"On average, doing more physical activity appears to protect against developing depression ... and any activity appears to be better than none." While the study showed physical activity could prevent depression, it found no evidence that being diagnosed with depression affected a person's ability to exercise.

But people diagnosed with depression are still at an increased risk of reduced physical activity, according to Joseph Firth, a senior research fellow at Western Sydney University who was not involved in the study. It's still the case that people with depression are less active than the general population, but [the study] is saying it's not necessarily the depression itself that's driving that relationship," Dr Firth said. "It could be social factors, rather than the actual genetics of depression. So, it's still worth thinking about physical activity interventions for people with depression." From <https://www.abc.net.au/news/health/>

### Sweet Potato and Cheese Muffins

olive or canola oil spray

1½ cups self-raising flour

½ cup wholemeal self-raising flour

½ cup grated sweet potato, skin peeled

2 tablespoons grated Parmesan cheese

½ red capsicum, finely diced

3 spring onions, ends trimmed, chopped (include green tops)

freshly ground or cracked black pepper, to taste

1 cup low-fat milk

2 eggs

1. Preheat oven to 200°C (180°C fan forced).

2. Lightly spray muffin tins with oil or line with paper cases.

3. Sift flours into a medium sized bowl, returning husk remaining in the sieve to the bowl.

4. Mix in sweet potato, cheese, capsicum, spring onion and pepper.

5. In a bowl, whisk milk and eggs together.

6. Add to dry ingredients and mix through until just combined. Too much mixing will make the muffins tough.

7. Spoon into prepared muffin pan.



8. Bake for 25 minutes until muffins are firm and a knife inserted into the centre comes out clean.

9. Allow to cool in the tin for a few minutes then turn onto a wire rack.

### Apple Snow Pudding

cooking oil spray

770g can sliced apples

1 cup low-fat vanilla custard

3 egg whites

pinch salt

¾ cup caster sugar

1. Preheat oven to 150°C. Lightly spray a shallow 5 cup-capacity baking dish with oil. Combine apples and custard in the dish.

2. Using an electric beater, beat egg whites and salt until soft peaks form. With beater motor running, slowly add sugar, 1 tablespoon at a time, beating well after each addition until all sugar is added and mixture is thick and glossy. Spoon meringue onto apple mixture. Form meringue into swirls and peaks. Bake for 30–35 minutes, until light golden on top.



## **Exercise can boost your memory and thinking skills**

You probably already know that exercising is necessary to preserve muscle strength, keep your heart strong, maintain a healthy body weight, and stave off chronic diseases such as diabetes. But exercise can also help boost your thinking skills. "There's a lot of science behind this," says Dr. Scott McGinnis, an instructor in neurology at Harvard Medical School.

Exercise boosts your memory and thinking skills both directly and indirectly. It acts directly on the body by stimulating physiological changes such as reductions in insulin resistance and inflammation, along with encouraging production of growth factors — chemicals that affect the growth of new blood vessels in the brain, and even the abundance, survival, and overall health of new brain cells.

It also acts directly on the brain itself. Many studies have suggested that the parts of the brain that control thinking and memory are larger in volume in people who exercise than in people who don't. "Even more exciting is the finding that engaging in a program of regular exercise of moderate intensity over six months or a year is associated with an increase in the volume of selected brain regions," says Dr. McGinnis.

Exercise can also boost memory and thinking indirectly by improving mood and sleep, and by reducing stress and anxiety. Problems in these areas fre-

quently cause or contribute to cognitive impairment. Is one exercise better than another in terms of brain health? We don't know the answer to this question, because almost all of the research so far has looked at walking. "But it's likely that other forms of aerobic exercise that get your heart pumping might yield similar benefits," explains Dr. McGinnis.

A study published in the *Journal of the American Geriatrics Society* found that tai chi showed the potential to enhance cognitive function in older adults, especially in the realm of executive function, which manages cognitive processes such as planning, working memory, attention, problem solving, and verbal reasoning. That may be because tai chi, a martial art that involves slow, focused movements, requires learning and memorizing new skills and movement patterns.

Dr. McGinnis recommends establishing exercise as a habit, almost like taking a prescription medication. And since several studies have shown that it takes about six months to start reaping the cognitive benefits of exercise, he reminds you to be patient as you look for the first results — and to then continue exercising for life.

Aim for a goal of exercising at a moderate intensity — such as brisk walking — for 150 minutes per week. Start with a few minutes a day, and increase the amount by five or 10 minutes every week until you reach your goal.

Source [www.harvard.health.edu](http://www.harvard.health.edu)

## **Why Your Feet Get Bigger as You Age**

By the time you reach your 50th birthday, you've probably also reached another milestone: you've put 75,000 miles on your feet. You may reach this milestone much earlier if you've led a foot-active lifestyle. By age 50, you may have lost nearly half of the fatty padding on the soles of your feet. And you may be wearing a shoe that's a size bigger than what you wore in your 20s, in part because of weight gain that puts greater pressure on your feet, and in part because your ligaments and tendons have lost some of their elasticity (which also predisposes them to potentially painful ruptures or microtears). If you've

given birth, you have another reason for the increase in shoe size: hormones released during pregnancy also cause ligaments to relax.

Menopause, too, can affect foot health. Unless countered by medications or exercise, the loss of oestrogen and other hormonal changes generally lead to lower bone density, resulting in osteoporosis if enough bone mass is lost. This condition can raise the risk of stress fractures (hairline breaks) in any of the bones of the foot. Unless treated appropriately, stress fractures can worsen and cause the bones to shift out of place.

Source [www.health.harvard.edu](http://www.health.harvard.edu)



The Department of Health

# HOME ASSIST SECURE

Funded by



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

## Community Care Services

### From the Project Coordinator

#### And so we begin again ...

Hope you enjoyed you Christmas and New Year with family and loved ones.

We have certainly hit the ground running, with you our focus, as always.

At a recent staff meeting I outlined our program for the year, which included these 'mantras' for our staff:

- Solutions not problems
- Positive not negative
- Passionate not mundane
- For everyone, not just the favourites
- Your energy and passion are reflected in your clients

#### Community Care Services "Tell Us What You Think"

Recently, a number of our clients were asked to complete a survey. This is important feedback on our services and will allow us to look at areas that may need improvement. We will be asking **ALL** of you to complete a 'Tell Us What You Think' form prior to Christmas. We thank you for your valuable input :-)

#### Jobs List for Home Assist

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

- ⇒ Making of threshold ramps for rises in your home
- ⇒ Servicing and cleaning of Air Conditioners
- ⇒ Servicing and replacement of photoelectric smoke alarms
- ⇒ Install of Uniden Phone alert systems

#### **Inside this issue:**

From the Project Coordinator	1 & 2
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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 ...

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### Regional Services Newsletter ...

You will see a 're-branded' newsletter coming for all those people who receive Community Care Services. This will be a Regional Newsletter about CHSP, Home Care Packages, NDIS, Home Assist Secure and Home Modifications. It will focus on our communities and will have specific information pertaining to each of them. Look out for the 'inaugural' newsletter, which will be released prior. Your local newsletter will continue as normal. 👍

### Reminders:

If there is anything you need to discuss about your services, please contact us. We are unable to make changes and assist you, if you don't tell us the issue.

### 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 😊

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## Central & Far West Home Modifications

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**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

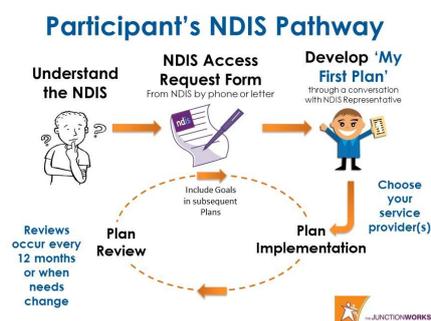
Our office is not manned all the time. If you ring, please leave a message so we can contact you when we return. **We will call you back, if you leave a message!**



## 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
- 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



NDIS Plans are focussed on the individual, to assist you to engage in local and community based activities. Our team will work **with** you, to achieve your goals. These Plans are developed to increase your independence within your home and to improve your connection to your community.

We also offer Plan Management support—where we act as the 'bank' for your Plan funds, managing payments and invoices on your behalf.

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

66 Ash Street  
PO Box 191  
Barcaldine Q4725

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

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

**Do not wait for  
leaders, do it alone,  
person to person!**

## What's happening in 2019?

We have a busy year planned. For our services there will be:

- New "Standards" to introduce before June 30th
- A "Quality Review" later in the year
- Changes to "Under 65's" Services

And .... Most importantly, for you .....

- A Regional Tour to Winton to visit the dinosaurs 😊
- A Cultural Tour around our BRC area
- Cultural Tours to Emerald in June and November

If you have any other suggestions, please let us know.

Without you, these events can't happen. We need your support and we need your commitment, to ensure we provide you the best possible social interactions.

## Field Officer Update



### February Focus:

## Storm Preparation

Windows, doors, screens and security lighting are the focus of the month.

These are some of those things the we 'just leave for later'. The old saying, a stitch in time .... applies. Sometimes its quicker, easier and cheaper to fix the problem first, than to wait.

Please ask about the jobs around your home, if we can't help, we can certainly direct you to someone who can. Your safety and security, in your home, is our main focus. 📞

If you are not a client, we can certainly join you up! It's free to join! Some friendly advice—well, its free also!

We are here to assist and help you out! Don't be afraid to ask for assistance—that's what we are here for!

# February 2019

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

## Community Care Services Schedule of Events

- ◆ **Bill is on Leave from 11th February 2019 to 15th February 2019**
- ◆ **Reminders:::::**
- ◆ Complete your "Tell Us What You Think" form

# February 2019

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

**Sat**

**Sun**

				1 Croquet Oak St park	2	3
4 Men's Shed	5 60 + Exer- cises Talk	6	7 60+ Tai Chi Craft	8 Croquet Oak St park Aust Gov Mobile Ser- vice Centre visit	9	10
11 Men's Shed	12 60 + Exer- cises Hoy	13 CHSP lunch	14 Valentine's Day 60+ Tai Chi Craft	15 Croquet Oak St park	16	17
18 Men's Shed	19 60 + Exer- cises Meeting	20 CHSP lunch 1 RAR Army Band	21 60+ Tai Chi Craft	22 Croquet Oak St park	23	24
25 Anoint- ing Mass at <i>The Willows</i> Men's Shed	26 60 + Exer- cises Bingo  Aged Care AGM	27	28 60+ Tai Chi Craft			

Q. You're riding a horse full speed, there's a giraffe right beside you, and a lion nipping at your heels. *What do you do?*

A: Get off the merry-go-round and sober up.

An outlaw rides into town and downs a few drinks at the saloon. When he steps outside again, he finds his horse has been stolen. The outlaw swears, steps back into the bar, and fires a round into the piano. The

room goes dead silent. "I'm gonna have one more beer," the outlaw bellows to the terrified crowd, "and if my horse ain't back where I left him when I'm done, I'll do here what I had to do in Houston." The locals murmur uneasily as the outlaw sips his drink. Lucky for them all, when he steps outside again his horse has been returned. As the outlaw saddles up, a local can't help but ask, "mister, what exactly was it you had to do in Houston?"

### Perks that come with the Senior Years

You enjoy hearing about other people's operations.

You can live without sex but not without your glasses.

There is nothing left to learn the hard way.

People call at 9pm and ask 'Did I wake you?'

You get into heated arguments about pension plans.

You no longer think of speed limits as a challenge.

Your eyes won't get much worse.

Your joints are more accurate meteorologists than the weather bureau.

Your supply of brain cells is finally down to a manageable size.

Your secrets are safe with your friends because they can't remember them either.

You can eat dinner at 4pm.

Your investment in health insurance is beginning to pay off.

Kidnappers are not very interested in you.

In a hostage situation you are likely to be released first.

No one expects you to run - anywhere.

People no longer look at you as a hypochondriac.

You quit trying to hold your stomach in, no matter who walks into the room.

You sing along with shop music.

Things you buy now don't wear out.

You can't remember who sent you this list.

*Thanks Gloria for supplying the original list to which I added a couple of other perks.*

*Another piece of advice - Under no circumstances take a sleeping pill and a laxative on the same night.*

**Word Search - Types of Gemstones.** Words are located vertically, horizontally and obliquely.

R	R	B	T	U	E	T	N	K	T	E	R	O	P
X	Y	N	O	A	T	N	O	U	T	E	R	E	A
T	A	O	U	Y	I	T	R	D	R	T	N	E	Q
S	E	D	A	J	R	Q	A	O	I	I	L	R	U
Y	E	Q	N	S	U	X	R	A	L	R	E	I	A
H	T	N	A	O	Z	L	R	A	E	P	E	H	M
T	E	I	I	K	A	K	M	D	H	R	L	P	A
E	M	S	E	U	U	R	E	A	I	R	M	P	R
M	E	T	M	E	U	N	T	A	U	Z	G	A	I
A	R	O	R	O	I	A	Z	B	O	P	O	S	N
T	A	E	T	R	L	A	Y	I	O	E	I	Y	E
A	L	I	T	G	A	R	N	E	T	P	G	A	Y
L	D	I	M	Z	A	P	O	T	I	E	A	E	A
D	C	U	Q	J	A	S	P	E	R	N	M	L	U

RUBY  
TURQUOISE  
AQUAMARINE  
CITRINE  
SAPPHIRE  
AMETHYST  
GARNET  
OPAL  
ONYX  
PEARL  
PERIDOT  
TOURMALINE  
EMERALD  
JADE  
KUNZITE  
TOPAZ  
AZURITE  
JASPER

### 30 Second Mystery

Two men dressed in dark clothing enter a wealthy neighbourhood in the early morning hours. They move quickly from house to house, taking everything they can. A policeman observes the pair but does not approach or arrest them.

**Who are the men and what do they take?**

#### Clues

The men wear gloves and leave no fingerprints.

The men have worked the neighbourhood before.

The men aren't breaking the law.

The homeowners prepared for the men's arrival

The men come every week at the same time.

Puzzle Solution

30 Second Mystery

The men are garbage men collecting garbage.

Word Search solution not printed

**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—Friday 8:00 am—1:00 pm

**Exercises:** Tuesday 9:00am

**Tai Chi:** Thursday 9:00am

**Craft:** Thursday 10:00am

**Croquet:** Friday 8:00am Oak St park

**Talk:** 10:00am Tuesday 5th February

**Hoy:** 10:00am Tuesday 12th February

**Meeting:** 10:00am Tuesday 19th February

**Bingo:** 10:00am Tuesday 26th February



**Executive Committee**

**President:** Lyn Batchelor

**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

