

VOLUME 23

ISSUE 6

JULY 2017

A free collaborative newsletter produced by Barcaldine 60 & Better Program and Barcaldine & District Home Assist Secure and Central & Far West Home Modifications and other contributors for participants, clients and older people in the community.

Trip along Aramac Sculpture Trail. On Tuesday 27th June a group of eager venturers traversed the country to east and north east of Aramac in search of roadside sculptures and to find 'Wally'. Aramac Senior Citizens with intrepid guide Ted led us past 'Gray Rock' and 'Clare' to 'Ballyneety' and Lake Dunn where we enjoyed some sustenance and appreciated the qualities of this quiet oasis. On the home-ward leg we checked out the remaining sculptures which included a Harry Redford tribute and roos on bikes. Thanks to our driver Ian, Aramac Seniors and all who came on the trip for making it such an enjoyable experience.



A collage of images from the Sculpture Trail trip

At 60 & Better

Tai Chi for Diabetes classes are starting on Monday 3rd July at 12:00pm. These session will go for about an hour. There will be Tuesday evening classes from 6:00pm to 7:00pm, starting on 4th July. An initial series of classes for eight weeks will be trialled. While this is aimed at those who haven't done tai chi before anyone can come whether or not they have diabetes. Classes are at *The Willows* (13 Willow St). Contact Jean (46512354 for more details).

Health talk for July will be presented by QAS paramedics. This will be on Tuesday 4th July at 10:00am, preceded by morning tea .The presentation will focus on medical information and the importance of having up to date details available when a medical predicament occurs. All welcome.

Hoy is on 11th July. Please come along and join us for a social morning and the chance to take home a few grocery items. Morning Tea and one set of cards costs \$5. Morning Tea and two sets costs \$6. All Welcome! Morning tea is from 9:45 am and the games start around 10:00am.

The 60 & Better committee is elected annually and July is the month of the Annual General Meeting. All positions are declared vacant and nominations taken for committee positions. Membership lapses at the AGM. **The AGM date is Tuesday 18th July. Time is 10:00am. Place is *The Willows*.**

Games morning will be on 25th July. Indoor and outdoor games can be played. Frisbee Golf will be on show. Because of distance requirement we'll only be playing a short form of the game. It is planned to play Frisbee golf at the Elder Olympics.

As part of Seniors Week we'll be holding the Elder Olympics on Tuesday 22nd August at the Barcaldine Bowling Club, 72 Gidyea St Barcaldine. There'll be some different games and some familiar activities to test the physical and mental agility and resilience.

Tuesday morning exercises and Thursday morning tai chi classes continue and are not too strenuous. They are low impact and offer a short period of physical activity and some social interaction each week. Croquet on Friday mornings is another opportunity to engage in some healthy physical and social activity.

The treadmill and exercise bike are available for use by financial members of the 60 & Better Program. Fill in the forms and arrange a time to exercise. For safety, we ask that two people are present when using this equipment.

Till next Time.

Stop and embrace the essence of who you are.

Cheers, Jean

Christmas in July in Blackall is Monday 17th July. It is being held at Blackall Golf Club. Cost is \$25 per person.

Morning Tea will be at 60 & Better rooms from 9:30am. Doors open at 11:00am for Traditional Christmas Lunch at the golf club. There will be a multi-draw as well. Please contact 46576194 for more details.

Aramac Seniors will be taking a bus and could have a few spare seats. Contact Betty Williams **46513198** if you'd like to go on the Aramac bus.



Condolences

We send condolence to the families and friends of former Barcaldine residents Keith Seaby and Margaret (Midgee) Thorpe. Our thoughts and prayers are also with families and friends of Dennis O'Sullivan, Kath Stephenson and Eileen Lynch

Birthdays

Belated birthday greetings to Delma Stewart, Ron Saming, and Edna Salmond who had birthdays in June. We send birthday wishes to Marie O'Dell, Bill Owens and Dale Smith who have birthdays in July.

Driving and dementia: Take away the keys?

Caring for a person with dementia or Alzheimer's disease presents a range of challenges. Spouses, family members, and friends must deal with feelings of loss as the person they know seems to slip away. Supporting a loved one with basic activities of daily living can be time consuming and exhausting. And it is difficult to balance protecting the person you're caring for and preserving what independence remains.

One of the trickiest problems for caregivers to negotiate with people with dementia is driving. The consequences of a misstep behind the wheel can be deadly.

Whether or not it is safe to drive can be complicated, particularly when the person is only mildly impaired. Some believe that driving privileges should not be taken away until a person is clearly an unsafe driver. But can you identify an unsafe driver before an accident occurs?

Driving requires amazing coordination — the eyes, brain, and muscles must process information and respond to it quickly. Driving skills may seem sufficient until an unexpected situation occurs when a person with dementia can panic or freeze with indecision.

One way to gauge the risk is to observe the person's general behaviour. If friends and family see their

loved one exhibit poor judgment, inattentiveness to what's going on around him or her, clumsiness, and slow or inappropriate reactions, then that person should not get behind the wheel.

Ideally, a tactful and respectful approach will preserve the person's self-esteem while getting them off the road. Some people may agree to stop driving for other reasons — for instance, the car needs repair or the license or registration has expired. You can also opt for a road test with a driver's rehabilitation specialist, who can offer an independent assessment of safety. People with Alzheimer's disease sometimes take seriously a written prescription from a physician that says, "Do not drive."

A health professional can assess the fitness and ability to drive. If you hold a Queensland driver licence, or are applying for a Queensland driver licence, you have a legal obligation to notify the department as soon as you become aware of any permanent, or long-term medical condition that is likely to adversely affect your ability to drive safely. The department can legally require you to give medical evidence (i.e. a current Medical Certificate for Motor Vehicle Driver (form F3712) completed by your treating doctor) about whether you meet the medical criteria for the class of driver licence you hold, or the class of driver licence you are applying for.



Sources: www.health.harvard.edu

www.tmr.qld.gov.au

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.

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.

Exercise can also boost memory and thinking indirectly by improving mood and sleep, and by reducing stress and anxiety. Problems in these areas frequently cause or contribute to cognitive impairment.

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. That may be because tai chi, a martial art that involves slow, focused movements, requires learning and memorizing new skills and movement patterns.

Easy Pumpkin Risotto

- 1 onion, diced
- 2 tablespoons olive oil
- 2 tablespoons butter
- 2 cups arborio rice
- 3 cups butternut pumpkin, diced
- 2L vegetable stock
- 1-2 teaspoons dried sage or fresh is better
- 1 cup parmesan cheese, grated
- freshly ground black pepper



In a large, heavy saucepan, heat the oil and butter and fry the onion until translucent. Add the rice and sauté for 2 minutes, then add the pumpkin. Sauté for another 3 minutes. Pour a cup of stock into the rice and stir until it has been absorbed. Repeat this process until the rice has cooked through and most or all of the stock has been used. Stir through grated Parmesan and serve. Top with some more grated Parmesan and freshly ground black pepper.

For an even nicer flavour, try roasting the pumpkin before hand.

Slow Cooker Sticky Date Pudding

- 1 1/4 cups self-raising flour
- 1 1/2 cups brown sugar
- 2/3 cup milk
- 1 egg
- 50g butter, melted, plus 25g extra chopped
- 1 teaspoon vanilla
- 200g fresh dates, pitted, finely chopped
- 2 cups boiling water
- Double cream, to serve

Spray inside of 6-cup capacity slow-cooker bowl.

Combine flour and 1/2 cup sugar in a large bowl. Whisk milk, egg, butter and vanilla in a jug until combined. Pour over flour mixture and stir until smooth. Stir through dates. Pour into prepared slow-cooker bowl.

Sprinkle with remaining sugar. Dot with extra butter. Gently pour over boiling water. Cook, covered, on high for 1 hour 40 minutes or until a crust forms and top springs back when pressed with finger.

Turn off slow-cooker. Stand pudding, uncovered, in bowl for 10 minutes. Serve with cream.

Why do we age?

While a healthy diet and exercise can help keep us younger on the inside, we can't completely stop our cells from ageing as the years roll by.

Exactly why is complicated and scientists don't have all the answers.

One common notion is that there is something in our genes — a biological clock — that causes us to tick towards old age.

Another is that over time, our body and DNA accumulate damage.

Key to this is the idea of cellular senescence — a biological phenomenon in which cells stop dividing.

When senescence sets in, it limits our ability to repair tissue when we get injured. Senescent cells release substances that encourage chronic inflammation in the body, increasing a person's risk of cancer and other conditions like arthritis.

Another focus of modern research is telomeres — structures on the ends of our gene-carrying chromosomes that shorten with age. When this happens, the risk of disease seems to increase.

"The question is whether [telomeres] play a causa-

tive role in ageing, and what intervention will alter ageing in a safe way," says Dr Lindsay Wu, head of the Laboratory for Ageing Research at UNSW.

Experiments to extend telomeres in animals have been mixed — in some animal experiments, higher cancer rates were seen, but in others the process protected against some signs of ageing.

"The jury's still out on whether telomere lengthening is useful [in combating ageing]," Dr Wu says.

Researchers all over the world are hard at work exploring ways to arrest the ageing process.

One area of particular focus is drugs that could kill off cells that have reached the point where they stop dividing.

In one study, scientists extended the lives of mice by progressively removing these senescent cells from their bodies.

Another area of interest centres around the drug metformin, which has been used to treat type 2 diabetes for decades and has been shown to keep animals healthy and extend their life.

Source: <http://www.abc.net.au/news/health/2017-06-14/>



HOME ASSIST SECURE



CENTRAL & FAR WEST HOME MODIFICATIONS

Barcaldine & District Home Assist Secure

From the Project Coordinator

New Smoke Alarm Legislation for Queensland

You may have heard about the new smoke alarm legislation. There are some things you need to know:

- It is a **10 year** roll out (2027) if you own your own home
- You will need a smoke alarm in **every bedroom** and **hallway** leading to a bedroom
- All the smoke alarms need to be **interconnected** with each other (if one goes off, they all go off)
- If you are in a rented home, you must contact the landlord or the real estate agent as the time for upgrade is different (2022) but the same rules apply
- **You do not need to upgrade immediately**
- Our current smoke alarm program will keep you safe in your home



The old saying still stands: **If you don't use it, you will lose it!**

Jobs List

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

- ⇒ Installation of handrails and grabrails for safety
- ⇒ 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

Inside this issue:

From the Project Coordinator	1 & 2
Home Modifications	2
Information Sessions & calls	3
Contact Details & Quotes	4
Field Officer Update	4
Home Assist Secure 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

The NDIS

People aged under 65 years will soon be able to access the NDIS (National Disability Insurance Scheme). This will replace the current State funded system. No one will miss out on services, however there will be a registration and assessment process to access services.

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

Further work...

Bill now has a number of other 'jobs' collected while doing smoke alarms. Please be patient as he works through the list of jobs.

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 😊

Major Home Modifications

Currently, we have a waiting list for services. Under Consumer Directed Care you are able to choose your own contractors. If there is anyway we can assist you, please contact us today for an assessment!

This program provides **MAJOR** Home Modifications to clients who are eligible. We are able to provide you with increased access and keep you safely within your own home, instead of moving into an Aged Care Facility.

An Occupational Therapist will visit and make some recommendations. We are also able to offer a Tele-health option for those clients who wish to take part. This may included the construction of a **ramp, steps, bathroom, kitchen, stair climber, water lift or other modification** to your home, to increase access and safety.

We then Project Manage the referral, construction, contractors, materials and other services, who will work with us and you to ensure your needs are met.

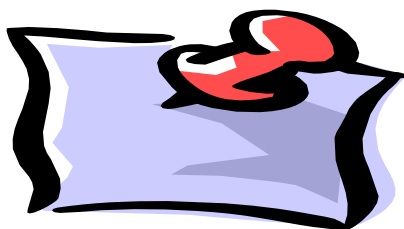
This Program covers the whole of the Central West Region, including Diamantina, Winton, Barcoo, Blackall/Tambo, Barcaldine and Longreach areas. Eligibility and funding conditions do apply to this Program.

For a brochure and further information about funding and the process, contact the office.

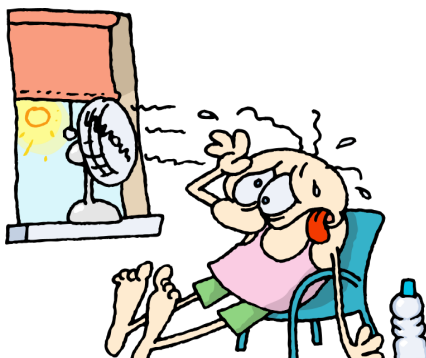
Information Sessions, Call and Messages

Noticeboard & Sign

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



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



Phone Messages

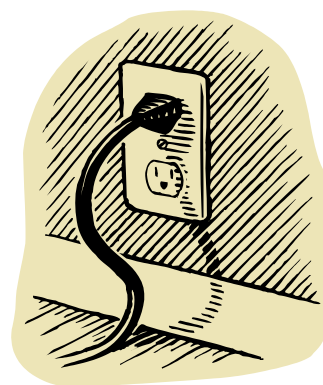
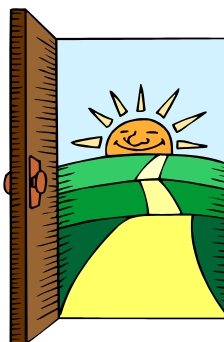
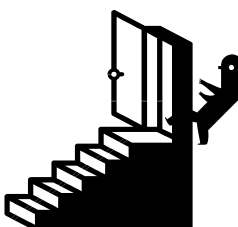
Our office is not manned all the time. If you ring, please leave a message so we can contact you when we return. **We will call you back, if you leave a message!**



Minor Home Modifications

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

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



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

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

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

66 Ash Street
PO Box 191
Barcaldine Q 4725

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

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

**Make the most of
yourself by fanning the
tiny, inner sparks of
possibility into flames
of achievement!**

Field Officer Update

Policies and Procedures ...

Our services are all covered by BRC and specific service Policies and Procedures. There is a Regional Client Handbook that is available to all clients and also policies and procedures related to many other areas within our services.

There are guidelines that are set out by each of the Departments that provide us funding, that we must abide by. Sometimes things may seem unfair, but I assure you they are consistent across the whole service.

As changes to our services occur you will be notified if it will have an effect on you. Mostly the changes are administrative and we deal with those internally.

If you require any further information, please give us a call. We are more than happy to assist you.



Services continue as per the Calendar. Keep an eye on the Schedule of Events also, under the Calendar. Every second Friday, Bill will spend the morning maintaining and updating equipment. This is a time for us to make sure the equipment we use is in working order, maintained and ready to go!

July Focus:

Services will continue as normal through July, with a focus on any of those little annoying problems that bother you!

Sometimes a sticking cupboard, a window that doesn't open, a door that drags, a gate that doesn't open properly, dripping tap or anything similar that you've been 'meaning to get fixed'.

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

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


July 2017

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

Home Assist Secure Schedule of Events

- ⇒ **9-11—Clinical Governance Training in Rocky**
- ⇒ **24th-28th—Carl on leave**

July 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
TCD Tai Chi for Diabetes Mondays 12-1 pm Tuesdays 6-7 pm		Cancer Council Biggest Morning Tea Oak St Park 6th July				1 Races
2	3 Anointing Mass at The Willows Men's Shed TCD	4 60 + Exercises Health Talk TCD	5 CHSP Lunch	6 Tai Chi Beadng Biggest Morning Tea	7 Croquet	8
9	10 Men's Shed	11 60 + Exercises Hoy TCD	12	13 Tai Chi Beadng	14 Croquet	15
16 Aged Care Bingo	17 Men's Shed TCD Xmas in July Blackall	18 60 + Exercises AGM TCD	19 CHSP Lunch	20 Tai Chi Beadng QMF presentation 'Bach to Bush'	21 Croquet	22
23	24 Men's Shed	25 60 + Exercises Games TCD	26	27 Tai Chi Beadng	28 Croquet	29
30 Steam trains at Museum	31 Men's Shed		Elder Olympics 22nd August 	St Joseph's school is seeking chess players to mentor students once a week during August and September. Pleas contact Claire Baillie - phone 46512450 or email claire_baillie@rok.catholic.edu.au		

Murphy says to Paddy, 'What ya talking into an envelope for?'
"I'm sending a voicemail ya fool!"



Local police hunting the 'knitting needle nutter', who has stabbed six people in the rear in the last 48 hours, believe he following some kind of pattern.

Bought some rocket salad yesterday, but it went off before I could eat it!

A teddy bear is working on a building site. He goes for a tea break and when he returns he notices his pick has been stolen. The bear is angry and reports the theft to the foreman. The foreman grins and says, "Oh, I forgot to tell you, today's the day the teddy bears have their pick nicked.

Statistically, six out of seven dwarfs are not Happy.

I'm addicted to brake fluid, but I can stop whenever I want.

"I stand corrected," said the man in the orthopaedic shoes.

I went on a once in a lifetime holiday. Never again.

I told my doctor that I broke my arm in two places. He told me to stop going to those places.

Atheism is a non-prophet organization.

Time flies like an arrow, fruit flies like a banana.

I waited and stayed up all night and tried to figure out where the sun was. Then it dawned on me.

Never criticize someone until you have walked a mile in their shoes. That way, when you criticize them, you'll be a mile away, and you'll have their shoes.



People become really quite remarkable when they start thinking that they can do things. When they believe in themselves they have the first secret of success. – Norman Vincent Peale

Some succeed because they are destined. Some succeed because they are determined. – Unknown



A happy person is not a person in a certain set of circumstances, but rather a person with a certain set of attitudes. – Hugh Downs

SPLIT WORDS Combine the split words in the grid into twenty whole words of two fragments.



Theme: **DANCE**

TAN	HIP	CO	TLE	TLE	LET	TWO	CHA
BAL	CON	RUM	KA	KA	DIS	ERN	BALL
ROOM	BO	CHA	TROT	TROT	GING	CLOG	FOW
GA	HU	SAL	MY	MY	BO	BA	BA
SA	MOD	LIM	HUS	HUS	SHIM	GO	SAM

SIX PACK Place one of the mathematical symbols (+, -, x or ÷) in the boxes between the numbers to make the equation correct. Any symbol can be used; you will not necessarily need to use all four. All operations should be performed from left to right, and the result at each step will always be a positive whole number.

$$4 \square 3 \square 1 \square 2 \square 6 = 5$$

$$6 \square 5 \square 2 \square 1 \square 4 = 3$$

$$4 \square 2 \square 3 \square 6 \square 5 = 1$$

$$5 \square 6 \square 2 \square 3 \square 4 = 1$$

PUZZLE SOLUTION

Slit words: ballet, ballroom, chacha, clogging, conga, disco, foxtrot, hiphop, hula, hustle, limbo, mambo, modern, polka, rumba, salsa, samba, shimmy, tango, twostep

Six packs

$$4 \times 3 + 1 - 2 - 6 = 5$$

$$6 + 5 + 2 - 1 \div 4 = 3$$

$$4 \times 2 + 3 - 6 \div 5 = 1$$

$$5 \times 6 \div 2 \div 3 - 4 = 1$$

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

Tai Chi: Monday 12:00pm Tuesday 6:00pm
Thursday 9:00am

Beading: Thursday 10:00am

Croquet: Friday 9:00 Oak St park

Health Talk: 10:00am 4th July

Hoy: 10:00am 11th July

Annual General Meeting: 10:00am 18th July

Games: 10:00am 25th July



Barcaldine 60 & Better Program -

A Healthy Ageing Program

Funded by



Under the auspices of
Barcaldine Regional Council

Executive Committee

President: Lyn Batchelor

Vice President:

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

