

GARDEN CITY NEWS

VOLUME 24

ISSUE 5

JUNE 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.

USEFUL MALE HEALTH INFOGRAPHICS FROM AROUND THE WORLD.

MEN'S HEALTH WEEK
11 - 17 JUNE 2018
 MEN'S HEALTH WEEK IS ABOUT SHOWING THE AUSTRALIAN COMMUNITY THE STATE OF MALE HEALTH IN ALL ITS FORMS FOR A WEEK EVERY

MEN'S HEALTH FACTS

- Men are more likely to die from heart disease at earlier ages.
- Men are at a significantly higher risk of dying from liver disease.
- 80% of spinal cord injuries occur in young Men.
- 70% of developmental and learning disabilities affect Boys.
- Men have an increased risk of dying from diabetes.

4.4 Men live 4.4 years less than Women.

11 The last 11 years will be in poor health.

Men make up 56% of the workforce.

Yet 94% of all workforce fatalities are Men.

The top 3 reasons for reduced lifespan in Men are cardiovascular disease, suicide, and motor vehicle accidents.

Only 30% of a Man's overall health is determined by his genetics:
 Having a Y chromosome is not an excuse for unhealthy lifestyle choices.

Globally, alcohol kills almost 6 times more Men than Women.

MYTHORHEALTH ABOUTMYTHORHEALTH MAN UP All statistics sourced from "A Roadmap to Men's Health: Current Status, Research, Policy & Practice 2016" published by the Men's Health Initiative of British Columbia.

At 60 & Better

The next Health Talk is on Tuesday 5th June. Wendy Trueman, Workplace Health and Safety Officer with Barcaldine Regional Council will be our guest. Please come and learn more about staying safe. Morning tea is after exercises and the talk is at 10:00am

Hoy is on Tuesday 12th June at 10:00am. Come and have a social morning and join in some fun and mental stimulation. Morning tea is from 9:45am.

The next committee meeting is on Tuesday 19th June at 10:00am. Please come and share your ideas. We welcome input that can help us continue to deliver activities and events that are relevant and that people want to take part in.

Bingo (60 & Better style) is on 26th June at 10:00am after smoko. Everyone is welcome to come and play.

Digital Learning for Older Australians (Be Connected) is available. It replaces Broadband for Seniors. Be Connected is an Australia wide initiative empowering all Australians to thrive in a digital world. Through Be Connected, older Australians are able to learn the basics of how to connect online, including how to: use a digital device, be safe online, send emails, use Facebook and other social media, shop online, share holiday photos with family, and much more. Please let Jean know if you are interested in learning some basics.

Seniors Week is 18 - 26 August 2018. The Elder Olympics are being planned for Wednesday 22nd August. The venue is Barcaldine Bowling Club. We will be inviting people from across the region. Please consider the events you'd like on the programme and make your suggestions. There may be team competitions as well as individual events.

A trip to Charleville is being contemplated. It will be in October. Costings are being worked out. A minimum number of 12 people will be needed for the trip to go ahead. If you are interested please let Jean know.

On a personal note, I'll be away for family reasons for the first week in June.

Some folks are wise and some are otherwise.

So till next time, take care. *Jean*

Condolences

We send our sincere condolences to the family and friends of Paul Webb who died recently. Paul was a long term resident who worked in the soil lab at Queensland Department of Main Roads before his retirement.

We also report the passing of Ken Murray who was a quite man with a bush knowhow and skills to match. We send our heartfelt sympathy to Margaret and her family and friends.

Birthday Greetings

People celebrating their birthday in June include Merv Bryant, Delma Cliffe, Glennie O'Toole, Karen Brown and Carl O'Neill. Happy Birthday, may you enjoy your day.



SENSATIONAL SOCIAL COOKING

With NWRH Dietitian Kristin Lawrence

11:30 am - 1:00pm Thursday 7th June

At The Willows

Come chat & cook a tasty meal and share your cooking tips

This workshop is for anyone wanting to:
 cook easy, tasty, healthy meals on a budget
 ask questions and learn more about eating well for healthy ageing
 enjoy some social lunchtime fun

Contact NWRH 46527100 for more information

RSVP by 6/06/18 to 46512354 or put name on list on table

One Pot Chicken Curry

- 1 tablespoon cooking oil
- 750 g boneless chicken thighs, cubed
- 1 large brown onion, cut into wedges
- 1 teaspoon ground ginger
- 2 cloves garlic, minced
- 1 tablespoon curry powder
- 1/4 teaspoon ground cumin
- 250 ml chicken stock
- 2 carrots, peeled and sliced
- 2 large potatoes, washed and cubed
- 375 ml tin coconut milk (you can use the light variety)
- 500 g tin canned diced tomatoes, drained
- Freshly ground salt and black pepper to taste



Method

Heat oil in a large pot over a medium to high setting. Add the chicken and salt and pepper to taste. Cook until browned, stirring occasionally. Add the onion and fry until slightly tender. Add the ginger, garlic, curry powder and cumin and fry for a further two minutes.

Pour over the stock and stir, ensuring you scrape all the brown tasty bits at the bottom of the pot.

Stir in the coconut milk and add the potatoes. Leave to simmer for five minutes, and then add the tomatoes and carrots. Simmer until vegetables are tender and season further if required. (serves four)

Peanut Butter Biscuits

- 2 tablespoons butter
 - 3 firmly packed tablespoons dark brown sugar
 - pinch salt
 - 1/4 teaspoon pure vanilla extract
 - 2 tablespoons peanut butter
 - 1 egg yolk
 - 1/4 teaspoon baking soda
 - 1/4 cup plain flour
 - whole peanuts, for sprinkling
- Preheat oven to 180°C and line a baking tray with baking paper.

In a microwave-safe bowl, heat butter until just melted.

Mix melted butter, sugar, salt, and vanilla together using a spoon. Then stir in peanut butter.

Add egg yolk and stir again. Add baking soda and flour, and stir until combined.

Form the dough into balls and place on baking sheet. Flatten balls.

Sprinkle a few peanuts on top of the dough. Bake for about 10 minutes until golden brown.

Remove baking sheet from oven and let biscuits cool before enjoying.

You are less likely to overeat if you eat slowly and savour every mouthful.

Vegetables are a fantastic food to fill up on as they are incredibly nutrient dense and high in fibre.

What are the Symptoms of Heart Failure?

Despite the name, heart failure does not mean the heart has failed completely. Instead, it means the heart isn't pumping efficiently enough to meet the body's need for blood.

When the body first detects that it's not getting an adequate blood supply, it tries to compensate. Stress hormones rise, pushing the heart to beat faster and harder. Blood vessels narrow in an effort to keep blood pressure stable. To keep blood flowing to the heart and brain, the body diverts blood away from less important tissues. The body also retains sodium and fluid in an attempt to supplement the volume of circulating blood.

Heart failure causes two major problems for the body: (1) the tissues and organs don't get enough oxygen, and (2) fluid builds up in the lungs and tissues. Each of these spawns a series of distinct complaints. Lack of oxygen, for example, can lead to fatigue and mental confusion, while fluid build up can cause weight gain and swelling in the feet and ankles. If you're unfamiliar with heart failure, you could easily interpret these as isolated symptoms. People often mistakenly attribute the early signs of heart failure to being out of shape, being overweight, or just getting old. Adding to the confusion

is the fact that the symptoms can wax and wane over the course of the illness.

At first, heart failure generally affects only one side of the heart. The side of the heart where the weakness begins influences which early symptoms predominate:

- When heart failure mainly affects the left side of the heart, blood backs up into the lungs, causing shortness of breath and coughing.
- When mainly the right side is affected, blood backs up into the veins and builds up in body tissues, often leading to swelling in the legs.

Heart failure affects an estimated 5.8 million adults in the United States, and people over age 40 have about a one-in-five chance of developing the condition in their lifetime. In the past, people with heart failure tended to live an average of five years after diagnosis. But thanks to earlier diagnosis and rapid advances in treatment, many people diagnosed with heart failure today go on to enjoy many more years of fulfilling life than that.

So, if you're experiencing any of the symptoms listed above, don't hesitate to see your doctor. As with so many heart-related conditions, early diagnosis makes a world of difference.

Source: www.health.harvard.edu

Gout: Inflammation and Your Joints

Inflammation is a key component of arthritis and other chronic joint diseases. Gout, a painful and potentially debilitating form of inflammatory arthritis, develops when tiny, needle-shaped crystals of uric acid (a biological waste product) accumulate in the joints. The presence of these uric acid crystals triggers the release of cytokines, and these inflammatory messengers attract neutrophils and other white blood cells to the scene. Gout usually affects one joint at a time, most often the big toe, but sometimes it occurs in a knee, ankle, wrist, foot, or finger.

Early on, gout flare-ups tend to be intermittent. If gout persists for a long time, the joint pain can be ongoing and mimic other types of arthritis. After several years, uric acid crystals may collect in the joints or tendons. They can also collect under the

skin, forming whitish deposits. They are called tophi, lumps of tissue that form under the skin of fingers, knuckles, and elsewhere.

Most people with gout make too much uric acid. Often they have a family history of the disease, are overweight and have high blood pressure, high cholesterol, or diabetes. High protein diets, especially those rich in organ foods such as liver, kidney, and sweetbreads can raise uric acid levels and increase the chance of gouty attacks. Some people develop gout because their kidneys excrete too little uric acid.

In addition, obesity, sudden weight gain, or alcohol use can elevate uric acid levels. Some medications, particularly diuretics, also can boost levels of uric acid.

Source: www.health.harvard.edu



HOME ASSIST SECURE



CENTRAL & FAR WEST HOME MODIFICATIONS

Barcaldine & District Home Assist Secure

From the Project Coordinator

The NBN and what happens next...

You should first contact your current provider for options and deals available.

For any other issues or information ring NBN co on:

1800 687 626

Happy to assist and direct you but we will not be installers or contact your service provider.

The NDIS and what do I need to do ...

You should contact the NDIS directly for further information. There is a local support worker, Chris Kelso, based in Longreach. She can be contacted on 0436 674 312 or office 07 4938 5338.

Do you have a Key Safe?

We have key safes available for your use. We always own these and they can be installed free of charge. The only people who know the codes are emergency services and Community Care Staff and they are for **EMERGENCY** use only.

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

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
60 & Better Calendar	6

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

All clients who have an Oricom or Uniden call alert phone we have:

- i. Registered you with the NBN co as having an alert system phone
- ii. Will provide you with your reference number
- iii. You will be contacted by phone by the NBN co and registered on their database
- iv. You will need to contact your telephone service provider and advise them also. Tell them you have also been registered with the NBN co.

SMOKE ALARMS

Bill has been around to all of you, according to our list. If you haven't been seen, give us a call—it means we don't have you registered on our list.



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.

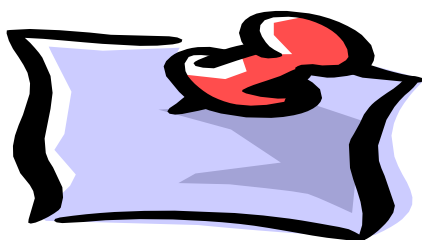
After we receive your referral from My Aged Care, we then Project Manage the referral, construction, contractors, materials and other services, who will work with us and you to ensure your needs are met.

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

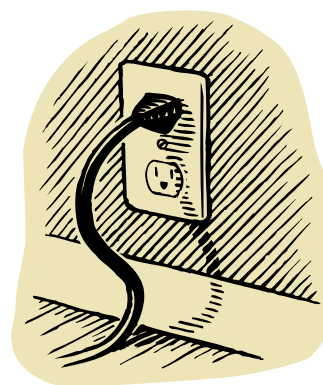
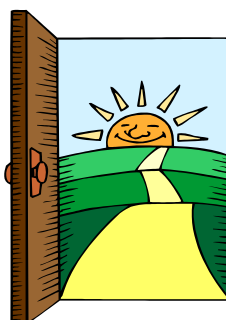
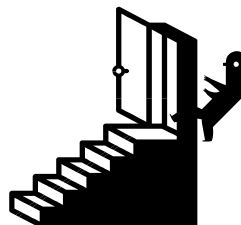
Our office is not manned all the time. If you ring, please leave a message so we can contact you when we return. **We will call you back, if you leave a message!**



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. A My Aged Care referral is required also. 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 (Occupational Therapy and My Aged Care Assessment) 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

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

**To keep the lamp
burning, we have to
keep putting oil in it!**

Leave and Holidays ...

All staff are entitled to Holidays and Leave, as the need arises. Sometimes, life events cause us to rush off without notice!

Generally, our holidays are taken at 'quieter' times during the year, so as not to adversely effect the services we provide you.

We can't help where Public Holidays fall, however. If we miss you because of a Public Holiday, we will aim to make up any visits if there need arises.

BRC requires us to take our Leave and Holidays, in accordance with Policies and Procedures, so sometimes it is just organising things the best we can.

We will always ensure to advise you, if possible, when we are on holidays or leave.



Field Officer Update

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

June Focus:

Handrails!

Such a simple addition to assist you on steps and in areas you are not so confident anymore. We can mould these to suit your situation and home, so that you are safer and more enabled. Don't wait for an accident or a fall and then say, "I've been meaning to get that fixed!"

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!

June 2018

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

Home Assist Secure Schedule of Events

- ♦ 21st & 22nd June—Bill on Leave
- ♦ 23rd to 30th June—Carl on leave

June 2018

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1 60 + Croquet Oak St Park	2 Blackall 60 & Better Cent Sale QCWA Markets	3
4 Men's Shed	5 60 + Exercises Health Talk	6 Men's Shed CHSP Lunch	7 60 + Tai Chi Craft Cooking Class	8 60 + Croquet Oak St Park	9 Races	10
11 Men's Shed 'Camerata Live' 7:30pm Town Hall	12 60 + Exercises Hoy	13 Men's Shed	14 60 + Tai Chi Craft	15 60 + Croquet Oak St Park Movement for Life	16	17
18 Men's Shed	19 60 + Exercises Meeting	20 Men's Shed CHSP Lunch	21 60 + Tai Chi Craft	22 60 + Croquet Oak St Park Movement for Life	23 Steam Trains at Museum	24 Steam Trains at Museum
25 Men's Shed	26 60 + Exercises Bingo	27 Men's Shed	28 60 + Tai Chi Craft	29 60 + Croquet Oak St Park	30	

Q. What is the biggest lie in the entire universe? **A.** I have read and agree to the Terms & Conditions.

An older gentleman was on the operating table awaiting surgery and he insisted that his son, a renowned surgeon, perform the operation. As he was about to get the anaesthesia he asked to speak to his son. "Yes, Dad, what is it?" "Don't be nervous, son; do your best and just remember, if it doesn't go well, if something happens to me, your mother is going to come and live with you and your wife...."

My neighbour, who is 95 years old, asked me the other day: "When do you think I should stop saving for my old age".

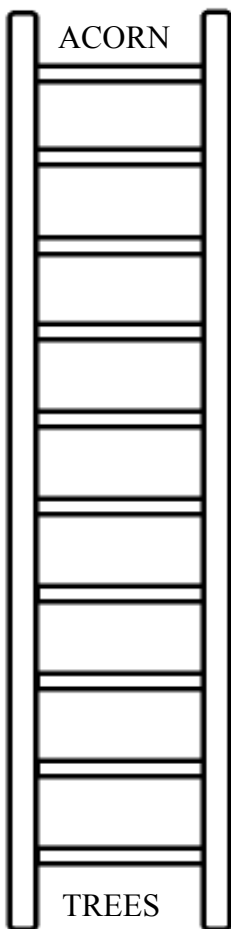
You might be old if your favourite part of the newspaper is "25 years ago today!"



A wise old man celebrating his 100th birthday got a visit from a local television reporter at the nursing home to interview him. "Are you able to get out and walk much?" the reporter asked. "Well, I certainly walk better today than I could a hundred years ago."

A panda walks into a bar and gobbles some beer nuts. Then he pulls out a gun, fires it in the air, and heads for the door. "Hey!" shouts the bartender, but the panda yells back, "I'm a panda. Google me!" Sure enough, *panda*: "A tree-climbing mammal with distinct black-and-white colouring. Eats shoots and leaves."

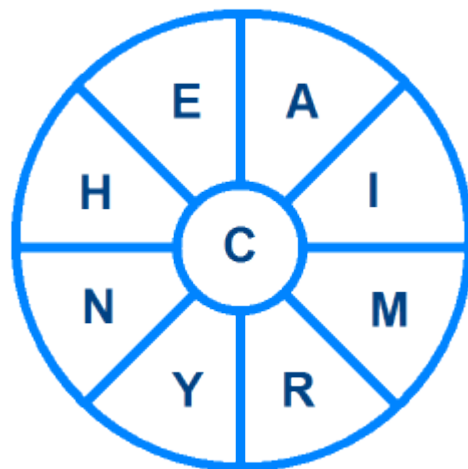
A word ladder is a sequence of words formed by changing just one letter each time eg CAT - COT - DOT - DOG. Can you find the missing words? Use the clues if you get stuck.



- Clues:
- Contempt
 - Result
 - Ambit
 - Gradient
 - Swill
 - Failures
 - Ice masses
 - Runs away
 - Liberates



How many words can you make from the letters in the wheel? Each word must contain the hub letter C. Can you find a 9-letter word and at least 20 other words of five letters or more avoiding proper nouns?



For beautiful eyes, look for the good in others; for beautiful lips, speak only words of kindness; and for poise, walk with the knowledge that you are never alone. *Audrey Hepburn*

PUZZLE SOLUTION

Word Ladder Solution:

ACORN, SCORN, SCORE, SCOPE, SLOPE,
SLOPS, FLOPS, FLOES, FLEES, FREES, TREES

Hub 9 letter word: MACHINERY

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

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 8:30am Oak St park

Health Talk: 10:00am 5th June

Hoy: 10:00am 12th June

Meeting: 10:00am 19th June

Bingo: 10:00am 26th June



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.

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

