

GARDEN CITY NEWS

VOLUME 25

ISSUE 5

JUNE 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. If you prefer it can be emailed to you. The newsletter can be found on Barcaldine Regional Council website also.

25 Years of Barcaldine 60 & Better Program

On 13th May 1994 the first meeting of Barcaldine 60 & Better Program was held. 60 & Better Programs were funded by Queensland Health Program Development Branch and established in 23 locations across the state. The programs are now administered by the Queensland Department of Communities, Disability Services and Seniors.

The purpose of the programs is to stimulate physical, social, intellectual and emotional health needs and address social isolation through using principles of social justice, community development and a primary health care approach.

60 & Better is endeavouring to provide a variety of activities to meet the wants and needs of older adults.



Foundation Barcaldine 60 & Better member, Clare Ogden, cutting a cake to celebrate 25 years of 60 & Better.

Digital Learning for Older Australians

If you are interested in coming to classes or learning some basic or a little more about digital technology please complete a digital skills questionnaire that is available at 60 & Better. It is hoped classes will be on Mondays at 11:30 am and Thursdays at 10:30am. Classes will start in July. If you would like to share your knowledge you are welcome to attend as a mentor or a participant.

There are a number of courses from absolute basics explaining different types of devices including tablets and smart phones and learning to use devices through to using the internet and the many applications available. Please enrol and complete the questionnaire in June. You are welcome to explore before classes begin.

At 60 & Better

Over 80's book. We are seeking input from anyone who would like to contribute a little about themselves to be recorded in the book or help on the project. This will take a little while to complete so we need to start shortly. This is a continuation of from the series of books started by Dell Aylett.

Talk on 4th June is at 10:00am. Cr Garry Bettiens is our guest speaker for the morning. Garry will be talking about Barcaldine Aged Care Inc. facilities being developed at Beech Street Village.

Hoy is at 10:00am on Tuesday 11th June. Morning Tea is from 9:45. Unless you are joining in exercises and helping to set up please do not come before 9:30 or a bit after that.

Our next **meeting is on Tuesday 18th June at 10:00am.** This will be the last meeting before the AGM which will be in July. Please come and offer your ideas as the program is meant to be guided by the input of the participants.

Don't forget **Bingo on Tuesday 25th June.** We'll try and increase the size of some cards so people can read the numbers a little more easily. Morning Tea is from 9:45. Unless you are joining in exercises and helping to set up please do not come before 9:30 or a bit after that.

The health talk for July has been arranged with a visit from QAS on 2nd July

There is a tentative booking for trip to Muttaborra on Tuesday 6th August. Please let me know if you are interested.

Recently I attended a workshop in Longreach where the concept of age friendly cities and communities was discussed. This is not a new idea and the World Health Organization has been promoting the need to make communities accessible for all. Age Friendly communities provide more than changes to structures and better lighting. Embracing what older people can offer, reducing ageist attitudes and stereotyping of older people, as well as including older people in decision making and provision of services are part of being an age friendly community.

I am taking leave from Monday 24th June until Friday 5th July. Please contact a committee member or Barcaldine Regional Council with any enquiries.

Some days you just have to create your own sunshine.

Till next Time Jean.

Birthday Greetings

Happy Birthday to Ron Saming who will be 80 on 6th June. Congratulations on achieving your OBE.(Over Bloomin' Eighty.)

We also wish Karen Brown, Carl O'Neill, Diane Chilcott, Joy Smith, Brian Batchelor, Glennie O'Toole a **HAPPY BIRTHDAY!**

Condolences.

Saddened to hear of the death of Una Vale. Una will be remembered for her community involvement and spirit. We offer our condolences to her family and friends and the Jericho community.

We are also sorry to hear of the passing of long term Barcaldine resident Joy Cliffe and offer her family and friends our sympathy.

It is with a heavy heart we note the passing of Anita French. Anita was a teacher at Barcaldine State School for a number of years.

Slow Cooker Lemon and Lime Delicious

180 g butter softened
1 1/2 cups caster sugar
1/3 cup self-raising flour sifted
1 1/2 tbs lemon rind
1 1/2 tbs lime rind
3 tbs fresh lemon juice
3 tbs lime juice
3 egg yolks
1 1/2 cups milk
4 egg whites

Beat butter and sugar until light and fluffy.

Mix in flour, lemon and lime rinds plus juices.

Combine egg yolks and milk in a separate bowl, then whisk into butter mixture.

Beat egg whites until they form stiff peaks, then fold into the batter. Spoon mixture into a lightly greased, heat-proof bowl and cover with aluminium foil.

Pour one cup of water in the slow cooker, add the pudding.

Cover and cook on low for 5-6 hours.

Serve with cream or ice cream, if desired.

This recipe suits a 5 litre capacity slow cooker.

Get more juice from a lemon by microwaving it.

Heat up your lemon (or any citrus fruit) for 20 to 30 seconds. Apply pressure by rolling it on the counter or in your hands before cutting it in half and juicing. The fruit will be softer and easier to squeeze.

One Pot Beef Stew

2 tablespoons olive oil
1kg chuck steak, cut into 4cm chunks
1 brown onion, chopped
3 tablespoons tomato paste
2 teaspoons sweet paprika
1 tablespoon plain flour
1 1/2 cups beef stock
150g button mushrooms, quartered
2 carrots, peeled and thickly sliced
1kg potatoes, peeled, cut into 4cm chunks
200g green beans, trimmed, cut to 4cm
1/2 cup sour cream, to serve



Heat half the olive oil in a large saucepan and cook beef over high heat in 3 batches until well browned. Transfer to a plate.

Reduce heat to medium and add remaining oil and onion. Cook for 5 mins, until soft.

Add tomato paste and paprika and sprinkle flour over. Cook, stirring, for 1 min. Gradually add stock, stirring constantly.

Return meat to the pan, cover and bring just to the boil. Reduce heat to very low and cook gently, covered, for 1 hour.

Add mushrooms, carrot and potato. Replace lid and cook for 45 mins then add beans and cook a further 15 mins.

Serve topped with a dollop of sour cream.

Healthy eating as we get older

Healthy eating is just as important for older adults as it is for everyone, and eating should be an enjoyable and sociable activity that we can look forward to, while still being a healthy one.

Unfortunately a number of older Australians have poor diets – often from not eating a variety of nutritious foods. When we don't give our bodies the nutrients they need, our health can suffer.

Although your appetite and capacity to eat may change as your metabolism slows and energy output decreases, food and eating protect and fuel the body. Not eating well enough can accelerate the ageing process.

Eating a variety of foods can help keep food inter-

esting. Nutrient rich vegetables are essential but so too is protein in your diet to keep all body systems working.

Include plenty of lean meat, fish, poultry and/or alternatives; milk, yoghurt, cheese and/or alternative; vegetables, legumes (eg baked beans, kidney beans and chick peas) and fruit; plenty of cereals, including breads, rice, pasta and noodles – preferably wholegrain

Some foods, such as lollies, chocolates, soft drinks and cakes, do not fit into the food groups. These are not needed for our bodies, and should only be eaten every now-and-then or in small amounts.

Drink plenty of water!

Source: Nutrition for Seniors: a guide to healthy habits for eating well as you age.

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

7 HEALTH FACTS MEN NEED TO KNOW

Only **30%** of a man's overall health is determined by his genetics.

70% is controllable through lifestyle.

Men live **9** years in poor health - mostly preventable by making small lifestyle changes.



MENTAL WELLNESS

Inactive men are **60%** more likely to suffer from depression than those who are active.

DRINKING



Those who consume 4 to 10 drinks a week at most have a **lower risk** of developing type 2 diabetes. Drinking more than 10 drinks a week almost **doubles your risk** of type 2 diabetes.

7-8 HOURS

SLEEP

Men who sleep 7-8 hours a night have about **60%** less risk of fatal heart attack than those who sleep 5 hours or less.



ACTIVITY

Men who climb 50 stairs or walk 5 city blocks a day may lower their risk of heart attack by **25%**.

NUTRITION

How easy is this?! Getting your 5-7 servings of fruit and veggies is as simple as a glass of orange juice, one potato, one big carrot, ½ an avocado, and a pear.



DontChangeMuch.ca
MensHealthFoundation.ca

SOURCES
www.statcan.gc.ca/tables-tableaux/sum-som/101/cst01/hlth67-eng.htm
www.health.gov.bc.ca/library/publications/year/2004/inactivity.pdf
www.hc-sc.gc.ca/fn-an/food-guide-aliment/choose-choix/fruit/serving-portion-eng.php
www.nhlbi.nih.gov/health/public/sleep/healthy_sleep.pdf
www.ncbi.nlm.nih.gov/pubmed/18952563
www.ncbi.nlm.nih.gov/pubmed/7572969
www.ncbi.nlm.nih.gov/pubmed/10857962
www.ncbi.nlm.nih.gov/pubmed/11976443



The Department of Health

HOME ASSIST SECURE

Funded by



ndis Official Provider



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

Community Care Services

From the Project Coordinator

Health and Well Being Expo

As a part of Seniors Week, we will be holding a Health and Well Being Expo in Barcaldine. Transport to and from this event will be complimentary and you are all welcome to attend. We plan to showcase all the health and well being services available within our region and how to make contact with the people you need.

There will be no set agenda for the day, it will be a casual approach with smoko and lunch available, activities, health screenings, information and demonstrations.

This is an opportunity for you to discuss your health needs and have a catch-up with friends from other towns—a very social and casual day.

More information will follow in the coming weeks

Cultural Trips ...

Winton Trip—5th and 6th September. Donna and Maree will give more information about this trip. It will be an overnigher in Winton and we will give you some options on accommodation, but it will be your responsibility to organize a bed.

Emerald Trip—21st & 22nd November will also be an overnigher

Jobs List for Home Assist

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

- ⇒ Checking on home security concerns including lighting
- ⇒ Covering of Air Conditioners for winter
- ⇒ Servicing and replacement of photoelectric smoke alarms
- ⇒ Uniden phone alert systems

Inside this issue:

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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 ...

New Aged Care Standards, Home Care Packages and Quality Audit ...

There is a change to the Home Care Common Standards that we worked with for the past 5 years. These have now become the single set of Aged Care Quality Standards. There will also be some changes to Home Care Package arrangements and we will undertake a Quality Audit, where assessors may contact you about the services you receive from us. All positive experiences to improve the options we can deliver to you. We focus on Service, Quality, Communication and Reputation. 👍

Reminders:

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 😊

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.

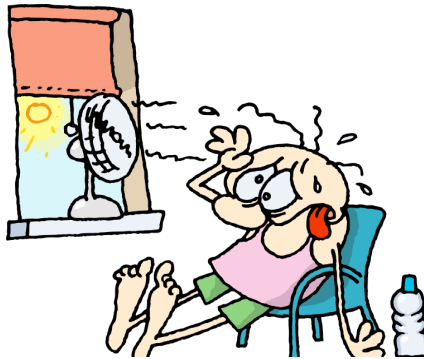
Community Care Services Office (Barcaldine)

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

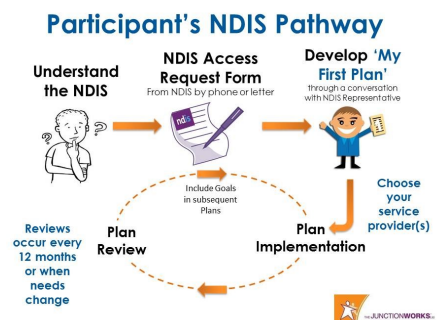
Our office is not manned all the time. If you ring, please leave a message so we can contact you when we return. **We will call you back, if you leave a message!**



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, including consumables
- 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 & Support Coordination



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*

**A new challenge keeps
the brain kicking and
the heart ticking!**

Our Values for Service!

Every decision we make about the services we provide, have you at the centre. It is because of you, we are here.

To ensure those decisions offer you the best possible outcomes, we hold strong the following values.

1. **Integrity**—being honest, consistent and transparent in our delivery of service.
2. **Leadership**- using a collaborative approach to making decisions with you.
3. **Fairness**- ensuring an equitable approach across all areas of service.
4. **Commitment**- dedicated, professional staff, who continually improve.
5. **Respect**- for you as the seniors and elders of our communities, and
6. **Responsiveness**- providing the best possible outcomes in a timely manner. 👍

Field Officer Update



June Focus:

Handrails and Grab Rails



Sometimes we just need to feel a little more steady. A handrail or a grab rail is an ideal way to gain that sense of safety and balance, without imposing on our daily life. They are cheap, easy to install and very effective. Ask us about them, we have many different options.

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!

June 2019

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
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		

Community Care Services Schedule of Events

◆ Reminders:::::

SAVE THE DATE:

Health and Well Being Expo in Barcaldine Wednesday 21st August

The World Health Organisation officially classified video game addiction as a disorder at its World Health Assembly in Geneva. Source: Life Choices: https://www.yourlifechoices.com.au/the_meeting_place/post/call-for-medicare-rebates-to-treat-this-addiction

June 2019

Mon

Tue

Wed

Thu

Fri

Sat

Sun

Get Gardening Competition - nominations open 10th June					1	2
3 Men's Shed	4 60 + Exercises Talk 10am	5 CHSP Lunch	6 60 + Tai Chi Craft	7 Croquet Oak St park 9am	8 Races Barchaldine Trivia Night Bowling Club	9 Steamfest Historical Museum 8th & 9th
10 Men's Shed	11 60 + Exercises Hoy 10am	12	13 60 + Tai Chi Craft	14 Croquet 9am	15 Bush Dance St Joseph's School	16
MEN'S HEALTH WEEK 10 - 16 JUNE 2019						
17 Men's Shed	18 60 + Exercises Meeting 10am	19 CHSP Lunch	20 60 + Tai Chi Craft	21 Croquet 9am	22	23
24 Anointing Mass at The Willows Men's Shed	25 60 + Exercises Bingo 10am	26	27 60 + Tai Chi Craft	28 Croquet	29 Races Alpha	30

A mother said to her son, "Look at that kid over there; he's not misbehaving." The son replied, "Maybe he has good parents then!"

Little Susie, a six-year-old, complained, "Mother, I've got a stomach ache." "That's because your stomach is empty," the mother replied. "You would feel better if you had something in it." That afternoon, her father came complaining that he had a severe headache all day. Susie perked up, "That's because it's empty," she said. "You'd feel better if you had something in it."



Little Johnny came in from the backyard sobbing. His mother asked "What's the matter?" "Dad was fixing the fence and hit his thumb with the hammer," he said through his tears. "That's not so serious," his mother said, "and a big boy like you shouldn't cry about that. Why didn't you just laugh?" "I did!" cried Johnny.

A police officer stopped at a farm and demanded to search for illegal drugs. The farmer said that was fine but told him to stay away from the bottom paddock as he wouldn't like it.

Agitated by this, the officer explodes. "Do you see this badge son! This badge means I can go where I please, when I please, how I please! You have no authority when it comes to telling me where I can go!"

The farmer nods and politely goes about his business. A short time later he hears screaming and looks to see the officer being chased by a big old mean bull. Just as it looks as though the bull is about to gore the officer the farmer drops his tools and run to the fence and screams "your badge, show him your badge"!



WORD LADDER

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.

CROSS Clues

	Harvests
	Cages
	Army Unit
	Cavils
	Hauls
	Components
	Social Gathering
	Deflect
	Harass
	Mythical
	Monster
HAPPY	

HANDS Clues

	Domains
	Paths
	Diminishes
	Desires
	Delays
	Legal Documents
	Hot Cereal
	Clutches
	Complain
	Fumble
	Orchard
GLOVE	

In which three sports does the winner cross the finish line backwards?

Can you think of a common eight letter English word that has one vowel and seven consonants?



Puzzle Solutions

CROSS, CROPS, COOPS, CORPS, CARPS,
CARTS, PARTS, PARTY, PARRY, HARRY,
HARPY, HAPPY

HANDS, LANDS, LANES, WANES, WANTS,
WAITS, WRITS, GRITS, GRIPS, GRIPE,
GROPE, GROVE, GLOVE

3 sports - rowing, backstroke (swimming), tug-of-war

Which word - strength

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 9:00am Oak St park

Talk: 10:00am Tuesday 4th June

Hoy: 10:00am Tuesday 11th June

Meeting: 10:00am Tuesday 18th June

Bingo: 10:00am Tuesday 25th June



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

