

GARDEN CITY NEWS



VOLUME 25

ISSUE 2

March 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.

Pancake Day Morning Tea

Tuesday 5th March

10:00am

At 'The Willows' (13 Willow St)

Cost \$ 5



DIGITAL LEARNING for OLDER AUSTRALIANS

Introductory Session at *The Willows*

11:30am

Wednesday 6th March



Please bring along your digital devices and let us know what you wish to learn or how we can help. Peer educators are welcome. If you have knowledge of certain devices or applications please come and share your knowledge. Light lunch provided.

Caring for Carers of People with Dementia Project

Meet Professor Lynne Parkinson from Central Queensland University for lunch at 12:30pm on Friday 8th March at *The Willows*. Prof Parkinson is leading a project to support carers of people with dementia. The program will run for six weeks and will be via videoconferencing. All carers and interested people are invited to attend lunch and gather information.

At 60 & Better

The year is moving along with March already here. We have a few things happening. As you've noticed by the front cover next week will be a busy one.

Do come along to any activities and especially the meeting with Professor Parkinson about caring for the carers of people with dementia. This is a topic which is important not only to the primary carers but to all who want to learn more about dementia. Please let Jean know by Thursday 7th March if you are coming (for catering purposes). It is also International Women's Day.

Hoy is on 12th March at 10:00am preceded by exercises at 9:00am and morning tea from 9:45am. All welcome. Cost is still \$5 for morning tea and one set of cards.

Meeting date is 19th March at 10:00am. Please come and share your ideas to keep the program growing.

Bingo (sixties style) is on Tuesday 26th March at 10:00am. We look forward to your company.

Cent sale. The date for the cent sale is 6th April. It will be held at the town hall. Doors will open at 12:30pm for a 1:30pm start. All donations will be gratefully received.

Raffle Again we are having an Easter raffle with the 'Bunny with the Money'. First prize is \$200, second is \$50, third is \$30 and fourth prize is \$20. All prizes come with money, bunny and Easter eggs. Tickets are \$2 and the raffle will be drawn on 18th April.

Trips At the committee meeting it was decided as there had been very little interest in a cruise we'd look at travelling to places closer to home. Charleville is an option and Muttaborra has been suggested as a day trip. It takes time and commitment for these outings to happen. No dates have been set but we'll keep you informed.

A couple of thoughts to share. Till next time. *Jean*

It's better to do something imperfectly than to do nothing perfectly.

Use what talent you possess - the woods would be very silent if no birds sang except those that sang best.

Central Queensland Hospital and Health Service
National Bowel Cancer Screening Program
BreastScreen Queensland are bringing to

Barcaldine Town Hall

Monday 4th March

6 - 7 pm

Breast and Bowel Cancer Screening Chat

It's interesting, entertaining and could save your life.

RSVP 49207209 for catering purposes

Condolences

We send our sympathy to the family and friends of former Barcaldine resident Sandy Pearson.

Birthday Greetings for March

Happy Birthday to

Marj Egerton, Heather Tysoe, Euan Miller, Colleen Burns, Mary Arthur, Norma Hauenschild, Jean Williams, Beccy Plumb, Ann Gribble, Gay Gesch, Roger Kempson, Noel Spanner, Neville Brown, Ethel Horman, Ivan Bashford, Margaret Hoskins, Shirley Jackson. Hope everyone has an enjoyable day.

A special mention that Mary Arthur is celebrating a milestone birthday.

We have a book for people to enter birthdays of those they'd like to be mentioned in Birthday Greetings in the newsletter. Please put your name and the names of any others you think would like to be recognised in the book next time you visit us.

Six Steps to Cognitive Health

So how do you keep your brain healthy, stay cognitively fit, and build your cognitive reserve? It's easier for some people than for others. And though genetics set the stage for your brain health, you can do something to improve your brain health and cognitive fitness.

First it is important to remember that you need a healthy body to have a healthy brain. Therefore, ensuring your brain health depends upon regularly seeing your doctor, following her or his recommendations, and managing any health conditions you have.

The heart of our brain health and cognitive fitness program, however, involves lifestyle changes. Researchers at Harvard Medical School have identified six cornerstones to any effective brain health and cognitive fitness program. Though we refer to them as "steps," they should all be done together rather

than sequentially:

Step 1: Eat a plant-based diet

Step 2: Exercise regularly

Step 3: Get enough sleep

Step 4: Manage your stress

Step 5: Nurture social contacts

Step 6: Continue to challenge your brain

Together, these can yield real results, leading to changes in both your brain's structure and function. But the key word is "together." These factors are equal parts of a cohesive plan—they don't work in isolation. Simply eating more fibre or adding a morning walk to your routine isn't enough to forestall mental decline. Instead, exercise, diet, sleep, stress management, social interaction, and mental stimulation work in concert to yield results.

Source: www.health.harvard.edu

Using a wheelchair or mobility scooter on footpaths and roads

The Queensland road rules
A person with a mobility impairment who uses a wheelchair or mobility scooter is considered to be a pedestrian under the Queensland road rules.

By law, wheelchairs or mobility scooters used by people with a mobility impairment can go anywhere a pedestrian can go, such as footpaths, shopping centres and nature strips. Road rules that apply to pedestrians also apply to wheelchair and mobility scooter users. These are:

Footpaths: Wheelchairs and mobility scooters can be used on footpaths, bicycle paths, shared paths and nature strips (such as grass verges between the footpath and the road). Footpaths must be used wherever possible to avoid riding on the road.

On the road: You must not use your wheelchair or mobility scooter on the road in the same way as a car.

A wheelchair or mobility scooter can only be taken on the road if there is no footpath, pathway or nature strip available, and only where a pedestrian is allowed to walk.

If you do need to use the road, stay as close as possible to the side of the road, and travel in the opposite direction to traffic so you have good visibility.

If you need to cross a road, always cross at the safest possible point. Use pedestrian crossings, traffic lights or refuge islands if available. You must obey all traf-

fic signals intended for pedestrians.

In Queensland, a motorised wheelchair that is used outside of the home, for example on footpaths and to cross roads, must be registered with the Department of Transport and Main Roads.

To be registered, your motorised wheelchair must:

- have an electric motor
- be designed and built for a person with mobility difficulties
- have a tare weight of 150kg or less
- not be capable of travelling more than 10km/h on level ground.

The tare weight refers to the device only, and does not include the user, goods or equipment.

Registration is provided free of charge and includes compulsory third party insurance which may protect the user against compensation claims for personal injury following a crash (for example, a crash between a motorised wheelchair and a pedestrian on the footpath where the motorised wheelchair user was at fault).

If you move to Queensland from another state or territory and you use your motorised wheelchair outside of your home, you must register your motorised wheelchair in Queensland within 14 days

You do not need a licence to use a motorised wheelchair.

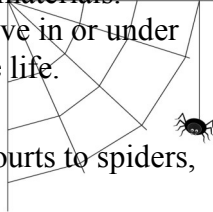
(From Wheelchairs and Mobility Scooters - Department Of Transport and Main Roads, 2017).

Easy Ways to get rid of Spiders

Believe it or not, spiders don't always come inside. In fact, only 5% of house spiders have ever been outside. House spiders grow in numbers when egg sacs are carried in on furniture or building materials. From there they mate, and generally live in or under the same house throughout their entire life.

How to get rid of spiders in the home

1. Move the bins. Bins are like food courts to spiders, as flies love to hang around rubbish.
2. Grow eucalyptus. You might like the smell of eucalyptus, but spiders do not. Consider growing eucalyptus as a houseplant or outside to discourage them from setting up camp in your home.
3. Turn off outdoor lights. Lights attract insects, that attract spiders that will want to eat them.
4. Deter those creepy crawlies with cinnamon. So grab yourself a cinnamon candle to burn and say farewell.
5. Lemon Peel Spiders hate citrus. Rub lemon peel all over your windowsills, bookshelves and anywhere they might like to hide. This is an easy way to move them along, and out of your home!
6. Vinegar- Grab a spray bottle and mix white vinegar and water together. Go around the house and spray your mixture into all the little crevices around your home to deter spiders - it'll work a treat.
7. Peppermint If you're really worried about the smell of vinegar, try peppermint! Fill up a spray bottle with water and add 20 drops of peppermint essential oils. Head to the cracks and corners of your house and spray the mixture into them to get rid of



spiders without killing them. Another option is using a peppermint tea bag. Once you've brewed the tea, leave the squeezed bag in the room that's prone to spiders to deter them.

8. Clean up. Keep things spick and span. Dust, vacuum and de-clutter your home regularly to keep eight-legged friends out of the house. Keeping your home cleaned regularly will mean spiders don't get a chance to build webs and set up shop in your home.
9. Clean the garden. The fuller your garden, the easier it is for spiders to build webs and set up camp. If you've got lots of plant pots and foliage around your house that spiders love to build webs in, then it's time to clear and prune.
10. Seal up the cracks. Spiders will gain entry to your home through cracks and openings around windows and doors. Prevent them by sealing up the cracks with sealant.
11. Get rid of old drink vessels. Spiders are big fans of old bottle and cans so recycle them as quickly as possible before they move in.
12. Bleach - Bleach is useful for many things - one of which is a homemade pesticide. Spraying diluted bleach onto areas where spiders are lurking will soon get rid of them.
13. Lavender - Lavender might smell lovely to us, but spiders aren't such fans! Fill a spray bottle almost full with warm water, then add 7 drops of lavender essential oils and 1 tbsp washing up liquid. Shake to combine, then spray into areas spiders are a problem (windows, doors and the base of walls are usually a good place to start).

From Expert Home Tips (Life Choices newsletter)

Creamy Chicken Stroganoff

- 2 tablespoons olive oil
- 1 brown onion, sliced
- 1 clove garlic, crushed
- 4 boneless chicken breasts, sliced
- 125g white mushrooms, sliced
- 1 1/4 cup sour cream
- 1/4 cup tomato paste
- 1/2 teaspoon paprika
- 1/4 teaspoon black pepper
- 2 spring onions, chopped

Recipes

fresh parsley, chopped

In a pan over a medium heat, add the onion and garlic, and sauté for five minutes until the onion is tender. Add the chicken and cook until just done. Add the mushrooms and cook for another two minutes, while stirring continually. Mix in the sour cream, tomato paste, paprika and black pepper and bring to a simmer for five minutes until the sauce thickens. Season to taste. Add the spring onions and parsley immediately before serving. Serve with steamed rice or mashed potato, and a salad.

Basic Pikelet Recipe

- 1 cup SR flour
 - 2tbs caster sugar
 - 1 egg lightly beaten
 - 3/4 cup milk
- Combine flour and sugar in bowl. Gradually whisk

in egg and milk to make a thick smooth batter. Drop dessertspoons of mixture into a greased heavy based pan. Cook until bubbles begin to appear on surface of pikelet. Turn and brown other side. Fruit juice can be substituted for milk and chopped up fruit or spices added to mix.



HOME ASSIST SECURE

Funded by



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

Community Care Services

From the Project Coordinator

Calendar

By the end of the first week in March, we will have to you all a copy of the 2019 Calendar of Events. This will outline our 'proposed' dates of activities for the year.

Staff Meeting

At our 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"

If you have an issue or concern, please don't wait for it to develop into something bigger. We are here to provide you with the best possible outcomes and services. You are able to complete a **'Tell Us What You Think'** form, at any time, to make a suggestion . 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
- ⇒ Cleaning of Air Conditioners and filters
- ⇒ Servicing and replacement of photoelectric smoke alarms
- ⇒ Gutter Cleans

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 ...

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 to the end of March. Your local newsletter will continue as normal. 👍

Reminders:

Bill is on leave—check the calendar for details

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.

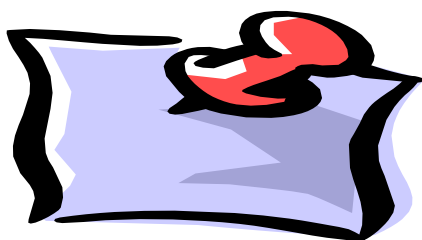
After we receive your referral from My Aged Care, we then Project Manage the referral, construction, contractors, materials and other services, who will work with us and you to ensure your needs are met.

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

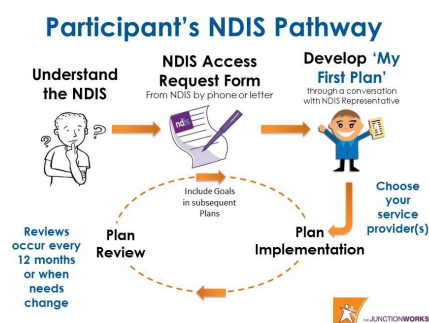
Our office is not manned all the time. If you ring, please leave a message so we can contact you when we return. **We will call you back, if you leave a message!**



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

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

**If you have knowledge,
let others light their
candles in it!**

Advocacy?

You can have someone with you, when discussing your needs for the future. It can be a little tricky sometimes understanding the current aged care system, things change and it is all too much some days!

An advocate, is a person who can sit with you and listen and explain things for you. They could be a family member or a friend, the choice is yours. It's an extra set of ears to hear some of the information that you may miss in a meeting about your services. This advocate can also speak on your behalf, if the need ever arises.

It's a support that enables you to make decisions and have all the information you need and the advice of a family member or friend, who also has your best interests at heart.

Ask your current service provider if you have an advocate and make sure their contact details are up to date.

Field Officer Update



March Focus:

Storm Preparation

Clearing of gutters is essential to maintain good water flow (when it does rain) and prevent breeding of mosquitoes and other bugs. It is also a fire hazard but more importantly full gutters will eventually rot the gutter, making them totally ineffective!

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!

March 2019

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

Community Care Services Schedule of Events

- ◆ ***Bill is on Leave from 28th February 2019 to 6th March 2019***
- ◆ **Reminders:::::**
- ◆ **Sorry about the calendar, again 😊. Veterans Affairs Pensioners will be ok in 2019 👍**

March 2019

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Digital Learning available weekdays Check with Jean	All intending digital learners please sign up ASAP			1 Croquet Oak St park World Day of Prayer	2	3 Clean Up Australia Day
4 Men's Shed Community Cancer Chat Town Hall	5 60 + exercises Pancake Morning Tea	6 Digital Learning for Older Australians 11:30am The Willows	7 60 + Tai Chi Craft	8 Croquet Lunch with Prof. Parkinson International Women's Day	9	10
11 Men's Shed Brain Awareness Week	12 60 + exercises Hoy	13 CHSP Lunch	14 60 + Tai Chi Craft	15 Croquet Oak St park	16 Races	17 Aged Care Bingo
18 Men's Shed	19 60 + exercises Meeting	20	21 60 + Tai Chi Craft	22 Croquet Oak St park	23	24 Mad Bag Mini Triathlon
25 Men's Shed	26 60 + exercises Bingo Purple Day for Epilepsy	27 CHSP Lunch	28 60 + Tai Chi Craft	29 Croquet Oak St park	30	31
					60 & Better Cent Sale 6th April	

A man fell overboard from his little sailboat, and was thrashing around in the water when another boat pulled up. "Jump in, we'll save you," the people in the boat screamed.

"No," cried the drowning man, "God will save me."

The scene was repeated twice more and then a helicopter hovered over the man.

"We came to rescue you," yelled the pilot.

"No, God will save me," was the response again.

The man drowned, and as he crossed the Pearly Gates, he ran straight towards Jesus.

"I placed my faith in You, and You let me drown!"

"Hey!" said Jesus. "I sent three boats and a helicopter."

The grade one teacher asked each child if they would like to tell the class what work their mum did. A little five-year-old said, "Every night my mum gets dressed up in her special dress and puts on lipstick and drives off. She doesn't come back till morning and is very tired. She has to go so people will give her some money.

When the mother picked up the boy from school that afternoon, the teacher looked at her and tentatively asked what sort of work she did. The teacher seemed relieved to hear that the mother was a night duty nurse!

I overheard the receptionist admit to another customer, "I haven't taken my vitamins today. I'm walking around unprotected." The customer commiserated with her, but then added, "I haven't taken my Prozac today—everyone's walking around unprotected."

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



Why is it that your nose runs, but your feet smell?

How well do you know your ologies? Put your knowledge of scientific studies to the test.

1. What is the study of diet?

- A Dietology
- B Sitiology
- C Foodology

2. What does a tocologist study?

- A The study of touch
- B The study of time
- C The study of childbirth

3. What is assyriology the study of?

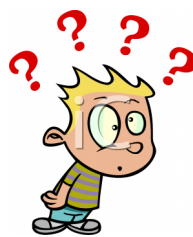
- A Assyrian people
- B Aramaic language
- C Mesopotamian empire

4. What word describes the study of fish?

- A Piscology
- B Aqualogy
- C Ichthyology

5. What is formicology?

- A The study of medicine development
- B The study of structures
- C The study of ants



6. What is the study of rheology?

- A Movement
- B Flow
- C Drip

7. What word describes the study of gross and disgusting things?

- A Grossology
- B Disgustology
- C Rankology

8. What does an orologist study?

- A Gold
- B Urine
- C Mountains

9. What does a somatologist study?

- A Sci-fi video games
- B Human characteristics
- C Beauty therapy

10. What is the study of drug dosage?

- A Dosology
- B Posology
- C Lopology

Taken from <https://www.abc.net.au/news/2019-02-09/quiz-how-well-do-you-know-your-ologies/>

Puzzle Solution

Ologies

- | | |
|------------------------------|----------------------------|
| 1. B Sitiology | 6. B Flow |
| 2. C The study of childbirth | 7. A Grossology |
| 3. A Assyrian people | 8. C Mountains |
| 4. C Ichthyology | 9. B Human characteristics |
| 5. C The study of ants | 10. B Posology |

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 8:00am Oak St park

Pancake Day: 10:00am Tuesday 5th March

Lunch: 12:30pm 8th March

Hoy: 10:00am Tuesday 12th March

Meeting: 10:00am Tuesday 19th March

Bingo: 10:00am Tuesday 26th March



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

