

GARDEN CITY



NEWS



Volume 26

Issue 4

May 2020

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.

The Very Quiet Happenings at 60 & Better

Hello Everyone I guess we are all feeling a degree of strain and frustration with being restricted to our activities. Undoubtedly you'll have had suggestions about what to do with your time while you can't go out. For some of us there is little change in our day to day routine but we are aware of having our options curtailed.

Because we are unable to join for hoy and bingo or our exercises sessions, doesn't mean we can't still do some exercise at home even though it's not the same as in a group setting. For bingo players, I've tried to provide a couple of games each week with printed sheets of the numbers for the games but it's not the same as being the first to complete a card when the numbers are called. There are 62 numbers for each game so there may be more than one card that contains them all.

When social distancing rules are not so stringent, we'll make arrangements to start activities again but there may be a few modifications to how we have done things in the past.

Don't forget that **May Day** weekend is coming up. Monday, 4th May is the public holiday. While there is not a festival, it is timely to reflect on and commemorate the origins of Labour Day. Labour Day is a celebration of the 8-hour work day which was a result of workers fighting for their rights after years of exploitation through long hours, poor pay, unsafe working conditions and not having a fair go.

This all started with the first protest in Melbourne on 21st April, 1856. On this day of political revolution; stonemasons and building workers stopped work and marched from the University of Melbourne to Parliament House to achieve an eight-hour day. As you enjoy Labour Day, remember the sacrifice of the wonderful workers from previous generations that have made everything all possible for us.

Mothers' Day is also on May's calendar. Sunday 10th May is the day to show extra appreciation to the women who have been the foundations of our character and our mentors.

More from the Coordinator

Are you missing The Senior, the monthly newspaper that sometimes comes with your 60 & Better newsletter? You can view it online <https://www.thesenior.com.au/> . There are many online newsletters, papers aimed at older people. Another is Your Life Choices <https://www.yourlifechoices.com.au/>.

If you'd like to learn to use the internet or have related interests, please come and see us. We will be offering basic digital learning tutorials again through the Building Digital Skills Grants program. Let us know if you are interested. As part of the grant agreement, learners need to complete two courses or ten activities which take more than thirty minutes This Digital Learning Project for Older Australians needs to be completed by the end of September. You can bring your own device to use. There is a comprehensive range of topics to get you started or help you continue your journey. People who previously signed up are most welcome to participate.

The over 80's book is far from completion. Volunteers are needed to turn the book into a reality. We need people to transcribe hand written notes into printed biographies, photographers to take photos if photographs haven't been submitted with the life stories, helpers to collate and compile the book. If you are interested and can share a little of your time and some toil it would be greatly appreciated. Also, if you are still to submit your life story, please complete it and send or deliver to 13 Willow St.

If you think there is some activity we should undertake please feel free to share your ideas to help the program and participants stay active and involved.

A few thoughts about life and words of wisdom.

Tough times never last but tough people do. (Dr Robert Schuller)

If you're going through Hell—KEEP GOING. (Winston Churchill)

Life is about balance. Be kind, but don't let people abuse you. Trust, but don't be deceived. Be content, but never stop improving yourself.

Look for something positive in each day, even if some days you have to look a little harder.

Till Next Time Stay Safe and Take Care. *Jean*

Congratulations, Birthday Greetings and Condolences

Congratulations

The local government elections were held a month ago and the Barcaldine Regional Council councillors have been sworn in. We congratulate Mayor Sean Dillon and Councillors Milynda Rogers, Beccy Plumb, Danny Arthur, Gary Peoples, Col Hansen and Tom Gleeson on their election.

Birthday Greetings

We wish John Mackinnon, Ron Heumiller, Del Scott, Sid O'Dell and Jim Lynch a Happy Birthday this month. It is also the 26th anniversary of the founding of Barcaldine 60 & Better Program.

Condolences.

We are saddened to share the news of the passing of a couple of former Barcaldine residents and some Alpha identities.

Our condolences go to the family and friends of Richard (Dick the Dentist) Brasnet, Bill Stevenson, Mal Dyer, Darryl Rogers and Marion Jaques. May your memories and the friendship and compassion of others help to sustain you.

Why does our balance get worse as we grow

older? (Source: The Conversation 9/10/15)



All of us have taken a tumble at some point in our lives. But as we grow older, the risks associated with falling over become greater: we lose physical strength and bone density, our sense of balance deteriorates and we take longer to recover from a fall. Alarmingly, this process begins around the age of 25. The reasons for this are varied and complex, but by understanding them better, we can find ways to mitigate the effects of old age.

The first thing to know is that the human body is inherently unstable, with a small base relative to its height. Maintaining an upright position and moving from place to place while staying balanced is a continual challenge for our bodies. Our success depends on the well-being and integration of many different systems within our bodies.

There are three main systems that provide us with the sensory information about our bodies and the surrounding environment that we need to maintain balance. These are the visual (eyes), vestibular (inner ear and semi-circular canals) and somatosensory (sensation feedback from joints in ankles, knees, spine and neck) systems. To maintain balance, our brains must rapidly and continuously integrate and then process the sensory information received from these systems, and this integration is often worse in older people who are prone to falls.

This unconscious process prompts finely tuned, coordinated responses from our motor and muscle systems. These responses are produced as a result of planned and unplanned challenges to our stability – such as bending over to tie your shoelace, or recovering from a playful push from a friend – which make up our everyday movement patterns.

Falls occur when the demands on postural control exceed our bodies' capabilities. This might happen when your body's pattern of movement is interrupted or suddenly changed – for instance, when you trip over a hazard or are pushed forcefully.

Falls are more likely to occur as you get older. With age and inactivity, the unconscious processes your brain goes through to help you balance may not inte-

grate as well or as quickly as they used to – in other words, your cognitive abilities decline. As a result, maintaining balance and preventing harmful falls may require ever greater mental focus and prove more fatiguing. Poorer cognition can also limit your ability to multitask: the “stops walking when talking” phenomena, which you may have observed among your elderly relatives, reflects this difficulty.

Another result of ageing is that the quality of the information provided by your visual, vestibular and somatosensory systems declines. Your eyesight gets worse, with increased susceptibility to glare and poor depth perception. This can lead you to misinterpret the lay of the land, or misjudge distance, which can cause a fall.

The normal sensory feedback from your joints to the brain is reduced by swollen feet and ankles and poor flexibility. Diseases in weight-bearing joints, such as arthritis, may cause errors in foot placement, while distorted or painful feet and poorly-fitted shoes can pass misleading information to the brain about the nature of your contact with the ground when you're walking.

Vestibular abnormalities such as vertigo or inner ear infections are causes of dizziness, which can also increase the risk of a falls. Certain medications which are commonly prescribed among the older population – such as aspirin, quinine, and some antibiotics and diuretics – can lead to problems in vestibular function.

All these age-related changes increase the likelihood of a fall, as you're faced with planned or unplanned challenges to your balance during day-to-day life. Many of these “ageing” changes to the body are accelerated by sedentary behaviour, which in turn leads to a greater reduction in strength and balance, loss of bone and an increased risk of falls.

The good news is, that it is possible to break this vicious circle and slow the process of deterioration, improve strength and balance and reduce the risk of future falls by being active. By concentrating on forms of exercise that challenge strength and balance, we can help maintain our bodies' complex balancing systems, and confine the time we become dependent on others to a short period at the end of our lives.



What is contact dermatitis?

Inflammation of the skin is commonly called 'eczema' or 'dermatitis'. Contact dermatitis occurs when your skin comes into contact with something that makes it red and inflamed.

There are 2 types of contact dermatitis:

Allergic contact dermatitis — this is caused by an allergen (a trigger). Each time you come into contact with the allergen, the skin gets inflamed.

Irritant contact dermatitis — this is when your skin gets inflamed when it's exposed to an irritant usually for a long period of time. Both types of contact dermatitis can cause the skin to become: cracked, red, blistered, thickened, dry, itchy.

Common causes of allergic contact dermatitis are nickel, plants, chemicals, cosmetics, creams and ointments. Irritant contact dermatitis can be caused by medications used on the skin, cosmetics, dyes, chemicals, rubber and glues and plants.

You should see a doctor if you have a rash that doesn't clear up, or if it is uncomfortable. See your doctor sooner if the rash is very widespread, comes on suddenly or is painful.

Treatment involves working out what allergen or irritant is causing the contact dermatitis and then avoiding it. The rash should clear slowly once you avoid the substance. It is possible to have different types of contact dermatitis at the same time. You may need to avoid several different allergens or irritants.

Your doctor may recommend a greasy moisturiser, cortisone creams or tablets, or therapy such as ultraviolet light, special x-rays or medications.

Try not to scratch the affected skin and keep your nails short so you do not accidentally scratch yourself and break the skin.

The best way to avoid an outbreak is to:

- keep your home clear of the substance or substances that trigger the contact dermatitis
- if the trigger factors are unavoidable, you should take steps to protect any exposed skin. Try to wear protective clothing to minimise contact, for example using gloves when washing up or using cleaning products
- use a barrier cream to protect your skin
- wash your skin as soon as you come into contact with a trigger. Also wash clothing that may have come into contact with it
- if you come into contact with your irritants or allergens at work, you should tell your employer so they can help reduce contact you have with them
- prevent your skin from getting too dry. You may find daily moisturisers (emollient creams) can help. You should put these on after your skin has been wet, such as after washing up, showering or swimming
- avoid extreme changes in heat or cold and humidity

Source: <https://www.healthdirect.gov.au/contact-dermatitis>

Meatloaf in a Hurry

500g finely minced lean beef

1 onion, peeled and finely chopped

1 carrot, chopped

1 egg, beaten

1 teaspoon vegemite

1 tablespoon tomato sauce

1 tablespoon fruit chutney



Pepper

Preheat oven to 180 degrees Celcius.

Combine all the ingredients in a bowl and mix thoroughly.

Spoon the mixture into a 1 kg loaf tin lined with greaseproof paper or baking paper.

Bake for 1 hour or until cooked.

To microwave, cook in a microwave safe dish on medium setting, for 20 mins. Serve hot.



HOME ASSIST SECURE

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



Community Care Services

From the Senior Community Care Services Officer

eHSP (e Home Support Program)

You will all receive a Care Plan and an Agreement – these are compulsory under the Aged Care Act. The Care Plan outlines your goals and how we are going to work together to achieve them.

Using this new system we will now develop ongoing schedules of services for you and for our staff. This means we can only change schedules in a genuine emergency. This will ensure we are working efficiently to provide the best possible services to you.

The new standards, ensure that we work as partners in your care and that we have mutual tasks that develop and improve your independence.

Those who receive Nursing services, will have specific Nursing Care Plans and will receive these services with a greater partnership between local medical services, GP's and us. This will ensure that we are all working towards improving your health, as a team.

Education sessions will be offered to explain these changes and we encourage you to ask questions to ensure you understand the new approach to your care.



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
- ⇒ Cleaning & Servicing of Air Conditioners
- ⇒ Construction and Install of Grab Rails and Handrails
- ⇒ 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 Senior Community Care Services Officer continued

Services

Services continue to operate as close as we can to 'normal'. Group activities are still on hold at present.

Aged Care Quality Standards Compliance

At some stage, we will have a quality audit—this will mean that an outside agency will come and have a discussion with you about the services we deliver. The auditor will then check to make sure that what you have said is reflected in our Policies, Processes and paperwork. This is an important part of our compliance and we welcome your thoughts and suggestions throughout the process.

Contact

If you need to contact us, details are below:

Office: 07 4651 2187

Jordan'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 include 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.

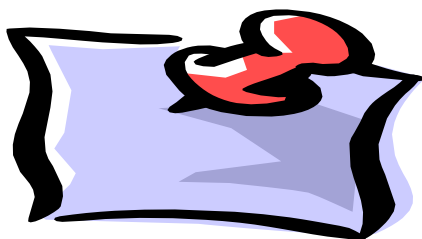
This Program covers the whole of the Central West Region, including Diamantina, Winton, Barcoo, Blackall/Tambo, Barcaldine and Longreach areas. Eligibility and funding conditions do apply to this Program.

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.

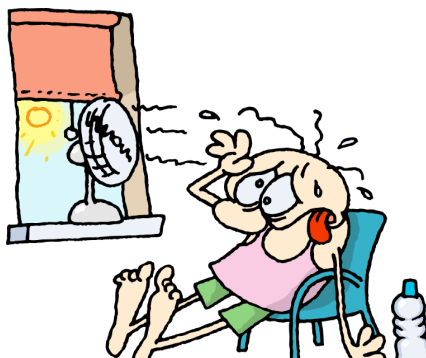
With the air conditioning in our office, a sign on the



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,



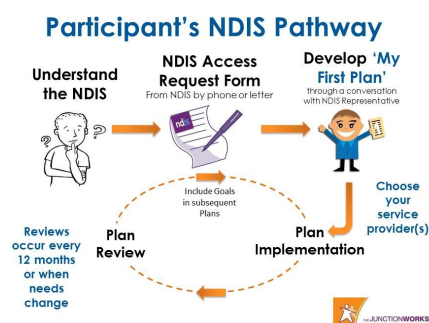
please leave a message so we can contact you when we return. **We will call you back, if you leave a message!**



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 and assist you to live the best life possible. 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 focus on the individual, to assist you to engage in local and community based activities. Our team will work **with** you, to achieve your goals. Your Plan is developed to increase your independence within your home and to improve your connection to your community.

Plan Management support is where we act as the 'bank' for your Plan funds, managing payments and invoices on your behalf. All invoices for services must be made out to **Barcaldine Regional Council, CW NDIS Services** and can be emailed to: invoices.ccs@barc.qld.gov.au

COMMUNITY CARE SERVICES

66 Ash Street
PO Box 191
Barcaldine Q4725

Phone: 07 4651 2187
Fax: 07 4651 2376
Jordan'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**

**It takes a village to
raise a child but it may
take a whole vineyard
to home school one!**

Quote from local parent home-
schooling

COVID-19 and our services

Firstly, I think it is important to state that there is no need for alarm or drama.

We have always taken very seriously infection control, with Policies and Processes in place and yearly training units completed by all staff ie Hand washing, etiquette when coughing and sneezing.

You need to maintain healthy habits at home and when you are out. If you feel unwell—flu like symptoms (the coronavirus is related to the common cold) contact the doctor and keep isolated from others.

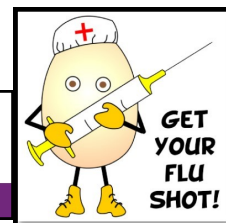
Our services continue to be delivered to your home, with the commencement of Home Assist Services and travel within the district.

We must all remain vigilant to ensure we remain safe, so we will ensure social distancing to protect you and us.

If there is anything we can assist you with ie: collection of groceries, prescriptions or other supplies, give us a call and we will work something out for you.

We are all in this together, so we will assist you as best we can

ndis National Disability Insurance Scheme
Registered provider



Field Officer Update

May Focus:

The focus for 2020 is **appreciation!**

SMOKE ALARMS






We are a little late this year, with travel restrictions etc but Jordan will be visiting through the next month to service and change smoke alarm batteries. If you can get hold of some 9 volt batteries for each smoke alarm, we will work on getting them done through May.

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

May 2020

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

Community Care Services Schedule of Events

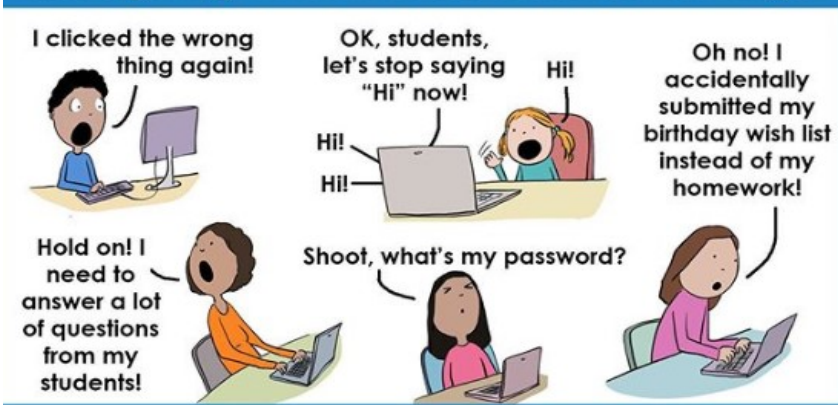
- ◆ Give some thought to where you would like to go NEXT year as part of a group activity?
- ◆ Regional Calendar of Events—Has been suspended due to travel restrictions and social distancing.

What's More Difficult?

Organizing cats into a pyramid...



...or figuring out how to do distance learning?



How assorted aspects of the Covid 19 Pandemic have been portrayed by different cartoonists.

BIKE TO WORK DAY MAY 15, 2020



Ginger Macadamia Nut Pudding

Ingredients:

- 50 grams macadamia nuts, lightly toasted, coarsely chopped
- 125 grams butter
- 75 grams brown sugar
- 30 grams grated ginger
- Zest of 2 lemons
- 125 grams self-rising flour
- 3 grams salt
- 125 grams superfine sugar
- 2 eggs



Directions:

1. Preheat oven to 180 degrees C. and grease a medium-sized baking dish.
2. In a medium-sized saucepan, melt 30 grams butter. Stir in brown sugar and ginger until sugar dissolves. Stir in lemon zest. Pour into prepared baking dish and sprinkle with nuts. Set aside.
3. In a medium-sized bowl, whisk together flour and salt. In another bowl, beat remaining butter, sugar and eggs. Blend in flour mixture.
4. Pour flour mixture into baking dish. Bake for 30 to 35 minutes. Serves 4

Number Cruncher

1		2		3		4		5
		6						
7						8	9	
			10		11			
12	13				14			
			15	16				
17		18				19		20
				21				
22						23		

Across

- Three times 19 down
- 19 down minus five
- 15 across plus eighty-three
- 17 across minus 2
- 18 down plus thirty-eight
- 19 across minus sixty-six
- 3 down plus forty-seven
- 12 across doubled
- 13 down minus 150
- 20 down minus sixteen
- 5 down minus 133
- Minutes in four hours
- Four times 4 across
- Five times 10 down

Down

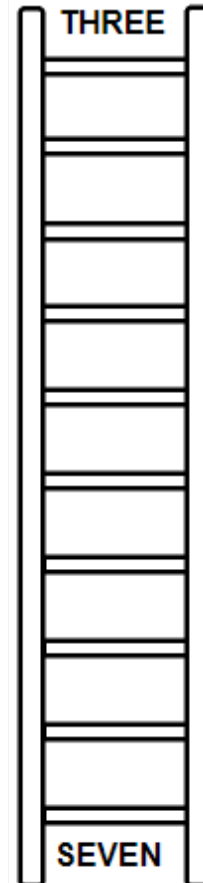
- 12 across divided by eleven
- 1 down plus twenty-five
- Minutes in three days
- Dozen in twelve gross
- Seconds in five minutes
- 17 down minus eleven
- 11 down minus eight
- Minutes in three hours
- 3 down divided by twelve
- 23 across doubled
- 14 across divided by eleven
- 4 down times three
- Months in nine years
- 3 down divided by six

Word Ladder

A word ladder is a sequence of words formed by changing one letter at a time e.g. CAT—COT—DOT—DOG

Can you find the missing words?
Use the clues if you get stuck

Clues:



Hurled

Small mammal

Tatter

Fathered

Located

Gorged

Salvaged

Rescuer

Cut

ACTIONS

How many words of four letters or more can you track down in the Action Game? At least one will be a nine letter active word and all contain the central letter. Use each letter once only. No words with capitals, foreign words, hyphens or plurals and forms ending in - s.

A	S	H
E	<u>G</u>	C
D	R	I

Nine Letter Word _____

Puzzle Solutions

Number Cruncher - Solution

3	2	4		4		1	0	3
9		2	9	3		4		0
7	0	2		2		4	7	0
			1	0	1		8	
4	3	6	7		8	7	3	4
	6		2	1	0			
7	0	4		7		1	6	7
9		3		2	4	0		2
4	1	2		0		8	6	0

Action nine letter word

DISCHARGE

Word Ladder

THREE, THREW,
SHREW, SHRED,
SIREN, SITED,
SATED, SAVED,
SAVER, SEVER,
SEVEN

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 - Thursday 8:00 am - 1:00 pm
Friday 8:00am - 12:00pm

When Activities Resume

Exercises: Tuesday 9:00am

Tai Chi: Thursday 9:00am

Craft: Thursday 10:00am

Croquet: Friday 8:30am Oak St Park

Talk 1st Tuesday, Hoy 2nd Tuesday, Meeting 3rd Tuesday, Bingo 4th Tuesday of month



Barcaldine 60 & Better Program - A Healthy Ageing Program

Funded by



Under the auspices of
Barcaldine Regional Council

Executive Committee

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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

