

GARDEN CITY

REMEMBRANCE DAY NEWS REMEMBRANCE DAY

VOLUME 23

ISSUE 10

NOVEMBER 2017

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



MELBOURNE CUP LUNCH AT THE WILLOWS

FROM 12:00PM TUESDAY 7 TH NOVEMBER

COST \$10.00

Hilarious Hat & Race Day Hat competition, Sweepstakes, Watch the race in fun company



All BARCALDINE REGIONAL COUNCIL AREA

RESIDENTS OVER 65 YEARS (and Carers)

ARE INVITED TO

BARCALDINE REGIONAL COUNCIL SPONSORED

SENIORS CHRISTMAS LUNCH

TUESDAY 5TH DECEMBER

Doors open 11:00am

12:15pm Lunch

BARCALDINE TOWN HALL

RSVP BY 29th NOVEMBER TO

4651 2354 or 13 Willow St Barcaldine (essential)

COST \$10:00 (pay at door)

Multi Draw Raffle



At 60 & Better

There are a number of happenings in November - a prelude to the even busier weeks leading into Christmas. The Barcaldine Regional Council sponsored Seniors Christmas lunch is in December. The **health talk** is on Tuesday 7th November at 10:00am. Nurse Navigator, Deb Wells, will explain what her job entails. Please come and join us for the health talk and stay for the **Melbourne Cup Lunch**. Other wise come along at Melbourne Cup Lunch. The lunch consist of 2 courses. IT will cost \$10

Hoy will be on **14th November** at 10:00am. Please come and share a cuppa and some fellowship as you play. The prizes are small but plentiful. It costs \$5 for morning tea and one set of cards (\$1 extra for an extra sets of cards). Bring your friends and join us. All Welcome.

Barcaldine State School students will be providing some 'how to' advice about technology on Friday 17th November from 11:30am. All Welcome. Light lunch provided.

The **monthly meeting** is on Tuesday 21st November at 10:00am. Please bring along your questions, suggestions and observations to help keep us on track and functioning.

Trip to Emerald has been planned for **Friday 24th November**. We'll leave 'The Willows' by 6:15am and return by 6:00pm. The bus holds 20 passengers. Cost will be \$20 per person. This is to be paid on or before 21st November. Remember, unless there are extenuating circumstances there are no refunds. Please contact Jean (at The Willows) if you are interested in the trip.

As games mornings have not been successful we'll have **morning tea and talk on 28th November**.

We are again having a **Christmas Money Tree Raffle**. Tickets are \$2 each. First prize is \$200, second prize is \$50 third prize is \$30 and fourth prize is \$20. It will be drawn on 19th December.

Our exercise group meets on Tuesday mornings at 9:00am. Water exercises are on Wednesday mornings from 7:15am and are held at the shallow end of the pool. Tai chi is on Thursday morning at 9:00am. There is tai chi at 12:00pm on Mondays and 6:00pm on Tuesdays as well. The treadmill and exercise bike are available for use also. Croquet on Fridays will be at 8:00am for the next few months.

Thought for the month: Your smile is your logo, your personality is your business card, how you leave others feeling after an experience with you becomes your trademark.

Take Care. Till next Time. *Jean*

Australia Day Awards

Barcaldine Regional Council is seeking nominations for Australia Day Awards.. The regional categories are Citizen of the Year, Junior Citizen of the Year and Community Event of the Year.. Community Awards in each of the five communities are Volunteer of the Year, Senior Sports Award, Junior Sports Award and Cultural Award. Why not nominate someone you feel is deserving of recognition?

Congratulations.

Congratulation to the fifteen people selected as Commonwealth Games Relay Baton Bearers in Barcaldine. They are Toni Austin, Joycelyn Bennetts, Robyn Bowering, Doug Churchill, Hermione Duncan, Jandri Greyling, Hayden Leaney, Elizabeth Pegg, Elizabeth Pumpa, Geoffrey Rafter, Brendan van Ras, Madeline Watchel, Brett Walsh, Lionel Walsh and Margaret Walsh. We look forward to seeing the baton change through these hands on 10th March 2018.

We send Birthday Greetings to Noela Anderson who recently celebrated her 80th birthday. Belated birthday greetings go to Jean Lennon, June Cliffe and Sandra Chilcott. We wish Dawn Hansen a happy 80th birthday on 29th November.

Condolences

Former Barcaldine resident Billy Jensen passed away recently. We send condolences to his wife Marie, family and friends.

Food Labels

Food labels are the only thing we have to tell us what we're actually buying in those shiny, colourful and well-marketed processed food packets.

Before anyone can stick to a diet or accommodate a food allergy, they need to know what they are eating: every ingredient. They also need factual information to get past any health claims or "marketing junk" that could influence a purchase. That means navigating/reading/deciphering/interpreting food labels.

Food labels have 12 components but two give us the most information about what we're actually getting: the nutritional panel and the ingredients list.

What makes up a food label?

1. Nutritional panel shows consumers the amount of energy, protein, fat, carbohydrate, including sugar, and sodium in a product.
2. Percentage labelling shows the percentage of the key or characterising ingredients or components in the food," according to FSANZ.
3. General identifying information show the name of the food, the business address and the batch or lot identification of the food.
4. Allergy and intolerance information Nuts, crustaceans, fish, milk, eggs, sesame, soybeans and wheat must be declared in all foods. Cereals need to indicate if gluten is present and if the sulphite count exceeds 10 milligrams per kilogram, the label will say that too.
5. Date marking Used-by date: Foods that should be

eaten before a certain date for health or safety reasons.

Best-before date: Required on foods that have a shelf life of less than two years.

(And yes, it might still be good after the best-before date but the nutritional values might have changed.)

6. Ingredients list provides you — in descending order of the amount — the ingredients in the food.

More ingredients are a sign of a higher level of processing .

7. Weights and measures information is monitored by a national measurement institute who keeps an eye on what labels say and what the product delivers in terms of quantity.

8. Additives information will be in the ingredient list.

9. Directions for use and storage are for keeping food appropriately to get it to its used-by or best-before date.

10. Legibility requirements mean label information must be in English and must be legible from a design perspective.

11. Country of origin - where food items originated from must be stated on the label.

12. Nutrition and health claims - knowing what's in the products you're buying shouldn't be so hard but food is for sale and a label that says "this is terrible for you" is probably not going to sell.

(Source: Food Standards Australia and New Zealand) <http://www.abc.net.au/news/2017-07-25/food-labels-how-to-read-the-fine-print/8740444>

Cheesy Spinach Damper

375g (2 1/2 cups) self-raising flour

150g butter, chopped

250ml (1 cup) full-cream milk, plus extra, for brushing

1 1/2 cups baby spinach leaves, chopped

1 garlic clove, crushed

105g (1 1/4 cups) coarsely grated vintage cheddar

1 tablespoon finely chopped fresh rosemary

Preheat oven to 200C/180C fan forced. Line a baking tray with baking paper.

Place the flour and 50g butter in a food processor. Season well. Process for 10-20 seconds, until the mixture resembles fine crumbs. Add the spinach, milk, garlic and 1 cup cheddar. Process until mixture comes together in a soft dough. Use damp hands to transfer to a well-floured surface. Knead until smooth. Shape into a 2-3cm thick disc with straight sides (this helps it rise). Place on prepared tray. Use a lightly floured knife to score 8 wedges, about 1cm deep.



Brush dough with a little milk and sprinkle with remaining 1/4 cup cheese. Season. Bake for 25-30 minutes or until golden brown and the bottom sounds hollow when tapped.

Combine rosemary and remaining 100g butter in a bowl. Season. Serve with warm damper.

Stuffed Celery Sticks

6 long celery sticks, ends trimmed

1/2 small carrot, peeled, finely grated

60g (1/4 cup) light spreadable cream cheese

65g (1/4 cup) hummus

2 tablespoons sultanas, coarsely chopped

2 tablespoons chopped walnuts

Cut each celery stick into four pieces.

Combine light spreadable cream cheese and carrot, in a bowl.

Fill half the celery sticks with the carrot mixture and sprinkle with sultanas

Fill the remaining celery sticks with hummus and sprinkle with walnuts. Serve.

An article from your NWRH Podiatrists.

There are many aged related changes that happen in the muscles, tendons, ligaments, and joints, which affects the function of the foot. Correct footwear is important to help prevent hard skin, corns and blisters. It also has an important role in helping to reduce falls in the elderly.

Things to consider when purchasing footwear:

- Different shoes for indoor and outdoor wear
- Is it suitable for the activity?
- Low, wide heel, should be less than 2.5 cm
- High heel collar for ankle support, close fit around heel
- No gaping around top of shoe
- Fastening system - includes Laces, Velcro, Buckle
- Not too heavy
- Toe box/front of the shoe is wide and deep enough
- Upper shoe material is strong and breathable
- Toes should lie flat and allow a space of approximately 10mm from top of big toe/ first toe in adults
- There are no tight spots
- Consider the socks you will be wearing with shoe, ensuring fit is adequate
- Slip resistance sole/textured soles, firm sole

Features of a Safe Shoe

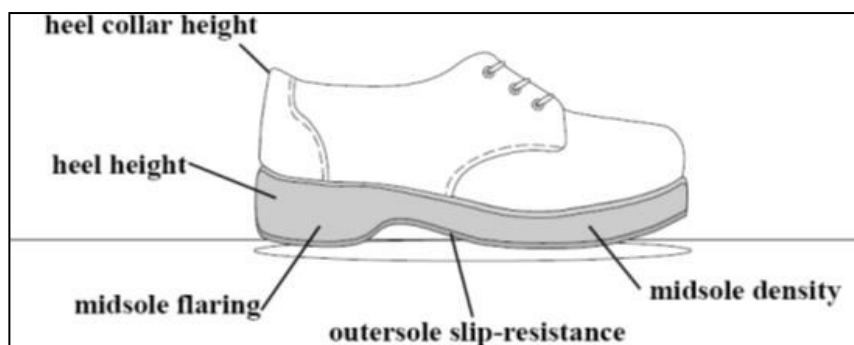


Image sourced from: <http://www.dimplecare.com/the-impact-of-footwear-on-fall-prevention/>
If you have any questions or concerns, please call NWRH on (07) 4652 7100 to speak to a podiatrist. NWRH offers a wide range of allied health professionals who service communities across Central West Queensland. To obtain a referral or book an appointment please contact your local medical practice or health clinic.

Improving Your Mobility

The fundamental goal of healthy aging is to keep walking as long as possible. Barring an injury or disabling disease, most of us think of the ability to walk as a defining capability of the human body. Of course, people who lose their ability to walk can still retain mobility through wheelchairs and assistive devices, and they can have full and happy lives. But there's no reason why most people can't keep walking their whole lives. It's important to stay active in order to maintain this ability—or, if you haven't been active for a while, to start with whatever simple measures it takes to boost your level of activity and start improving mobility.

It's important to keep joints moving, even if you're dealing with pain from arthritis or an overuse injury. But sometimes you'll need to keep weight off a joint and rest it more than you usually would. Don't let a painful joint prevent you from exercising; try these joint-friendly options instead:

- elliptical trainer

- stationary bike (recumbent or upright)
 - tai chi
 - swimming, water aerobics, or water walking
 - rowing machine
 - short walks throughout the day, instead of a long walk
- You might be surprised to learn that what you eat affects your ability to move.
- The nutrients in the food you eat help your body build bone, power muscle, repair and replace tissues, and keep your brain active and your heart pumping.
 - Your diet also influences your chances of developing chronic diseases such as type 2 diabetes, heart disease, and osteoporosis — all of which can compromise your well-being and hinder your ability to live an active and independent life.
 - Eating the right foods is important, but so are how much you eat and how well you balance the calories you take in with those you burn off. Simply being overweight can make it more difficult to move easily in your day-to-day activities. www.health.harvard.edu

HOME ASSIST SECURE



CENTRAL & FAR WEST HOME MODIFICATIONS

Barcaldine & District Home Assist Secure

From the Project Coordinator

New Smoke Alarm Legislation for Queensland

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

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



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

Jobs List

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

- ⇒ 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

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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

The NDIS

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

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

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 😊

Major Home Modifications

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

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

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

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

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

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

Information Sessions, Call and Messages

Noticeboard & Sign

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



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



Phone Messages

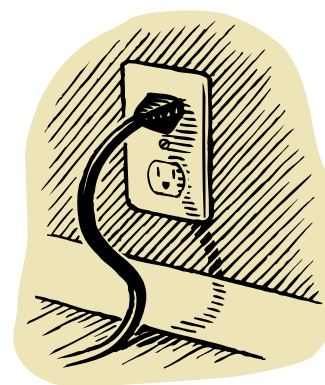
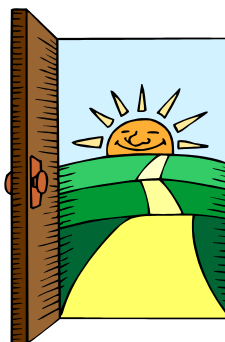
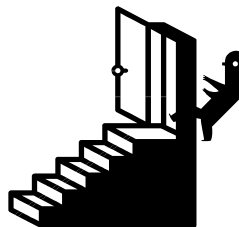
Our office is not manned all the time. If you ring, please leave a message so we can contact you when we return. **We will call you back, if you leave a message!**



Minor Home Modifications

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

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



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

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

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

66 Ash Street
PO Box 191
Barcaldine 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**

**Everything is funny as
long as it is happening
to somebody else!**

Tele-health Services ...

Our services are usually delivered face to face. We do offer the option of a tele-health service. This means that consults can be made by services in your home via an ipad where the other consultant can speak and view your home from another location.

The aim of this is to be less intrusive and to reduce the costs of travel to provide you a service.

Of course there are limitations to this service, but generally, wherever there is phone coverage we are able to assist you with a tele-health service.

You can choose who you speak to and where they are located—its all about the choices we are able to offer you to best suit your needs.

Ask for more information, if you are interested.



Field Officer Update

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

November Focus:

Services will continue as normal through November, with the focus on dripping taps, replacing tap washers and repairs to leaking pipes.

Leaking taps can be the greatest waste of one of our precious resources—water! It is a simple fix and will end up saving you large amounts of money also.

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

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

November 2017

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


Home Assist Secure Schedule of Events

- ♦ 7,8,9th—Carl in Brisbane for training

Christmas is fast approaching. Our office will be shut from lunchtime Thursday 21st December 2017 until Tuesday 2nd January 2018.


Staff will be taking extra leave over this period also. We will advise in the next newsletter.

November 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Tuesday & Thursday activities are at The Willows from 9am All can come	Croquet is in Oak St park at 8:00am All Welcome	Aqua Exercises are at the swimming pool at 7:15am Come and get wet	1 Aqua Exercises Men's Shed	2 Tai chi Craft	3 Croquet	4 Races
5	6 Men's Shed	7 Exercises Health Talk Melbourne Cup Lunch	8 Aqua Exercises Men's Shed CHSP Lunch	9 Tai chi Craft	10 Croquet	11 Remembrance Day  Lest We Forget.
12	13 Men's Shed	14 Exercises Hoy	15 Aqua Exercises Men's Shed	16 Tai chi Craft	17 Croquet Student 'technology presentations'	18 Catholic Christmas Fair
19 Aged Care Bingo	20 Men's Shed	21 Exercises Meeting	22 Aqua Exercises Men's Shed CHSP Lunch	23 Tai chi Craft	24 Croquet Trip to Emerald	25 State Election
26	27 Men's Shed	28 Exercises Morning Tea & Talk	29 Aqua Exercises Men's Shed	30 Tai chi Craft	Barcy Bucks - Local Shopping Promotion Retain local cash sale receipts, tax invoices, tradesman invoices from 23/10/17 to 8/12/17. Take to information centre before 4:30pm 8/12/17 to enter draw. \$50 spent = 1 ticket in draw. Drawn at Town Fair 9/12/17.	

Technology Advice presentations at 'The Willows 11:30am Friday 17th November. Light Lunch provided. Please come and support the school students and gain a greater understanding of using digital technology.

Brain Teaser: For each clue, find a corresponding word that starts and finishes with the same letter. There is one word for each letter of the alphabet **except for i, j, q u, v and z.**

Spend time in front of mirror	primp	Temporary loss of memory	
Intuitive inkling		Deadly	
Pioneer in photocopying		Pizza herb	
Bitterly sarcastic		Very knowledgeable	
Gas in some signs		Forty-eight hours before to-morrow	
Eskimo canoe		The most	
Chinese medical root		Excessive	
Where a rubber duckie lives		Feudal land	
Roll in the mud		Trepidation	
Pleasure traveller		Water storage area	

A Kung Fu student in ancient China goes to meet his wise old master. He says: "Master, I keep trying but I cannot do the Kick of a Thousand Exploding Suns. Help me, Master!"

His master asks him: "Have you seen the waves of the ocean crashing into the white cliffs while the sun sets, with no apparent purpose to them?"

"Yes, master."

"And have you seen the moon reflect upon the still surface of the lake, a mere reflection, and contemplated the meaning of it?"

"Yes, master."

"And have you seen the flock of birds flying across the sky at sunset, and wondered about their purpose in life?"

"Yes, master."

"That's your problem! You keep looking at useless stuff instead of practising!"



A young boy enters a barber shop and the barber whispers to his customer, "This is the dumbest kid in the world. Watch while I prove it to you."

The barber puts \$5 in one hand and two \$1 coins in the other, then calls the boy over and asks, "Which do you want, son?" The boy takes the coins and leaves.

"What did I tell you?" said the barber. "That kid never learns!" Later, when the customer leaves, he sees the same young boy coming out of the ice cream store.

"Hey, son! May I ask you a question? Why did you take the coins instead of the \$5 note?"

The boy licked his cone and replied, "Because the day I take the \$5, the game is over!"



Show respect, even to people who don't deserve it; not as a reflection of their character but as a reflection of yours.

PUZZLE SOLUTION

PRIMP	GINSENG	OREGANO	
HUNCH	BATHTUB	ERUDITE	
XEROX	WALLOW	YESTERDAY	
CAUSTIC	TOURIST	MAXIMUM	DREAD
NEON	AMNESIA	SUPERFLU- OUS	RESER- VOIR
KAYAK	LETHAL	FIEF	

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

Aqua Exercises: Wednesday 7:15am swim pool

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

Craft: Thursday 10:00am

Croquet: Friday 8:00am Oak St park

Health Talk: 10:00am 7th November

Hoy: 10:00am 14th November

Meeting: 10:00am 21st November

Tea & Talk: 10:00am 28th November



Barcaldine 60 & Better Program -

A Healthy Ageing Program

Funded by



Under the auspices of
Barcaldine Regional Council

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.

If unclaimed return to -:

Barcaldine 60 & Better Program

PO Box 269

Barcaldine Q. 4725

