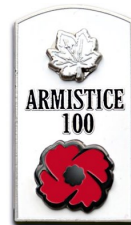


GARDEN CITY NEWS



VOLUME 24

ISSUE 10

NOVEMBER 2018

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



INVITATION TO
BARCALDINE REGIONAL COUNCIL
SPONSORED
SENIORS CHRISTMAC LUNCH

FOR ALL BARCALDINE REGIONAL COUNCIL AREA RESIDENTS
(AGED 65 YEARS AND OVER) AND THEIR CARERS

DATE: TUESDAY 4TH DECEMBER 2018

TIME: FROM 11:00AM

LUNCH: 12:30PM

PLACE: BARCALDINE TOWN HALL

COST: \$10 PAY AT DOOR

MULTI DRAW RAFFLE:

ENTERTAINMENT:

RSVP (essential) BY FRIDAY 30TH NOVEMBER TO
46512354, or 13 Willow St,
or email jeanw@barc.qld.gov.au



At 60 +

Activities Exercises, tai chi, craft croquet, hoy and bingo and morning teas are continuing in their usual times. Please don't wait for a personal invitation just come along and join in any of these activities.

For those who have not planned any **Melbourne Cup** adventures we'll have some bingo and a shared lunch on **Tuesday 6th November at The Willows**. Come from **10:00am** and bring some lunch to share.

Hoy is 13th November and **bingo** is on 27th November with morning tea from 9:45am. Exercises are from 9:00am to 9:45am and furniture needs to be moved into the exercise area for hoy and bingo.

The **monthly meeting** is on Tuesday 20th November at 10:00am. Please bring your suggestions for planning for next year. What happens is largely determined by participant feedback and working within the program guidelines to enhance physical, social, emotional and spiritual wellbeing of older people enabling continuing participation in community life.

In **2019 Barcardine 60 & Better Program will be 25 years old**. Do you have some ideas to help us recognise the people and the journey from inception and some inspiration for the future? As so many people have been participants in different activities over time and others have been newsletter recipients this will be an opportunity to say thank you and continue to develop positive ageing outcomes in the community.

Digital Learning for Older Australians allows thousands of Australians to take free courses on everything from how to access the internet, to using your device and keeping in touch with others online. Please visit 60 & Better and sign up. There are no fees and you can work at your own pace and have a little help to get started.

Each year we have a **Xmas money tree raffle**. First prize is \$200, second Prize \$100, third Prize \$50, fourth Prize is \$30 and fifth Prize is \$20. Tickets are \$2 each or 3 for \$5. We'll draw the raffle at the 60 & Better Christmas Lunch on 18th December.

This year we did not do any trips away but is there any interest in a short cruise in about twelve month time? It would probably be along the Queensland coast. There are lots of things to think about.

I have updated my tai chi qualifications. They are valid for two years.

Behind the clouds the sun is still shining. Till next time *Jean*

Do You Live in an Age-friendly Community? Ageism, like sexism and racism has many forms. Ageism is widespread and an insidious practice which has harmful effects on the health of older adults. For older people, ageism is an everyday challenge. Overlooked for employment, restricted from social services and stereotyped in the media, ageism marginalises and excludes older people in their communities. Age-friendly environments are free from physical and social barriers and supported by policies, systems, services, products and technologies that: promote health and build and maintain physical and mental capacity across the life course; and enable people, even when experiencing capacity loss, to continue to do the things they value.

Congratulations and Condolences

We say thank you to the staff at Queensland Department of Transport Main Roads who invited us to join them for bingo during their People for People Week. Everyone enjoyed the morning and the fellowship.

On a sadder note we mention the deaths of Heather Livingstone, Beverley Mathews, Jerry Clements. We send our condolences to their families and friends.

Sicilian Beef Ragu for Two

2 tablespoons extra-virgin olive oil
1 small carrot, finely chopped
1/2 celery stalk, finely chopped
1 small onion, finely chopped
1 garlic clove, peeled and lightly crushed
250g lean minced beef
4 tablespoons tomato purée
50ml red wine
salt
small pinch ground cloves



Heat the oil in a large saucepan and fry the carrot, celery, onion and garlic over a medium heat until softened, around five minutes.

Add the minced beef and stir through for a couple of minutes, then add the tomato purée, red wine, two good pinches of salt and the ground cloves. Cook for around 10 minutes, stirring frequently with a wooden spoon to break up the meat.

Taste and adjust the seasoning, as necessary.

Serve with your choice of vegetables or pasta.

Date and Oat Biscuits

3/4 cup (105g) dates, coarsely chopped
1/4 teaspoon bicarbonate of soda
2 1/2 tablespoons boiling water
150g butter
1/2 cup (110g) caster sugar
1/2 cup (110g) brown sugar
1 Egg
1 cup (150g) plain flour
1 teaspoon ground cinnamon
3 1/3 cups (300g) rolled oats

Preheat oven to 180C. Line 2 large baking trays with baking paper. Place the dates, bicarbonate of soda and boiling water in a medium heatproof bowl. Set aside for 10 mins to soak.

Meanwhile, use an electric mixer to beat the butter and combined sugar in a large bowl until pale and creamy. Add egg and beat until just combined.

Stir in flour, cinnamon, oats and date mixture.

Press tablespoons full of mixture together and place on prepared trays, about 3cm apart. Bake for

Food Allergies

A food allergy occurs when a person's immune system reacts to allergens that are harmless to other people. Most food allergies are caused by peanuts, tree nuts, milk, eggs, sesame seeds, fish and shellfish, soy, lupin and wheat. These must be declared whenever they are present in food as ingredients (or as components of food additives or processing aids), however small the amounts present.

Food Intolerances

Adverse reactions to foods occur in a small proportion of the population. These reactions are not the same as allergies, but may include:

- rashes and swelling of the skin, asthma, and stuffy or runny nose
- irritable bowel symptoms, colic, bloating, and diarrhoea
- migraines, headaches, lethargy, and irritability.

If you think you or your child has a food intolerance, it is important to seek advice from a medical practitioner since all of the symptoms you may be experiencing can also be caused by other disorders.

Both added ingredients, including food additives and processing aids, and naturally occurring food components, such as salicylates, lactose and gluten may be involved in food intolerance.

It may help to keep a food diary and note carefully any symptoms that may be related to food. To properly diagnose a food intolerance, the usual practice is to eliminate all suspect foods from the diet and then reintroduce them one by one, to see which food or component(s) of the food causes the reaction. This should only be done under medical supervision, since some of the reactions - such as asthma - can be serious.

Source <http://www.foodstandards.gov.au/consumer/foodallergies/allergies/> (May 2018)

**NOMINATIONS ARE NOW OPEN FOR THE
BARCALDINE REGIONAL COUNCIL 2019 AUSTRALIA DAY AWARDS**



The Barcaldine Regional Council Australia Day Awards celebrate the achievement and contribution of individuals and community groups in our region. These awards are an opportunity to publicly acknowledge those who have made an outstanding contribution or an exceptional achievement. If you know of a person or community group dedicated to making the Barcaldine Region a better place, help us recognise their efforts and nominate them for a Barcaldine Regional Council 2019 Australia Day Award.

Regional Awards: Citizen of the Year ,Young Citizen of the Year ,Community Event of the Year

Community Awards: Volunteer of the Year, Senior Sports Award, Junior Sports Award, Cultural Award
NOMINATIONS CLOSE AT 12.00PM ON FRIDAY 21 DECEMBER 2018

Nomination forms can be picked up from the Barcaldine Regional Council Administration offices or downloaded from the website, www.barcaldinerc.qld.gov.au .

Deadly Australian funnel-web spiders can also kill melanoma cancer cells, study shows

Australian funnel-web spiders are among the most deadly arachnids in the world, and researchers have now discovered they can even be used to kill certain cancer cells.



The QIMR Berghofer Medical Research Institute study found peptide — extracted from the venom gland of the Darling Downs funnel-web spider and chemically synthesised — has anti-cancer properties that can kill melanoma cancer cells in humans and stop them spreading.

The compound, which also proved highly effective at treating Tasmanian devil facial tumour cells, could form the basis of new cancer treatments. Queensland lead researcher Dr Maria Ikonopoulou said the peptide was tested in laboratory experiments against a similar compound from a Brazilian spider, and she was shocked it had such a profound effect.

"It's very exciting," she said. "We found the Australian funnel-web spider peptide was better at killing melanoma cancer cells and stopping them from spreading, and it also didn't have a toxic effect on healthy skin cells."

Peptides are chains of amino acids linked to each other by amide bonds, with spider peptides being used in international research to test its antibiotic and anti-cancer properties. The Darling Downs or Toowoomba funnel web spider can be found in southern Queensland, most commonly on rainforest-covered mountain ranges and along the gullies of rivers and creeks flowing off them.

Dr Ikonopoulou said there were many years of work ahead, but the early results of the study were promising. "These findings prompt us to continue investigating the potential of bioactive compounds derived from venom to treat melanoma, liver disease, obesity and metabolism ... in collaboration with the pharmaceutical industry."

Dr Ikonopoulou said the compounds could also be used to treat Tasmanian devil facial tumours.

"Similar to the effect in melanoma cells, we found that the Australia spider peptide killed Devil Facial Tumour Disease (DFTD) cells and didn't affect the healthy cells much," she said.

The funnel-web spider study was published in the journals Scientific Reports and Cell Death Discovery.

Source: [/www.abc.net.au/news/2018-10-06/peptide-from-spider-venom-killing-melanoma-cells/10344588](http://www.abc.net.au/news/2018-10-06/peptide-from-spider-venom-killing-melanoma-cells/10344588)



HOME ASSIST SECURE



BARCALDINE REGIONAL COUNCIL

Community Care Services

From the Project Coordinator

The NDIS Update



Participants keep coming our way, through the NDIS. It's been humbling and a privilege to be involved with staff and our new 'families'. We are honored to be working with you



Community Care Services Survey

Recently, a number of our clients were asked to complete a survey. This is important feedback on our services and will allow us to look at areas that may need improvement. We will be asking ALL of you to complete a 'Tell Us What You Think' form prior to Christmas. We thank you for your valuable input :-)

Christmas Shutdown.....

All our services will break from Friday 21st December to Monday 7th January 2019.

Any services during this time will be on a genuine **EMERGENCY** basis only.

These EMERGENCIES should be directed to **0428 683 465**

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
- ⇒ Servicing and cleaning of Air Conditioners
- ⇒ Servicing and replacement of photoelectric smoke alarms
- ⇒ Install of Uniden Phone alert systems

Inside this issue:

From the Project Coordinator	1 & 2
Home Modifications	2
Information Sessions & calls	3
Contact Details & Quotes	4
Field Officer Update	4
Community Care Services Calendar	5
60 & Better Calendar	6

What we can offer clients:

- Easy access to local tradespeople
- Local, personalized service
- A comprehensive Education Program
- Information & Referral
- Wide variety of Minor Maintenance services
- Smoke alarms & fire safety materials
- Home Security advice

From the Project Coordinator continued

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 Christmas 2018 👍

Reminders:

22nd November 2018—Regional Cultural Excursion to Emerald

4th December 2018—Regional Christmas Lunch in Barcaldine

Contact

If you need to contact us, details are below:

Office: 07 4651 2187

Bill's Mobile: 0409 621 346

Until next time, take care

Carl's Mobile: 0408 372 526

carl 😊

Central & Far West Home Modifications

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

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

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

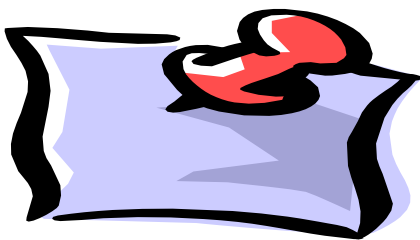
After we receive your referral from **My Aged Care**, we then Project Manage the referral, construction, contractors, materials and other services, who will work with us and you to ensure your needs are met.

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

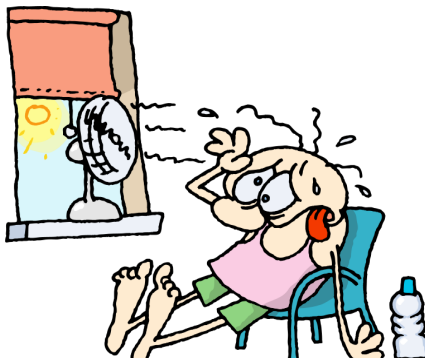
Community Care Services Office

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

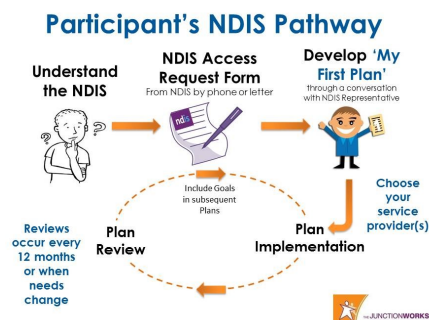
Our office is not manned all the time. If you ring, please leave a message so we can contact you when we return. **We will call you back, if you leave a message!**



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
- 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



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**

**Ideas often flash
across our minds more
complete than we could
make them after much
labour!**

The NDIS and what it is?

NDIS = National Disability Insurance Scheme

Who is eligible?

- Are you under 65?
- Have a long term or permanent disability?
- Are you an Australian citizen?

The answer is = probably yes!

What do I need to do?

- Contact the NDIS on **1800 800 110**
- Complete an application form
- Be assessed to determine the level of your eligibility
- Work on developing a plan
- Choose a provider to assist you to implement your plan

Barcaldine Regional Council is a Registered Provider. Give us a call for more information.

Field Officer Update



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

November Focus:

Trip Hazards

Minor Trimming and Air Conditioners have topped the list for November services. With the weather heating up please ensure prior to starting air conditioners they are cleaned and serviced, ready to attack the heat! Give us a call and let us know

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!

November 2018

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

Community Care Services Schedule of Events

- ◆ **Bill is on Leave from 3rd December 2018 to 7th January 2019**
- ◆ **Reminders:::::**
- ◆ Regional Cultural 'Excursion' to Emerald 22nd November. Buses from Aramac, Barcy and Alpha
- ◆ Regional Christmas Gathering 4th December in Barcaldine @ Shire Hall
- ◆ Services close over Christmas from 21st December 2018 to 7th January

November 2018



Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1 60 + Tai Chi Craft	2 Croquet Oak St park	3 Races	4 Festival of Small Halls Town Hall 6:30pm
5 Men's Shed	6 Public Holi- day Barcaldine Bingo Shared Lunch at Willows	7 Men's Shed	8 60 + Tai Chi Craft	9 Croquet Oak St park	10	11 Remem- brance Day 
12 Men's Shed BRC Clean Up Week	13 60 + Exercises Hoy BRC Clean Up Week	14 Men's Shed BRC Clean Up Week	15 60 + Tai Chi Craft	16 Croquet Oak St park	17	18 Aged Care Bingo
19 Men's Shed	20 60 + Exercises Meeting	21 Men's Shed	22 60 + Tai Chi Craft	23 Croquet Oak St park	24 Catholic Fair	25
26 Anointing Mass	27 60 + Exercises Bingo	28 Men's Shed	29 60 + Tai Chi Craft	30 Croquet Oak St park	<p><i>Remembrance Day has a special significance in 2018. Sunday, 11 November 2018 marks the 100th anniversary of the Armistice which ended the First World War (1914–18).</i></p>	

A man is walking down the street when he sees a kid on the corner selling toothbrushes. The kid asks him, "Hey sir, would you like to buy a toothbrush?"

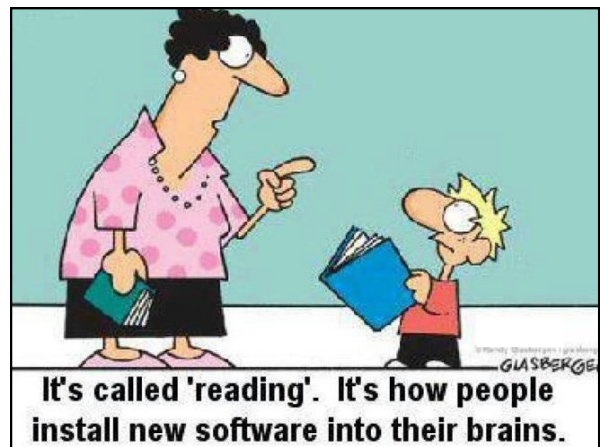
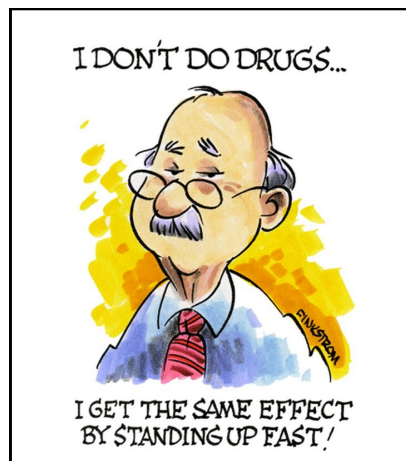
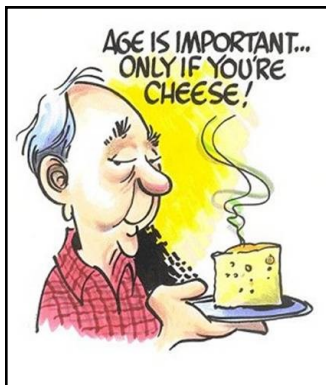
The man says, "I would, except I already have one at home. I don't need one right now, but do you want a tip to help you out? If you want to be a successful salesman, you have to come up with a twist. You need to do something to grab the customer's attention."

The kid responds, "Oh, I get it!" and the man goes home for the night.

The next day, the man walks by again and sees the same kid. The kid asks, "Hey sir, do you want a free brownie?"

The man says, "Of course! Thank you!" He takes a bite and immediately spits it out cursing that it tastes like dog poo.

"That's because it is," exclaims the kid. "Want to buy a toothbrush?"



Blessed are those who continue to laugh at themselves, for they shall never cease to be amused.

Can you find the fifty words in the list below containing the letter Z? They may be horizontal, vertical, diagonal, forwards or backwards.



- BLAZE, BLAZER, BLIZZARD,
- BONANZA, BREEZE, BRONZE,
- BUZZ, BUZZARD, CITIZEN,
- CRAZY, DAZZLED, DENIZEN,
- DIZZY, DOZEN, DRIZZLE,
- EMBEZZLER, FIZZY, FRENZY,
- GAZELLE, GRAZE, HAZARD,
- HAZY, HORIZON, JAZZ, MAIZE,
- MAZE, MUZZLE, PIZZA, PLAZA,
- PRIZE, RAZOR, SEIZE, SIZE,
- SIZZLE, SNEEZE, SNOOZE,
- SQUEEZE, TOPAZ, TWEEZERS,
- WIZARD, ZANY, ZEAL, ZEBRA,
- ZENITH, ZEPPELIN, ZERO,
- ZEST, ZIPPER, ZODIAC,
- ZOMBIE.

N	Y	E	Z	E	E	U	Q	S	H	Z	A	P	O	T	Z	R	Y	O
O	I	Z	S	R	E	Z	E	E	W	T	P	W	P	R	Z	Z	Z	V
Z	I	I	Z	E	A	L	D	Z	E	B	R	A	I	M	U	A	Z	A
I	Z	E	N	I	T	H	B	S	B	E	E	B	E	Z	B	N	I	C
R	A	D	Z	A	D	K	D	X	I	L	H	Z	O	Z	A	Y	F	R
O	F	E	E	E	L	L	E	Z	A	G	A	M	O	N	I	R	V	A
H	S	R	M	N	G	M	S	B	D	I	B	Z	N	O	A	E	D	Z
T	D	P	E	A	I	V	U	R	L	I	E	I	E	N	N	N	S	Y
E	M	R	R	N	I	Z	A	Z	E	S	L	L	E	V	B	S	Z	B
A	Z	Z	A	I	Z	Z	E	A	Z	E	I	Z	Z	P	I	Z	Z	A
D	C	N	T	Z	Z	Y	E	N	P	L	I	Z	V	Z	O	V	R	A
R	I	G	O	I	Z	E	E	P	K	T	E	Y	Z	R	I	E	Z	Z
A	V	A	L	R	R	U	E	R	I	E	K	P	E	L	G	R	O	Z
Z	B	B	R	B	B	Z	B	C	T	D	A	Z	Z	L	E	D	D	Z
A	L	K	O	D	R	E	L	Z	Z	E	B	M	E	E	G	O	I	I
H	A	H	Z	E	V	E	L	S	S	R	J	D	P	R	M	Z	A	P
A	Z	O	A	V	N	W	E	P	L	A	Z	A	A	A	P	E	C	P
T	E	P	R	Z	L	V	E	Z	I	S	R	Z	Z	A	T	N	P	E
K	R	E	H	G	Y	S	N	E	E	Z	E	E	A	Z	A	T	A	R

PUZZLE SOLUTIONS

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

Melbourne Cup Bingo & Lunch: 10:00am
6th November

Hoy: 10:00am 13th November

Meeting: 10:00am 20th November

Bingo: 10:00am 27th November



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

