

GARDEN CITY NEWS

VOLUME 25

ISSUE 10

NOVEMBER 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.



INVITATION TO BARCALDINE REGIONAL COUNCIL SPONSORED

SENIORS CHRISTMAS LUNCH

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

TIME: FROM 11:00AM

LUNCH: 12:30PM

DATE: TUESDAY 3rd DECEMBER 2019

PLACE: BARCALDINE TOWN HALL

COST: \$10 PAY AT DOOR

LUCKY DOOR and MULTI DRAW RAFFLE

RSVP BY THURSDAY 28th NOVEMBER
(essential for catering)

TO 46512354 or 13 Willow St
or email jeanw@barc.qld.gov.au



At 60 +

Elder Olympics. On the 1st October we held the **Elder Olympics**. The overall winners were Pam Miller and John Moller. Colleen Whelow was awarded the sportsmanship prize. Shirley Jackson and Ted Bignell were joint winners of guess the weight of the pumpkin. Seniors Games are in Charleville in May next year so we might visit to gather some ideas to improve our day.

Bingo at Main Roads. During People for People Week the staff at Department of Transport and Main Roads organised a morning tea and game of bingo to which we were invited. This was a friendly interactive morning with plenty of prizes and food. Nobody missed out. Thank you very much to Gary, Laura, Christina, Kevin and Marnie and all other helpers for making our morning so pleasant. There are plans to hold an event next year.

Hoy and Bingo. The year is coming to a close with two more hoy mornings and one more game of bingo. Hoy will be on 12th November and bingo 26th November. Final hoy for the year is 10th December. Morning tea is from 9:45am with games due to start at 10:00am. Everyone is welcome to attend.

Indoor Bowls. So far there has been no interest in playing indoor bowls so it will be offered as an activity next year. If you have any ideas for other activities we'd like your suggestions please.

Committee Meeting. The next meeting is on 19th November so if you have any matters to raise please attend and share your ideas or concerns.

Exercises, tai chi, craft, croquet. Our weekly activities will continue until Friday 20th December. Please continue to come and partake in the physical and social experiences.

Shut Down over Christmas. The 60 & Better office will close on Friday 20th December and reopen on Monday 6th January. There will be no activities during this period.

Participants Garden. Plans are afoot to revamp the participants garden so we look forward to another productive year. Produce has been used as prizes for hoy and bingo and enjoyed at morning teas.

Over 80's Book. Due to the slow response of return of information the deadline for return of information has been extended to 30th April 2020. If you have not received a form to complete or need assistance to complete the form please let us know.

Till next time.

If not now, then when?

Jean

Congratulations Condolences

Birthday Greetings for November: Happy birthday to Keith Anderson and to Bev Church.

We report the deaths of and send condolences to the families and friends of former Barcaldine resident Joan Broughton, former Aramac resident Pearl Dickson and Pam Ward, Michael Charman and Margaret Burger. Know that others care.

Emerald Trip. Friday 29th November leaving from 'The Willows' 6:00am and returning by 6:00pm. Cost is \$20 which is to be paid when booking a seat. Intending passengers must be able to board and disembark from the bus with minimal assistance. The Emerald Botanic Gardens is the point of interest we are visiting. Please contact Jean for more information.

Easy Faultless Sponge Cake

4 eggs

¾ cup caster sugar

¾ cup cornflour

¾ teaspoon cream of tartar

½ teaspoon bicarb soda

2 tablespoons custard powder

Spray large square tin or 2 large round deep sided cake tins with cooking spray and line with baking paper and spray again.

Sift ingredients apart from eggs and sugar 3 times.

Beat eggs and sugar for 15 minutes on high or fastest speed.

Reduce mixing speed to lowest speed and add dry ingredients.

Don't over beat

Bake in moderate oven about 20 minutes.

Once cooked turn out immediately and allow to cool before decorating with cream and fruit.



Chicken Pasta Bake

2 large (about 500g) chicken breast fillets, cooked and coarsely chopped

1 ½ cups (175g) small dried penne pasta

260g butternut pumpkin, seeded, peeled, cut into 2cm cubes

1 cup (150g) frozen peas

1 cup (70g) broccoli florets

1 ¼ cups (310ml) tomato pasta sauce

½ cup (40g) coarsely grated light cheddar



Cook the pasta following packet directions until al dente.

Cook the pumpkin in a large saucepan of boiling water for 10 minutes. Add the peas and broccoli and cook for a further 1 minute or until tender.

Preheat oven to 180°C. Combine the chicken, pasta, pumpkin mixture and pasta sauce in a large bowl.

Divide among four 2-cup (500ml) capacity ovenproof dishes or cook in a large ovenproof dish. Sprinkle the cheddar over each dish. Bake for 15 minutes or until heated through.

What is Meditation

Meditation is both a skill and an experience — a formal exercise to cultivate awareness and compassion. By sitting with the mind, we're training it to be more open and at ease, and we consequently discover greater calm, clarity, contentment, and compassion. In doing so, we increasingly learn to have a direct experience of the present moment.

Some of this may seem abstract; it can also be helpful to describe what meditation is not:

- Meditation is not about “emptying the mind,” “clearing the mind,” or “stopping thoughts.” The mind's nature is to think. We meditate to see those thoughts more clearly.
- Meditation is not about becoming a different person, a new person, or a better person.
- Meditation is not the same as concentration. It is not the active engagement of the mind on a specific topic.
- Meditation does not guarantee relaxation, serenity, or bliss. Relaxation can certainly be a side effect of it, but meditation involves a range of feelings, not simply the nicer ones.
- Meditation is not “checking out” or escaping our problems or duties.

Meditation is not necessarily spiritual or religious. It shares a very long history with religion and offers an important spiritual component for many practition-

ers. But anyone can meditate, regardless of creed.

Source: www.headspace.com

Mindfulness

Mindfulness is about focusing on the present. Mindfulness can help you feel better and reduce stress. Researchers are also studying mindfulness and related techniques such as relaxation to see if they can help treat various physical and mental health conditions.

Mindfulness is paying full attention to what is going on in you and outside you, moment by moment, without judgment. It means you observe your thoughts, feelings, and the sensations of taste, touch, smell, sight and sound. You are also fully aware of your surroundings.

Mindfulness had its roots in Buddhist meditation principles. However, anyone can practice mindfulness to improve their self awareness and wellbeing.

If you are doing something familiar in customary surroundings, you may tend to operate on autopilot and not notice what's actually going on. For instance, you might eat a whole packet of chips in front of the TV without actually noticing the taste.

Source: <https://www.healthdirect.gov.au/mindfulness-and-mental-health>

What is Glaucoma?

Glaucoma is the name given to a group of eye diseases where vision is lost due to damage to the optic nerve. Approximately 300,000 Australians have glaucoma. Generally there are no symptoms or warning signs in the early stages of this eye condition. The loss of sight is usually gradual and a considerable amount of peripheral (side) vision may be lost before there is an awareness of any problem.

The primary problem in glaucoma is damage to the optic nerve. Intraocular pressure (IOP) is the fluid pressure inside the eye. The level of eye pressure at which there is progressive damage to an optic nerve varies between people: some individuals with high eye pressures do not develop nerve damage, while others with normal eye pressure develop progressive nerve damage.

The best way to protect your sight from glaucoma is to have your eyes tested.

Glaucoma cannot be self-detected, and many people affected by glaucoma may not be aware of any vision loss. It is important to remember that while it is more common as we get older, glaucoma can occur at any age. Unfortunately there is currently no cure for glaucoma and vision cannot be regained, although early detection and adherence to treatment can halt or significantly slow progression.

- 2 in 100 Australians will develop Glaucoma in their lifetime
- 1 in 8 Australians aged over 80 years will develop glaucoma
- First degree relatives of people with glaucoma have an up to 10-fold increased risk of developing the disease

Currently, about 50% of people with glaucoma remain undetected.

Understanding Glaucoma

The eye works very much like an old-style camera. In the camera, the light comes in through the shutter, is focused by the lens, falls onto the film and

then we take it to be processed.

In the eye, light comes in through the cornea and pupil. It is focused by the lens, falling onto the film in the eye (the retina) and then goes, via the optic nerve (the nerve of sight), to the brain (the processor) for developing. **In people with glaucoma there is damage to the optic nerve, therefore not all the image captured by the eye will reach the brain, which can result in progressive vision loss.**

Although damage to the optic nerve can be caused by injury or by poor blood flow, the most common cause of optic nerve damage is increased pressure within the eye (referred to as intraocular pressure or IOP). IOP is generally controlled by the circulation of aqueous, a fluid which bathes and nourishes the eye, keeping it firm and maintaining optimal eye pressure.

Note that eye pressure varies from person to person; what is high pressure for one person may not be for another. Many people may have normal pressure inside the eye and still have glaucoma.

Effects of Glaucoma

While there are different types of glaucoma, Primary Open-Angle Glaucoma (POAG) is the most common, accounting for 90% of glaucoma cases in Australia. POAG generally has no warning signs in the early stages of development. Damage progresses slowly and destroys vision gradually, starting with peripheral vision. This early vision loss often goes undetected since the other eye can initially cover for the loss, and the effects of glaucoma may only be noticed when a significant amount of nerve fibres have been destroyed.

Damage caused is irreversible and will progress unless treated. Treatment cannot restore lost vision but may halt or slow down the damage process. **Early detection of glaucoma means that treatment can commence before a significant loss of vision occurs.**

HOME ASSIST SECURE

Funded by



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

Community Care Services

From the Project Coordinator

As Christmas approaches ...

59 days until Christmas! (as of me writing this)

Our offices will close from 20th December 2019 at 1230pm and re-open Monday 6th January 2020.

Home Care Package consumers will be contacted in the coming weeks to plan services over this shutdown period.



Cultural Trips ...

Winton Trip—13 intrepid adventurers travelled to Winton last week. It was an amazing trip, topped off by an awesome lunch at the Winton Neighbourhood Centre. Good weather, good company and lots of laughs, from a few characters. 😊



Emerald Trip—12 & 13th December will also be an overnigher. You will need to book your own accommodation—707 Motel maybe?

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 Project Coordinator continued ...

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

There have been many changes in Aged Care. It has been a tough time keeping up and to help us we have a new system in place. eHSP is the twin to eHCP (already in place for our Home Care Packages). This is a complete monitoring, tracking and reporting system. We will be entering **ALL** current and new CHSP consumers onto this system in the coming months. We will interview you and ask you about your goals, the services you require, what we will do with you and what you are able to manage for yourself. This will generate a Care/Support Plan that you and our staff will follow (continued page 8.)

Reminders:

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.

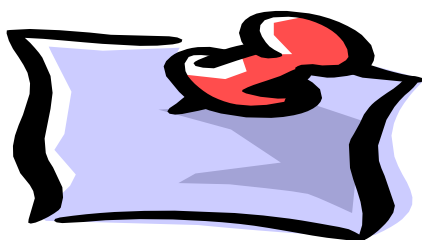
After we receive your referral from **My Aged Care**, we then Project Manage the referral, construction, contractors, materials and other services, who will work with us and you to ensure your needs are met.

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 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

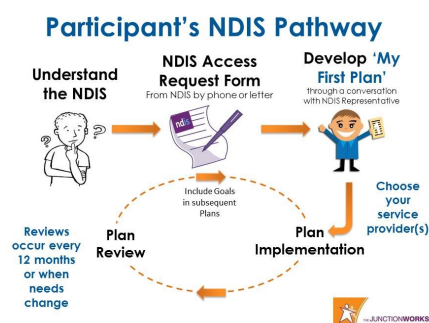
Our office is not manned all the time. If you ring, please leave a message so we can contact you when we return. **We will call you back, if you leave a message!**



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

Jordan's Mobile: 0409 621 346

Carl's Mobile: 0408 372 526

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

**Believe you can and you
are halfway there!**

Continued from Page 6

It is important that you are clear about your expectations, as we will be clear about ours. **This will be a joint partnership where we will work with you, not for you.**

CHSP = Support.

This will mean that once a Care Plan is in place, everyone will follow it (staff, you, nurses, coordinators). If there needs to be changes, this will be in the form of a review.

Care Plans will need to be in your homes so that you and the staff that attend (no matter who they are or where they are from) have a clear direction daily for the services that are delivered.

Ultimately, it will strengthen the service expectations for you and give us an opportunity to assist you with achieving your goals.

It is a change to the way we have operated in the past, but it doesn't change our focus on Service, Quality, Communication and Reputation.

If you have any questions, please contact Donna, Maree or myself. We are here to assist you as best we can 😊

Field Officer Update



November Focus:

Taps, Washers and Pipes

The focus for November is preparing for the summer storms! Water is a precious resource, that you pay for. Wasting it, because of a dripping tap or leaking washers is an easy, inexpensive fix. Leaking pipes may also cost you money and you don't even know it is happening. All easy to repair.




Please ask Jordan 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! ☎️



November 2019

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

Community Care Services Schedule of Events

◆ Reminders:

SAVE THE DATE:

Emerald Overnight Trip—12th & 13th December 2019

Christmas Shut Down

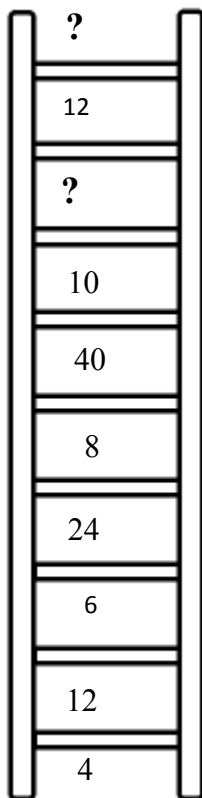
- ◆ Our offices will close from 20th December 2019 at 1230pm and re-open Monday 6th January 2020 call 0428 683 465 if there is a genuine

November 2019

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1 Croquet	2 Aramac Cent Sale Trains at Museum Races	3
4 Men's Shed	5 Public Holiday Barcy Aramac M'burra Melbourne Cup	6 CHSP Lunch	7 Tai chi Craft Aged Care Info Ses- sion Town Hall	8 Croquet	9 Festival of Small Halls M'burra	10
11 Remem- brance Day Men's Shed	12 60 + Ex- ercises Hoy	13	14 Tai chi Craft	15 Croquet	16 Catholic Fair	17
18 Men's Shed	19 60 + Ex- ercises Meeting	20 CHSP Lunch	21 Tai chi Craft	22 Croquet	23	24
25 Anointing Mass at The Wil- lows Men's Shed	26 60 + Ex- ercises Bingo	27	28 Tai chi Craft 'We're Not Crackers' gathering 6:30pm	29 60 + Trip to Emer- ald	30 Races	Date Claimer Seniors Xmas Lunch 3/12/19

Number Ladder

Can you climb the ladder and find the missing numbers?



Musical Instruments Anagrams

Can you work out the names of musical instruments from the following anagrams? Word lengths are shown in brackets.

RING LATE (8) _____

COCOA RIND (9) _____

ROAM CHINA (9) _____

PORCH RADISH (11) _____

NIL TRACE (8) _____

NICER CANTO (10) _____

MILAN DON (8) _____

GROAN (5) _____

NO AXE SHOP (9) _____

TUBA IN ROME (10) _____

He who laughslasts

Laughter is like a windscreen wiper, it won't stop the rain but it will allow you to keep going.

Guest to the waiter: "Can you bring me what the lady at the next table is having?"

Waiter: "Sorry, sir, but I'm pretty sure she wants to eat it herself."

Why do monkeys carry their babies on their backs?

It would be a bit hard dragging a buggy all the way up the trees...

A man well into his seventies asks his wife: "Mary, doesn't it make you sad when you see me running after those young girls sometimes?"

"Not in the least, Peter," replies Mary, "our dog chases cars all the time and there's also no chance he could manage to drive one!"

What goes through every village, over mountains, crosses rivers and deserts and yet never moves?
A road.

A woman sees an angler at a lake, "And, are they biting?"
The angler replies, "Only if they are provoked."

Women usually claim childbirth is the most painful experience of their lives. Until they start stepping on Legos approximately three years later.



Older Australian Talk Sessions

Aged Care Information Session

Presented by Annette McNee

Barcaldine Town Hall Supper Room

Thursday 7th November

10:00am - 12:30pm

For more information: 0467392144

www.agedcare Navigators.org.au



A 'We're Not Crackers' Event

At 'The Willows'

6:30pm Thursday 28th November

Join us for an evening of wholesome fun, entertainment, laughter, food

Guest Speaker

Bring a friend!

More information coming soon.

Puzzle Solutions
Number Ladder Solution

$$4(x3)=12(/2)=6(x4)=24(/3)=8(x5)=40(/4)=10(x6) \\ =60(/5)=12(x7)=84$$

Musical Instrument Anagrams

TRIANGLE, ACCORDION, HARMONICA,
HARSICHORD, CLARINET, CONCERTINA,
MANDOLIN, ORGAN, SAXOPHONE, TAM-
BOURINE, TROMBONE

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

Exercises: Tuesday 9:00am

Tai Chi: Thursday 9:00am

Craft: Thursday 10:00am

Indoor Bowls: Thursday 10:30am

Croquet: Friday 8:30am Oak St Park

Hoy: 10:00am Tuesday 12 November

Meeting : 10:00am Tuesday 19 November

Bingo : 10:00am Tuesday 26 November

Trip to Emerald: Leaving The Willows 6am
Friday 29 November



**Barcaldine 60 & Better Program -
A Healthy Ageing Program**

Funded by



Under the auspices of
Barcaldine Regional Council

Executive Committee

President: Karen Brown

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

