

GARDEN CITY



NEWS



VOLUME 23

ISSUE 9

October 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.

BARCALDINE GET GARDENING COMPETITION WINNERS

Class 1 BEST REGIONAL GARDEN: James Walker, Barcaldine

Class 2 BEST TOWN GARDEN: Alpha - Vicki Bauer

Jericho - Maree Pearce

Barcaldine - Greg & Jane Castle, Runner Up Heather Livingstone

Aramac - Maryanne McAndrew & Tim Boyd, Runner Up Ian & Dorothy Hannay

Muttaburra - Sharmaine McCoy, Runner Up Pearl Langdon

Class 3 BEST RURAL GARDEN: Regional Winner - James Walker, Runner Up Douglas Church

Class 4 BEST EDIBLE GARDEN: Douglas Church, Runner Up David & Paula Coulton

Class 5 BEST SENIORS' GARDEN: Barcaldine - Heather Livingstone, Runner Up Lionel & Margaret Walsh

Aramac - Ian and Dorothy Hannay, runner Up Betty Williams

Muttaburra - Pearl Langdon

Class 6 BEST NON-RESIDENTIAL GARDEN: Regional Winner C&K Jellybean Community Centre
Runner Up Barcaldine Motel & Villas

Class 7 BEST FRONT GARDEN/FOOTPATH:

Alpha - Vicki Bauer, Runner Up Alpha State School -Year 10 Ag Science

Jericho - Gladys Gifford

Barcaldine - Pat Ogden, Runner Up Lionel & Margaret Walsh

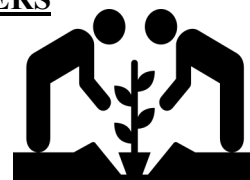
Aramac - Maryanne Mc Andrew & Tim Boyd, Runner Up Ian & Dorothy Hannay

Class 8 BEST FIRST TIME ENTRY:

Regional winner, James Walker, Runner Up Alpha State School - Year 10 Ag Science

HIGHLY COMMENDED GARDENS:

Alpha State school - Year 10 Ag Science, Barcaldine Country Motor Inn, Barcaldine Multi Purpose Hospital Service - Patio Area, Muttaburra State School Community Garden, St Joseph's Catholic Primary School



At 60 & Better

It is now October. Haven't the months flown by? Now the hot weather is back so please be wise regarding heat related conditions.

The Health Talk is on Tuesday 3rd October at 10:00am. Suzanne Russell will be talking about Advanced Care Planning. Please come and share morning tea and gather information.

Hoy will be played on Tuesday 10th October at 10:00am. Morning Tea and one set of cards will cost \$5. Extra cards are \$1 a set. Please come and join us for a fun social morning.

The October meeting is Tuesday 17th October at 10:00am. Among other things, we'll be discussing the Melbourne Cup Lunch, Seniors Christmas Lunch and finalising things for the visit from Charleville Healthy Ageing Group.

Visit from Charleville Healthy Ageing group will be on Friday 20th October. At present, the plan is to play croquet / boules before morning tea, have morning tea and our visitors will explore the Australian Workers' Heritage Centre before having lunch and returning to Charleville. Everyone is welcome to come and share in the morning. For those who'd like to join Charleville on Thursday night for a barbecue tea please let Jean know.

The fourth Tuesday is games morning and we'll play some cards and board games on Tuesday 24th October after 10:00am, depending on numbers.

As 31st October is a fifth Tuesday it has been decided to play hoy on that day. It is also Halloween so there maybe a couple of twists to the day.

A Melbourne Cup Lunch will be held at 'The Willows' on 7th November. All Welcome.

The town hall has been booked for the Seniors Christmas Lunch Day on 5th December.

Broadband for Seniors has been replaced by Digital Learning for Older Adults which is due to start in October. An organisation called Good Things Foundation has been awarded the contract to administer the project.

If you are lonely when you're alone, you're in bad company. Till next time. Cheers *Jean*

Congratulations and Condolences

Jenny Mace and her associates in conjunction with Barcaldine Regional Council launched a book of paintings and information about plants found in the Desert Uplands region. This is a credit to all who worked on the project.

We compliment all garden competition winners and all those who entered the competition for your efforts.

Congratulations to Barcaldine Westech Committee for again hosting a successful event with exhibitors and visitors from far afield as well as locally. The Westech coordinator, committee and other volunteers spent much time ensuring the success of the days. Volunteers in other community organisations also devoted a vast number of man-hours to providing services to the Westech Field Days. Well Done all who helped.

We send our condolences to Roger Kempson. Roger's brother Sid, passed away recently.

Belated Birthday Greetings go to Pat Ogden who celebrated a birthday a week or two ago.

We believe Fay Stewart, Sandra Chilcott and Bobby Balderson are among those who are celebrating their birthdays in October. Happy Birthday to you and others who have birthdays in October.

Exercise: An effective prescription for joint pain

Regular movement can help relieve ankle, knee, hip, or shoulder pain

Joint pain can rob you of life's simple pleasures — you may no longer look forward to walking your dog, gardening, or chasing a tennis ball across the court. Even the basics of getting through your day, like getting into the car or carrying laundry to the basement, can become sharp reminders of your limitations.

But the right exercises performed properly can be a long-lasting way to subdue ankle, knee, hip, or shoulder pain. Although it might seem that exercise would aggravate aching joints, this is simply not the case. Exercise can actually help to relieve joint pain in multiple ways:

- It increases the strength and flexibility of the muscles and connective tissue surrounding the joints.

When thigh muscles are stronger, for example, they can help support the knee, thus relieving some of the pressure on that joint.

- Exercise relieves stiffness, which itself can be

painful. The body is made to move. When not exercised, the tendons, muscles, and ligaments quickly shorten and tense up. But exercise — and stretching afterward — can help reduce stiffness and preserve or extend your range of motion.

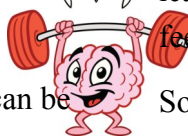
- It boosts production of synovial fluid, the lubricant inside the joints. Synovial fluid helps to bring oxygen and nutrients into joints. Thus, exercise helps keep your joints "well-oiled."

- It increases production of natural compounds in the body that help tamp down pain. In other words, without exercise, you are more sensitive to every twinge. With it, you have a measure of natural pain protection.

- It helps you keep your weight under control, which can help relieve pressure in weight-bearing joints, such as your hips, knees, and ankles.

- If all this isn't enough, consider the following: exercise also enhances the production of natural chemicals in the brain that help boost your mood. You'll feel happier — in addition to feeling better.

Source www.health.harvard.edu



Zucchini and Feta Slice

- 1 teaspoon olive oil
- 1 small onion, diced
- 1 large zucchini, grated
- 75g baby spinach
- 3 eggs
- 1/3 cup self-raising flour
- 1/8 cup vegetable oil
- 3 spring onions, chopped
- 1/4 cup fresh dill, chopped
- 100g feta cheese, crumbled
- 1/2 cup cheddar cheese, grated



Stir in the onion and zucchini mixture along with the cheeses. Pour into dish and bake for 20-30 minutes until set. Remove from oven and allow to sit for 10 minutes before serving.

Philly Stuffed Apples

- 80g Philadelphia spreadable cream cheese
- 2 pink lady apples (halved)
- 5ml honey
- cinnamon, for dusting
- toasted muesli, for decoration
- Honey, extra for drizzling

Method

Preheat the oven to 180°C. Line a slice dish with baking paper.

First, heat olive oil in a frying pan and cook onions for two minutes. Add the zucchini and cook everything until softened. Toss in spinach leaves and stir through until wilted.

Next, lightly beat eggs and combine together with flour, vegetable oil, spring onions and dill.

Method

Sweeten the PHILLY with a little honey. Using a melon baller or spoon scoop out the core of each apple half and discard. Spoon the PHILLY into the centre of each apple. Dust with cinnamon then sprinkle with muesli. Drizzle over extra honey and serve immediately.

Foot Problems

Spare a thought for our sore-footed New York brothers and sisters who have had to wait until this month to obtain cutting-edge surgical relief for bunions and hammer toes.

A few weeks ago, top US clinic Mount Sinai announced it would become the first New York state hospital to offer percutaneous foot surgery. This minimally-invasive operation produces fewer scars, less pain and quicker recovery than traditional surgery to correct bunion deformities.

Fortunately, in Australia we are steps ahead as the revolutionary operation has been available here for a while.

University of Sydney graduate and orthopaedic surgeon Peter Lam pioneered the keyhole procedure Down Under to correct the *hallux valgus*, as the condition is known in medicine. This surgery can have patients back home the day after the operation and on their feet within weeks.

A joint study by Melbourne's La Trobe University and the UK's Keele University found that more than a third of people aged over 56 years had bunions, and women were more likely to develop them.

The researchers examined 2830 people and identified five levels of severity in the deformity. The most severe corresponded to a 60-degree deviation of the big toe.

Worryingly, the study also revealed that pain and

hampered mobility were not the only effects sufferers were having to endure. Participants in the study said their achy feet damaged their overall quality of life.

In the meantime, if you are not ready for surgery just yet, you can strengthen the muscles in your feet to ease the pain of a wandering big toe.

New York College of Podiatric Medicine's Assistant Professor Khurram Khan recommends these exercises to strengthen your feet:

- **Toe stretches:** point your toes straight ahead for five seconds and then curl them under for another five, repeating 10 times
 - **Flexing and contracting:** press your toes against a hard surface, such as a wall. Hold the position for 10 seconds and repeat three times. Then flex your toes in the opposite direction and hold for 10 seconds, repeating three times
 - **Stretching your big toe:** Gently pull your big toe into proper alignment and hold this position for 10 seconds, repeating three times
 - **Ball roll:** Place a golf ball on the floor and roll it around under your foot for two minutes
- Picking up marbles:** Place 20 marbles on the floor in front of you and use your foot to pick the marbles up one by one and place them in a bowl. Alternatively, you can place a towel on the floor and try to grip and lift it with your foot.

<https://www.yourlifechoices.com.au/health/your-health/walk-away-from-bunion-pain>

SWIMMING POOL OPENING HOURS

Weekdays 6am - 10am 2pm - 6pm

Saturday & Sunday 2pm - 6pm

Admission - \$2 Adults \$1 pensioners

Season Tickets available



If any one is interested in water exercises please contact Jean 46512354.

Aramac Senior Citizens CENT SALE

Saturday 7th October

Aramac Town Hall Supper Room

Doors Open 12:00pm

Luck Door, Raffle, Afternoon Tea

Entry \$10

Cent Sale Tickets \$1

Please let Jean know if you would like to attend and need transport to Aramac.



Melbourne Cup Lunch at 60 & Better Tuesday 7th November. From 12:00pm

Lunch \$10.00 (cold meats and salad and dessert)

Most appropriate race hat, Hilarious hat competitions

Sweepstakes

Watch the race on a large screen

RSVP Friday 3rd November (4651 2354)





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.

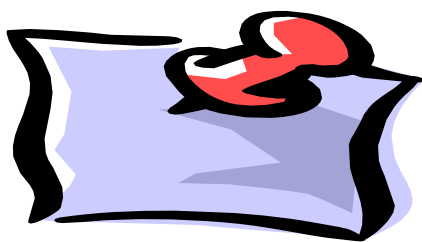
This Program covers the whole of the Central West Region, including Diamantina, Winton, Barcoo, Blackall/Tambo, Barcaldine and Longreach areas. Eligibility and funding conditions do apply to this Program.

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

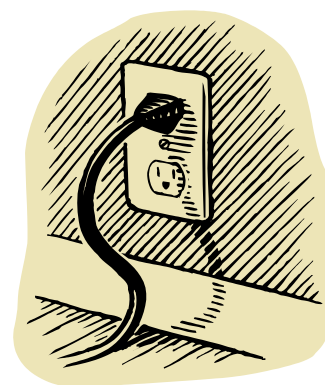
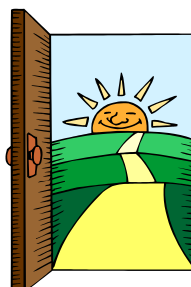
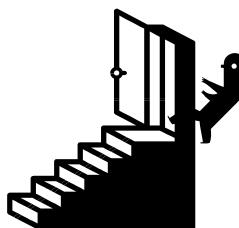
Our office is not manned all the time. If you ring, please leave a message so we can contact you when we return. **We will call you back, if you leave a message!**



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*

**An expert is one who
knows more and more
about less and less!**

Home Assist Secure Jobs ...

The aim of the HAS Program is to provide you with minor home maintenance and support you to remain safely at home. To do this we provide you with a number of maintenance services which may include:

- Installing of grabrails and hand rails
- Servicing & cleaning of smoke alarms
- Gutter cleaning & minor tree trims
- Cleaning of fans & fans socks
- Repair leaking toilets & taps
- Supply & fit security screens & doors
- Changing of lightbulbs etc
- Providing you security advice
- Offering free advice

These services are funded by Queensland Government.



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!

October Focus:

Services will continue as normal through October, with the focus on minor trimming and yard maintenance.

In getting ready for summer and potential rain (hopefully) let's get branches away from gutters and clean up the yard for the potential storms that may eventually head our way!

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!

October 2017

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

Home Assist Secure Schedule of Events

- ◆ 3rd October—Carl returns from leave
- ◆ Week of 23rd—Home Assist Review

October 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>International Day of Older People</i>	2 Statutory Holiday	3 Exercises Health Talk TCD6pm	4 Men's Shed	5 Tai Chi Craft	6 Croquet	7 Aramac Senior Cits Cent Sale
8	9 Men's Shed TCD 12pm	10 Exercises Hoy TCD 6pm	11 Men's Shed CHSP Lunch	12 Tai Chi Craft	13 Croquet	14
15 Aged Care Bingo	16 Men's Shed TCD 12pm	17 Exercises 60 + meeting TCD6pm	18 Men's Shed	19 Tai Chi Craft	20 Croquet / Petanque Visit from Charleville Healthy Ageing	21
22	23 Men's Shed TCD 12pm	24 Exercises Games TCD 6pm	25 Men's Shed CHSP Lunch	26 Tai Chi Craft	27 Croquet Best of Brass Concert 6:30pm Town Hall	28
29 Mini Trains at Historical Museum	30 Men's Shed TCD 12pm	31 Exercises Hoy TCD 6pm				

Tough times never last, but tough people do.

Human Skeleton & Organs Find and circle all of the skeletal parts and body organs that are hidden in the grid. The remaining letters spell a secret message. Note: TARSALS and METATARSALS are hidden separately and do not overlap. The same goes for CARPALS and METACARPALS, and BLADDER and GALLBLADDER.

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

- Skeleton:**
- CARPALS
 - CLAVICLE
 - COCCYX
 - CRANIUM
 - FEMUR
 - FIBULA
 - HUMERUS
 - INNOMINATE
 - MANDIBLE
 - METACARPALS
 - METATARSALS
 - PATELLA
 - PHALANGES
 - RADIUS
 - RIBS
 - SACRUM
 - SCAPULA
 - STERNUM
 - TARSALS
 - TIBIA
 - ULNA
- Organs:**
- APPENDIX
 - BLADDER
 - BRAIN
 - GALLBLADDER
 - GENITALS
 - HEART
 - INTESTINES
 - KIDNEYS
 - LIVER
 - LUNGS
 - PANCREAS
 - SKIN
 - SPLEEN
 - STOMACH
 - VOICE BOX



A farmer was driving along the road with a load of fertilizer. A little boy, playing in front of his house, saw him and called, "What've you got in your truck?"
 "Fertilizer," the farmer replied.
 "What are you going to do with it?" asked the little boy.
 "Put it on strawberries," answered the farmer.
 "You ought to live here," the little boy advised him. "We put sugar and cream on ours."



A technician was in a couple's home trying to fix their Internet connection. The husband called out to his wife in the other room for the computer password. "Start with a capital S, then 123," she shouted back. They tried S123 several times, but it didn't work. So they called the wife in. As she input the password, she muttered, "I really don't know what's so difficult about typing Start123."

Mildred, the church gossip, and self-appointed monitor of the church's morals, kept sticking her nose into other people's business. Several members did not approve of her extra curricular activities, but feared her enough to maintain their silence.
 She made a mistake, however, when she accused George, a new member, of being an alcoholic after she saw his old pickup parked in front of the town's only bar one afternoon. She emphatically told George (and several others) that everyone seeing it there would know what he was doing.
 George, a man of few words, stared at her for a moment and just turned and walked away.
 He didn't explain, defend, or deny. He said nothing. Later that evening, George quietly parked his pickup in front of Mildred's house... walked home... and left it there all night.

PUZZLE SOLUTION

A copy of the solution to the word search is available at the 60 & Better office

Hidden sentence: THE AVERAGE HUMAN ADULT SKELETON HAS TWO HUNDRED AND SIX BONES

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: Monday 12:00pm Tuesday 6:00pm

Thursday 9:00am

Craft: Thursday 10:00am

Croquet: Friday 8:30 Oak St park

Health Talk: 10:00am 3rd October

Hoy: 10:00am 10th October

Meeting: 10:00am 17th October

Games: 10:00am 24th October



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

