

GARDEN CITY

HAPPY
FATHER'S
Day!

NEWS

HAPPY
FATHER'S
Day!

VOLUME 23

ISSUE 8

September 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.

Elder Olympics

What a wonderful day we had at the 23rd Elder Olympics. The venue, Barcaldine Bowling Club, was a space which suited our activities well. The bowling club volunteers were most amenable hosts. Support from Barcaldine State School teacher Mitchell Bourne and sport and recreation students was wonderful. The day flowed smoothly and the ladies in the kitchen made a supreme effort to provide nutritious food in sufficient quantities to satiate the needs of competitors and helpers.



Men's Champion Ted Bignell and Ladies Champion Bev Hackett received their trophies from Mitch Bourne



Kaylee O'Toole presents the Good Sport Award to Eva Kampe.



Darts winners - Ted, Loretta, Ram and Jennifer



Shirley shows her style in tossing the can.

At 60 & Better

Firstly, I'd like to say thank you to all who participated in and contributed to the Elder Olympics. While not great in number those who took part did so with commitment and spirit. We are always seeking ways to improve the day so your feedback is welcome. One thought is to have teams with a student in them to give them a greater sense of participation and to had to the competition. There would be individual awards as well as team awards.

Health Talk on Tuesday 5th September at 10:00am will be presented by Jamie Small. Jamie will lead us through using relaxation techniques, mindfulness and imagery to help maintain our mental well being. The health talk is after exercises at 9:00am and morning tea which all can attend.

Westech is on 12th and 13th September. Because people have a number of commitments related to Westech there will be no activities on Tuesday 12th September. It is a public holiday on Wednesday 13th September.

The monthly meeting is on Tuesday 19th September at 10:00am. Please bring your ideas and feedback so we can continue to plan and develop our activities.

Hoy will be on Tuesday 26th September at 10:00am. Cost for morning tea and hoy is \$5.

If you would like to use our **exercise equipment**, drop in and check it out. We ask that you fill in an exercise release / waiver form, a pre-exercise screening tool and read the equipment usage guidelines before using the equipment. Membership of 60 & Better is also required. This will cost \$2.

Keep the day and date of Tuesday 5th December free. This is the day the town hall has been booked for the Seniors Christmas Lunch. .

Thought for the month: Work at being patient; it is the most useful exercise.

Till next time. Cheers *Jean*

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

Condolences

We note with sadness the passing of one of our oldest residents. Edna Olive Boyington (Scott, Hayes) died recently. She will be remembered for her positive attitude and resilience as well as her culinary, craft and gardening skills.

Our condolences go to the family and friends of Thelma Alexander (Newton). Thellie was a former resident of Barcaldine.

Howard Hall a former resident also passed away and we send our condolences to his family and friends

We send our sympathy to the family and friends of Butch Mules on his passing Butch was a jockey in town .

Another former Barcaldine resident Kathy Farmer, died recently. She will be sadly missed by her family and friends. Kath's generous nature will be recalled by many.

Eight non-invasive pain relief techniques that really work

Sometimes pain has a purpose — it can alert us that we've sprained an ankle, for example. But for many people, pain can linger for weeks or even months, causing needless suffering and interfering with quality of life.

If your pain has overstayed its welcome, you should know that you have more treatment options today than ever before. Here, we've listed eight techniques to control and reduce your pain that don't require an invasive procedure — or even taking a pill.

1. Cold and heat. These two tried-and-true methods are still the cornerstone of relieving pain for certain kinds of injuries. If a homemade hot or cold pack doesn't do the trick, try asking a physical therapist or chiropractor for their versions of these treatments, which can penetrate deeper into the muscle and tissue.

2. Exercise. Physical activity plays a crucial role in interrupting the "vicious cycle" of pain and reduced mobility found in some chronic conditions such as arthritis and fibromyalgia. Try gentle aerobic activities such as walking, swimming, or cycling.

3. Physical therapy and occupational therapy. These two specialties can be among your staunchest allies in the fight against pain. Physical therapists guide you through a series of exercises designed to preserve or improve your strength and mobility. Occupational therapists help you learn to perform a range of daily activities in a way that doesn't aggravate your pain.

4. Mind-body techniques. These techniques, which

include meditation, mindfulness, and breathing exercises (among many others), help you restore a sense of control over your body and turn down the "fight or flight" response, which can worsen chronic muscle tension and pain.

5. Yoga and tai chi. These two exercise practices incorporate breath control, meditation, and gentle movements to stretch and strengthen muscles. Many studies have shown that they can help people manage pain caused by a host of conditions, from headaches to arthritis to lingering injuries.

6. Biofeedback. This technique involves learning relaxation and breathing exercises with the help of a biofeedback machine, which turns data on physiological functions (such as heart rate and blood pressure) into visual cues such as a graph, a blinking light, or even an animation. Watching and modifying the visualizations gives you a degree of control over your body's response to pain.

7. Music therapy. Studies have shown that music can help relieve pain during and after surgery and childbirth. Classical music has proven to work especially well, but there's no harm in trying your favorite genre — listening to any kind of music can distract you from pain or discomfort.

8. Therapeutic massage. Not just an indulgence, massage can ease pain by working tension out of muscles and joints, relieving stress and anxiety, and possibly helping to distract you from pain by introducing a "competing" sensation that overrides pain signals.

Source: Healthbeat, Harvard Medical School
www.healthharvard.edu

Caramelised onion and cheddar damper rolls

25g butter, chopped

1 tablespoon extra virgin olive oil

1 brown onion, finely chopped

1 teaspoon chopped fresh thyme leaves

2 teaspoons brown sugar

2 teaspoons balsamic vinegar

3 cups self-raising flour

2 teaspoons salt

1 cup grated vintage cheddar

3 eggs, lightly beaten

3/4 cup milk, plus extra for brushing

50g butter, extra, melted, cooled

Butter, to serve



itionally, for 15 minutes or until onion is soft. Add sugar and vinegar. Cook, stirring for 5 to 8 minutes or until mixture is caramelised. Set aside to cool completely.

Preheat oven to 190C/170C fan-forced. Grease and line a large baking tray with baking paper.

Combine flour, salt and 1/2 cup cheddar in a large bowl. Season with pepper. Make a well. Add egg, milk and extra melted butter. Mix well. Add onion mixture. Knead gently until combined.

Divide mixture into 12 equal portions. Roll each portion into a ball. Arrange balls on prepared tray about 3cm apart. Brush with a little extra milk and sprinkle with remaining cheddar. Bake for 35 to 40 minutes or until golden brown and rolls sound hollow when tapped. Cool on tray. Serve warm or at room temperature with butter.

Heat butter and oil in a large frying pan over medium heat. Add onion and thyme. Cook, stirring occa-

WHAT IS ASTHMA?

Asthma is a long-term lung condition. People with asthma have sensitive airways in their lungs which react to triggers, causing a 'flare-up'. In a flare-up, the muscles around the airway squeeze tight, the airways swell and become narrow and there is more mucus. These things make it harder to breathe.

An asthma flare-up can come on slowly (over hours, days or even weeks) or very quickly (over minutes). A sudden or severe asthma flare-up is sometimes called an asthma attack.

One in nine people in Australia has asthma. It affects people of all ages. Some people get asthma when they are young; others when they are older. Asthma cannot be cured, but for most people it can be well controlled by following a daily management plan.

A person's asthma symptoms can vary over time - sometimes they will have no symptoms, especially when their asthma is well-controlled. Symptoms often vary from person to person, but they are most commonly: breathlessness, wheezing, tight feeling in the chest, continuing cough. Symptoms often occur at night, early in the morning or during/just after activity. They are caused by the narrowing of the airways.

The causes of asthma are not fully understood, although people with asthma often have a family history of asthma, eczema and hayfever. Research has shown that exposure to tobacco smoke (especially as a baby or young child), obesity and some workplace chemicals can increase the risk of developing asthma.

Asthma can start at any age, and can be more of a problem when it starts in older adults, so don't assume if you never had it as a child that it's not possible now. Being breathless is not a normal part of getting older - it should always be checked out by a doctor.

A diagnosis of asthma is more likely if you have eczema or hayfever, or have close relatives with allergies and/or asthma, and if your symptoms: keep coming back, or happen at the same time each year, are worse at night or in the early morning, are clearly triggered by exercise, allergies or infections, improve quickly with reliever medication

If you suspect you might have asthma, you should see your doctor for a professional diagnosis. Don't ignore it - if you do have asthma, the sooner you get it under control, the faster you can get back to living a full and active life!

There is no single test for asthma. Your doctor will decide if you have asthma based on talking to you, examining you and performing some breathing tests. A spirometry test is safe, simple and painless. It involves blowing as hard as you can, for as long as you can, into a tube or mouthpiece which is connected to a special measuring machine. You'll need to do this several times, but you can rest as long as you need to in between. Sometimes you'll need to take a few puffs of an asthma reliever medication, wait a few minutes, and then do the test again. This will show what effect the medication has on your lungs.

Spirometry tests are not usually performed on children younger than 6 years old.

Some people might also have to do a challenge test. In this test you have to inhale a special substance and then do a spirometry test. The reaction your lungs have to the substance shows if you have sensitive airways and can help decide the best treatment for you. This test is usually done in hospitals or respiratory function laboratories.

Asthma is strongly linked with allergies, and so many people may have allergy tests - usually skin prick tests or blood (RAST) tests. These tests detect which allergens you are sensitive to. Skin prick testing is usually done on the forearm. A drop of allergen is put on the skin and a small prick into the skin is made through the drop to allow a tiny amount of allergen to enter. If you are allergic, a small lump will appear in the next 15 to 20 minutes. Blood (RAST) testing may be performed if skin testing is not possible, such as in cases of severe eczema. This test involves taking a sample of blood which is checked for antibodies to specific allergens.

A chest x-ray is not generally helpful in diagnosing or monitoring asthma, but you might have one if your doctor wants to rule out other problems such as pneumonia.

Source: <https://www.asthmaaustralia.org.au>



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.

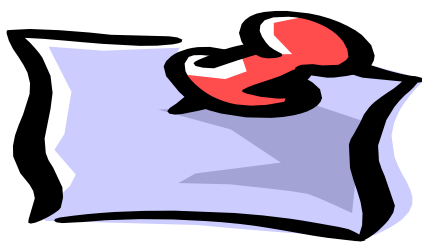
This Program covers the whole of the Central West Region, including Diamantina, Winton, Barcoo, Blackall/Tambo, Barcaldine and Longreach areas. Eligibility and funding conditions do apply to this Program.

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

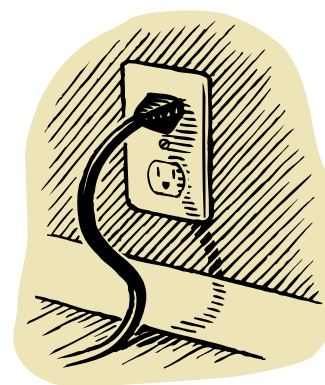
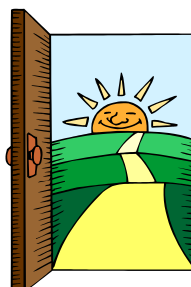
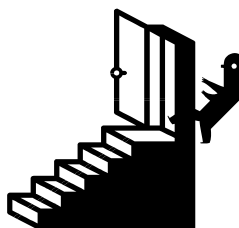
Our office is not manned all the time. If you ring, please leave a message so we can contact you when we return. **We will call you back, if you leave a message!**



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*

**The difference between
what we do and what we
are capable of doing would
suffice to solve most of
the worlds problems!**

Weekend Jobs and After Hours ...

Although we do our best during weekly work hours, the inevitable will occur over the weekend or in the middle of the night.

If this does happen and it is a *genuine emergency*, you can call the BRC On Call phone for assistance.

Otherwise a call to us, first thing in the morning and we should be able to get things organised for you.

We are not a 24 hour, on call service. No Home Assist Secure service in Queensland is.

It is possible that you will need to pay an after hours call out fee for a tradesman who visits on weekends or after hours.

Emergencies can't be predicted, but we can assist.



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!

September Focus:

Services will continue as normal through September, with a focus on air conditioners and gutter cleans.

Seems that winter is on its way out and we are getting prepared for the onslaught of summer and potential storms! Let's get those air conditioners ready and make sure gutters are clear of debris in preparation.

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!

September 2017

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

Home Assist Secure Schedule of Events

- ◆ 12th—Westech
- ◆ 13th-Westech (Public Holiday in Barcy)
- ◆ Carl on Leave from 18th September to 3rd October

September 2017

Sun Mon Tue Wed Thu Fri Sat

Adult Learners Week 1-8 Sep	National Asthma Week 1- 7 Sep	National Stroke Week 4-10 Sep-tember	16 - 19 Sep 100 year Beersheba Commem-oration	TCD Tai Chi for Diabetes 12:00pm Mondays 6:00pm Tuesdays	1 Croquet	2
3 Fathers Day	4 Anointing Mass Men's Shed TCD	5 60 + Exer-cises Health Talk TCD	6 Men's Shed	7 Tai Chi Craft	8 Croquet	9
10	11 Men's Shed TCD	12 Westech	13 Westech Public Holiday (Barcy)	14 Tai Chi Craft	15 Croquet	16
17 Aged Care Bingo	18 Men's Shed TCD Stroke Safe Talk	19 60 + Exer-cises Meeting Melbourne Cup Tour TCD	20 Men's Shed Men's Shed AGM 5.15pmThe Willows	21 Tai Chi Craft	22 Croquet	23
24 Mini trains at Museum	25 Men's Shed TCD	26 60 + Ex-ercises HOY TCD	27 Men's Shed CHSP Lunch	28 Tai Chi Craft	29 Croquet	30



CASTLES & KNIGHTS



1. A gauntlet in a suit of armour was a type of (a) metal plate, (b) shoe, (c) glove.
2. What was a moat? (a) a type of wooden fighting ship, (b) a wound inflicted in a sword fight, (c) a trench round a castle, filled with water?
3. What did a knight do with his visor? (a) carry it in his right hand, (b) wear it on his head, (c) tie it to his horse?
4. What was a battlement? (a) a place where knights fought, (b) a game like chess, (c) a protective wall with openings, around the top of a castle.
5. A scabbard was used by a knight to carry his (a) food, (b) sword, (c) stolen treasure?
6. A rampart was (a) an area for keeping male sheep, (b) a wall or bank built around a protected area, (c) a huge wooden device for battering down castle gates.
7. Mail was something a knight (a) wore to protect himself, (b) delivered to somebody, (c) ate in the banquet hall after winning a battle?
8. If you study heraldry, you are interested in (a) old documents, especially newspapers, (b) old musical instruments, (c) coats of arms.
9. In a castle, what was a loophole? (a) a trap, made of rope, to snare people who tried to creep in at night. (b) part of a scaffold on which criminals were hung. (c) a small hole or window in a wall.
10. What was a quiver? (a) a sheath for carrying arrows, (b) something a knight waved when he wanted to surrender, (c) a sort of flag on the top of a castle.

After 10 years, a woman starts to think her child looks strange. Therefore, she decides to do a DNA test. She finds out that the child is actually from completely different parents.

Wife: Honey, I have something very serious to tell you.

Husband: What is it?

Wife: According to the DNA test results, this is not our kid!

Husband: Well, don't you remember? When we were leaving the hospital, we noticed that our baby had pooped. You said, 'Please go change the baby, I'll wait for you here.' So, I went inside, left the dirty one there and got a clean one.

The priest asked if anyone in the congregation would like to express praise for answered prayers. Suzie Smith stood and walked to the podium.

She said: "Two months ago, my husband, Tom, had a terrible bicycle accident and his scrotum was completely crushed. The pain was excruciating and the doctors didn't know if they could help him."

(Muffled gasps came from the pews as the men in the congregation imagined the pain that poor Tom must have experienced.)

"Tom was unable to hold me or the children," she went on, "and every move caused him terrible pain. We prayed as the doctors performed a delicate operation, and it turned out they were able to piece together the crushed remnants of Tom's scrotum, and wrap wire around it to hold it in place."

(Again, the men in the congregation cringe and squirm uncomfortably.)

"Now," she announced in a quivering voice, "thank the Lord, Tom is out of the hospital and the doctors say that with time, his scrotum should recover completely."

(All the men sigh with unified relief.)

The pastor rose and tentatively asked if anyone else had something to say.

A man slowly stood up and walked just as slowly to the podium.

He said, "I'm Tom Smith." The entire congregation held its breath.

"I just want to tell my wife – the word is sternum."



Stroke Safe Talk Monday 18th September 7:00pm at 'The Willows'

Former farmer and stroke survivor Rodney Hopson is on a mission to raise awareness of stroke and to save lives in regional Queensland. You are invited to hear Rodney's compelling message including how stroke impacted his life, his family and his livelihood and what you can do to reduce your stroke risk and recognise the signs of stroke.

PUZZLE SOLUTION

1. (c) glove
2. (c) a trench round a castle, filled with water.
3. (b) wear it on his head.
4. (c) a protective wall with openings, around the top of a castle.
5. (b) sword.
6. (b) a wall or bank built around a protected area.
7. (a) wore to protect himself, sometimes called chain-mail
8. (c) coats of arms
9. (c) a small gap or window in a wall.
10. (a) a sheath for carrying arrows.

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

Beading: Thursday 10:00am

Croquet: Friday 9:00 Oak St park

Health Talk: 10:00am 5th September

Meeting: 10:00am 19th September

Hoy: 10:00am 26th September



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

