



GARDEN CITY NEWS

VOLUME 24

ISSUE 8

SEPTEMBER 2018

A free collaborative newsletter produced by Barcaldine 60 & Better Program and Barcaldine Regional Council Community Care Services and other contributors, for participants, clients and older people in the community.

Interested in aging well? It's easier than you think

Aging ... is it a disease? If so, should we take more of a preventative approach? What does it mean to add life to one's years versus just adding years to one's life? These are some of the questions that presenters and delegates tackled at this year's International Federation on Ageing's 14th global conference titled "Towards a Decade of Healthy Ageing – From Evidence to Action" held in Toronto from August 8 to 10. The conference brought together some of the best minds from around the world who offered the most up-to-date advice based on the latest research focusing on how we can add life to our years and not just years to our life. Based on trends presented at the conference, here are things you can start today to age well:

Adopt a positive attitude toward aging. See growing older as a gift and not as a negative experience. And start to reflect on ageism as an underrecognized form of prejudice that permeates all facets of society from the cultural norm to value youth, to how we design our environment and products.

Keep your vaccinations up to date. While infectious disease rates are largely well-controlled, they are still a concern for older adults. Many will need to stay current with diphtheria, tetanus, pertussis and will also want to consider shingles and pneumococcal vaccinations.

Get adequate sleep. It is vital to brain health, including cognitive function. Did you know metabolic waste products build up throughout the day as the body does its cognitive work? Sleep is the brain's opportunity to do a little housekeeping whereby it clears out the waste, preparing us to face the next day with clarity. Sleeping between seven to eight hours each night is related to better brain and physical health in older people.

Get physical. Purposeful activity and exercise has a positive impact on brain health, as well as physical health, including muscle strength, agility, bone health. Exercise also boosts metabolic health, including lower blood pressure and blood sugar control. All these things improve quality of life and independence. Being active also reduces the risk for depression and anxiety.

Engage your brain: it is dynamic and constantly changing. Throughout the lifespan, the brain continues to develop neurons and neural connections when you participate in cognitively stimulating activities. However, not any old activity will do. It needs to mentally challenge your ability to think, like learning a new skill, language, memory training exercises or a new hobby. Novelty is also important, so try to find new ways to stimulate your brain and for greater impact, don't go solo: engage your brain with someone else, the social connection enhances the effect. Source: Toronto Star <https://www.thestar.com/>

At 60 & Better

Elder Olympics. This year the Elder Olympics were held Barcaldine Bowling Club. While we didn't attract the number of competitors we had anticipated, the event was a most enjoyable occasion. The competition was friendly with encouragement and banter throughout the events.

The overall winners on the day were Kaylene and Peter, a couple travelling around who happened to see a flyer advertising the Olympics and came to join in for the day. Other winners were Lorraine Fraser - Good Sport Award; Marg Walsh - Guess the Weight of the kiddie goat; Jean Death - Lucky Program; Joyce Rabnott and Margit Hohmann - Raffle.

We must acknowledge Barcaldine Bowling Club and Terry and Steve, Mr Bourne and students from Barcaldine State School, Dave Kerrigan (Queensland Health), Erin from North West Remote Health, Barcaldine and District Home Assist Secure for their support in enabling locals, visitors from Blackall and elsewhere to participate in the day's activities. Thank you all for your efforts on the day.

Next year will be the 25th year of Elder Olympics so let's aim to make it a special event.

Adult Learners Week is September 1st -8th. Health Talk is scheduled for Tuesday 4th September.

Because our guest for the health talk has had to postpone his visit, I thought we'd have our cuppa and people can share their learning achievements and ambitions in whatever field of endeavour they choose.

There are so many people with such diverse interests that it should make a most entertaining morning provided you are prepared to show and tell. Achievements are individual feats of success.

Hoy will be on Tuesday 11th September at 10:00am. Morning tea will precede hoy. It is still \$5 for smoko and one set of 13 cards and \$1 for an extra set of cards.

Meeting Day is Tuesday 18th September. This is a regular monthly meeting so please come and provide feedback and suggestions to help provide direction and focus as we head towards the end of the year and our three year service agreement.

Visit from Charleville Health Ageing is on 19th September for Lunch. About a dozen Charleville Healthy Ageing participants will be visiting to socialise and share lunch on Wednesday 19th September. They anticipate being here from about 11:30 am to 1:30pm. Come along and say hello and enjoy a simple lunch with our visitors.

Bingo is Tuesday 25th September at 10:00am. Everyone is welcome to play. It costs the same as hoy.

Each week we have exercises, tai chi, craft and croquet and opportunities to socialise. Please join us.

If anyone is interested in trying games like walking football or pickle ball or boules please let me know and we'll find a time and place for that activity.

A little thought: *Minds are like parachutes: they both work best when open*

Condolences and Congratulations

It is with sadness we report the death of John Davies and we send Lyn, and family and friends our sincere sympathy.

We were also saddened by the passing of Betty Williams. We send our sympathy to her family and friends. We'll miss Betty's enthusiasm and drive.

Congratulations and Happy Birthday to Pat Ogden who will celebrate his 90th birthday in September.

Eaun and Pam Miller will celebrate their 50th wedding anniversary on 28th September. Congratulations on this achievement.

Alcohol and age: A risky combination

Most people drink less as they grow older. However, some maintain heavy drinking patterns throughout life, and some develop problems with alcohol for the first time during their later years. The many challenges that can arise at this stage of life — reduced income, failing health, loneliness, and the loss of friends and loved ones — may cause some people to drink to escape their feelings.

Several factors combine to make drinking — even at normal levels — an increasingly risky behaviour as you age. Your ability to metabolize alcohol declines. After drinking the same amount of alcohol, older people have higher blood alcohol concentrations than younger people because of such changes as a lower volume of total body water and slower rates of elimination of alcohol from the body. That means the beer or two you could drink without conse-

quence in your 30s or 40s has more impact in your 60s or 70s.

Your body might also experience other age-related changes that increase the risks associated with drinking. Your eyesight and hearing may deteriorate; your reflexes might slow. These kinds of changes can make you feel dizzy, high, or intoxicated even after drinking only a small amount. As a result, older people are more likely to have alcohol-related falls, automobile collisions, or other kinds of accidents. Drinking can also worsen many medical conditions common among older people, such as high blood pressure and ulcers.

In addition, older people tend to take more medicines than younger individuals, and mixing alcohol with over-the-counter and prescription drugs can be dangerous or even fatal.

Source: www.health.harvard.edu

7 ways to reduce stress and keep blood pressure down

When it comes to preventing and treating high blood pressure, one often-overlooked strategy is managing stress. If you often find yourself tense and on-edge, try these seven ways to reduce stress.

1. *Get enough sleep.* Inadequate or poor-quality sleep can negatively affect your mood, mental alertness, energy level, and physical health.

2. *Learn relaxation techniques.* Meditation, progressive muscle relaxation, guided imagery, deep breathing exercises, and yoga are powerful relaxation techniques and stress-busters.

3. *Strengthen your social network.* Connect with others by taking a class, joining an organization, or participating in a support group.

4. *Hone your time-management skills.* The more efficiently you can juggle work and family demands, the lower your stress level.

5. *Try to resolve stressful situations if you can.* Don't let stressful situations fester. Hold family problem-solving sessions and use negotiation skills

at home and at work.

6. *Nurture yourself.* Treat yourself to a massage. Truly savour an experience: for example, eat slowly and really focus on the taste and sensations of each bite. Take a walk or a nap, or listen to your favourite music.

7. *Ask for help.* Don't be afraid to ask for help from your spouse, friends, and neighbours. If stress and anxiety persist, talk to your doctor.

Along with these ways to reduce stress, add in a healthy lifestyle — maintaining a healthy weight, not smoking, regular exercise, and a diet that includes fruits, vegetables, whole grains, lean protein, and healthful fats — and high blood pressure could be a thing of the past.

Source: www.health.harvard.edu



Spicy roasted chickpeas

Try this recipe for an easy, inexpensive snack that's rich in fibre and protein. All you need is a can of chickpeas (also called garbanzo beans), a little olive oil, and spices (garlic powder, oregano, chili powder, curry powder, or any others you like).

- 1 Preheat oven to 375° F.
2. Drain the chickpeas in a colander or strainer and rinse under running water.
3. Spread the chickpeas on a large baking sheet.
4. Drizzle with about one tablespoon of olive oil and stir to coat evenly.
5. Sprinkle with your choice of spices.
6. Roast for 15 to 30 minutes, to desired crispness.
7. Store at room temperature in a resealable bag or container.

Bull's eye egg

This bull's eye egg is sometimes called toad in the hole but whatever you call it, it is a fun and delicious way to eat eggs.

- 1 slice wholemeal bread
- 1 egg
- 1 tsp butter
1. Butter the bread on both sides. Using a small round cutter, cut a hole out of the centre.
2. Place a frying pan on a low heat. Cook the bread on one side until browned.
3. Flip the bread over and gently break the egg into the hole. Cook on low heat until the eggs is set to your liking.
4. Serve immediately.
Spread a little Vegemite on the bread after cooking for added flavour

Father's Day is the first Sunday of September, when we honour the fathers and father figures in our lives. You might treat your dad to breakfast in bed in the morning or gift him some socks and jocks. But do you know how this tradition came about?

The history of a day honouring fathers can be traced back to celebrations like St Joseph's Day in early Christian times, but the modern-day version started in the United States. "There was a one-off [day] following a terrible mining disaster that killed 360 men," said Philip Jensen, author and former Anglican dean of Sydney. "The next year, in 1908, the church held a special service remembering the fathers."

A young girl, Sonora Dodds, wanted to honour her father who had raised his six children following the death of his wife having the sixth child. Her father was a war veteran from the Civil War, a farmer and a widower. The idea was taken up by Dodd's church, and on June 19, 1910 all of the churches in the Spokane Ministerial Alliance marked the first Father's Day. From the beginning, Dodd realised she would need to commercialise the day to ensure it grew in popularity. By 1972, the third Sunday in June had been permanently authorised as a national holiday by the US government.

So why do Australians celebrate in September?

One of the first mentions of Father's Day in Australia was seen in the Newcastle Sun on September 4, 1936. The article promoted a Father's Day meeting at the Baptist Tabernacle, with reference to hopes the day would become as popular as Mother's Day. The idea had also surfaced a week earlier on August 29, 1936 in The Daily News Perth, with an advertorial suggesting gifts to be given on the day.

But an article in the Western Herald in 1964 said the day was first celebrated in 1935. The same article explained the day was officially designated as the first Sunday in September through the Commonwealth in 1964. No reason was officially given for the choice of date, but it is a widely held belief that the month was chosen for commercial benefit.

September spaces Father's Day almost perfectly between Mother's Day and Christmas in a calendar year, giving shoppers ample time to save for all.

Source: <http://www.abc.net.au/news/2017-09-03>





HOME ASSIST SECURE

Funded by



Queensland Government

BARCALDINE REGIONAL COUNCIL

Community Care Services

From the Project Coordinator

Re-Branding of our Name

We are still the same services with the Regional name— Community Care Services. This incorporates **Home Assist Secure**, **Home Modifications**, **Home Care Packages**, **Commonwealth Home Support Programme** and the **NDIS**. Same contacts, same friendly, committed services.

The NDIS Update



Barcaldine Regional Council has an NDIS Care Worker based in Barcy. Welcome to Rose Marshall, who has hit the ground running and has commenced work with local NDIS Participants. There is also a local area coordinator, Chris Kelso, based in Longreach. Chris can be contacted on 0436 674 312 or office 07 4938 5338.

Do you have a Key Safe and Security Lighting?

We have key safes and security lighting available for your use. We always own the key safes and they can be installed free of charge. Security Lighting is subsidized through our HAS service. The only people who know the codes are emergency services and Community Care Staff and they are for **EMERGENCY** use only.

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

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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

All clients who have an Oricom or Uniden call alert phone we have:

- i. Registered you with the NBN co as having an alert system phone
- ii. Will provide you with your reference number
- iii. You will be contacted by phone by the NBN co and registered on their database
- iv. **You will need to contact your telephone service provider and advise them also.** Tell them you have also been registered with the NBN co.

We have been contacted by the NBN Co and have supplied them with details of the alert systems you have installed. If they call and you are unsure, give them the office number to call and we can sort this out for you—no worries 😊

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.

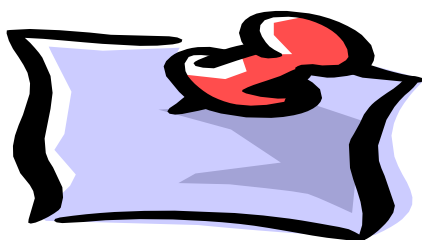
After we receive your referral from **My Aged Care**, we then Project Manage the referral, construction, contractors, materials and other services, who will work with us and you to ensure your needs are met.

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.

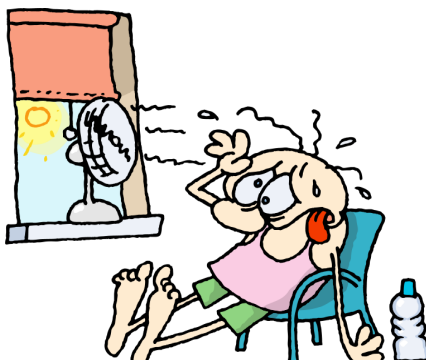
Information Sessions, Call and Messages

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

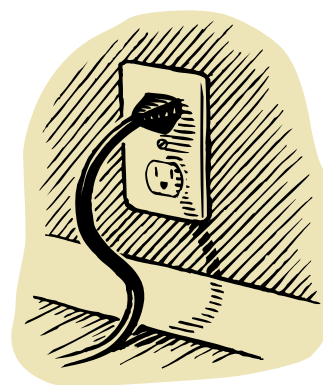
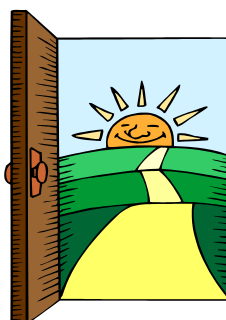
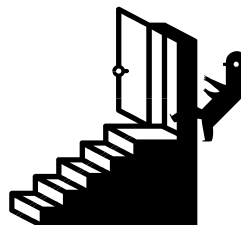
Our office is not manned all the time. If you ring, please leave a message so we can contact you when we return. **We will call you back, if you leave a message!**



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. A My Aged Care referral is required also. 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 (Occupational Therapy and My Aged Care Assessment) 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**

**Silence is the virtue of
fools!**

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.

August Focus:

Trip Hazards

Do you have a troublesome spot in your home where you always stumble or nearly fall? Don't wait for an accident. We have a number of ways we can repair those areas and make them safer for you. 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!

September 2018

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

Community Care Services Schedule of Events

- ♦ 27th September—Regional Advisory Meeting in Barcaldine 10am start
- ♦ 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 2019

September 2018

Mon	Tue	Wed	Thu	Fri	Sat	Sun
September is Prostate Cancer Awareness Month	September is Dementia Awareness Month	1st - 8th September is Adult Learners Week	Women's Health Week 3-7 September		1	2 Fathers' Day Mini Trains at Historical Museum
3 Men's Shed	4 60+ Exercises Talk	5 Men's Shed	6 60+ Tai Chi Craft	7 Croquet in Oak St park	8	9
10 Men's Shed	11 60+ Exercises Hoy	12 CHSP Lunch Men's Shed	13 60+ Tai Chi Craft	14 Croquet in Oak St park	15 A League of Our Own Charity Ball	16 Aged Care Bingo
17 Men's Shed	18 60+ Exercises Meeting	19 Charleville Healthy Ageing visit - Lunch Men's Shed	20 60+ Tai Chi Craft	21 Croquet in Oak St park	22	23
24 Anointing Mass at The Willows Men's Shed	25 60+ Exercises Bingo	26 CHSP Lunch Men's Shed	27 60+ Tai Chi Craft	28 Croquet in Oak St park	29 Get Gardening Expo Aramac	30 Mini Trains at Historical Museum

There are some things that money can't buy...like manners, morals and integrity.
Be humble, be patient, be persistent. Don't be serious, be sincere

John Parry is late for an important meeting. But he can't find a place to park. In desperation, he begins to pray. "Please Lord, if you help me find a parking stall right now, I promise to go to church every Sunday and never drink vodka again!"

A moment later, he sees a beautiful empty spot right next to the entrance. "Never mind. Found one!"



What kind of exercises do lazy people do? Diddly-squats

A Spanish singer chatting on television used the word 'manana'. When asked what that meant, he said it means "maybe the job will be done to-morrow, maybe the next day, maybe the day after that, next week, next month or next year. Who cares?" An Irishman in the conversation, Shay Brennan, was then asked if there's an Irish equivalent. "No. In Ireland we don't have a word to describe that level of urgency"

LET'S DANCE Can you find the hidden words? They may be horizontal, vertical, diagonal, forwards or backwards?



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

BALLET, BALLROOM, BARN
 DANCE, BELLY DANCING, BOLE-
 RO, BREAK DANCING,
 CHA CHA CHA, CHARLESTON,
 CLOG DANCING, CONGA,
 DISCO, FANDANGO, FLAMENCO,
 FOXTROT, GAVOTTE,
 HIGHLAND FLING, IRISH JIG, JIVE,
 LINE DANCING, MINUET,
 PAS DE DEUX, PASO DOBLE, POL-
 KA, QUICKSTEP, RAIN DANCE,
 REEL, RUMBA, SAMBA,
 SQUARE DANCE, SWORD DANCE,
 TANGO, TAP DANCING,
 TARANTELLA, TWIST, TWO STEP,
 WALTZ.

My Health Record opt-out period extended

The Australian Government has extended the opt-out period for My Health Record by an extra month to 15 November 2018. Australian health consumers now have an extra month to consider their decision on whether or not to opt out of My Health Record. Should they choose to, health consumers can now opt out of My Health Record until 15 November.

In a media release, Federal Minister for Health, Greg Hunt said, " This was a key request from the Australian Medical Association and the Royal College of General Practitioners and gives Australians more time to consider their options as we strengthen the 2012 My Health Record legislation. The Government will amend the 2012 legislation to ensure if someone wishes to cancel their record they will be able to do so permanently, with their record deleted from the system forever." *Health Consumers Queensland*

PUZZLE SOLUTION

Solution not printed this month



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 9:00 am Oak St park

Health Talk: 10:00am 4th September

Hoy: 10:00am 11th September

Meeting: 10:00am 18th September

Bingo: 10:00am 25th 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: 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

