

GARDEN CITY NEWS

HAPPY FATHER'S DAY

VOLUME 25

ISSUE 8

SEPTEMBER 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.



Trip to Muttaborra

Tuesday 3rd September

leaving The Willows at 7:30 am

Returning by 4:30pm



25th

Barcaldine Elder Olympics

1st October 2019

Barcaldine Tennis Club

Admission \$10

9:30 am	Morning Tea
10:00 am	Welcome and Opening
10:15 am	Games Begin
12:30 pm	Lunch Break
1:30 pm	Games Resume
2:45 pm	Presentation



ALL Welcome!!

At 60 & Better

The Fathers' Day raffle results will be in next month's issue of Garden City News.

The August trip to **Muttaborra** was postponed and is now happening on Tuesday 3rd September. It is our intention to visit the Muttaborra Interpretation Centre as well as the Cassimatis Store and other attractions around Muttaborra. We'll bring some supplies for morning tea. You will be able to buy lunch or you can bring your own.

Hoy will be on Tuesday 10th September and starts at about 10:00am after exercises and morning tea.

The next **committee meeting** is on 17th September at 10:00am. Please come and provide ideas and support the people who are trying to uphold our mission and vision statements.

Bingo will be played on 24th September and starts at 10:00am after exercises and smoko. Anyone is welcome to come and play hoy and bingo. Cost for morning tea and one set of hoy cards or one bingo sheet is \$5 and for morning tea and two sets of cards or bingo numbers is \$7.

The **garden** at *The Willows* has been producing lettuce, shallots and pawpaws which we have shared for morning tea and cabbages which have been used along with shallots as prizes for hoy and bingo. The brassica season will be over soon and the lettuces are almost finished so lets hope that there'll be some other fruit or vegetables to share in the near future. Anyone is welcome to do a bit in the garden or take charge of a garden bed (from preparing the bed, sowing and growing the plants to harvesting their crop).

U3A Online. Have you heard of U3A, the university for the third age? The third age is regarded as the period of active retirement and is seen as an era for personal achievement and fulfilment following the Second Age of working and rearing children.

U3A is a worldwide self-help organisation promoting learning for personal enjoyment and wellbeing. Keeping the brain active, doing interesting things and making new friends are essential for helping older people to maximise their chances of independence, and this is what U3A does very effectively. Leisure and educational courses are provided for local seniors at low cost.

U3A Online delivers online learning via the internet. Courses are especially suited to older members of the community who are isolated either geographically, or through physical or social circumstances (including carers). There is a wide variety of course subjects which can be studied at any level of interest. U3A Online aims to provide something for everyone, so our courses may vary in length and depth. The courses are informal, there are no exams or assignments and no certificates issued.

All that's needed to study online is access to a computer, tablet or other device with an Internet connection - and some basic computing skills. Your reward is the joy of learning something new, keeping active and meeting like-minded people and possibly new friends online!

I'll be taking leave from 2nd October returning to work on Wednesday 9th October. During that time please talk to a committee person or Barcaldine Regional Council if you have any queries.

Till next time . Look after your health - physical, mental and spiritual.

Jean

Birthday Greetings

Belated Birthday Greetings to
Gwen Norman and Betty Burns.

A few more Words of Wisdom

Life is not about how fast you run or how high you climb, but how well you bounce.

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

Chocolate Zucchini Muffins

spray olive or canola oil spray

1/2 cup brown sugar

1/2 cup cocoa powder

1/2 tsp baking powder & 1/2 tsp bicarbonate soda

1 cup plain flour & 1 cup wholemeal plain flour

3 eggs

200 mL reduced-fat plain yoghurt

2 tsp vanilla extract

13 tbs canola oil

21 cup zucchini, grated

3 1/2 cup sultanas



1. Preheat oven to 180°C (160°C fan forced). Spray muffin tins with oil.

2. Place sugar in a large bowl and break up any lumps. Sift in cocoa, baking powder, bicarb and flours, returning husks from the sieve to the bowl.

3. Lightly beat eggs in a cup with a fork then add to flour mix with yoghurt, vanilla and oil. Stir to combine (mix will still be quite dry), then mix in zucchini and sultanas.

4. Spoon mixture into prepared muffin tins (makes 18) and bake for 20 minutes or until a skewer

poked into the centre of a muffin comes out clean. Cool in tin for 5 minutes then turn onto a wire rack to cool completely.

Microwave Risotto

1 brown onion, chopped

2 tsp olive oil

1 cup Arborio rice

2 1/2 cups chicken or vegetable stock

1 cup reduced-salt corn kernels, fresh or canned

1 cup frozen peas

1 cup skinless chicken breast, cooked, diced

1 tbs Parmesan cheese, grated

1. Combine onion and oil in a microwave-safe container. Microwave on HIGH (100%) for 3 minutes.

2. Add rice and stock, and microwave, covered, for 12 minutes on HIGH (100%). Stir well then add corn, peas and chicken.

3. Cover and microwave on HIGH (100%) for 8 minutes.

4. Allow to stand for 2 minutes.

Stir and sprinkle with cheese.

Vitamin D

Adequate Vitamin D is essential for health of bones and muscle in all age groups. Older people who are institutionalised or housebound are at particularly high risk of vitamin D deficiency. Severe vitamin D deficiency may cause muscle pain and weakness that may mean exercise will be difficult and possibly painful. Getting up from a chair could be a problem and every day activities that encourage independence, such as brushing hair, can become too hard.

Vitamin D deficiency is an independent predictor of falls in older women in residential care in Australia. It is also linked with falls and fragility fractures in both women and older men

Only a few foods contain significant amounts of vitamin D. Fatty fish such as mackerel, salmon and sardines contain vitamin D. Some margarines and milk products have been fortified with small amounts of

vitamin D. Meat, butter and eggs contain a little. Considering that residents may have a poor appetite, the amount of vitamin D from food is further reduced.

The major source of vitamin D is via exposure to sun's ultraviolet (UV) radiation. Most Australians obtain less than 10% of their daily vitamin D requirements from diet.

To get enough sunlight to produce vitamin D, hands, face and arms (or equivalent area of skin) need to be regularly exposed. It should be noted that glass blocks the UV rays required for vitamin D production. It should also be noted that sun screen blocks out those UV rays. Exposure to direct sunlight without sunblock for at least 1-2 hours per week before 11am or after 3pm, will provide adequate Vitamin D.

Source:: Best practice Food and Nutrition Manual for Aged Care Homes Central Coast Health District NSW 2015.

Winning gold for the environment

A year out from the Tokyo 2020 Olympics, the official organising committee has revealed its medal designs with a sustainable twist – all medals will be made entirely from recycled mobile phone parts. Launched in 2017, the Tokyo Medal Project encouraged the public to donate small electronic devices such as used mobile phones to produce the Olympic

and Paralympic medals.

Across Japan, 90 per cent of towns and cities participated in the project, donating nearly 80,000 tons of gadgets, including six million mobile phones. Around 32 kg of gold, 3,500 kg of silver and 2,200 kg of bronze was extracted from the donations for the 5,000 medals needed.

Dealing with Grief and Loss

Grief and loss happens not only because of the death of a loved one but also because of a range of other losses in a person's life. These include the loss of control and independence that might come with getting older and not being able to do the things they once enjoyed. Some older people might feel as though they have lost their 'voice' and no longer have a say in their day-to-day care and activities. People with dementia and their carers may feel grief and loss as their dementia progresses. Others may feel a loss of all things familiar by moving out of their family home and into residential aged care.

Feelings of grief and loss can have a great effect on your physical health, your mental wellbeing, your financial situation and much more. It is important to acknowledge that these feelings are completely normal.

Grief does not have a timeline and you may feel it over an extended period. With the support of family and friends, most people gradually find ways to learn to live with grief and loss. However, for some, it may be helpful to seek professional support such as grief counselling. There are strategies and bereavement services available to help you manage feelings of grief and loss.

Everyone experiences grief and loss differently. You might feel teary, sad, angry, frustrated, confused, anxious or resentful. These can all be expressions and symptoms of grief and loss. Your feelings of grief and loss might be so complicated and deeply rooted that you and others around you do not recognise them.

Everyone grieves in their own way. There is no right or wrong way to grieve, so long as you are not causing harm to yourself or those around you. Just as people experience grief and loss differently, people also find different ways to help them deal with feelings of grief and loss. Some of the following strategies might help:

- Cry – some people feel that crying is not appropriate; others are afraid that once they start crying, the tears will not stop. If you feel the need to cry, go ahead and cry. If possible, try and cry with someone else, but you can also cry alone if you'd prefer. Crying is a normal human response to intense feelings, but even if you do not cry, it does not mean you are not feeling grief.

- Spend some time alone – if you feel the need,

schedule some time alone each day to focus on your feelings and to express them in whichever way feels natural to you. For example, you may choose to take time out and acknowledge how you feel, sit in a garden or park, pray, cry, look through photographs or write in a diary.

- Do some physical activity – for some people, engaging in physical activity is a way of releasing tension and distracting themselves from the intensity of grief. If you physically can, think about going for a walk, joining a walking group or taking part in a group exercise class.

- Pamper yourself – include activities in your daily or weekly schedule that you enjoy. If you can, choose the activity that brings you the greatest comfort.

- Seek out support – this could include old and new friends, relatives, doctors, a community health centre, a grief support group or a professional counsellor. However, it is also okay if you feel like being alone.

- Get professional help – call a helpline such as Lifeline (13 11 14) and GriefLine (1300 845 745)

- Get emergency help – call triple zero (000) if you feel distressed enough to want to hurt yourself or someone else.

Talking things through with someone can help. Sometimes you might want to talk things through with someone you do not know. There are several telephone helplines available that can help you find ways to manage feelings of grief and loss. If you are in an emergency, are in danger or have harmed yourself, call triple zero (000) for emergency services. If you are on a mobile phone, 112 is another emergency number that will connect you directly to emergency services.

If you need immediate help, you can access crisis support and counselling services 24-hours-a-day, seven days a week.

You can find someone to talk to through one of these helplines:

Lifeline – call 13 11 14 for this Australia-wide crisis support and suicide prevention service.

beyondblue – call 1300 224 636 for support for issues relating to anxiety and depression.

GriefLine is an Australia-wide grief helpline that offers free telephone, online and face-to-face grief counselling services. Call 1300 845 745 to access anonymous and confidential telephone support.

Source: www.betterhealth.vic.gov.au



HOME ASSIST SECURE



CHSP, QCSS, HCP, HAS, NDIS, Home mods, MOW

Community Care Services

From the Project Coordinator

Health and Well Being Expo

This was a huge success! Thanks to those who made it and Bill was very surprised, to say the least. This is something we may look at into the future as a yearly event, to get together and showcase Health and Well Being ideas.



It's Official

Jordan Salmond has commenced his first week 'on his own'. Please be gentle with him make Jordan feel welcome.

Cultural Trips ...

Winton Trip—12th and 13th September. Donna and Maree will give more information about this trip. It will be an overnighter in Winton and we will give you some options on accommodation, but it will be your responsibility to organize a bed.

Emerald Trip—21st & 22nd November will also be an overnighter

Phone Scams

Many reports about the 'fake NBN' companies, threatening to cut off your phones. Your current provider will not just do this to you and will have been in contact with you prior to this. **JUST HANG UP IF THEY CALL YOU!**



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 and Quality Audit ...

There is a change to the Home Care Common Standards that we worked with for the past 5 years. These have now become the single set of Aged Care Quality Standards. There will also be some changes to Home Care Package arrangements and we will undertake a Quality Audit, where assessors may contact you about the services you receive from us. All positive experiences to improve the options we can deliver to you. We focus on Service, Quality, Communication and Reputation. 👍

Reminders:

12th & 13th September 2019—Winton Trip

10th September 2019—Bill's last day

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 included the construction of a **ramp, steps, bathroom, kitchen, stair climber, water lift or other modification** to your home, to increase access and safety.

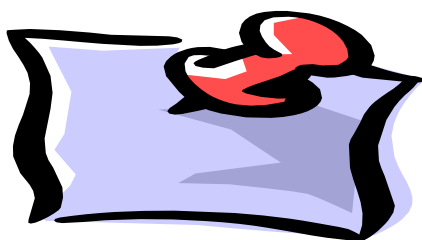
After we receive your referral from My Aged Care, we then Project Manage the referral, construction, contractors, materials and other services, who will work with us and you to ensure your needs are met.

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

Community Care Services Office (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

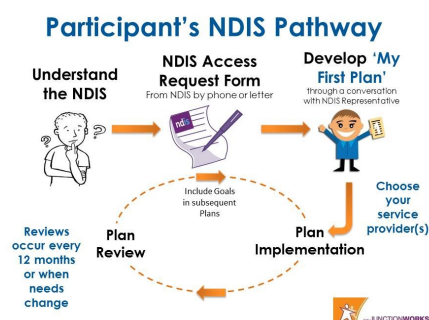
Our office is not manned all the time. If you ring, please leave a message so we can contact you when we return. **We will call you back, if you leave a message!**



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
E-mail: carlo@barc.qld.gov.au

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

**Apparently there is
nothing that cannot
happen today!**

Our Values for Service!

Every decision we make about the services we provide, have you at the centre. It is because of you, we are here.

Every decision we make, everything we do!

1. **Integrity**—being honest, consistent and transparent in our delivery of service.
2. **Leadership**- using a collaborative approach to making decisions with you.
3. **Fairness**- ensuring an equitable approach across all areas of service.
4. **Commitment**- dedicated, professional staff, who continually improve.
5. **Respect**- for you as the seniors and elders of our communities, and
6. **Responsiveness**- providing the best possible outcomes in a timely manner. 🙌



Field Officer Update

September Focus:

Air Con and Gutter Cleans

The focus for September is preparing for summer! Air Conditioners need to be cleaned prior to use to remove dust and debris and gutters will need to be cleared of leaves (for the big rain that is coming :-))



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, it's 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 2019

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

Community Care Services Schedule of Events

◆ Reminders:::::

Bill on Leave from Monday 26th to Monday 9th September

SAVE THE DATE:

Winton Dinosaur Trip 12th and 13th September 2019

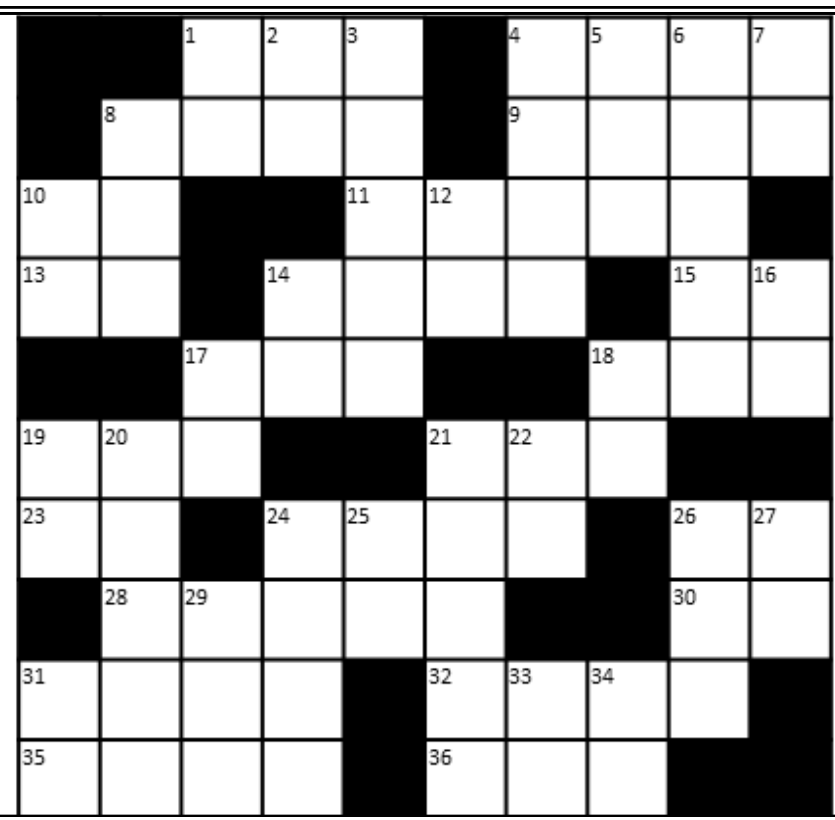
September 2019

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Adult Learners Week 1 - 8 September	Women's Health Week 2-6 September	Disability Action Week 15 - 22 September				1 Father's Day Mini Trains at Museum
2 Men's Shed	3 Trip to Muttaborra	4 Men's Shed	5 Tai Chi Craft	6 Croquet Oak St park	7 QCWA Markets	8
9 Men's Shed	10 60 + Exercises Hoy	11 CHSP Lunch Men's Shed	12 Tai Chi Craft	13 Croquet Oak St park	14 Garden Expo Jericho	15
16 Men's Shed	17 60 + Exercises Meeting	18 Men's Shed	19 Tai Chi Craft	20 Croquet Oak St park	21 QCWA Markets	22
23 Anointing Mass at The Wil- lows Men's Shed	24 60 + Exercises Bingo	25 CHSP Lunch Men's Shed	26 Tai Chi Craft	27 Croquet Oak St park	28 Aged Care Auction	29 Mini Trains at Museum
30 Men's Shed	Oct 1 Elder Olympics					

If The Ten Commandments were Written by Popular Websites

- I. What You Need to Know Now About the Lord Totally Being God
- II. At the Beginning He Had Me Confused, but by Minute Two I Knew that I Shouldn't Have Other Gods
- III. Are You Making This Common Mistake with Graven Images?
- IV. How I Work: Read This: Life Hack from God, Your Only Creator

- V. She Admitted to Doing What Every Sunday?
- VI. Seven Morning Habits of People Holier than You: #7 No Killing Before Lunch
- VII. 37 Things in Your Bedroom That You Need to Get Rid of Right Now, Like Adulteresses
- VIII. What the Government Doesn't Want You to Know About Stealing Your Neighbour's Servants
- IX. This Little Girl Bore False Witness, and the Results Will Shock You
- X. Doctors Hate Her, but You Shouldn't Covet Her



Recently I sat in a restaurant watching two older men go at it. It quickly grew heated as one of them declared, "I'm so mad, I'm taking you off my pallbearer list!"



ACROSS

- 1. 1408 - 427
- 4. 1627 + 6068
- 8. 601 + 3466
- 9. 6046 - 2918
- 10. 9 + 18
- 11. 84863 - 2084
- 13. 24 + 21
- 14. 2109 + 7810
- 15. 58 - 4
- 17. 420 - 105
- 18. 40 + 946
- 19. 219 + 501
- 21. 499 - 15
- 23. 2 + 37
- 24. 401 + 2294
- 26. 28 + 53
- 28. 23833 - 11720
- 30. 62 - 5
- 31. 328 + 1133
- 32. 10074 - 261
- 35. 2826 + 3220
- 36. 142 + 442

DOWN

- 1. 172 - 82
- 2. 115 - 29
- 3. 27929 - 10034
- 4. 4734 + 2645
- 5. 138 + 479
- 6. 90348 + 2610
- 7. 105 - 47
- 8. 779 - 304
- 10. 1 + 23
- 12. 2 + 19
- 14. 20 + 71
- 16. 9 + 37
- 17. 20 + 10
- 18. 167 - 73
- 19. 1 + 72
- 20. 25695 + 3445
- 21. 70644 - 21249
- 22. 21 + 64
- 24. 1300 + 816
- 25. 110 - 49
- 26. 1207 - 354
- 27. 1 + 16
- 29. 54 + 210
- 31. 1 + 15
- 33. 50 + 38
- 34. 5 + 9

Puzzle Solutions

	9	8	1		7	6	9	5		
	4	0	6	7		3	1	2	8	
2	7			8	2	7	7	9		
4	5			9	9	1	9		5	4
		3	1	5				9	8	6
7	2	0			4	8	4			
3	9		2	6	9	5			8	1
	1	2	1	1	3				5	7
1	4	6	1			9	8	1	3	
6	0	4	6			5	8	4		

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 9:00am Oak St Park

Muttaborra Trip 7:30am 3rd September

Hoy: 10:00am Tuesday 10/09/2019

Meeting : 10:00am Tuesday 17/09/2019

Bingo: 10:00am Tuesday 24/09/2019



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

