



BARCALDINE 60 & BETTER PROGRAM



GARDEN CITY NEWS

Volume 29

Issue 2

March 2023

Garden City News is a free newsletter produced by Barcaldine 60 & Better Program (aimed to support older people to stay safe and maintain and strengthen connections to the community, and reduce risk of harm and social isolation) with contributions from others for participants and older people in the community. Please share this newsletter. If you prefer, it can be emailed to you. The newsletter can be found on Barcaldine Regional Council website also.

Clean Up Australia Day 5th March

Meet at Rob Chandler Park 71 Ash St Barcaldine

7:00am—9:00am Sunday 5th March

Contact: Jenny Lawrence ph. 46515600



International Women's Day



Wednesday 8th March

Barcaldine 60 & Better Program is hosting a lunch at

13 Willow St

All Welcome!

Time 11:45am

Presentation by Guest Speaker Adele Bintley 12:00pm

Lunch 12:30 pm (Approximately)

Please bring a small plate of food to share for lunch

RSVP 6th March (ph. 46512354)

The theme for International Women's Day 2023 is 'Cracking the Code: Innovation for a gender equal future'. This theme is based on the United Nations 67th Commission on the Status of Women priority theme 'Innovation and technological change, and education in the digital age for achieving gender equality and the empowerment of all women and girls'.

At 60 & Better

A question or rather several questions — Have you ever given much consideration to what services Barcaldine Regional Council provides and at what cost? How many groups rely on the generosity of council to help with their expenses through sponsorship, rates reductions, and other means? What are the benefits in supporting community groups and acting as auspice for government funded initiatives? Barcaldine Regional Council is the auspice for Barcaldine 60 & Better Program and other government funded programs or projects and has been for approximately 30 years. In that time the council has met some costs that the state government program funding didn't cover and has supported 60 & Better in many ventures. The 60 & Better committee has used funds it has raised to subsidise trips and bus hire, upgrades to facilities and for furniture, office equipment and entertainment equipment along with garden and sports equipment and to support its activities. We like to think that the contributions made by the participants and committee are appreciated by all who use them and are an element in helping maintain wellbeing.

We had a wellbeing presentation and lunch with Kerri Bower and Andrea Carbins from Outback Futures. Kerri equated the balance we need to sustain wellbeing to the legs of a chair and if they are not stable we risk falling off. People responded and some shared their experience and how they stabilised the chair when one of the elements of wellbeing was lacking.

Pancake morning tea was enjoyed by more than 20 people who sampled sweet and savoury pikelets / pancakes and different toppings. In conjunction we had an open forum to gather feedback and allow people to put forward ideas. Thank you to those who contributed.

The talk for March is on Tuesday 7th March and will be provided by Queensland Police Service and we'll be discussing Seniors Safety and other topics which are raised. All Welcome. Please come and meet the QPS officers.

Hoy will be on 14th March and bingo on 28th March. The meeting is on 21st March.

Please come and join tai chi on Tuesday and Thursday mornings at 9:00am. It does not cost anything but we ask for a small contribution (gold coin) for morning tea afterwards. All activities are low cost and available for all older people.. Give it a try.

We fail, we break, we fail, but then, we rise, we heal, we overcome.

Till next time. Jean.

Birthdays for March.

We wish Col Harvey, Kingsley Ward, Euan Miller, Heather Tysoe, Colleen Burns, Noel Spanner, Norma Hauenschild, Beccy Plumb, Gay Gesch, Ivan Bashford, and Shirley Jackson Happy Birthday. We send birthday wishes to those we haven't mentioned, but if you'd like to be mentioned please put your name in the birthday book.

Breast Screen

Breast Screen Bus will be at Barcaldine Hospital 24th March 2023 until 5th April 2023.

Phone 13 20 50 or visit [breastscreen.qld.gov.au](https://www.breastscreen.qld.gov.au) for more information or to make an appointment.

Most women aged 50 to 74 should have a breast screen every 2 years. Research shows that having a breast screen every 2 years is the best way to find breast cancers when they are very small and more easily treated. Some women will need to have a breast screen every year. This might be because they have a strong family history, previous benign breast disease or another reason. We'll let you know if you need to come for a breast screen every year.

One normal breast screen result doesn't mean you'll never get breast cancer. You'll need to come back regularly to check that a breast cancer hasn't started to grow since your last screen.

<https://www.breastscreen.qld.gov.au/>

Understanding Alcohol and our Immune System

Our immune system helps keep us healthy. But drinking can weaken this system, leaving us vulnerable to infections and diseases.

How our immune systems work

The white blood cells, tissues and organs that make up our body's immune system are designed to fight off infections, disease and toxins.

The immune system is made up of two parts:

- the innate immune system: this provides general immunity by responding to viruses, bacteria and other microorganisms that can cause disease
- the adaptive immune system: this looks after your immune memory. This includes things like remembering what a previous infection looked like, such as chickenpox, and stopping it from happening a second time.

Drinking has a negative impact on both parts of the immune system. There's no 'safe' level of drinking. It has short and long-term effects on every organ in the body.

Short-term effects of alcohol on the immune system

You don't have to be a regular heavy drinker for alcohol to affect the immune system. Drinking 5-6 drinks in a single session can suppress the immune system for up to 24-hours.

Long-term effects of alcohol on the immune system

Over time, drinking can lead to longer term problems because the immune system takes longer to recognise and respond to infections.³

Some longer-term effects include:

- more intense illnesses
- symptoms lasting longer
- the immune system having to work harder to fight off the infection.

How alcohol impacts the lungs

Our lungs are particularly vulnerable to the effects of alcohol.

Excessive drinking can impact the immune cells

that protect the lungs. Alcohol can also impact the cells within the airways, reducing their ability to remove mucous from the lungs. This can damage the lung tissue and lead to a weakening of lung function over time.

This weakening often goes unnoticed until severe infection occurs. Heavy drinking can result in a 3-7 times higher vulnerability to serious conditions, like pneumonia, developing from common respiratory tract infections.

How alcohol impacts the gut

We need lots of different 'good' bacteria in our gastrointestinal (GI) tract for healthy immune function.

Alcohol can impact both the number and variety of these bacteria, worsening our immune system. The cells that make up the lining of the GI tract regulate what's absorbed into our bodies. Alcohol impacts these cells. This is one of the factors linked to the development of alcohol liver disease.

Protecting our health

You can lower the risk of alcohol impacting your immune system by drinking less.

To reduce your risk, it's recommended that Australians drink no more than 10 standard drinks per week, and no more than 4 on any one occasion.

If you're curious or concerned about how much alcohol you're consuming, you can use the online drinking calculator or call DrugInfo at 1300 85 85 84 for information.

Looking to cut down on alcohol? There are strategies you can start using to drink less.

Tip 1: Think about the reasons why you drink

Tip 2: List some pros and cons

Tip 3: Set achievable goals to break the habit

Tip 4: Choose a different activity

Tip 5: Figure out strategies that help you handle urges

Tip 6: Record your progress

Tip 7: Look for extra support if needed

Tip 8: Persevere and be kind to yourself

Source Alcohol and Drug Foundation Insights
<https://adf.org.au/insights/alcohol-immune-system/>

Nope, coffee won't give you extra energy. It'll just borrow a bit that you'll pay for later

You might think coffee gives you the energy to get through the morning or the day – but coffee might not be giving you as much as you think. The main stimulant in coffee is the caffeine. And the main way caffeine works is by changing the way the cells in our brain interact with a compound called adenosine.

Adenosine is part of the system that regulates our sleep and wake cycle and part of why high levels of activity lead to tiredness. As we go about our days and do things, levels of adenosine rise because it is released as a by-product as energy is used in our cells.

Eventually adenosine binds to its receptor (parts of cells that receive signals) which tells the cells to slow down, making us feel drowsy and sleepy. This is why you feel tired after a big day of activity.

While we are sleeping, energy use drops lowering adenosine levels as it gets shuffled back into other forms. You wake up in the morning feeling refreshed. Well, if you get enough sleep that is.

If you are still feeling drowsy when you wake up caffeine can help, for a while. It works by binding to the adenosine receptor, which it can do because it is a similar shape. But it is not so similar that it triggers the drowsy slow-down signal like adenosine does. Instead it just fills the spots and stops the adenosine from binding there. This is what staves off the drowsy feeling.

But there is a catch. While it feels energising, this little caffeine intervention is more a loan of the awake feeling, rather than a creation of any new energy. This is because the caffeine won't bind forever, and the adenosine that it blocks doesn't go away. So eventually the caffeine breaks down, lets go of the receptors and all that adenosine that has been waiting and building up latches on and the drowsy feeling comes back – sometimes all at once.

So, the debt you owe the caffeine always eventually needs to be repaid, and the only real way to repay it is to sleep. How much free adenosine is in your system, that hasn't attached to receptors yet, and how drowsy you are as a consequence will impact how much the caffeine you drink wakes you up. So, the coffee you drink later in the day, when you have

more drowsy signals your system may feel more powerful.

If it's too late in the day, caffeine can make it hard to fall asleep at bedtime. The "half life" of caffeine (how long it takes to break down half of it) is about five hours). That said, we all metabolise caffeine differently, so for some of us the effects wear off more quickly. Regular coffee drinkers might feel less of a caffeine "punch" with tolerance to the stimulant building up over time.

Caffeine can also raise levels of cortisol, a stress hormone that can make you feel more alert. This might mean caffeine feels more effective later in the morning, because you already have a natural rise in cortisol when you wake up. The impact of a coffee right out of bed might not seem as powerful for this reason.

If your caffeinated beverage of choice is also a sugary one, this can exacerbate the peak and crash feeling. Because while sugar does create actual energy in the body, the free sugars in your drink can cause a spike in blood sugar, which can then make you feel tired when the dip comes afterwards.

While there is no proven harm of drinking coffee on an empty stomach, coffee with or after a meal might hit you more slowly. This is because the food might slow down the rate at which the caffeine is absorbed.

Coffee, of course, isn't the only caffeinated beverage that can loan you some energy. The caffeine in tea, energy drinks and other beverages still impacts the body in the same way. But, since the ingredients mostly come from plants, each caffeinated beverage has its own profile of additional compounds which can have their own stimulant effect, or can interact with caffeine to change its impacts.

Caffeine can be useful, but it isn't magic. To create energy and re-energise our bodies we need enough food, water and sleep.

Taken From:

<https://theconversation.com/nope-coffee-wont-give-you-extra-energy-itll-just-borrow-a-bit-that-youll-pay-for-later>– 30 January 2023



Barcaldine Community Care Services

Barcaldine Community Care Services provides support to clients and participants through Commonwealth Home Support Program (CHSP) and Home Care Packages (HCP), Home Assist Secure (HAS) and National Disability Insurance Scheme (NDIS).

CHSP and HCP are provided in Alpha, Jericho and Aramac. Home Assist Secure services are available in all towns across Barcaldine Regional Council area and Home Modifications covers central and far western Queensland. NDIS services an area much broader than Barcaldine Regional Council area also. Each of these services has eligibility criteria to meet before people are accepted as clients.

For more information contact:

Maree Hansen in Aramac (phone 4651 3346 or 0427 465 134 or check at Aramac Administration office)

Cathy Taylor in Alpha (phone 4651 5646 or 0429 051 304 or the Alpha CHSP centre)

Gordon Lawler in Barcaldine (phone 4651 5640 or 0408 372 526 or the office at 71 Beech St)

Gillian O'Brien in Barcaldine (phone 4651 5643 or the office at 71 Beech St) for NDIS

Home Assist Secure (HAS)

Home Assist Secure is a service for Queenslanders aged 60 years and over, or people of any age with a disability, who can't undertake or pay for critical home maintenance without assistance. Home Assist Secure is funded by the Queensland Department of Communities, Housing and Digital Economy.

This service provides safety-related information, referrals and subsidised assistance.

Your local Home Assist Secure service can provide information about:

- home maintenance, repairs, minor modifications, safety and security upgrades, other assistance that the Queensland Government provides.

Staff can also help you: employ tradespeople to do repairs or modifications, plan future work.

To be eligible for Home Assist Secure services, you must meet all these criteria:

- at least 60 years old or of any age with a disability
- a Pensioner Concession Card holder
- unable to complete the work yourself because it requires technical expertise or is a risk to your health and safety
- unable to have the works completed through alternative assistance, (CHSP, Department Veteran affairs, family/ friends)

If you're eligible, you may receive a financial contribution towards labour costs for minor home maintenance or modifications that both relate to your health, safety or security, need to be done so you can remain in your home. This assistance may include: yard and outside maintenance, small repairs and maintenance, smoke alarm-related jobs, e.g. installation, battery changes, vents cleaning, jobs, repairs and maintenance requiring a licensed tradesperson (e.g. an electrician).

Source: <https://www.qld.gov.au/housing/buying-owning-home/maintenance-modifications/maintenance-assistance/>

The NDIS provides funding to eligible people with disability to gain more time with family and friends, greater independence, access to new skills, jobs, or volunteering in their community, and an improved quality of life.

The NDIS also connects anyone with disability to services in their community. This includes connections to doctors, community groups, sporting clubs, support groups, libraries and schools, as well as providing information about what support is provided by each state and territory government.

The NDIS now supports over 500,000 Australians with disability to access the services and supports they need. Source: <https://www.ndis.gov.au/understanding/what-ndis>

What is My Aged Care?

My Aged Care provides an entry point to Australian Government-funded aged care services for the general public. Older Australians, their families and carers can access My Aged Care information through the website or contact centre. Health professionals can also refer patients to My Aged Care.

Aged care assessors and approved service providers have portals to manage their service information, assessments and referrals.

If you're an older Australian and looking to access government-funded aged care services, you need to **apply for an assessment** on the My Aged Care website or by **calling the My Aged Care contact centre (1800 200 422)**.

- The number of older Australians – those aged 65 or over, or aged 50 or over for Aboriginal and Torres Strait Islander peoples – is growing. We expect it to more than double in the next 35 to 40 years. This means that more people will need aged care services – My Aged Care provides access and information about Australian Government-funded aged care services.

My Aged Care provides information about and access to Australian Government-funded aged care services. It includes information to help clients and patients:

- learn about the types of aged care services available

- find out whether they are eligible for an assessment
- find a provider of aged care services
- estimate costs for aged care services – for Home Care Packages or residential aged care
- see what services they are receiving
- check that aged care service providers comply with quality requirements.

The My Aged Care portals provide online access for approved assessors and service providers to manage and update information: assessor portal – for aged care assessors to manage client assessments
service provider portal – for aged care service providers to manage client and service information.

The Department of Health manages the ongoing development of the My Aged Care website, including:

- design improvements—new or updated features or functions.

We also manage the contact centre, including: staff training, call centre infrastructure.

Visit the My Aged Care website to find information about how to access Australian Government-funded aged care services. You can apply for an assessment online and search for local aged care providers that meet your needs. You can also call Monday to Friday, 8 am to 8 pm, and Saturday, 10 am to 2 pm.

Source: <https://www.health.gov.au/our-work/my-aged-care/about-my-aged-care>

Benefits of gardening for older people

Gardening is beneficial for older people because it:

- is an enjoyable form of exercise
- increases levels of physical activity and helps mobility and flexibility
- encourages use of all motor skills
- improves endurance and strength
- helps prevent diseases like osteoporosis
- reduces stress levels and promotes relaxation
- provides stimulation and interest in nature and the outdoors
- improves wellbeing as a result of social interaction
- can provide nutritious, home-grown produce.



We have some proposed gardening projects that need input from potential gardeners. The bonsai project still awaits and the herb garden needs some care and attention. If you'd like to help please let Jean know.

Slow Cooker Honey Mustard Chicken

- 1.20kg chicken breasts fillets
- 1/2 cup honey
- 1/4 cup salt-reduced soy sauce
- 1/4 cup Australian mustard
- 1/4 cup apple cider vinegar
- 4 cloves garlic, crushed
- 2 tbs cornflour



Step 1 Place chicken in a 5.5L slow cooker. Add honey, soy, mustard, vinegar and garlic, then turn chicken to coat. Cook, covered, on high for 2 hours or until chicken is cooked through.

Step 2. Combine cornflour and 2 tbs cold water in a small bowl. Add cornflour mixture to chicken mixture and stir to combine. Cook, covered, on high for 1 hour or until chicken is very tender.

Step 3. Transfer chicken to a board. Using 2 forks, roughly shred chicken, then return to slow cooker and stir to coat in sauce. Serve .

Tip: Cool chicken, then transfer to an airtight container and store, covered and labelled, in the fridge for up to 3 days or freezer for up to 1 month. To use, thaw frozen chicken in the fridge overnight.

Slow Cooker Cheese & Bacon Loaf

- 250g rindless middle bacon, roughly chopped
- 3 cups self-raising flour, sifted
- 2 cups natural Greek-style yoghurt
- 1 cup Italian cheese blend
- 2 tsp dried Italian herbs
- 1 sprig rosemary, leaves removed
- 1/2 cup tomato relish (to serve)

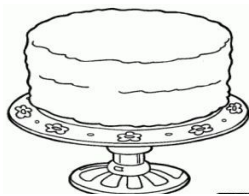
Step 1. Heat a medium non-stick frying pan over medium heat. Add bacon and cook for 5 minutes, stirring, or until golden and crisp. Set aside.

Step 2. Place flour and yoghurt in a large bowl. Using a flat-bladed knife, stir until a sticky dough forms. Turn dough out onto a lightly floured surface and knead until just smooth (avoid over-kneading).

Step 3. Grease and line a 5.5L slow cooker with baking paper (scrunched up, then flattened and placed in cooker). Flatten dough evenly over base of bowl. Scatter over cheese, herbs, bacon (including any oil) and rosemary. Cover with lid and cook on high for 2 hours or until dough is cooked through and cheese has melted. Serve warm with relish.

Marmalade Tea Cake

- 180g butter, chopped
- 3/4 cup caster sugar
- 1 teaspoon vanilla essence
- 2 eggs
- 1/2 cup milk
- 1 1/4 cups self-raising flour
- 1 teaspoon ground cinnamon
- 1/3 cup marmalade, warmed
- 1 teaspoon ground cinnamon
- 1 tablespoon melted butter



1. Pre-heat oven to 170°C. Grease and line a 20cm round cake pan with baking paper

2. Using electric beaters, beat butter, sugar and vanilla essence together until pale. Add eggs, one at a time, beating well to combine and stir in the milk

3. Sift flour and cinnamon together, add to butter mix, stir to combine. Pour into prepared pan and smooth the surface. Drop spoonful of marmalade onto the batter and swirl with a butter knife

4. Bake for 45 minutes or until firm to touch and skewer comes out clean

5. Brush melted butter over the hot cake and sprinkle with cinnamon

6. Serve with extra marmalade

To snack or not to snack?

Why do we reach for a snack? It can be about hunger, but often other factors like boredom, time of day, emotions and mood can influence our between meal food choices. Everyone is different. There is no strong evidence that snacking assists with maintaining a healthy weight. However, planned nutritious snacks can play an important role in contributing to a healthy diet.

Foods with a significant amount of protein, or foods high in fibre can help curb hunger. Protein rich are dairy foods like milk, yoghurt and cheese, eggs, nuts, fish, legumes and chicken/meat. High fibre foods are vegetables and legumes, fruit and wholegrains. A good high fibre and protein combination might be cheese and tomato on a wholegrain cracker. Taken from <https://naqlld.org/resource/top-10-healthy-snacks/>

Ageing is like owning a classic car. In order to keep looking beautiful, you'll need more than a few tune-ups and a fresh coat of paint.

A fellow tells his ma that there are two holes in his trousers — and then tells her that's where he puts his feet through.

A frustrated wife told me the other day her definition of retirement: "Twice as much husband on half as much pay."

Don't let anyone tell you that you're getting old. Squash their toes with your rocker.
The older we get, the fewer things seem worth waiting in line for.



The elderly congregation was perplexed when the preacher pulled out a pocket watch and threw it to the end of the room. It slammed into the wall and fell to the floor in pieces, but the watch kept ticking.

"What does this demonstration tell you about life?" The preacher challenged the congregation.

A man in the back slowly stood up, leaning on his cane. He stared down at the ticking clock.

"Well, preacher, I suspect this watch shows that time flies and stops for no one."



Two elderly women were eating breakfast in a restaurant one morning. Ethel noticed something funny about Mabel's ear and she said, "Mabel, did you know you've got a suppository in your left ear?" Mabel answered, "I have a suppository?" She pulled it out and stared at it. Then she said, "Ethel, I'm glad you saw this thing. Now I think I know where my hearing aid is."

LOOKING GOOD

My face in the mirror isn't wrinkled or drawn.

My house isn't dirty. The cobwebs are gone.

My garden looks lovely and so does my lawn.

I think I might never put my glasses back on.

NOT MY AGE

That's not my age; it's just not true.

My heart is young; the time just flew.

I'm staring at this strange old face,

And someone else is in my place!

Trivia Quiz—St Patrick and associated trivia

- 1) St. Patrick is the patron saint of what country? _____
- 2) According to Irish Lore, what did Saint Patrick drive out of Ireland? _____
- 3) What did St. Patrick use shamrocks for? _____
- 4) Where was St. Patrick born? _____
- 5) What happened to St. Patrick when he was 16? _____
- 6) According to tradition, St. Patrick was the first bishop of ? _____
- 7) How do Leprechauns earn their gold? _____
- 8) Irish coffee is a cocktail consisting of hot coffee, _____ and sugar, stirred, and topped with cream
- 9) Trifolium repens is a scientific name for _____
- 10) When is St. Patrick's Day celebrated? _____

March 2023

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1 Anointing Mass CHSP Cultural Assn Men's Shed	2	3 Croquet Oak St park	4 World Day of Prayer Uniting Church Barcaldine	5 Clean Up Australia Day
6 Men's Shed	7 60 + Tai Chi Monthly Talk	8 International Women's Day CHSP Cultural Assn Men's Shed	9 60 + Exercises Tai Chi Craft	10 Croquet Oak St park	11 Races	12
13 Men's Shed	14 60 + Tai Chi	15 CHSP Cultural Assn Men's Shed	16 60 + Exercises Tai Chi Craft	17 Croquet Oak St park	18	19 Garden Discussion Group
20 Men's Shed	21 60 + Tai Chi	22 CHSP Cultural Assn Men's Shed	23 60 + Exercises Tai Chi Craft	24 Croquet Oak St park QCWA Mexican Night	25	26
27 Men's Shed	28 60 + Tai Chi	29 CHSP Cultural Assn Men's Shed	30 60 + Exercises Tai Chi Craft	31 Croquet Oak St park	Easter 7-10 April	

PUZZLE SOLUTIONS

Trivia Quiz

1. Ireland
2. Snakes
3. Illustrate the holy Trinity
4. Britain
5. Enslaved
6. Armagh
7. Making shoes
8. Irish whiskey
9. Shamrock
10. 17th March

Barcaldine 60 & Better Program - Focusing on Healthy Lifestyle Options

Funded by



Under the auspices of
Barcaldine Regional Council



Barcaldine 60 & Better Program

The Willows

13 Willow Street

PO Box 269

Barcaldine Q 4725

Coordinator: Jean Williams



Committee Executive

President: Karen Brown

Vice President: Beverly Church

Secretary: Pam Miller

Treasurer: Shirley Jackson

Activity Times & Dates March 2023

Tai Chi: Tuesdays 9:00am
Thursdays 9:00am

Exercises: Thursdays 8:30am

Craft : Thursdays 10:00am

Croquet: Fridays 8:30am

Talk: 10:00am 1st Tuesday 7th March
International Women's Day Lunch Wednesday 8th March

Hoy: 10:00am 2nd Tuesday 14th March

Meeting 10:00am 3rd Tuesday 21st March

Bingo: 4th Tuesday 28th March

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