

GARDEN CITY NEWS



Volume 27

Issue 7

August 2021

A free collaborative 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.

Apology. Last month's issue (July) was printed as Issue 6 June 2021 instead of Issue 6 July 2021. Please accept my apology for this mistake. Hope you found the content okay though. Jean.

A few Key Findings from a COTA Australia State of the (Older) Nation 2021 Survey.

A large majority of older people feel younger than their actual age. Almost three quarters of survey participants rated their quality of life highly. However there were declines in other aspects of life. Ratings of physical and mental health, social relationships and optimism about the future declined from the 2018 survey findings.

Vulnerability was measured using indicators such as personal annual income, living with disability, non-English speaking at home, Aboriginal or Torres Strait Islander, domestic violence and homelessness. 55% of respondents had one or more vulnerability indicators. The higher vulnerability group was more likely to be female, aged over 70 and live outside capital cities. The proportion of people with higher vulnerability has increases sine 2018 also.

With the age at which the age pension can be accessed increasing, more older people are putting retirement on hold. Less than half the people aged 65 had retired and one in four think they'll never retire. Financial security and income were key drivers to participating in the workforce with 31% of survey respondents (aged 65—69 years) indicating they wanted more paid work. Fewer older Australians are completing some unpaid work each week such as volunteering and caring for grandchildren.

Older Australians are experiencing discrimination. The most common form being work related, with people told they were too qualified, too old or simply refused employment.

Over half of the older Australians participating in the survey felt secure about their finances but those who were more vulnerable reported having overdue electricity / gas, mobile phone and vehicle registration bills.

Accessing health and medical services presented problems for about three in ten older people who cited long waiting lists, cost, and COVID-19 restrictions as their main problems.

There will be more findings next month. Source: COTA Federation www.stateoftheoldernation.org.au

At 60 & Better

AGM. The Annual General Meeting of the Barcaldine 60 & Better Program Committee was held on 20th July. Mrs K. Brown was elected President; Mrs B. Church, Vice President; Mrs P. Miller, Secretary and Mrs S. Jackson Treasurer. One of the achievements of the committee was the completion of the Over 80s Book. The committee was entirely responsible for funding and printing the publication.

Annual subscription is \$2 for those wanting to renew their membership. We are accepting new memberships as well. Just drop in and complete the membership form.

Trip around Sculpture Trail. A smaller than anticipated group tagged along with the Alpha and Aramac Community Care groups to enjoy the sculptures and contrasts of the scenery of the Aramac Sculpture Trail. As well as the amazing sculptures we saw a range of birdlife and cattle, goats, horses and sheep but kangaroos were conspicuous by their absence. Thank you to Dan Arthur for driving the bus.

Health Talk Nurse Navigator Kate Wickson will be our guest on 3rd August. She'll inform us about her role and answer your questions. Please come along for morning tea and the talk at 10:00am.

After Kate's presentation some students from Barcaldine State School will visit to talk with us and listen to our recollections. Please come and share your stories.

Hoy will be on Tuesday 10th August with our usual games and prizes. **Bingo** will be a fortnight later on 24th August. It costs \$5 for morning tea and one set of hoy cards or one bingo card and \$2 for an additional set of cards or card. We'll play **hoy** on Tuesday 31st August too.

We have invited councillors and the Chief Executive Officer and District Manager for **morning tea on Thursday 12th August**. Please come along at 10:00am to talk with them over a cuppa. For catering, please advise by 10th August if you will be coming.

Monthly Lunches. While these have not been well attended, we'll continue with the hope that there is some interest in gathering together and sharing our recollections and delving into the depths of who lived where and transcribing this information. Next monthly lunch will be on 27th September. Please come from 11:30am onwards for lunch about 12:15pm.

Committee Meeting. Tuesday 17th August is the next meeting day. Please bring your ideas and plans, especially if you would like to help organise future trips. Without input (planning itinerary and accommodation and costings) and commitment from participants there will not be a trip.

Get Ready for Seniors Month. The Elder Olympics will make a return this year. International Day of Older People is 1st October and this is the day we've chosen for the Olympics. All older people are eligible to take part and we'll try to provide a range of suitable challenges. Again, we rely on support from many people for these events to happen. If we are organised, we may be able to do a trip during Seniors Month also.

Till Next Time. *Jean*

Quote for the month:

"Count your age by friends, not years. Count your life by smiles, not tears. ~ John Lennon

Condolences, Congratulations

We send our condolences to Jan Winter and Margaret Murray and their families and friends following the death of Jan's husband and Margaret's brother, Arthur Winter.

Get Well Wishes go to Pat Ogden who recently broke his ankle.

Birthday Greetings for August are sent to Christina Stewart, Gwen Norman and Pat Stirling. We believe Pat is celebrating her 90th birthday.

Applying for a Seniors Cards

Eligibility

Residency requirements:

To be eligible for Seniors Card, Seniors Card+go or a Seniors Business Discount Card, you must:

- be a permanent resident of Queensland.
- live in Queensland for at least 6 months of the year and your home address must be shown on your driver licence, or be registered as your home address with (at least) 1 of the following:
- Electoral Commission of Queensland
- Centrelink
- Commonwealth Department of Veterans' Affairs.

Age/work requirements:

In addition to the residency requirements, you must also meet age/work requirements for each card type.

Seniors Card or Seniors Card+go

To be eligible for a Seniors Card or Seniors Card+go you must be:

- 65 years or older and working less than 35 hours a week in paid employment *OR*
- 60–64 years, working less than 35 hours a week in paid employment and the holder of 1 of the below:
- Commonwealth Pensioner Concession Card*
- Commonwealth Health Care Card*
- Commonwealth Seniors Health Card
- Department of Veterans' Affairs Gold, White or Orange card.

*Listed partners and dependants can apply by phoning 13 QGOV (13 74 68).

Seniors Business Discount Card

To be eligible for a Seniors Business Discount Card, you must be 60 years or older.

Proof of age and address

When you apply, you'll be asked to provide 1 of the numbers below:

- your Centrelink customer reference number (CRN)
- your Department of Veterans' Affairs file number
- Queensland driver licence number
- Queensland adult proof of age or photo identification card number.

The name on your official document must be the same name used in your application.

How to apply

There is 1 application process for all 3 card types.

You will be issued with a card based on your eligibility.

If you have a card and your eligibility has changed, you can upgrade, replace or cancel your card online or call 13 QGOV (13 74 68).

You can apply up to 2 months prior to your 60th birthday (your card will be issued when you turn 60):

Online

Fill out the online Seniors Card application form.

By post

Print and complete the application form, then post it to:

Card Services

Smart Service Queensland

Reply Paid 10817

Brisbane Adelaide Street QLD 4000

You can print the application form here:

[Seniors Card application \(PDF, 222KB\)](#)

By phone

Call 13 QGOV (13 74 68) to complete your application over the phone.

Over the counter

Visit a Queensland Government Service Counter.

You can use your Queensland Seniors Card, Seniors Card +go or Seniors Business Discount Card at thousands of participating businesses throughout Queensland. If you hold a Queensland Seniors Card or Seniors Card +go, you may also be eligible to access Queensland Government concessions.

The Queensland Government offers concessions on services such as transport and motor vehicle registration, health, recreation and education.

View all available Seniors concessions and rebates on our Smart savings website. Concessions are also available on home energy supply. You will need to speak with your service provider about individual discounts.

Source: <https://www.qld.gov.au/seniors/legal-finance-concessions/seniors-card/applying-seniors-card>

More Uses for the Microwave

The humble microwave is typically only associated with reheating food and last-minute defrosting. But it turns out this little appliance can help with a whole lot more. Microwaves can actually save you quite a bit of time and effort in the kitchen, here are some unexpected (but useful) microwave tricks.

Proof dough quickly

This is a tip for all those people who bake bread at home. Yeast doughs that normally take an hour or more to rise at room temperature can be proofed in the microwave in about 15 minutes. Place the dough in a very large bowl and cover it with plastic. Pour a cup of boiling water from the kettle into a mug and pop it, along with your dough, into the microwave. The boiling water will produce enough heat to warm up the confined space and proof the dough in a short amount of time.

Get more juice from citrus fruits

A lemon or lime taken straight from the refrigerator is harder to juice than one left at room temperature or warmed slightly. To get the most juice, microwave citrus fruits before squeezing: simply place the whole citrus fruit in the microwave for 10 to 15 seconds, roll between your hands, then squeeze.

One word of caution though, if you overheat citrus fruit, it can explode.

Decrystallise honey

Honey that has solidified can be brought back to liquid life by uncovering the jar and heating on medium power for 30 seconds to one minute. A great trick to know since quality honey is expensive!

Peel garlic

Your microwave can also make peeling garlic so

much easier. Just microwave a head of garlic for 20 seconds, then pull the cloves apart.

Microwaving garlic creates steam that breaks the bond between the cloves and their skins, so you'll be able to slide them right off.

Dry herbs

Want to preserve those fresh herbs in your fridge before they go bad? . Place four to five sprigs of fresh herbs in a single layer between two paper towels, and heat on high for one minute, then check. The time you microwave them will depend on how much you're working with, the power of your microwave and the type of herb. A whole bunch will take longer. This method works best on parsley, basil, and celery leaves.

Toast nuts

The microwave toasts nuts in about a quarter of the time it typically takes in the oven. Simply spread them in a single layer on a microwave dish, adding half a teaspoon of oil or butter for every cup of nuts or seeds. Heat on high for one minute then stir, they may need two or three minutes to lightly brown. Keep in mind that they will continue to toast for about a minute after removal.

Soaking lentils and beans

Do you often forget to soak lentils and beans overnight? The microwave can come to the rescue. Put the rinsed beans or lentils in a large, microwave-safe bowl and cover completely with water. Microwave the bowl at full power for 10 minutes, and then leave them inside for another 40 minutes. Your lentils or beans should be soaked and softened by then.

But there's one key safety rule for successful microwave cooking or reheating, Check the bottom of your cooking utensil to see whether it's labelled microwave safe. And don't even think of cooking

Microwave Marmalade

3 grapefruit and juice of 1 lemon OR

6 lemons OR

4 Seville oranges and 1 lemon OR

1.5 litres quartered cumquats

seeds removed and soaked overnight in the 200mls water to extract the pectin

3 cups sugar

200ml water

Cut fruit into chunks. Place in 2 litre microwave safe



jug or bowl. Add water. Microwave on high for 10 minutes.

Add sugar and stir to dissolve.

Microwave on high for 10 minutes then on medium high for a further 10 minutes (watch in case it boils over).

By this time it should have reached gel point, where a teaspoon of marmalade on a cold saucer should set.

Allow the jam to cool a little before pouring into sterilised jars. Cover and label when cool.

Chicken Meatball Soup

200g minced chicken
1 onion, finely diced
1 teaspoon salt
1 egg
1 tablespoon breadcrumbs, fresh or dried
1 tablespoon vegetable oil or butter
100g carrot, peeled and cut into 5mm dice
200g potato, peeled and cut into 5mm dice
1 litre chicken stock
3 tablespoons finely chopped fresh dill



In a bowl, mix together the chicken and two-thirds of the onion. Add the salt, egg and breadcrumbs, using your hands to make sure the mixture is well combined. Refrigerate until needed.

Heat the oil in a large saucepan or stockpot over

medium heat. Add the remaining onion and the carrot and cook, stirring often, until the vegetables have softened, about 10 minutes. Add the potato and stock, and increase the heat to high. As the soup warms, form the meatballs and add them.

Take small teaspoons of the chicken mixture, roll them into little balls and drop them into the soup one by one.

When the soup starts to simmer, reduce the heat to medium. All the chicken should have been added by this stage.

Cook for a further 10-15 minutes, or until the carrot and potato have softened. Add the dill and season with salt, to taste. This soup can be stored in an airtight container in the refrigerator for up to five days and frozen for up to three months.

What is sciatica? (<https://www.healthdirect.gov.au/sciatica>)

Sciatica is a condition that can lead to pain in the back and legs. It occurs when pain travels along the path of the sciatic nerve. This nerve starts in the lower spine, and travels through the hip and buttock and down the back of the leg to the foot.

Sciatica is felt as nerve pain radiating from the buttock down the back of the leg, often when sitting, sneezing, coughing or going to the toilet. You may also feel lower back pain, and/or tingling, pins and needles, numbness or weakness in your leg.

Although sciatica pain can be severe, most people find their symptoms improve in time. As sciatica is seen as a more serious low back condition, it's advisable to see your doctor within the first few days of getting the symptoms. To diagnose sciatica, the doctor will take a medical history and examine your spine and legs.

You should seek medical attention immediately if you have problems controlling your bladder or bowels, or have weakness, numbness or severe pain.

If you have sciatica, discuss with your doctor whether imaging is required, which it may or may not be, depending on the circumstances.

The causes of sciatica include spinal injury or trauma, bone spurs or other growths, narrowing of the spinal canal, or tight or swollen muscles in the buttock. In many cases, people can't pinpoint a specific injury that caused the condition.

Risk factors for sciatica include: age-related changes

to the spine, obesity, which can put extra pressure on the spine, occupations where you twist the spine or pick up heavy loads, prolonged sitting, diabetes, which can increase the risk of nerve damage

The choice of sciatica therapies depends on the length of symptoms and severity of your condition. These therapies include: special back care education, rest, physical therapies, medication treatment, lifestyle changes, surgery.

Mild sciatica usually goes away in time. When you first experience sciatica, 1 or 2 days' bed rest may be needed. However, it's important to return to activity as soon as possible, to help your spine stay strong.

Sciatica treatment includes pain relief, medicines such as paracetamol, anti-inflammatory drugs such as ibuprofen and physiotherapy. Most people with sciatica get better with conservative treatments such as physiotherapy.

You should see your doctor again if self-care measures fail to improve your pain, your pain lasts longer than a week, is severe or becomes progressively worse. If your symptoms persist, an injection of anaesthetic into the spine may be needed or, in rare cases, surgery.

Looking after your back, managing your weight, and improving your general physical condition can all help prevent sciatica. Doing physical therapy at home, such as muscle strengthening exercise, can help to prevent sciatica coming back.

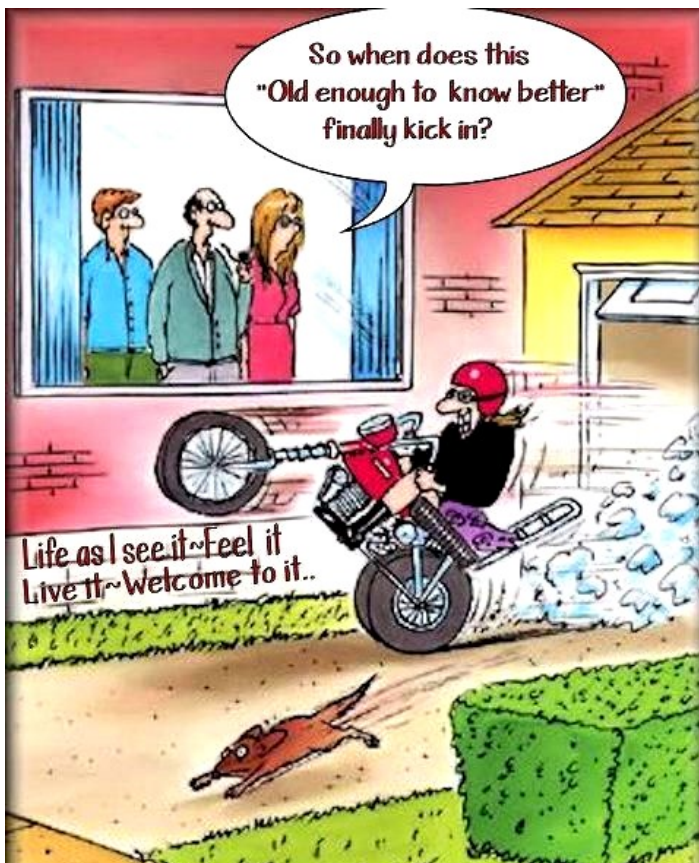


Country Music Artists Word Search

Can you find the artists in the word search



- Blake Shelton
- Brad Paisley
- Corrie Underwood
- Charley Pride
- Dolly Parton
- Faith Hill
- Garth Brooks
- George Strait
- Glen Campbell
- Hank Williams
- John Denver
- Johnny Cash
- Keith Urban
- Kenny Rogers
- Kris Kristofferson
- Lee Ann Rimes
- Loretta Lynn
- Merle Haggard
- Neil Young
- Patsy Cline
- Randy Travis
- Reba McEntire
- Roy Rogers
- Shania Twain
- The Everly Brothers
- Tim McGraw



services on offer >>>

- Home Assist Secure
- Home Modifications
- NDIS – National Disability Insurance Scheme
- Field Officer Update
- Monthly Calendar
- Group Social Support Activities



Volume: 14
Issue: 7

A Monthly Insight into Community Care Services

let's connect

Our funding Organisations >>>

HOME ASSIST SECURE

Funded by

ndis Official Provider

Our Services include: CHSP (Commonwealth Home Support Program), QCSS (Queensland Community Services Scheme), HCP (Home Care Packages), HAS (Home Assist Secure), NDIS (National Disability Insurance Scheme) and MOW (Meals on Wheels)

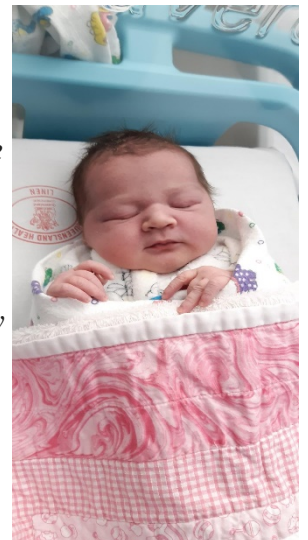


Keeping the Dream Alive

Congratulations on the arrival of Elouise Adele Salmond

We pass on our congratulations to Jordan, Kaya, Adeline and Elanor on the arrival of Elouise as the new addition to their family. 10.1lb born at 1:10am on Wednesday 21st July 2021.

All are home now and enjoying their new Bundle of joy.



What's all the News? Covid-19 & Services

COVID-19 seems to be still having an impact. If you choose to, be vaccinated, however it is not a cure. Remember the key to fighting Coronavirus is:





- 1. Washing your hands**
- 2. Personal distancing 1.5 metres**
- 3. Staying home if you are sick or unwell**
- 4. Get tested if you have symptoms**
- 5. Participant in legal contact tracing initiatives**

Personal distancing is a priority ensuring you keep yourself and others safe. Wash your hands regularly and stay safe.



Monthly Calendar for August 2021



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

Jobs for Home Assist Secure!

- ✓ Checking on home security concerns including lighting options
- ✓ Cleaning and servicing of Air Conditioners
- ✓ Construction & Install of Grab Rails (in bathroom & toilet) & Handrails (on steps or ramps)
- ✓ Medi Alert Phone Systems – both monitored & un-monitored, landline & mobile options
- ✓ General house maintenance – minor repairs & maintenance
- ✓ Smoke Alarm replacement, servicing and maintenance
- ✓ Advice on Falls Prevention Strategies
- ✓ Connection with local tradespeople
- ✓ Referral and advice



It's good to be in high demand, but its even better when the work you do is appreciated!

If you need some work done please call the office (4651 5640) or Jordan direct so that he can have the materials to complete your work. Casual 'drop ins' will no longer occur, unless there is a specific job to complete.

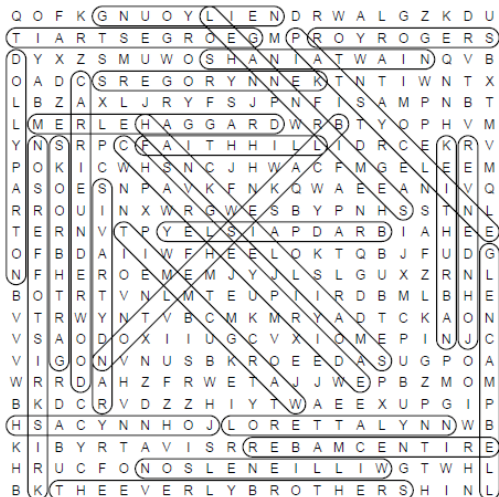
THANKS!



August 2021

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			12th August Morning Tea with Councillors			1
2 Men's Shed	3 60+ Tai Chi Health Talk	4 Men's Shed Cultural Assn	5 60 + Exercises Tai Chi Craft	6 Croquet Oak St park	7	8
9 Men's Shed	10 60+ Tai Chi Hoy	11 Men's Shed Cultural Assn	12 60 + Exercises Tai Chi Morning Tea	13 Croquet Oak St park	14 Cultural Assn Cent Sale	15
16 Men's Shed	17 60+ Tai Chi 60+ Meeting	18 Men's Shed Cultural Assn Vietnam Veteran's Day	19 60 + Exercises Tai Chi Craft	20 Croquet Oak St park	21	22
23 Men's Shed	24 60+ Tai Chi Bingo	25 Men's Shed Cultural Assn	26 60 + Exercises Tai Chi Craft	27 Croquet Oak St park Monthly Lunch	28	29 Mini Trains at Historical Museum
30 Men's Shed	31 60+ Tai Chi Hoy			Westech 7th & 8th September		Elder Olympics 1st October

PUZZLE SOLUTION



**Barcaldine 60 & Better Program -
A Healthy Ageing Program**

Funded by



Queensland
Government



Under the auspices of
Barcaldine Regional Council

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 - Thursday 8:00 am - 1:00 pm

Friday 8:00am - 12:00pm

Tai Chi: Tuesday 9:00am

Thursday 9:00am

Exercises: Thursday 8:30am

Croquet: Friday 9:00am

Digital Learning: By appointment

Talk 1st Tuesday, 3rd August 10:00am

Hoy 2nd Tuesday 10th August 10:00am

AGM 3rd Tuesday, 17th August 10:00am

Bingo 4th Tuesday 24th August 10:00am

Memory Lane Lunch from 11.30am Friday 27th August

Hoy 31st August 10:00am



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



By local communities, for local communities