

At 60 & Better

The **60 & Better Annual General Meeting is at 10:00am on Tuesday 20th July**. It is open to all 60 & Better participants to attend. This committee works to promote the health and wellbeing of older people through providing social and physical activities which are implemented after discussion and a consensus of opinion. We need the support of participants to form the committee and make the decisions which deliver the activities, outings and other functions of the program. Please come along to the AGM and offer your suggestions, support and participation.

The three year service agreement with the state government expires on 31st December 2021. Whether there will be another contract is not known at present.

The next **Health Talk** is on Tuesday 6th July at 10:00am. Our guest for the morning is Cardiac Rehabilitation Nurse, Suzy Thomas,. Everyone is welcome to come and join us and talk with Suzy.

Hoy will be at 10:00am on Tuesday 13th July. Hoy is easy to play and there are multiple chances of winning a prize. Cost for morning tea and one set of cards is \$5. Two sets of cards and morning tea costs \$7. Anyone can play so please give it a go.

If anyone is interested in going to Winton for Winton 60 & Better Christmas in July and Cent Sale on Friday 23rd July please let Jean know.

Bingo will be at 10:00am on Tuesday 27th July. You are most welcome to be part of this activity. Costs are as for hoy—morning tea and one card \$5; morning tea and two cards \$7.

Barcaldine Community Care Services has arranged a trip around the Aramac Sculpture Trail on Wednesday 28th July. 60 & Better has been invited to tag along. The council bus has been hired for the day. Departure time from *The Willows* will be 8:00am with lunch at The Lake. Please bring your lunch and any items you require. Cost for the bus will be \$15 per person. Please let Jean know

We have invited the mayor, councillors and Chief Executive Office and District Manager to morning tea on Thursday 12th August 2021 at 10:00am at *The Willows*. Please come along and meet the councillors and engage in dialogue with them. RSVP by 10th August to Jean, please.

There have been suggestions of visiting other towns such as Charleville for a couple of days. The trip has been proposed for September. For this to happen we need to have firm commitment from a minimum of 12 people before any arrangements will be made.

Seniors Month is October. Elder Olympics is proposed for 1st October—International Day of Older Persons. A number of other activities have also been suggested.

At present, whatever is planned will be dependent on COVID 19 protocols.

Till next time. *Whatever you are, be a good one. Jean*

Condolences, Birthday Greetings and Congratulations.

We were saddened to hear of the death of friends and acquaintances recently. We send condolences to Del Scott whose daughter-in-law Olwyn died recently. Our sympathies are extended to the families and friends of Val Arthur, Keith Boustead, Allan Wills, Una Smith, Rhoda Rogers and Tricia Bopf also.

We wish Kevin Jackson, Pat Bain, Jim Allpass, Dale Smith, Evelyn Trott, Shirley King, Jack Power and Doug Smoothy a happy birthday. Doug is celebrating his 96th birthday .

Congratulations to the Barcaldine Pastoral, Agricultural and Horticultural Society for its efforts in hosting its annual show. It was wonderful to see people support the event so whole heartedly.

Kay and Andy Stewart are celebrating their 60th wedding anniversary with a party at *The Willows* on Saturday 3rd July.

Teeth Grinding

Teeth grinding, or Bruxism as it's officially known, is one of those tricky conditions that you could be suffering from without even knowing it. An involuntary clenching, grinding and gnashing of the teeth, it doesn't always display its symptoms in ways that are immediately noticeable.

Most people aren't even aware they are grinding their teeth until their partners tell them or advanced symptoms such as jaw pain, headaches and worn down, sensitive teeth start to emerge.

What makes working out if you grind your teeth so challenging is that while you may have some symptoms when you first wake up, they can quickly disappear; and if you grind teeth during waking hours, symptoms won't be noticeable until later in the day.

So what should you be looking out for?

- Fractured, chipped or loose teeth
- A dull headache, sore jaws and/or ear pain
- Aching teeth, and stiffness in the face and temples, particularly after you've just woken up
- Sore jaws while you're eating, especially at breakfast time
- Sensitivity to hot and cold food and drinks
- Intense jaw clenching

Even if you're not sure that teeth grinding is responsible for the symptoms you're experiencing,



telling your dentist as soon as you suspect something's wrong means they can perform a diagnosis and devise possible treatment options. All those niggling, sometime painful symptoms may be pointers to even worse damage being done. Teeth grinding places a lot of pressure on your teeth, cracking their protective enamel, fracturing them and breaking things like crowns and fillings, while placing great stress on your jaws joints and muscles. You might also find your teeth are more sensitive to temperature fluctuations, and more painful to bite down on as the fibre that attaches them to the bone gets inflamed.

The range of likely causes of bruxism are physical and psychological meaning that any treatment will often need to address both these things. Your dentist, of course, will take care of the possible physical causes such as overly-high fillings, or missing or crooked teeth, and may fit with a mouthguard if you grind your teeth at night.

But if the source of your teeth grinding is emotional, or caused by illness, poor nutrition or long term pain, it's important to deal with these issues ahead of seeing your dentist by contacting organisations like **Lifeline (131 114)** and **Beyond Blue (1300 224 636)**.

Source: Australian Dental Association

<https://www.ada.org.au/Your-Dental-Health/Older-Adults-65/Teeth-Grinding>

Brushing Your Teeth

You'll no doubt be aware that brushing your teeth, which removes the plaque that causes tooth decay and gum disease, is important. What you may not know is that how often you brush, how long you brush for, the kind of technique and toothbrush you use all matter too.

To gain the maximum benefit from brushing your teeth, you should be brushing for at least two minutes morning and night, spending roughly 30 seconds on each quarter of your mouth.

You should be cleaning your teeth systematically, starting at the back with the toothbrush bristle at the gumline or at a 45° angle, brushing gently in a circular motion, and finishing with a spit, not a rinse. If you have an electric toothbrush, you should be guiding the moving brush head slowly from tooth

to tooth following the contours of the tooth and the curve of the gums.

Regardless of the brush you use, try to avoid brushing with too much force as this can damage the surface of your teeth. And as for the toothpaste? You only need a pea-sized amount to get the job done.

You are always best using a soft-bristled toothbrush with a small head and a flexible neck because this will most effectively remove plaque and debris from your teeth, without damaging your teeth and gums and drawing blood. Try to replace your brush at the first sign of wear-and-tear or every three months, whichever comes first, and if you've just had a cold, replace your toothbrush so you don't get reinfected by the germs in the bristles.

<https://www.ada.org.au/Your-Dental-Health/Older-Adults-65/brushing>

What is prostate cancer?

Prostate cancer develops when abnormal cells in the prostate gland grow in an uncontrolled way, forming a malignant tumour. Prostate cancer is the second most common cancer diagnosed in men in Australia and the third most common cause of cancer death. One in 6 men will be diagnosed with prostate cancer by the age of 85. It is more common in older men, with over 63% of cases diagnosed in men over 65 years of age.

Early (localised) prostate cancer refers to cancer cells that have grown but do not appear to have spread beyond the prostate. There are two stages of advanced prostate cancer:

- locally advanced prostate cancer where the cancer has spread outside the prostate to nearby parts of the body or glands close to the prostate
- metastatic prostate cancer where the cancer has spread to distant parts of the body.

In 2018, there were 3264 deaths caused by prostate cancer. The five year survival rate for prostate cancer is 95%.

Early prostate cancer usually does not cause symptoms. Advanced prostate cancer symptoms can include:

- frequent urination
- pain while urinating
- blood in the urine or semen
- a weak stream
- pain in the back or pelvis
- weak legs or feet.

More widespread disease often spreads to the bones and causes pain or unexplained weight loss and fatigue. Some factors that can increase your risk of prostate cancer include:

- age, increasing rapidly after 50 years of age
- family history of prostate, breast or ovarian cancer,

especially BRCA1 and BRCA2 gene mutations

- a father or brother diagnosed with prostate cancer before the age of 60.

There is an association with high testosterone levels.

If your doctor suspects you may have prostate cancer, you may have one or more of the following tests:

A prostate specific antigen (PSA) blood test measures the PSA levels, the proteins made by both normal and cancerous prostate cells. Because PSA levels can be variable, it is common for your doctor to use results from more than one blood test, over time, to help determine your risk of prostate cancer.

Some men with prostate cancer have normal PSA levels, and only one in three men with an elevated PSA level has cancer. As it is not a definitive test, a PSA test is normally used with other tests to diagnose prostate cancer. There is a lot of confusion around PSA testing

Digital Rectal Examination (DRE) is no longer recommended as a routine test for men who do not have symptoms of prostate cancer. As not all prostate cancers produce high levels of PSA, it may still be used to check the prostate before doing a biopsy.

A biopsy removes small pieces of tissue from different parts of the prostate with the aid of a rectal ultrasound, for examination under microscope. It is used to detect the disease and determine its aggressiveness (the Gleason score of 1-5 is added from two samples to form a score out of 10; low scores of 6 or less, indicate slow growing disease).

If cancer is detected in your prostate, you may have other tests such as MRI, CT or bone scans to see if the disease is contained to the prostate or to help with management and treatment options.

More information is available at: -

<https://www.cancer.org.au/cancer-information/types-of-cancer/prostate-cancer>

Copies of the Barcaldine over 80s book are available at the 60 & Better office. For people who shared their story and have not yet received a copy please drop in and pick up your complimentary copy. The cost of the book otherwise is \$10.

Magic Bean Stew

2 tbsp olive oil
1 onion, chopped
2 celery stalks, sliced
2 garlic cloves, thinly sliced
2 bacon rashers, cut into thin matchsticks
2 tbsp tomato paste
2 potatoes, peeled, chopped
400g can chopped tomatoes
2 cups (500ml) vegetable liquid stock
1 tsp caster sugar
400g can mixed beans, rinsed, drained
400g can kidney beans, rinsed, drained
Flat-leaf parsley leaves, to serve

Heat oil in a large saucepan over medium heat. Cook onion, celery, garlic and bacon, stirring, for 6-8 minutes until onion is soft and bacon is crisp. Stir in paste and cook for 1 minute. Add potato, chopped tomato, stock and sugar, season, then simmer for 10 minutes or until potatoes are tender and the sauce is slightly thickened. Add beans and simmer for 3-5 minutes or until heated through. Divide stew among bowls, top with parsley leaves and serve.



Jammy Sponge Pudding

1/2 cup (160g) raspberry jam
125g butter, softened
1/2 cup (110g) caster sugar
1 tsp lemon rind, finely grated
1 tsp vanilla bean paste
2 eggs
1 1/2 cups (225g) self-raising flour
1/2 cup (125ml) milk

Grease a 4-cup (1L) pudding basin. Spoon jam into the prepared basin.

Use an electric mixer to beat the butter, sugar, lemon rind and vanilla in a bowl until pale and creamy. Add the eggs, 1 at a time, beating well after each addition.

Add the flour and milk in alternating batches and stir until just combined. Spoon into basin. Smooth the surface.

Cut a 30cm square of baking paper and a 30cm square of foil. Place paper on top of foil. Fold the centre to pleat. Place over the basin, foil-side up. Use a lid or tie string twice around the top to secure. Scrunch paper and foil tightly around the rim of the basin.

Place an upturned saucer in base of a slow cooker. Place the pudding on top. Pour in enough boiling water to come halfway up the side of the basin. Cover the slow cooker. Cook on high for 3-4 hours (or on low for 6 hours). Set aside for 10 mins to stand before turning onto a serving platter. Cut into wedges.

A Couple of Cooking Tips

Clean as you go rather than allowing a mess to pile up.
Do not use damp oven mitts to handle hot dishes.

How to make quick and simple meals

If you have some long-lasting staples on hand, it'll be easier to make a healthy meal. Some good items to stock up on include:

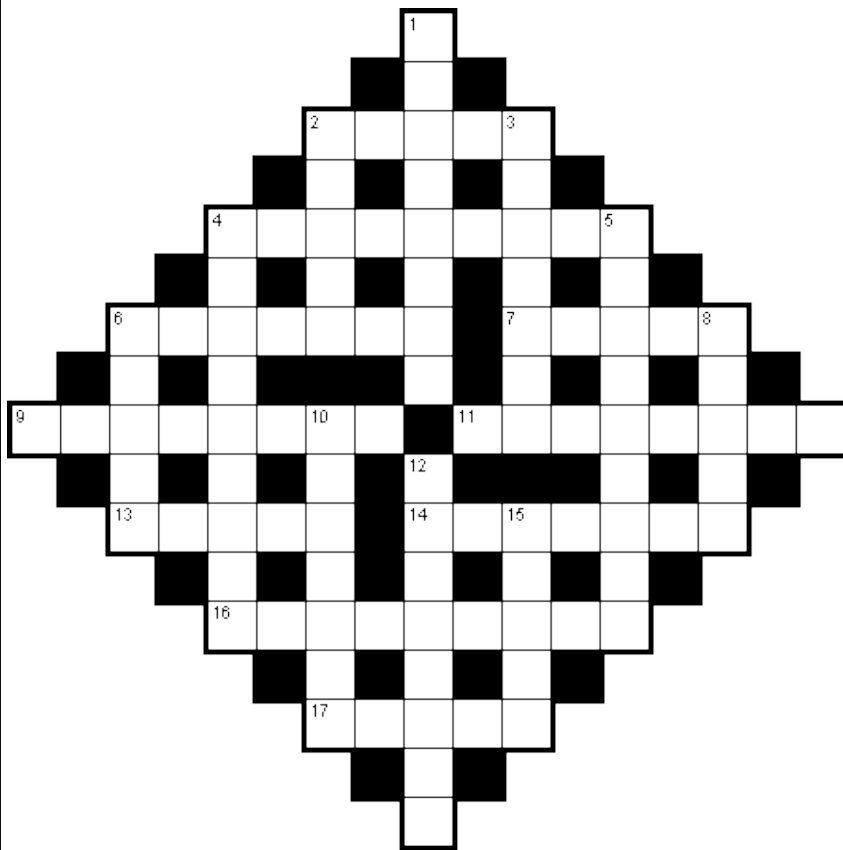
- canned fruit and canned and UHT fruit juice
- canned vegetables (reduced salt where possible)
- baked beans and bean mixes
- rice, spaghetti, pasta, flour, rolled oats and breakfast cereals
- canned, powdered and reduced fat UHT milk and custard
- canned meat and fish
- canned soups
- sauces and pastes
- vegetable oil such as olive oil or canola oil.

You may like to try these simple meal and snack options too:

- grilled or baked chicken, bread and butter or margarine, plus canned fruit and custard

- a piece of grilled fish and a garden salad, plus a tub of fruity yoghurt
- shepherd's pie with chopped cooked vegetables, plus a fruit salad
- baked beans or spaghetti on toast, plus a glass of milk and a banana
- toast with peanut butter (or another nut butter) and banana, plus some frozen yoghurt
- cheesy scrambled eggs or an omelette, with grilled tomatoes and mushrooms
- a boiled egg with toast, plus a glass of milk and some fresh fruit
- thick, hearty canned soup with a bread roll, plus fruit and custard
- a slice of quiche with salad or chopped cooked vegetables, plus fresh fruit and yoghurt
- cottage cheese and canned fruit
- sardines or tuna on toast
- cheese and crackers.

CROSSWORD



Across

2. Flashlight (5)
4. Book of synonyms (9)
6. Large percussion instrument (7)
7. Spooky (5)
9. On time (8)
11. Lawyer (8)
13. Having three dimensions (5)
14. Depots (7)
16. Derived from experiment and observation (9)
17. Lance (5)

Down

1. Direct quotation (8)
2. Eighth letter of the Greek alphabet (5)
3. Crop (7)
4. Schedule (9)
5. Relating to tailoring (9)
6. Keynote of a major or minor scale (5)
8. Boredom (5)
10. Takes (7)
12. Fish valued for its roe (8)
15. Happen again (5)

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 wall and fell to 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 old farmers are walking down a road when they hear a motorcycle behind them but are shocked when the driver passes them and the biker is headless. The two men look at each other and shrug. They continue down the road and a bicyclist comes up behind them and he, too, is headless. The two old men continue to walk down the road, when the one walking along the inside turns to the other one. "You know, Allen, I think maybe you should carry that scythe on your other shoulder."



I AM A SEENAGER (Senior teenager)

I have everything that I wanted as a teenager, only 50 years later.

- I don't have to go to school or work.
- I get an allowance every month.
- I have my own pad.
- I don't have a curfew.
- I have a driver's license and my own car.
- And I don't have acne.

Life is Good!

services on offer >>>

Home Assist Secure

Home Modifications

NDIS – National Disability Insurance Scheme

Field Officer Update

Monthly Calendar

Group Social Support Activities

CONNECTING a Caring COMMUNITY



Volume: 14

Issue: 5

A Monthly Insight into Community Care Services

let's connect

Our funding Organisations >>>

The Department of Health

Funded by

HOME ASSIST SECURE

Queensland Government

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

Jordan on Leave 19th July to 6th August

Sorry we missed the last edition, crossed wires somewhere along the way, but we are back on track now!

Jordan will be taking 'Parental Leave' with the birth of their new addition, due the 15th July.

If there are any jobs that require attention during his leave, we are able to secure tradesmen to complete any emergencies.

Any other general maintenance jobs, that are not urgent, we can keep you on the list until Jordan returns from leave!

Please remember that Home Assist Secure is a general maintenance' service. If there are major jobs ie bathrooms, window replacements or stairs, this is managed by another program that has specific requirements. Call for more information

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 July 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Barcaldine	2 RDO	3
4	5 Aramac	6 Barcaldine	7 Jericho	8 Barcaldine	9 Maintenance Day	10
11	12 Muttaburra	13 Barcaldine	14 Alpha	15 Barcaldine	16 RDO	17
18 	19 Jordan on Leave	20 Jordan on Leave	21 Jordan on Leave	22 Jordan on Leave	23 Jordan on Leave	24
25 	26 Jordan on Leave	27 Jordan on Leave	28 Jordan on Leave	29 Jordan on Leave	30 Jordan on Leave	31

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 it's 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

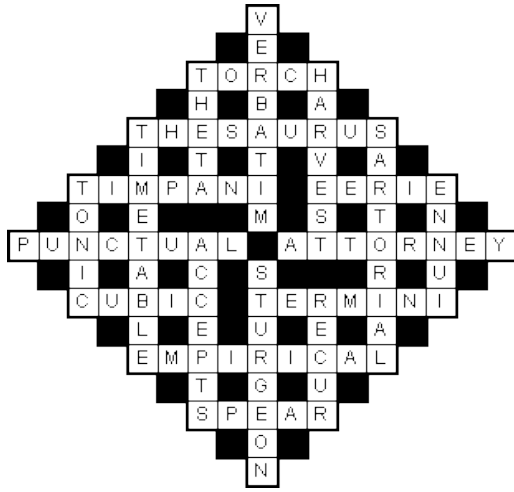
THANKS!



July 2021

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Flying Skin Doctor visiting 15th			1	2 Croquet	3 Cultural Assn De- stash sale Races	4
5 Men's Shed	6 60+ Tai Chi Health Talk	7 Cultural Association Men's Shed	8 Exercises 60+ Tai Chi UFO	9 Croquet	10	11
12 Men's Shed	13 60+ Tai Chi Hoy	14 Cultural Association Men's Shed	15 Exercises 60+ Tai Chi UFO	16 Croquet	17	18
19 Men's Shed	20 60+ Tai Chi Annual General Meeting	21 Cultural Association Men's Shed	22 Exercises 60+ Tai Chi UFO	23 Croquet Winton Xmas in July & Cent Sale	24	25 Mini Trains at Historical Museum
26 Men's Shed	27 60+ Tai Chi Bingo	28 Sculpture trail trip Cultural Association Men's Shed	29 Exercises 60+ Tai Chi UFO	30 Croquet	31	

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, 6th July 10:00am

Hoy 2nd Tuesday 13th July 10:00am

AGM 3rd Tuesday, 20th July 10:00am

Bingo 4th Tuesday 27th July 10:00am

Memory Lane Lunch from 11.30am Friday 30th July



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

