



BARCALDINE 60 & BETTER PROGRAM



GARDEN CITY NEWS

Volume 29

Issue 11

December 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.



Hosted by Barcaldine



BARCALDINE REGIONAL COUNCIL

SENIORS' CHRISTMAS LUNCH

TUESDAY 12th DECEMBER

BARCALDINE TOWN HALL

DOORS OPEN 11:00AM

LUNCH 12:30PM

COST \$15

MULTI DRAW RAFFLE

This event is open to all older people residing in the Barcaldine Regional Council area (and their carers). You do not need to be receiving a pension or care services to attend. For this event we'll regard older persons as those being 65 years of age or over. (50 years for Indigenous people).

RSVP to 46512354 or jeanw@barc.qld.gov.au or drop into 13 Willow St and put your name on the list.



RSVP Wednesday 6th December

Catering By Barcaldine Aged Care Inc.

At 60 & Better

This is the last newsletter for 2023. As the year comes to an end we have a host of social engagements and tasks to complete. Recently we had a gathering for the Melbourne Cup where we had a shared lunch and ran several sweepstakes. This was an enjoyable day and a couple of people scored more than one win in the sweepstakes.

It takes an array of people with different talents and interests to keep things running. I am indebted to all who come and share the jobs and make activities fun at 60 & Better. It is nothing without those who participate. In May next year it will be 30 years since Barcaldine 60 & Better Program was established. So maybe we'll mark this milestone with an event that participants can design.

We had Ruby Cullen a Year 10 student from Barcaldine State School join us for a week for work experience. Thanks to Ruby for her endeavours while with us. Kylie Dows is volunteering some time at 60 & Better as well. Thanks Kylie for your contributions.

The usual Christmas parties and end of year breakups are happening and we think about the holiday season ahead. On 1st December there is a Lighting of the Christmas Tree and Carols at the Australian Workers Heritage Centre between 6pm and 9pm. The council is holding a Christmas Lights Competition and a Christmas Rural Mailbox Competition. The lights will be judged between 11th and 15th December with winners announced on 19th December and nominations of photos of mailboxes are open until 17th December.

The next health talk is at 10:00am on Tuesday 5th December. Our guest is Jo Winkleman from ADA Link (Aged and Disability Advocacy care finder service). Please come and meet Jo and learn about the service.

There will be no hoy or bingo in December. There'll be some trivia questions and other games at the Seniors Lunch. Thank you everyone who has supported us through the year.

The Barcaldine Regional Council sponsored Seniors Christmas Lunch is on 12th December and 60 & Better will have a lunch at the Hotel Shakespeare on 19th December.

For those who'd like to see the Christmas lights please join us on Wednesday 13th December as we drive around Barcaldine streets to see the light displays provided by our residents. Please contact Jean to book a seat. The bus seats 10 passengers. We'll meet at "The Willows" from 7:00pm for a 7:30ish start.

Our last meeting for the year is on 19th December at 10:00am. Lunch at the Hotel Shakespeare is on that day at 12:30pm. Cost is \$15. Please let Jean know if you intend to come to lunch.

The 60 & Better office will be closed from 12:00pm 22nd December until 8:00am Monday 15th January 2024. During this time please contact Barcaldine Regional Council with any queries.

So please take care, stay safe and enjoy the Christmas season. Till next Time *Jean*.

May the true spirit of Christmas shine in your heart and light your path.

Christmas is a season not only of rejoicing but of reflection. —*Winston Churchill*



"Christmas gift suggestions: To your enemy, forgiveness. To an opponent, tolerance. To a friend, your heart. To a customer, service. To all, charity. To every child, a good example. To yourself, respect."

Congratulations, Condolences

We send Birthday Greetings to Shirley Storey and Margaret Murray who have birthdays in December.

We share the sad news of the passing of longtime acquaintances and friends, Joy Melville, Doug Merchant, Kay Maraz, Jimmy Coveney and John Hindmarsh. Our condolences are extended to their families and friends.

The Best and Worst Drinks for Heart Health

When it comes to heart-healthy drinks, there's none better than water. Our bodies need it. In fact, we're mostly made up of water, including our major organs, such as the heart. Most of the chemical reactions that happen in our cells need water, and it helps our blood carry nutrients around the body. That's why it's important to drink water every day. Plain tap water is the best choice. It's cheap, quenches your thirst and has no kilojoules. You can also enjoy sparkling water with fruit for some variety, or in place of less healthy drinks (like alcohol or soft drinks).

Heart-healthy drinks (other than water)

If you are looking for a heart-healthy drink other than water (either for flavour or for enjoyment), you can opt for the following drinks:

- Sparkling water (try adding chopped fruit or herbs; for example, fresh mint), unflavoured milk, plant-based milks with added calcium, like soy, almond, oat, rice milk, tea, coffee, small glass (125ml) of 100% fruit or vegetable juice.

Unflavoured dairy milk can be part of a heart-healthy eating pattern. Milk is a dairy food, and these foods don't increase or decrease your risk of heart disease, but they can be an important source of calcium, protein and other minerals.

Unflavoured milk, yoghurt and cheese can be part of a heart-healthy eating pattern, but for people with high cholesterol, we recommend choosing reduced fat products.

Some people don't drink dairy milk because of allergies or intolerances. Some people choose not to for individual or health reasons. If you choose not to eat dairy foods it's important to eat other foods that have calcium, and this can include plant-based milks. Plant-based milks come from various sources including legumes (or pulses), tree nuts, seeds and cereals. Examples of plant-based milks include: soy milk, almond milk, rice milk, oat milk. These milks vary in terms of how nutritious they are, which depends on:

- the main ingredient used to make the milk (for example, oats), added ingredients (for example, sugar), added nutrients (also known as 'fortification', for example, added calcium).

Opting for plant-based milks instead of dairy milk isn't always a healthier swap. If you choose to drink plant-based milks, it's important to check the nutrition information panel. Choose one fortified with calcium and with no (or less) added sugar.

Tea can be included in a heart-healthy eating pattern. Remember:

- Be mindful of what you drink with your tea; keep added sugar to a minimum.

Caffeine is present in tea. Green tea is lower in caffeine than black tea, but both need to be considered if you're sensitive to, or taking medication which interacts with, caffeine.

Coffee

Coffee can also be included in a heart-healthy eating pattern but consider what you have with your coffee. It's best not to add sugar, cream, ice-cream or syrups. Remember that large milky coffees or iced coffees can increase the kilojoule (energy) content of the drink and often contain more than one shot of coffee.

Like tea, caffeine is present in coffee. People react to caffeine in different ways. Caffeine sensitivity depends on how often a person consumes caffeine. There is also emerging evidence that our genes may play a role in our body's response to caffeine, and even how much we can consume before feeling unwell e.g. anxious or causing heart palpitations.

Guidance for daily tea/coffee intake in adults: up to four espresso shots (or four coffee pods) **or** up to five cups of instant coffee **or** up to seven cups of tea a day

Try to limit your total caffeine intake to no more than 400mg per day. A cup of instant coffee has about 80mg while a single shot of espresso has about 100mg. A cup of tea has about 50mg caffeine.

If you drink both tea and coffee, adjust your caffeine intake accordingly. Pregnant and lactating women should limit intakes to no more than half the recommendations for healthy adults. Every person responds to caffeine differently so always consult your doctor or dietitian for individualised advice.

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What about kombucha?

Kombucha is a type of fermented tea drink. It has recently increased in popularity as part of the health and wellness trend and is widely available. Kombucha products vary depending on the: microorganisms present, fermentation time, type and quantity of tea and sugar used. The evidence of health benefits associated with kombucha is limited. While it can be a lower sugar and kilojoule alternative to sugary drinks, some commercial products contain alternative sweeteners to enhance the sweet taste. See information below on alternative sweeteners.

Fruit or vegetable juice

While it's better to eat fruit and vegetables whole, an occasional **small** glass (125ml or about ½ cup) of 100 per cent fruit or vegetable juice is reasonable. Try adding sparkling or tap water to extend the fruit juice further.

Fruit *drink* is different to 100 per cent fruit juice and contains added sugars such as reconstituted fruit juice or purees, sugar and fruit juice concentrates. Fruit drink is not recommended as part of a heart-healthy eating pattern.

Sugary drinks include soft drinks, cordials, fruit drinks, sports drinks, energy drinks and iced teas. These drinks are also known as 'sugar sweetened beverages'. Sugary drinks are high in kilojoules (energy) and offer little or no nutritional value. Sugary drinks aren't recommended as part of heart-healthy eating pattern.

What about alternative sweeteners?

Alternative sweeteners include things like stevia or aspartame. These are designed to make drinks taste sweet without the added kilojoules. There is very little evidence for their long-term health effects.

It's also not clear if alternative sweeteners improve people's diets or have any health benefits. As more research is needed to understand their place in a

heart-healthy eating pattern we currently do not recommend them.

Ways to cut down on sugary drinks:

- Buy a reusable water bottle, so you can take your own tap water everywhere you go
 - Keep water in the fridge, so you can have cold water to drink whenever you're thirsty
- Add chopped fresh fruit or vegetables to cold tap or sparkling water for a refreshing drink. Try adding berries, mint, lemon or cucumber.

Alcohol

The risk of developing some heart conditions increases the more alcohol you drink. We don't recommend drinking alcohol for heart health. Alcohol isn't a part of a heart-healthy eating pattern. If you don't drink alcohol, don't start. If you do drink, aim to bring your intake in line with our recommendations:

- Healthy men and women should drink no more than 10 standard drinks per week and no more than four standard drinks on any one day.
- The less you choose to drink, the lower your risk of harm from alcohol.
- Children and young people under 18 years of age should not drink alcohol.
- To reduce the risk of harm to their unborn child, women who are pregnant or planning a pregnancy should not drink alcohol. For women who are breastfeeding, not drinking alcohol is safest for their baby.
- For people with cardiovascular disease or risk factors, the evidence is not strong enough to recommend a safe amount of alcohol.
- For some people, the safest option is to not drink alcohol at all. Speak to your doctor for advice.

Source: <https://www.heartfoundation.org.au/bundles/healthy-living-and-eating/heart-healthy-drinks>

60 & Better Christmas Lunch 19th December 2023

12:30pm

HOTEL SHAKESPEARE

Please RSVP or add your name to the list at 60 & Better

by Friday 15th December



Changes to Shingles Vaccinations

From 1st November 2023, the shingles vaccine Shingrix has replaced Zostavax on the National Immunisation Program (NIP) schedule for the prevention of shingles and post-herpetic neuralgia.

It is now available for eligible people most at risk of complications from shingles.

A 2-dose course of Shingrix is available for free for:

- people aged 65 years and older
- First Nations people aged 50 years and older
- immunocompromised people aged 18 years and older with the following medical conditions:
- haematopoietic stem cell transplant
- solid organ transplant
- haematological malignancy
- advanced or untreated HIV.

Some restrictions apply:

- People who have received a free Zostavax shingles vaccine under the NIP are not eligible for a free Shingrix vaccine for at least 5 years.
- Those who purchased Zostavax vaccine privately can receive Shingrix free under the program if they are eligible.
- It is recommended to wait at least 12 months between receiving Zostavax and getting the Shingrix vaccine.
- Unlike Zostavax, Shingrix does not contain any live virus so it can be given to people aged 18 years and over who are immunocompromised.
- The program changes follow recommendations from the Pharmaceutical Benefits Advisory Committee, the Australian Technical Advisory Group on Immunisation (ATAGI) and other clinical experts.

Further information

Information resources for consumers and health providers will be available on our [shingles vaccine](#) page.

You can find further resources for First Nations people on our [Shield yourself from shingles](#) page.

Source: <https://www.health.gov.au/news/national-immunisation-program-changes-to-shingles-vaccination-from-today?language=en>

"It is Christmas every time you let God love others through you ... yes, it is Christmas every time you smile at your brother and offer him your hand."

Mother Teresa

"Somehow, not only for Christmas But all the long year through, The joy that you give to others Is the joy that comes back to you." — John Greenleaf Whittier

Barcaldine Community Care Services provides:

Commonwealth Home Support Program, Home Care Packages, Meals on Wheels, NDIS, Home Assist Secure

Your Contacts are:

Barcaldine: Gordon : 0408 372 526 or 4651 5641

Gillian (NDIS) 4651 5643

Aramac: Maree 0427 465 134 or 4651 3346

Alpha: Cathy 0429 051 304 or 4651 5646

'Wow! It's beginning to look a lot like Christmas.'



It's Beginning to look a lot like Christmas



Recipes for Summer and the Christmas Season

Mini French Onion Potato Rostis

- 800g potatoes
- 40g salt-reduced French Onion soup mix
- 50g butter, melted
- 1/2 cup grated tasty cheese



Preheat oven to 180C. Grease a 24-cup mini muffin tin.

Grate potatoes and squeeze out excess liquid. Place in a bowl with remaining ingredients and stir to combine. Spoon evenly into prepared tin. Bake for 20 minutes. Remove from oven and use the tip of a small sharp knife to gently remove mini rostis onto a baking tray. Return to oven for 5 minutes to crisp up if desired.

Christmas Style Coleslaw

- 500 g green cabbage (cut into wedges)
- 350 g purple cabbage
- 1 carrot (grated)



Mustard Dressing

- 1 tbs wholegrain mustard
- 2 tbs white wine vinegar
- 4 tbs olive oil
- 1 tsp sea salt
- 1 tsp ground black pepper (fresh)

Finely slice cabbage and place in a large salad bowl. Add grated carrot.

To make dressing, combine all ingredients in a glass jar with a screw top lid and shake well.

Toss dressing through salad just before serving.

Lemon and Lime Soda

- 1 cup lemon juice
- 1/4 cup lime juice
- 1 1/4 cups caster sugar
- 2 litres soda water, chilled
- Ice cubes, to serve



Select all ingredients

Place lemon juice, lime juice, sugar and 1/4 cup cold water in a saucepan over medium-low heat.

Cook, stirring, for 5 minutes or until sugar has dissolved. Increase heat to high. Bring to the boil. Reduce heat to medium-low. Simmer for 15 to 20 minutes or until slightly thickened. Remove from heat. Cool. Pour into a bottle or jug. Refrigerate, covered, for 30 minutes or until chilled.

Add 2 tablespoons fruit syrup to each glass. Top with soda water. Serve with ice.

Pineapple, Apricot and Lime Punch

- 2 cups pineapple juice
- 1 1/2 cups apricot juice
- 1 cup ginger beer
- 1 cup soda water
- 1/4 cup lime juice

crushed ice, to serve

2 limes, thinly sliced

Select all ingredients

Place the pineapple juice, apricot juice, ginger beer, soda water and lime juice in a large mixing jug and stir to combine. Pour into a serving jug and add the ice and lime slices. Serve immediately.



Christmas Leftovers

Ham

Chop and stuff into an omelet, corn fritters or frittatas.

Combine with hard-boiled eggs, chopped spring onions, boiled potatoes and a creamy dressing for a fast, hearty potato salad.

Sautee onions and mushrooms and stir through with fresh parsley and cream to make a delicious potpie filling.

Fry leftover rice, peas, spring onion and egg for a quick fried rice dinner.

Have frozen pizza bases, canned pineapple, grated cheese and pizza sauce to hand to make ham and pineapple pizzas in less time than it'd take to dial delivery.

Use the last of the meat and bone to make a flavoursome ham and pea soup.

Turkey / Chicken

Use turkey or chicken in burgers, salad, stir-fry or curry.

Mix with cooked wild rice, herbs and any leftover chopped veggies for a fast pilaf.

Another idea is to use it to make turkey or chicken carbonara or pesto pasta.

Christmas Cake / Mince Pies

Crumble Christmas cake into the bottom of a trifle bowl and layer over cream, pre-made custard and fruit to make a near-instant dessert.

Stir chunks of Christmas cake or mince pies through a tub of softened vanilla ice cream for a fast festive dessert.

The Nutcracker Ballet (Word Search)



ARABIAN	CURTAIN	LIGHTS	PUPPETS
BALLERINA	DANCE	MICE	RUSSIA
BALLET	DOLL	MOUSE KING	SOLDIER
BATTLE	DREAM	MUSIC	SUGAR PLUM FAIRY
CHILDREN	FRITZ	NUTCRACKER	SWORD
CLARA	GODFATHER	PARTY	TCHAIKOVSKY
COMPOSER	GUESTS	PRESENTS	TREE
	HOLIDAY	PRINCE	

A red house is made from red bricks. A blue house is made from blue bricks. A yellow house is made from yellow bricks. What is a green house made from? *Answer: Glass.*

A doctor and a bus driver are both in love with the same woman, an attractive girl named Sarah. The bus driver had to go on a long bus trip that would last a week. Before he left, he gave Sarah seven apples. Why? *An apple a day keeps the doctor away!*

I have a big mouth and I am also quite loud! I am NOT a gossip but I do get involved with everyone's dirty business. What am I? *A vacuum cleaner*

Heat-related illness

Everybody is at risk of heat-related illness, and it's important to know what to do if you see or experience symptoms. Heat-related illnesses include dehydration, heat cramps, heat exhaustion and heat stroke and symptoms can vary between people.

What to do if you are dehydrated:

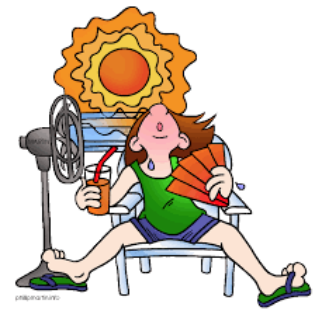
- Drink plenty of water or alternate with diluted fruit juice (1 part juice in 4-part water).
- Avoid alcohol and drinks high in caffeine and sugar.
- Move to a cool place, lie down, and remove excess clothing.
- Seek medical help if you start to feel unwell.

Heat cramps

Symptoms: profuse sweating, painful muscle cramps usually in the legs and abdominal muscles.

What to do if you have heat cramps:

- Stop activity and sit quietly in a cool place.
- Increase fluid intake.
- Rest a few hours before returning to activity.
- Stretch and gently massage affected muscles.
- Seek medical help if cramps persist.



Heat exhaustion

Symptoms: pale complexion and profuse sweating, fatigue, weakness and restlessness, headache, dizziness, nausea, vomiting, weak rapid heart rate, breathing fast and shallow, muscle cramps, weakness, fainting.

What to do for heat exhaustion:

- Move to a cool place, lie down, and remove excess clothing.
- To cool down the body try a cool shower, bath or sponge bath, place moist, cool cloths on forehead, wrists, sides of neck, underarms and groin area, fan continuously.
- Give small sips of cool water or diluted fruit juice or cordial (1 part juice in 4 parts water).

If recovery isn't quick or vomiting occurs, seek emergency medical assistance.

Heatstroke

This is a more severe and dangerous form of heat-related illness.

Symptoms: confusion, poor coordination or slurred speech, hot, dry skin, possibly not sweating, fast and shallow breaths, rapid pulse, extreme fatigue, headache, fainting, vomiting and diarrhoea and loss of consciousness.

What to do for heatstroke:

This is a medical emergency. Call triple zero (000), then:

- check person's airway, breathing and pulse—if unconscious position on their side and commence CPR if required.
- if possible, move person to a cool place, lie them down and remove excess clothing.
- to cool the body place moist, cool cloths on forehead, wrists, sides of neck, underarms and groin area, fan continuously.
- give small sips of fluids if conscious and able to swallow.

Do not give any medications unless they are prescribed by the doctor.

Source : <https://www.qld.gov.au/health/staying-healthy/environmental/heatsafe/heat-related-illness>

December 2023

Mon Tue Wed Thu Fri Sat Sun

Christmas Lights Tour Wednesday 13th December				1 Croquet Community Christmas Carols Lighting of Tree Heritage Centre	2 Barcaldine Races	3
4 Men's Shed	5 60+ Tai Chi Health Talk	6 Anointing Mass Cultural Assn Men's Shed	7 60+ Exercises Tai Chi	8 Croquet	9	10
11 Men's Shed	12 Regional Seniors Xmas Lunch	13 Cultural Assn Men's Shed CHSP Xmas Breakup	14 60+ Exercises Tai Chi	15 Croquet	16	17
18 Men's Shed	19 60+ Tai Chi Meeting 60 + Lunch	20 Cultural Assn Men's Shed	21 60+ Exercises Tai Chi	22 Croquet 60 + Office Closes till 15th January	23	24
25 Christmas Day	26 Boxing Day	27	28	29	30	31 New Year's Eve

Activity Times & Dates December 2023

Tai Chi: Tuesdays 9:00am
 Thursdays 9:00am
Exercises: Thursdays 8:30am
Craft : Thursdays 10:00am UFOs
Croquet: Fridays 8:00am
Talk: 10:00am 1st Tuesday Talk 5th December
Xmas Lunch 11:00am 12th December
Meeting: 10:00am 3rd Tuesday 19th December
Office Closes from midday 22nd December until
 8:00am Monday 15th January 2024

**Barcaldine 60 & Better Program -
 Focusing on Healthy Lifestyle Options**

Funded by



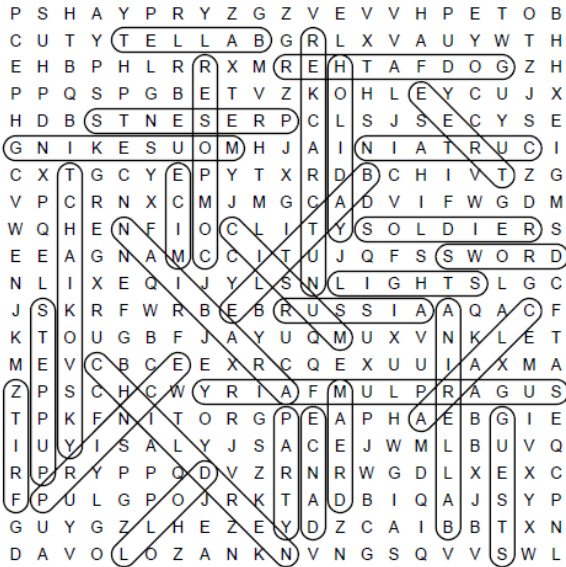
Under the auspices of
 Barcaldine Regional Council



Committee Executive

- President:** Karen Brown
- Vice President:** Beverly Church
- Secretary:** Pam Miller
- Treasurer:** Shirley Jackson

Puzzle Solution



VISION STATEMENT Sustaining a strong age friendly community where older people are respected, valued and empowered.

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.

Barcaldine 60 & Better Program

The Willows

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Email jeanw@barc.qld.gov.au

Coordinator Jean Williams

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