

GARDEN

ANZAC DAY



CITY NEWS

VOLUME 24

ISSUE 3

APRIL 2018

A free collaborative newsletter produced by Barcaldine 60 & Better Program and Barcaldine & District Home Assist Secure and Central & Far West Home Modifications and other contributors for participants, clients and older people in the community.

BARCALDINE 60 & BETTER PROGRAM

CENT SALE

SATURDAY 14th APRIL 2018

Barcaldine Town Hall

Doors open 12:30 pm

Games start 1:30 pm

ADMISSION \$ 5.00

(includes afternoon tea)

Great Prizes

Special Draws

Lucky Door

Raffle

Everyone Welcome!

Cent Sale Tickets can be bought prior to the sale at 60 & Better office

Cent Sale tickets \$1.00 / sheet



From the Coordinator

Thank you to everyone who supported our Easter Raffle -the bunny with the money. Ivan and Paula Bashford won first prize. Eric and Sue Denham received second prize. The Wren boys and Patrice Lawrence were the third and fourth prize winners.

Health Talks are on **3rd and 5th April**. Wendy Turnbull from Barcaldine Regional Council will be talking about safety on Tuesday 3rd April at 10:00am. Morning tea will precede the talk. Julie Duckworth from Australian Hearing will join us for morning tea on Thursday 5th April (after tai chi). All Welcome! The health talk in May will be on Tuesday 1st May and we'll go down memory lane discussing past events and people of the area. Please come and bring your recounts of things past and share your stories.

Hoy is planned for Tuesday 10th April at 10:00am at 'The Willows'. Exercises and morning tea are before hoy. **Morning Tea is not before 9:45am.**

The annual **Cent Sale** is on 14th April and any donations will be gratefully received.

The **Committee Meeting** is Tuesday 17th April. Items to discuss include feedback form the cent sale, the Elder Olympics, planned trips and other outings. We value input from new or potential participants as well as those who keep the program running as we all need to contribute for the service to continue and to identify things we could do better as well as acknowledging our successes.

We trialled **bingo** last month with the response being to continue having it. There are a few bumps to smooth but with input from the players and committee we'll have it operating smoothly. Thank you for your patience and suggestions to make it easier for all. We want to make shorter games. **Bingo** is scheduled for **Tuesday 24th April** at 10:00am with **morning tea not before 9:45am.**

Seniors Week is 18th - 26th August and Wednesday 22nd has been selected as the day for Elder Olympics which will be held at The Barcaldine Bowling Club.

A couple of reminders - Tree of Knowledge Festival is 4th - 7th May and Barcaldine P A & H Society annual show is on Saturday 12th May.

Some people, no matter how old they get, never lose their beauty - they merely move it from their faces to their hearts. *Martin Buxbaum*

Till next time.

Take Care

Jean

Congratulations and Condolences

We wish Eileen Newton, Joy Melville, Kara Murray, Doug Church, Lyn Lidden, Bobby Holmes, Fred Balderson, Sandra Gray, Marj & Michael Burke, Ian Brown and Pam Ward happy birthdays. We believe these people all have a birthday in April.

Belated congratulations to Peter & Eileen Newton who celebrated 55 years of marriage on 6th March.

Our condolences are sent to families and friends of Edna Salmond, Bobby Burns, Jenny Schmidt and Allan Gribble. May your memories help bring you comfort.

Does anyone know the whereabouts of a blue beading pattern book (patterns in plastic pockets) that has gone AWOL from 13 Willow St. If you happen to spot it could you please send it home as it is missed by the beading group who had selected patterns they would like to make from the book.

Human Services Quality Framework is a system for assessing and improving the quality of human services. It applies to organisation delivering services funded under a service agreement with the Queensland Department of Communities, Child Safety and Disability Services (DCCSDS). Barcaldine Regional Council as auspice and Barcaldine 60 & Better Program must comply with the six standards of the framework.

The standards are about Governance and Management, Service Access, Responding to Need, Safety Wellbeing and Rights, Feedback, Complaints and Appeals, and Human Resources. They are meant to improve efficiency, focus on consistent service provision with improvement to services and ensure public confidence.

Barcaldine 60 & Better Program has a vision statement, mission statement, goals and aims, a duty of care to support participants through a mixture of physical, social, intellectual activities and involvement with other groups for mutual benefit; and to make sure that the policies and procedures protect and promote wellbeing and safety and fair treatment of all.

Roast Vegetables with Pesto

- 8 small potatoes, scrubbed or peeled, and halved
- 1 capsicum, seeds removed and thinly sliced
- 4 small zucchini, thickly sliced
- 4 Roma tomatoes, halved lengthways
- 1 tablespoon pesto sauce (Sweet basil pesto)
- 1 tablespoon olive oil
- 1/2 small cauliflower, cut into 8 pieces
- 1/2 cup reduced fat grated cheese

1. Preheat oven to 200°C.
2. Toss potatoes, capsicum, zucchini and tomatoes in pesto and olive oil.
3. Arrange potatoes on baking tray and cook 2 minutes.
4. Steam cauliflower until almost tender.
5. Arrange capsicum, zucchini, cauliflower and tomatoes on baking tray next to potatoes. Sprinkle with cheese and return to oven.
6. Cook until golden brown and tender, about 15 minutes.

Pasta - Sweet Chilli

- 500 g (eg fettucine, penne) pasta
- 2 teaspoons canola oil
- 35 ml coconut cream
- 10 ml cold water
- 2 tablespoons sweet chilli sauce

1. Bring a large saucepan of water to the boil, add

canola oil.

2. Add pasta to boiling water and cook until just soft but not mushy.
3. Remove from heat and drain.
4. Blend pasta, sweet chilli sauce and coconut cream together.
5. Gradually add water, blend until desired consistency.
6. Serve immediately.

Apple Sponge

- 1 x 425g can pie apple (No added sugar)
- 4 tablespoons water
- 1 teaspoon nutmeg
- 2 eggs
- 3 teaspoons sugar
- 1/3 cup cornflour
- 1/4 cup wholemeal self-raising flour



1. Combine the apple and water. Spread mixture in the bottom of a baking dish. Sprinkle with nutmeg.
2. Beat eggs until thick and creamy. Add sugar gradually and beat until the sugar has dissolved.
3. Fold in cornflour and self-raising flour. Quickly spread over apples.
4. Bake at 180°C for 30 minutes or until golden brown.
5. Serve with reduced fat ice cream or custard.

Range-of-motion hand mobility exercises you can do at home

Source: www.health.harvard.edu

If you find daily tasks difficult to do because you suffer from stiffness, swelling, or pain in your hands, the right hand mobility exercises can help get you back in motion. Therapists usually suggest specific exercises depending on your particular hand or wrist condition. Some help increase a joint's range of motion or lengthen the muscle and tendons via stretching. Other exercises strengthen muscles around a joint to generate more power or to build greater endurance.

Your muscles and tendons move the joints through arcs of motion, such as when you bend and straighten your fingers. If your normal range of motion is impaired — if you can't bend your thumb without pain, for example — you may have trouble doing ordinary things like opening a jar.

These exercises move your wrist and fingers through their normal ranges of motion and require all the hand's tendons to perform their specific functions. They should be done slowly and deliberately, to avoid injury. If you feel numbness or pain during or after exercising, stop and contact your doctor.

Below are five easy-to-do range-of-motion hand mobility exercises. Hold each position for 5–10 seconds. Do 10 repetitions of each exercise at a time. Repeat three times a day.



1. Wrist extension and flexion

- Place your forearm on a table on a rolled-up towel for padding with your hand hanging off the edge of the table, palm down.
- Move the hand upward until you feel a gentle stretch
- Return to the starting position.
- Repeat the same motions with the elbow bent at your side, palm facing up.

2. Wrist supination/pronation

- Stand or sit with your arm at your side with the elbow bent to 90 degrees, palm facing down.
- Rotate your forearm, so that your palm faces up and then down.

3. Wrist ulnar/radial deviation

- Support your forearm on a table on a rolled-up towel for padding or on your knee, thumb upward.
- Move the wrist up and down through its full range of motion.

4. Thumb flexion/extension

- Begin with your thumb positioned outward.
- Move the thumb across the palm and back to the starting position.

5. Hand/finger tendon glide

- Start with the fingers extended straight out.
- Make a hook fist; return to a straight hand.



Anaphylaxis

Source www.betterhealthchannel.com

Allergies occur when our body overreacts to a 'trigger' or allergen. Common reactions include itchiness, sneezing and difficulty breathing. Anaphylaxis is a severe reaction that requires emergency treatment. Common allergies include hay fever, asthma, hives and food allergy.

Severe allergic reactions (anaphylaxis) and asthma attacks related to allergies need emergency first aid. If you (or a family member) have previously had asthma or a severe allergic reaction, prepare an action plan with the help of your doctor. Follow the plan if the symptoms of an allergic reaction appear. Symptoms of a severe allergic reaction include:

- difficult or noisy breathing
- swelling of the tongue
- swelling or tightness of the throat
- difficulty talking or a hoarse voice
- wheeze or persistent cough
- persistent dizziness or collapse



- paleness and floppiness in young children
- abdominal pain and vomiting.

Milder allergic symptoms that can appear before a severe allergic reaction include:

- swelling of your lips, face and eyes
- hives or welts
- tingling mouth
- abdominal pain and vomiting.

If you have experienced any of these symptoms, you are at greater risk of having another severe reaction.

If you have a severe allergic reaction (anaphylaxis) or an asthma attack and breathing is difficult, call triple zero (000) and ask for an ambulance.

Severe allergic reactions (anaphylaxis) and asthma attacks need emergency first aid.

If your doctor says you are at risk of a severe allergic reaction, be sure to carry a device to inject adrenaline (such as an EpiPen®) and a mobile phone to call for help.

In an emergency, always call triple zero (000).



HOME ASSIST SECURE



CENTRAL & FAR WEST HOME MODIFICATIONS

Barcaldine & District Home Assist Secure

From the Project Coordinator

The NBN

A few things to know:

1. It is available in our area now
2. The existing phone system (copper cable) will not work in the future
3. You have 18 months from connection date of NBN to upgrade
4. There are lots of providers
SHOP AROUND FOR THE BEST DEAL
5. You will need to contact your phone provider for advice
6. Alpha, Jericho, Aramac & Muttaborra will be on Skymuster (NBN satellite service)
7. For any issues or information ring NBN co on
1800 687 626

Happy to assist and direct you but we will not be installers or contact your service provider

Jobs List

There are many 'jobs' that we can offer to you around your home including:

- ⇒ Making of threshold ramps for rises in your home
- ⇒ Chair/Bed Raisers—making it easier to get in & out of chairs and beds
- ⇒ Servicing and cleaning of Air Conditioners
- ⇒ **Servicing and replacement of photoelectric smoke alarms**
- ⇒ Install of Uniden Phone alert systems

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What we can offer clients:

- Easy access to local tradespeople
- Local, personalized service
- A comprehensive Education Program
- Information & Referral
- Wide variety of Minor Maintenance services
- Smoke alarms & fire safety materials
- Home Security advice

From the Project Coordinator continued ...

All clients who have an Oricom or Uniden call alert phone we have:

- i. Registered you with the NBN co as having an alert system phone
- ii. Will provide you with your reference number
- iii. You will be contacted by phone by the NBN co and registered on their database
- iv. Contact your telephone service provider and advise them also. Tell them you have also been registered with the NBN co.

SMOKE ALARMS

It is that time of the year again. All smoke alarms will be cleaned and serviced over April. Please ensure you have a **9 volt quality battery** for each of your smoke alarms.



Contact

If you need to contact us, details are below:

Office: 07 4651 2187

Bill's Mobile: 0409 621 346

Carl's Mobile: 0408 372 526

Until next time, take care

Carl 😊

Central & Far West Home Modifications

Currently, we have a waiting list for services. Under Consumer Directed Care you are able to choose your own contractors. If there is anyway we can assist you, please contact us today for an assessment!

This program provides Modifications to the homes of clients who are eligible. We are able to provide you with increased access and keep you safely within your own home, instead of moving into an Aged Care Facility.

An Occupational Therapist will visit and make some recommendations and refer you through My Aged Care. We are also able to offer a Tele-health option for those clients who wish to take part. This may included the construction of a **ramp, steps, bathroom, kitchen, stair climber, water lift or other modification** to your home, to increase access and safety.

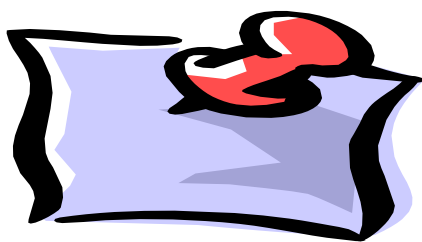
After we receive your referral from My Aged Care, we then Project Manage the referral, construction, contractors, materials and other services, who will work with us and you to ensure your needs are met.

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

Information Sessions, Call and Messages

Noticeboard & Sign

There is a notice board at the front of the office for you to leave a message, should you call in and no one is in the office. If you leave your name and number we will contact you when we return.



With the air conditioning in the office, a sign on the footpath is displayed when we are in the office. This will advise if someone is in the office!



Phone Messages

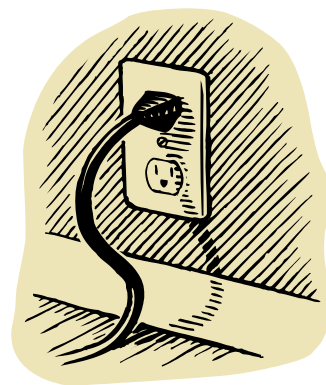
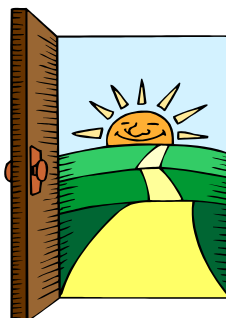
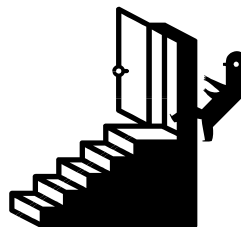
Our office is not manned all the time. If you ring, please leave a message so we can contact you when we return. **We will call you back, if you leave a message!**



Minor Home Modifications

Minor Home Modifications are **small, low cost** interventions that consist of **adding aids and equipment to the existing structure of your home to improve accessibility and your safety**. These modifications are based on an average of **\$1000** per modification per client per financial year. A My Aged Care referral is required also. An example of minor modifications projects may include, but not be limited to:

- Bath tub removal
- Hand held showers
- Step modifications & handrails
- Door wedges and mini ramps
- Switch & power point relocations
- Shower screen removal
- Re-swing/removal of doors
- Handrails on steps and veranda's
- Cement pathways



There are strict guidelines related to these services and the allocation is not an 'entitlement' more a 'one off' assist in problem areas (depending on available funding). You should not assume that you are automatically 'entitled' to use this money for basic repairs around your home, that you would normally be responsible for.

There is a waiting list and eligibility criteria (Occupational Therapy and My Aged Care Assessment) on these services, so please be patient.

**HOME ASSIST SECURE & CENTRAL
& FAR WEST HOME
MODIFICATIONS**

66 Ash Street
PO Box 191
Barcaldine Q 4725

Phone: 07 4651 2187
Fax: 07 4651 2376
Bill's Mobile: 0409 621 346
Carl's Mobile: 0408 372 526
E-mail: carlo@barc.qld.gov.au

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

Curious things—habits!

**People themselves never
knew they had them!**

Where are the manners

We are more than happy to assist you,
whenever we can!

Most people ask politely and use their
manners when requesting services but
just a reminder that we are not your
personal handyman or 'lucky"! We have
over 300 clients we see on a fortnightly
basis so we appreciate manners and
courtesy :-)

Also a reminder that if you request a
contractor, without notifying us, we may
not pay the account when it is sent
directly to us. Contractors also know
this and will contact me directly. We are
responsible for that State funding and
there are rules and guidelines regarding
its use. Most people know this but we
have received some
unsolicited accounts recently.



Field Officer Update

Services continue as per the Calendar. Keep an eye on the Schedule of Events also, under the Calendar.

April Focus:

Smoke Alarms!

Please ensure you have a **9 volt quality battery** for each of your smoke alarms. We have a limited number of batteries.

Every smoke alarm will be serviced and cleaned and all batteries replaced during April.

If you are not a client, we can certainly join you up! It's free to join! Some friendly advice—well, its free also!

We are here to assist and help you out! Don't be afraid to ask for assistance—that's what we are here for!

April 2018

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

Home Assist Secure Schedule of Events

- ◆ 6th April—4pm—Celebration of Life of Allan Gribble
- ◆ 25th—ANZAC Day

April 2018

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1 Easter Sunday
2 Easter Monday	3 60+ Ex- ercises Health Talk	4 Men's Shed	5 60 + Tai Chi Craft Health Chat	6 Croquet	7	8
9 Men's Shed	10 60+ Ex- ercises Hoy	11 Men's Shed CHSP Lunch	12 60 + Tai Chi Craft	13 Croquet	14 60 + Cent Sale	15 Aged Care Bin- go
16 Men's Shed	17 60+ Ex- ercises Meeting	18 Men's Shed CHSP Lunch	19 60 + Tai Chi Craft	20 Croquet	21	22
23 Men's Shed	24 60+ Exer- cises Bingo CWCI meet	25 ANZAC Day	26 60 + Tai Chi Craft	27 Croquet	28	29 Mini Trains At Historical Museum
30 Men's Shed						

Fill in the gaps with a letter of the alphabet so the result is a complete crossword containing English words. All letters are used, but **each letter can be used once only.**



	E		E	L		N	A	S		L
O		H		I	C	Y		K		E
K	N	A		E			A	I		E
E		R			A			E		
R	I			E			A		S	H
	L		I				C		U	
S		A	T	E			E	V		
A		L		N		T		A		
	L	I	N			E		U	A	L
L		B			S	E		L		O
E		I	L	E		P			O	N

Interesting Confusions

1. Can you cry underwater?
2. Do fishes ever get thirsty?
3. Why don't birds fall off trees when they sleep?
4. If money doesn't grow on trees, why do banks have branches?
5. Why doesn't glue stick to its bottle.



Did you ever wonder?

- Why the sun lightens our hair but darkens our skin
- Why doctors call what they do "practice"
- Why sheep don't shrink in the rain
- Why the sterilise the needle for lethal injection
- Why you don't ever see the headline 'Psychic Wins Lottery'

An elderly matron, shocked at the language of some of the ditch diggers working on a site near her home, complained to the foreman.

The foreman called one of the men over.

"What's all this about shocking language?" He demanded angrily.

"Why boss," said Fred the ditch digger, "its nothing at all. Me and Oscar were was working there side by side and I accidentally let me pick slip and it hit him in the head. Oscar looked at me", and said, "Now really Fred, in the future you must handle that implement with more caution. Or I may have to take punitive action.

Borrow money from a pessimist - they don't expect it back.



CWCI (Christian Women Communicating International Inc.)

Meeting and cuppa (Guest Speakers)

7:30 pm Tuesday 24th April

At 'The Willows' (13 Willow St)

Please bring a small plate of food to share

Donation Box

Please contact Bev Church for more details 4651 2442

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J	E	W	E	L		N	A	S	A	L
O		H		I	C	Y		K		E
K	N	A	V	E		M	A	I	Z	E
E		R		G	A	P		E		C
R	I	F	L	E		H	A	R	S	H
	L		I			C		U		
S	K	A	T	E		S	E	V	E	N
A		L		N		T		A		Y
B	L	I	N	D		E	Q	U	A	L
L		B		U	S	E		L		O
E	X	I	L	E		P	Y	L	O	N

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

Funded by



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—Friday 8:00 am—1:00 pm

Exercises: Tuesday 9:00am

Tai Chi: Thursday 9:00am

Craft: Thursday 10:00am

Croquet: Friday 8:30am Oak St park

Health Talk: 3rd & 5th April

Hoy: 10:00am 10th April

Meeting: 10:00am 17th April

Bingo 10:00am 24th April



Executive Committee

President: Lyn Batchelor

Vice President: Pam Miller

Secretary: Beverly Church

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

