



Barcaldine 60 & Better Program



GARDEN CITY NEWS

Volume 28

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April 2022

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.

ANZAC REQUIEM BY CHARLES E W BEAN

On this day above all days we recall those who served in war and who did not return to receive the grateful thanks of the nation.

We remember those who still sleep where they were left - amid the holly scrub in the valleys and on the ridges of Gallipoli - on the rocky and terraced hills of Palestine - and in the lovely cemeteries of France.

We remember those who lie asleep in ground beneath the shimmering haze of the Libyan desert - at Bardia, Derna, Tobruk - and amid the mountain passes and olive groves of Greece both on the mainland and on the island of Crete, and the rugged, snow-capped hills of Lebanon and Syria.

We remember those who lie buried in the rank jungle of Malaya and Burma - in New Guinea - and in the distant isles of the Pacific.

We remember those who lie buried amid loving friends in our Motherland and in our own far north.

We remember those who lie in unknown resting places in almost every land, and those gallant men whose grave is in the unending sea.

Especially do we remember those who died as prisoners of war, remote from their homeland, and from the comforting presence of their kith and kin.

We think of those of our women's services who gave their lives in our own and foreign lands and at sea, and of those who proved to be, in much more than name, the sisters of our fighting men.

We recall too, the staunch friends who fought beside our men on their first Anzac Day - with men of New Zealand who helped to create the name ANZAC.

We recall all those who gave their lives in the Royal Navy, the British Army, the Royal Air Force, the Merchant Service, and in other British Commonwealth and Allied Forces, and we think of those British men and women who fell, when, for the second time in history, their nation and its kindred stood against the overwhelming might of an oppressor. We think of every man and woman who in those crucial years died so that the lights of freedom and humanity might continue to shine.

We shall be ever mindful too, of those brave men who left our shores and died in Korea, Malaya, Borneo, Vietnam, Afghanistan and in Peacekeeping Forces, helping to safeguard the Commonwealth and other countries of the Free World. They fought against the on-march of enemies who were thrusting to obtain new bases from which they may attack and destroy our freedom. This freedom was won from two world wars and cost the lives of a hundred thousand Australians.

May these all rest proudly in the knowledge of their achievement, and may we and our successors in that heritage left to us, prove worthy of their sacrifice. *Source: <https://vajexaustralia.org.au/anzac-day-poems-full>*

At 60 & Better

In 2001 Dell Aylett put together a **photo board** of older people who were volunteers in the community to commemorate **International Year of the Volunteer**. It is 21 years since the board was created. It is time to do an Older Volunteer Board to continue the recognition of older people who volunteer across many groups. Some of the people on the board in 2001 are still volunteering in the community today. If you'd like to be involved please contact Jean.

At the last committee meeting a number of issues were discussed including having group trips. **Trips** to Charters Towers, and Yaraka, were mentioned but without input from those wanting to be part of the experience it won't happen That is planning the trip, developing an itinerary, finding costing and booking transport and accommodation and costing the activities and preparing a budget. Your assistance is paramount.

South West Seniors Games in Charleville are on Friday 2nd September. Is any one interested in taking part.? These games are team events with about 6-10 players in each team. This could be the chance to visit Charleville, be part of seniors activities and check the sights, something we've talked about for a few years.

Participant and committee commitment will determine whether we visit Charleville.

Bonsai. If you are interested in trying your hand at bonsai or could give us some help, we'd like to start a bonsai group on Thursday mornings following Tai chi and morning tea. We'll aim to start on Thursday 21st April after tai chi and smoko.

Digital Learning for Older Australians. For more than ten years 60 & Better has been offering use of computers and tutoring in use of digital technology. Of late, there has been little activity or interest and the time has come to decide whether to continue providing free computer usage for older people or to terminate our internet connection and service.

Health Talk is Tuesday 5th April and our guest for the morning will be Mete Ozdemir, Exercise Physiologist at North West Remote Health. Please come and talk with Mete and learn more about the value of exercise in maintaining health and wellbeing.

Monthly Lunch. The Monthly Lunch (Down Memory Lane) will be at the Union Hotel on Friday 22nd April from 12:00pm. Everyone is welcome to take part. Please let Jean know if you intend to attend, preferably before Wednesday 20th April.

Please come to any of our regular activities –tai chi, exercises, croquet, hoy, bingo, talks, lunch and meetings and smokos if you'd like to part of 60 & Better. We do have a library of books and jigsaw puzzles you can borrow and a garden you can tend.

I'll be on leave from 10– 18 April, but please still attend our activities. The committee members will organise hoy and tai chi and exercises that week.

Till next time. *Do not be wise in words be wise in deeds Cheers. Jean*

Congratulations, Condolences

Birthday wishes go to Avril Whitfield, Doug Church, Eileen Newton, Marie Hall, Ian Brown, Bill Howie who are celebrating birthdays this month.

We send our sincere sympathy to Dorothy and family and friends of Harry Sanderson following Harry's death.

We send condolences to the family and friends of Thyrza Stanley also.

Malnutrition and nutritional supplements

Malnutrition is common in the elderly, both for those living at home and those in care. A malnutrition screening tool can be used to identify people at risk. Weight loss is not necessarily a normal part of the ageing process. However, undernutrition and malnutrition are common in the elderly. This can result in significant morbidity and mortality, hospitalisation, pressure ulcer development, infection and an increase in falls and subsequent fractures. Unintentional weight loss can result in a reduction in the ability to care for oneself, loss of mobility and independence and a poorer quality of life. People who are poorly nourished are more likely to be hospitalised and are less likely to live independently.

The rates of malnutrition in older people living at home are estimated to be as high as 30% and in aged-care facilities can be as high as 70%. *Weight loss in the elderly generally results in loss of skeletal muscle mass and strength (sarcopenia). Sarcopenia has huge personal and financial costs and remains largely unrecognised.*

There is wide publicity about the health impact of overweight and obesity and even the frail elderly and their carers can express satisfaction that they are finally losing weight. However, this may be the result of poor dietary intake or an undiagnosed illness. It must be remembered that obesity and malnutrition can exist simultaneously.

There are multiple factors that may contribute to weight loss and malnutrition. These include: financial problems, social difficulties, multiple comorbidities, respiratory difficulties (for example dyspnoea), dysphagia (difficulty swallowing), poor dentition, adverse effects of drugs, polypharmacy depression, bereavement, dementia, reduced taste and smell, poor appetite.

The factors contributing to poor intake must be treated where possible. Everyone involved in the care of the person can play a part in encouraging food intake and improving nutrition. The causes of poor intake should be closely examined and corrected. In addition the role of the dining environment and other social factors should not be underestimated. Most elderly people eat far less than they did when they were younger. Their energy needs are lower, but the requirements for some nutrients such as protein, calcium and riboflavin

are actually higher. This means that their food must be more nutritious to meet their needs.

There are three main approaches to increase the intake of protein, energy and nutrient intake from food: small frequent meals – encouraging snacks between meals
increasing the nutrient density of meals by additions of milk powder, grated cheese, margarine and cream
nourishing fluids such as milk drinks, smoothies, juice.

These strategies can increase protein and energy intake, but if the core food groups are not taken in recommended amounts, micronutrient deficiencies may develop. In this instance a multivitamin and mineral supplement may be recommended. Improvements in weight and nutrition status can be very difficult to achieve, and individual dietary advice from a dietitian may be needed.

Studies have shown that judicious use of oral nutrition supplements can improve weight, protein and energy intake, nutritional status, physical function, quality of life and length of stay in acute care. Standard supplements are suitable for people who have some oral intake, but who are struggling to achieve adequate nutrition. These supplements are best taken as snacks between meals to complement normal meals. Most standard supplements are powder based. Some are 'complete', meaning that they will provide 100% of macro- and micronutrient needs if they are taken as the only form of nutrition. Some are supplemented with fibre, some are low in lactose.

Clear liquid supplements have added protein and nutrients and are very useful for people who do not like milk drinks. Most are fruit flavoured. Supplement puddings are helpful for those who do not like milky drinks, but who are happy to take custards and milky desserts.

Some supplements have been developed specifically for patients with diabetes. They have a lower glycaemic load, lower carbohydrate and low glycaemic index. In practice, patients with diabetes can usually tolerate the standard supplements.

The use of oral nutrition supplements can be a valuable adjunct to the nutritional management of an older person who is malnourished or at risk of malnutrition.

Source: <https://www.nps.org.au/australian-prescriber/articles/>

Cheesy Chicken and Corn Pasta Bake

- 300 g penne
- 400g cooked chicken
- 420g can cream of chicken & corn condensed soup
- 3/4 cup milk
- 2 cups baby spinach
- 2 cups tasty cheese, grated



1. Preheat oven to moderate (180°C).
2. Cook pasta in a large saucepan of boiling, salted water for 9 minutes or until tender. Drain.
3. Shred chicken
4. Combine cream of corn and chicken condensed soup and milk in a large bowl. Add pasta, spinach, chicken and half the cheese. Mix well. Spoon into a greased, large ovenproof dish (10-cup capacity). Sprinkle with remaining cheese.
5. Cook in oven for 20 minutes, or until golden brown.
6. Serve with green salad

Tuna Pasta Bake

- 300g dried macaroni pasta
- 40g butter
- 2 tablespoons plain flour
- 2 cups reduced-fat milk
- 3/4 cup reduced-fat grated pizza cheese
- 425g can tuna in springwater, drained, flaked

1. Preheat oven to 220°C/200°C fan-forced. Lightly grease an 8 cup-capacity ovenproof dish. Cook pasta in a medium saucepan of boiling, salted water, following packet directions, until tender. Drain,

reserving 1/4 cup cooking liquid. Return pasta to pan.

2. Melt butter in a saucepan over medium heat. Add flour. Cook, stirring, for 1 minute or until bubbling. Remove from heat. Gradually stir in milk until combined. Return to heat. Cook, stirring constantly, for 3 to 4 minutes or until sauce boils and thickens. Remove from heat. Stir in 1/4 cup cheese. Season with pepper.

3. Add to pasta with tuna and reserved cooking liquid. Toss to combine. Spoon mixture into prepared dish. Sprinkle with remaining cheese. Bake for 12 to 15 minutes or until cheese is melted and golden. Serve.

Easy chocolate brownies

- 185 gram dark chocolate, chopped
- 125 gram butter, chopped
- 2 eggs, lightly beaten
- 1 cup (220g) caster sugar
- 1 teaspoon vanilla extract
- 1 cup (150g) plain flour
- 2/3 cup (70g) coarsely chopped walnuts or other nuts



1. Preheat oven to 180°C. Grease and line base of a deep 20cm square cake pan.
2. Place chocolate and butter in a large heatproof bowl. Place over a pan of gently simmering water on low heat. Stir until chocolate melts and mixture is smooth. Remove from heat. Stir in egg, sugar and vanilla extract. Fold in flour and walnuts.
4. Spoon mixture into prepared pan. Bake for 20-25 minutes, until sides shrink slightly from pan. Cool in pan before cutting into squares.

Tips to make the most of your pasta.

It's easy to make way more pasta than what's actually needed. Don't let leftover pasta go to waste with these handy tips to enjoy your pasta for longer. Storing pasta separate from its sauce gives you more flexibility to use in other dishes. Use leftover pasta in a vegetable frittata, which can be served hot or cold, or try leftover gnocchi in a cheesy eggplant gnocchi bake. Storing pasta and sauce together can make pasta mushy after a few days in the fridge or freezer, so separation is the key.

Drizzle pasta with a little olive oil and give it a quick toss in an airtight container before refrigerating, or in

a resealable bag before freezing. The oil stops the pasta from sticking together while chilled. Use a little flour instead of oil for homemade, uncooked pasta. To give it an extra 3-5 days, store plain cooked pasta in an airtight container and in the fridge. Pasta should not be left out for more than 2 hours. Make sure pasta is completely cool before closing the container as moisture in the container creates the perfect environment for bacteria and mould to grow. For a 3-month lifespan, store plain cooked pasta in a resealable bag in the freezer. Before using, thaw in the fridge for a few hours before boiling in water for 30-60 seconds or until hot and fully defrosted.

Age-related Macular Degeneration

Age-related macular degeneration (AMD) is a chronic and painless disease of the macula. The macula is an area at the very centre of the retina, at the back of your eye. It's the most common macular disease in Australia. AMD is responsible for half of all blindness and severe vision loss in this country.

Age-related macular degeneration causes progressive loss of central vision. It does, however, leave the peripheral vision intact. This loss of central vision affects the ability to read, watch TV, and recognise faces. But, by itself, AMD doesn't lead to total vision loss (black blindness).

For some people, AMD advances very slowly and may not impact vision. For others, AMD may progress faster and lead to vision loss in one or both eyes. About one in seven Australians over the age of 50 years have some evidence of age-related macular degeneration (AMD). In other words, 1.4 million Australians have signs of AMD.

About 17 per cent of these people will experience vision impairment. Almost 15 per cent of Australians aged over 80 have vision loss or blindness from age-related macular degeneration. Age is the single biggest risk factor for AMD. Another key risk factor is family history. While you can't do much about these two risks, smoking is also a big risk factor. In fact, smoking is the single biggest modifiable risk factor for AMD.

You can have early signs of age-related macular degeneration (AMD) without knowing. That's why it's so important to have regular eye exams, including a check of the macula.

During the early and intermediate stages, you may not notice any symptoms. Once the disease progresses,

symptoms include:

- difficulty reading or any other activity which requires fine vision, even when wearing glasses
- distortion, where straight lines appear wavy or bent
- difficulty distinguishing faces
- dark or blurred patches in the centre of your vision

Early detection of age-related macular degeneration is crucial to saving sight. The only way to diagnose AMD in the early stages is through an eye examination, including a check of the macula. This can be done by an optometrist or ophthalmologist. Your eye health professional may use a variety of tests, including pupil dilation, retinal photography and optical coherence tomography (OCT).

There's no cure for AMD. However, there is effective treatment in the form of eye injections for wet (neovascular) age-related macular degeneration. As a result of these treatments, thousands of Australians have kept their vision. There is no treatment for early, intermediate or late-stage dry AMD. But changes to diet and lifestyle may help slow down the disease .

While age-related macular degeneration is the most common form of macular degeneration, there are different types, some being rarer than others. These include Stargardt disease and myopic macular degeneration. World-wide, researchers are focused on ways to reduce the impact and incidence of macular disease, bringing hope for effective treatments and, ultimately, a cure.

Source: <https://www.mdfoundation.com.au/about-macular-disease/age-related-macular-degeneration/>

ANZAC Day Services in Barcaldine Monday 25th April

Order of Service

Dawn Service - This service will be at the Cenotaph, Ash Street commencing at 5:50am. Parade will fall in, creating a half circle facing an easterly direction.

Concluding the Dawn Service all are invited to attend a gunfire breakfast in the Town Hall Supper Room.

ANZAC Day March - The march will start at 10:30am. At the conclusion of the march the parade will be dismissed.



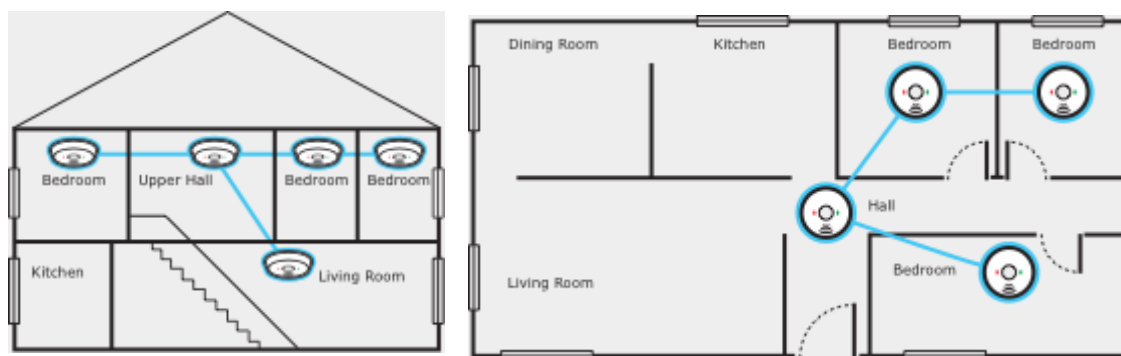
A Reminder: Smoke Alarms in Privately Owned and Occupied Dwellings in Queensland

From 1 January 2027

- All existing private homes, townhouses and units will require photoelectric interconnected smoke alarms. These must be either a hardwired (eg. 240v) or non-removable 10 year battery powered type alarm.

The legislation requires smoke alarms must be installed in the following locations:

- on each storey, in each bedroom in hallways that connect bedrooms and the rest of the dwelling
- if there is no hallway, between the bedroom and other parts of the storey; and
- if there are no bedrooms on a storey, at least one smoke alarm must be installed in the most likely path of travel to exit the dwelling



For HAS clients, HAS is able to replace smoke alarms not working or more than 10 years old with photoelectric alarms compliant with current Australian standards. An existing hard-wired alarm must be replaced with a hard-wired photoelectric smoke alarm.

If you need a HAS handyman service please ring 46515640 and we'll pass your details to Macca. We are providing services to each of the towns in Barcaldine Regional Council area. Frequency of services will depend on the number job requests we receive.

Remember the handyman can do small jobs and repairs including, but not limited to fitting grab rails, shower rails and hand rails and doing other minor modifications, checking smoke alarms and replacing batteries or installing key safes. Work requiring a suitably qualified Queensland Building and Construction Commission licence holder or licensed tradesperson cannot be legally performed by a handyman.

Facebook users ditch platform, find the social media giant 'boring', national survey shows

It might be a technology giant used by 2.7 billion people, but Australians are losing their interest in Facebook because they think it is boring, according to new research.

Data from the Australian Survey of Social Attitudes (AUSSA) showed people aged between 41–56 find it easiest to ditch social media, followed by the much younger generation Z (aged between 6–24).

More than half of the 5,000 survey participants — 52 per cent — said their main reasons for limiting social media use were because it created "boredom" and it was "time-wasting".

University of Wollongong Associate Professor Roger Patulny said the findings revealed that people had more control over their social media habits than they might otherwise have thought.

"People are demonstrating agency and the ability to wind back, and that's good," Dr Patulny said.

While some people were concerned with online bullying, privacy or had frustrations with online personas, Dr Patulny said the survey found most people disconnected from social media because they felt it was a poor use of their time.

Source: <https://www.abc.net.au/news/2021-03-16/facebook-users-switching-off-due-to-boredom/13248184>

Easter Quiz



1. How many days does Lent last for? _____
2. Maundy Thursday is known to honour the? _____
3. The Sunday a week before Easter is known as? _____
4. The Jewish holiday that falls around the same time as Easter is known as? _____
5. What is the name of the person who betrayed Jesus for silver? _____
6. Name the hill where Jesus was crucified? _____
7. What is traditionally eaten by Christians on Good Friday? _____
8. Which actor and actress starred in the fantastic movie Easter Parade? _____

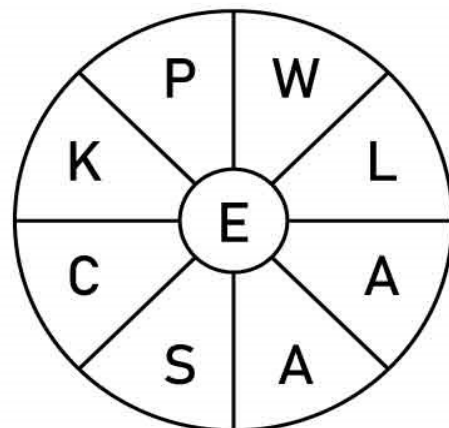
9. A famous Russian jeweller created a famous egg known as the? _____
10. Easter Island belongs to what country? _____

Shape Up.

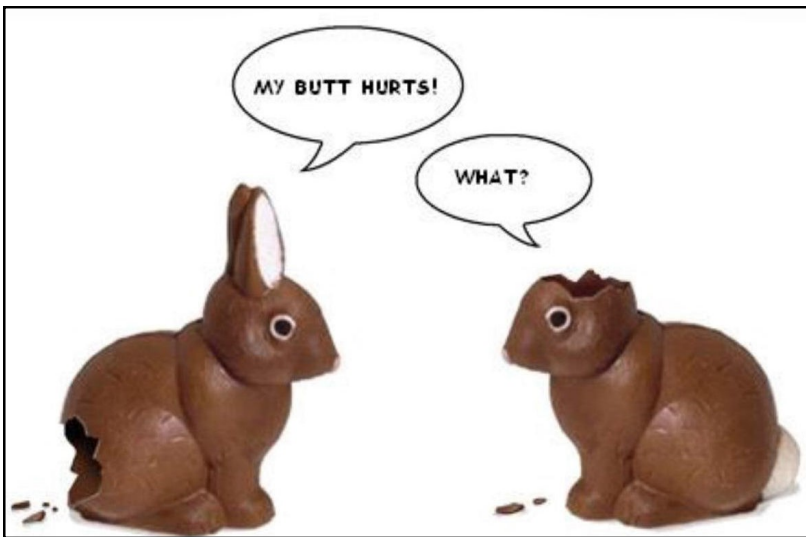
Each of the different shapes below has a numerical value. The numbers to the right of the grid are the sum of each row and the numbers at the bottom are the sum of each column. Can you work out the value of each shape? No shape has a value less than 1. Enter the solution into the empty grid.

				10
				11
				10
				10
7	12	10	12	

WORD WHEEL PUZZLE 1



HOW MANY WORDS CAN YOU MAKE WITH THESE LETTERS?
ALL WORDS MUST CONTAIN THE LETTER IN THE CENTRE CIRCLE



“Easter is meant to be a symbol of hope, renewal, and new life.”
 – Janine di Giovanni

“Egg hunts are proof that your children can find things when they really want to.”- Unknown

A farmer plays a prank on Easter Sunday. After the egg hunt, he sneaks into the chicken coop and replaces every white egg with a brightly coloured one..

Minutes later, the rooster walks in. He spots the coloured eggs, then storms out and beats up the peacock.



Reusing Items

Australians are great at recycling things like aluminium cans, bottles and newspapers to help keep down the amount we send to landfill. By reusing things we can further reduce our waste. There are many ingenious way people have reused items otherwise destined for the tip. Some of the following ideas have probably been part of your everyday repertoire for making the most of what you have.

Use a milk carton to plant a tree seedling inside it. The carton will protect the seedling from the weather and pests and when planted, the carton will degrade as the tree grows.

Clear plastic lids can be placed under oil jars in the cupboard or aerosols in the bathroom to prevent oil or rust marks on your shelves.

Two old CDs can be glued together and a piece of felt stuck underneath if needed to make a coaster.

Empty roll-on deodorant bottles can be used as paint pens for small children. Wash the plastic ball and bottle and fill the bottle with paint and replace the ball and lid. Store upside down with the lid on tightly.

Source: National Recycling Week.

April 2022

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1 Croquet Oak St Park	2	3
4 Men's Shed	5 60 + Better Tai Chi Talk	6 Cultural Assn Men's Shed	7 60 + Better Tai Chi	8 Croquet Oak St Park	9	10
11 Men's Shed	12 60 + Better Tai Chi Hoy	13 Cultural Assn Men's Shed	14 60 + Better Tai Chi	15 Good Friday	16 Easter Saturday Races	17 Easter Sunday
18 Easter Monday	19 60 + Better Tai Chi Meeting	20 Cultural Assn Men's Shed	21 60 + Better Tai Chi Bonsai Group	22 Croquet Oak St Park Monthly Lunch	23	24
25 ANZAC Day	26 60 + Better Tai Chi Bingo	27 Cultural Assn Men's Shed	28 60 + Better Tai Chi Bonsai Group	29 Croquet Oak St Park	30 TREE OF KNOWLEDGE FESTIVAL	

PUZZLE SOLUTIONS

Easter Quiz Answers

1. 40,
2. The Last Supper ,
3. Palm Sunday,
4. Passover,
5. Judas Iscariot,
6. Calvary,
7. Fish,
8. Fred Astaire & Judy Garland,
9. Fabergé,
10. Chile

Shape Up Solution

● = 1 □ = 2 ☆ = 3 △ = 4

Word Wheel: 9 letter word - SPACEWALK

Barcaldine 60 & Better Program

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Coordinator: Jean Williams



Activity Times & Dates April 2022

Tai Chi: Tuesdays 9:00am

Thursdays 9:00am

Exercises: Thursdays 8:30am

Croquet: Fridays 8:30am

Digital Learning: By appointment

Talk: Tuesday 5th April 10:00am

Hoy: 10:00am 2nd Tuesday 12th April

Meeting: 10:00am 3rd Tuesday 19th April

Bingo: 10:00am 4th Tuesday 26th April

Lunch: from 12:00pm Friday 22nd April

Barcaldine 60 & Better Program - A Healthy Ageing Program

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Under the auspices of
Barcaldine Regional Council

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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