

GARDEN CITY NEWS

VOLUME 24

ISSUE 7

AUGUST 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.

You Are Invited to

24th Barcaldine Elder Olympics



Wednesday 22nd August

Barcaldine Bowling Club

Corner Beech and Gidyea Sts

From 9:00am

- | | |
|---------|-------------------------|
| 9:30am | Morning Tea |
| 10:00am | Welcome and Opening |
| 10:15am | Games Begin |
| 12:00pm | Lunch Break |
| 1:30pm | Games Resume |
| 2:45pm | Presentation/Conclusion |



Funded by



Queensland
Seniors
Week

18 - 26 August 2018

BARCALDINE
REGIONAL COUNCIL

At 60 & Better

August is almost here and so is Queensland Seniors Week. Seniors Week was instigated in 1960 when it was called Old People Week. The name was change to Senior Citizens Week in 1969 and in 1986 became Seniors Week. We celebrate Seniors Week to improve community attitudes towards older people and ageing and to enhance opportunities for older people to live healthy, active lives maintaining physical and mental wellbeing as they engage in community through a variety of avenues. Continuing connections with older people apart from in Seniors Week will help develop an age-friendly community where older people are valued and respected and actively involved in a community that is more liveable for everyone.

The **AGM** was held on 17th July .The 60 & Better Committee President is Lyn Batchelor. Bev Church is Vice President. Pam Miller is Secretary and Shirley Jackson Treasurer. We acknowledge the many years of service that Bev has given as committee secretary and thank her most sincerely for her efforts.

Health Talk. The talk is on Tuesday 7th August at 10:00am following exercises and morning tea.

Jamie Small will be our guest for the talk in September. He will talk about healthy sleep practices and sensory approaches to mental health.

Hoy. Please join us for hoy ay 10:00am on Tuesday 14th August. There are lots of prizes to win and fun company to share. All welcome.

Meeting. The next committee meeting is on Tuesday 21st August.

Elder Olympics. Please come along and support your friends and challenge yourself to take part in some of the events we have planned. There will be a variety of games and activities, some involving bowls, other games will use discs, bean bags, darts, quoits and paper and pencil. A guessing game might be on the program too. If you would like to attend and have any special requirements please advise us so we can try to meet your request.

Bingo. The last Tuesday of the month, 28th August is bingo day. Please come and share a couple of hours with us and perhaps take home a small prize or two. Games start just after 10:00am following smoko.

Trip to Charleville. Unfortunately we are cancelling the trip due to a number of problems. The cost of hiring the bus and associated charges become quite substantial for individuals unless there are at least 12 people travelling.. Also availability of a bus on the chosen dates was an issue. With some more planning and enthusiasm we might be able to arrange a different trip. Sorry for any inconvenience to those people who had indicated an interest in visiting Charleville.

Deal with the faults of others as gently as your own.

Take Care

Jean

Congratulations and Condolences

We wish Pat Stirling, Gwen Norman and other celebrating a birthday in August Happy Birthday. May you enjoy the day and celebrate as you desire.

Well done to Barcaldine Cultural Association in holding a very successful cent sale on 21st July.

Blackall 60 & Better program hosted a very enjoyable Christmas in July lunch on 26th July.

We wish Shirley Jackson and her fellow travellers a safe and exhilarating time in Canada.

We send our sympathy to the families and friends of Eleanor Rose (Symonds), and Lloyd Turner.

Train your brain

Your brain has the ability to learn and grow as you age — a process called brain plasticity — but for it to do so, you have to train it on a regular basis.

"Eventually, your cognitive skills will wane and thinking and memory will be more challenging, so you need to build up your reserve," says Dr John N. Morris, director of social and health policy research at the Harvard-affiliated Institute for Aging Research. "Embracing a new activity that also forces you to think and learn and requires ongoing practice can be one of the best ways to keep the brain healthy."

Research has shown that regular physical exercise is one way to improve cognitive functions like memory recall, problem solving, concentration, and attention to detail. However, it is not clear if the physical aspect alone boosts your brain or if a combination of other factors — like the mental challenge of the activity, the frequency you do it, and the desire to improve — also contribute.

A brain training activity doesn't always have to be exercise-related. Much research has found that creative outlets like painting and other art forms, learning an instrument, doing expressive or autobiographical writing, and learning a language also can improve cognitive function. A 2014 study in *Gerontologist* reviewed 31 studies that focused on how these specific endeavours affected older adults' mental skills and found that all of them improved several aspects of memory like recalling instructions and processing speed.

No matter which new activity you choose, make sure it follows three guidelines in order to maximize

brain training, according to Dr. Morris.

You have to always challenge your brain in order for it to grow. This is why choosing a new activity is so beneficial. It engages your brain to learn something new and offers the chance to improve.

Not up for a new endeavour? Raise the bar for an existing activity. For instance, if you are a casual golfer, commit to increasing your ability and aim to lower your handicap or shoot a specific score. "You don't have the challenge of learning something new, but rather the challenge of increasing your skill set and knowledge," says Dr Morris.

A complex activity not only strikes a match of excitement, but forces your brain to work on specific thought processes like problem solving and creative thinking. A 2013 study in *Psychological Science* found that older adults ages 60 to 90 who did new and complex activities, such as digital photography or quilting, for an average of 16 hours per week for three months scored better on working and long-term memory tests than those who did more familiar activities like reading and doing crossword puzzles.

Practice makes permanent, and that goes for brain function, too. "You can't improve memory if you don't work at it," says Dr. Morris. "The more time you devote to engaging your brain, the more it benefits."

Your activity should require some level of constant practice, but the goal is not to strive for vast improvements. "It is the constant repetition of working to improve, and not the quest for mastery, that can have the greatest impact," says Dr Morris.

Source <https://www.health.harvard.edu/>

TELSTRA VOUCHERS

Anglicare has vouchers to pay for telephone accounts All pensioners are eligible to receive this assistance once a year. Bring your account to the Anglicare office to have it paid. Amounts of up to \$500 can be paid.

Bus Trip to Emerald

On 22nd November there will be a trip to Emerald organised by Barcaldine Regional Council Care Services. It is available for people from Aramac, Barcaldine Jericho and Alpha.

Causes of dizziness and vertigo

A wide range of conditions and diseases can cause dizziness, including: Inner ear problems – disorders of the inner ear account for about half of all cases of persistent (ongoing) dizziness. Disorders include Meniere's disease, benign paroxysmal positional vertigo (BPPV) and vestibular neuritis.

Anxiety disorders – stress or anxiety may play a role in causing dizziness or, more commonly, may be a contributing factor in dizziness from other causes, such as inner ear disease.

Brain disorders – a common cause of dizziness is migraine, even without the headache that most people associate with a migraine. Very rarely, other causes of dizziness can include stroke or other brain diseases.

Other conditions – some cases of dizziness are due to underlying medical conditions such as low blood pressure, infection, some heart problems (such as cardiac arrhythmias) and hypoglycaemia (low blood sugar). Drugs that are used to treat conditions such

as epilepsy, coronary heart disease and high blood pressure can also cause dizziness in some people.

Unknown causes – although a cause may not be found in some people, it does not necessarily mean that these people cannot be helped by the appropriate treatment.

Potential treatment options may include:

canalith positioning procedures, which are a special set of exercises designed to remove inner ear 'crystals' in benign paroxysmal positional vertigo (BPPV)

migraine prevention medication

medication to dampen the sensations of dizziness

anti-nausea medication

balancing exercises to 'retrain' the nervous system, which are usually prescribed by a vestibular physiotherapist

counselling and cognitive behaviour therapy where anxiety or stress is a factor.

<https://www.betterhealth.vic.gov.au/>

Beetroot and Bacon Muffins

200g plain flour

50g oats

2 teaspoons baking powder

1/2 teaspoon bicarbonate of soda

8g salt

1 teaspoon freshly ground black pepper

3 eggs

250ml full-fat yoghurt

4 tablespoons olive oil

200g raw beetroot, finely chopped

100g cooked bacon or toasted nuts (pine nuts, walnuts or cashews)

Preheat the oven to 200°Celsius.

Mix the flour, oats, baking powder, bicarbonate of soda, and salt and pepper in a bowl. In another bowl, beat the eggs with the yoghurt and oil. Stir the wet ingredients into the dry, then fold in the beetroot, bacon or nuts.

Cut out 10–12 x 15cm squares of baking parchment and fold each into a muffin mould. Divide the batter between the prepared moulds and bake in the hot oven for 20–25 minutes.

Serve warm for lunch or dinner with a crisp green salad dressed with a mustardy vinaigrette.



shutterstock - 96515650

Peanut Paste Biscuits

2 tablespoons butter

3 firmly packed tablespoons dark brown sugar

pinch salt

1/4 teaspoon pure vanilla extract

2 tablespoons peanut paste

1 egg yolk

1/4 teaspoon baking soda

1/4 cup plain flour

whole peanuts, for sprinkling

Preheat oven to 180°C and line a baking tray with baking paper.

In a microwave-safe bowl, heat butter until just melted. Mix melted butter, sugar, salt, and vanilla together using a spoon.

Then stir in peanut paste.

Add egg yolk and stir again.

Add baking soda and flour, and stir until combined. Form the dough into balls and place on baking sheet.

Sprinkle a few peanuts on top of the dough.

Bake for about 10 minutes until golden brown.

Remove baking sheet from oven and let biscuits cool before enjoying.



HOME ASSIST SECURE



CENTRAL & FAR WEST HOME MODIFICATIONS

Barcaldine & District Home Assist Secure

From the Project Coordinator

Winter has arrived ... and gone

Please ensure that you take care with the cooler weather upon us. Check electric blankets that have been folded up and heaters that have been stored away **BEFORE** use! If you are unsure or need assistance, give us a call.



The NDIS Update

Barcaldine regional Council will be interviewing for an NDIS Care Worker in Barcaldine shortly. Once employed they will be providing regular, locally based care services. There is a local support worker, Chris Kelso, based in Longreach. She can be contacted on 0436 674 312 or office 07 4938 5338.

Do you have a Key Safe and Security Lighting?

We have key safes and security lighting available for your use. We always own the key safes and they can be installed free of charge. Security Lighting is subsidized through our HAS service. The only people who know the codes are emergency services and Community Care Staff and they are for **EMERGENCY** use only.

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. **You will need to contact your telephone service provider and advise them also.** Tell them you have also been registered with the NBN Co.

We have been contacted by the NBN Co and have supplied them with details of the alert systems you have installed. If they call and you are unsure, give them the office number to call and we can sort this out for you—no worries 😊

Contact

If you need to contact us, details are below:

Office: 07 4651 2187

Bill's Mobile: 0409 621 346

Until next time, take care

Carl's Mobile: 0408 372 526

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.

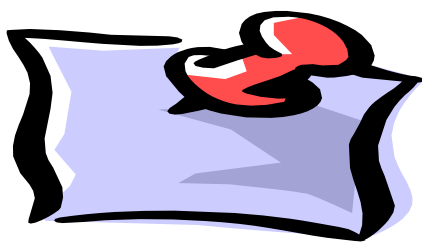
After we receive your referral from **My Aged Care**, we then Project Manage the referral, construction, contractors, materials and other services, who will work with us and you to ensure your needs are met.

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

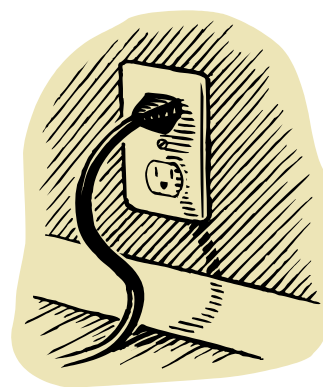
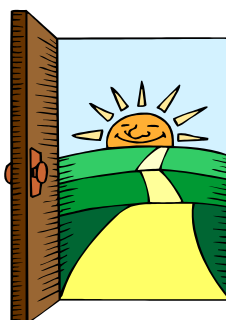
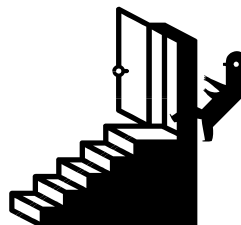
Our office is not manned all the time. If you ring, please leave a message so we can contact you when we return. **We will call you back, if you leave a message!**



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 is 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 Q4725

Phone: 07 4651 2187

Fax: 07 4651 2376

Bill's Mobile: 0409 621 346

Carl's Mobile: 0408 372 526

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

**We must rediscover the
distinction between
hope and expectation!**

The NDIS and what it is?

NDIS = National Disability Insurance Scheme

Who is eligible?

- Are you under 65?
- Have a long term or permanent disability?
- Are you an Australian citizen?

The answer is = probably yes!

What do I need to do?

- Contact the NDIS on **1800 800 110**
- Complete an application form
- Be assessed to determine the level of your eligibility
- Work on developing a plan
- Choose a provider to assist you to implement your plan

Barcaldine Regional Council is a Registered Provider. Give us a call for more information.

Field Officer Update



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

August Focus:

Trip Hazards

Do you have a troublesome spot in your home where you always stumble or nearly fall? Don't wait for an accident. We have a number of ways we can repair those areas and make them safer for you. Give us a call and let us know

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!

August 2018

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

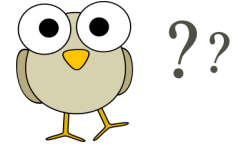
Home Assist Secure Schedule of Events

- ◆ 16th-17th—Longreach Trip—River Cruise and Show
- ◆ 22nd Elder Olympics

August 2018

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1 CHSP Lunch	2 60 + Tai Chi Craft	3 Croquet Oak St park 9 am	4	5
6 Men's Shed	7 60+ Exer- cises Health Talk	8	9 60 + Tai Chi Craft	10 Croquet Oak St park 9 am	11 Mutta- burra Races	12
13 Men's Shed	14 60+ Exer- cises Hoy	15 CHSP Lunch	16 60 + Tai Chi Craft	17 Croquet Oak St park 9 am	18	19 Aged Care Bingo
20 Men's Shed Entries Close Get Gardening competition	21 60+ Exer- cises Meeting	22 Elder Olympics Mens Shed AGM 5:15pm The Willows	23 60 + Tai Chi Craft	24 Croquet Oak St park 9 am	25	26
27 Men's Shed Anointing Mass at The Wil- lows	28 60+ Exer- cises Bingo	29 CHSP Lunch	30 60 + Tai Chi Craft	31 Croquet Oak St park 9 am		

Food Quiz



1. What ingredient makes bread rise? _____
2. What is the European dish calamari? _____
3. What is the main ingredient used in guacamole? _____
4. What food does the Giant Panda mainly eat? _____
5. What are the four main ingredients of a Waldorf salad? _____
6. What is the main ingredient of Hummus? _____
7. What is the main export out of Cuba? _____
8. What is Venison? _____
9. What is Tofu made of? _____
10. Which country does Parmesan cheese originate from? _____
11. What type of cake is traditionally eaten at Christmas time in Italy? _____
12. From which country does Feta cheese originate? _____
13. Fajitas are widely eaten in which country? _____
14. Which nuts are used to make marzipan? _____
15. Which vegetable is courgette better known as? _____

A middle management executive has to take up a sport, says his doctor, so he decides to play tennis. After a couple of weeks, his boss asks him how he's doing.

"It's going well," the manager says. "When I'm on the court and I see the ball speeding towards me, my brain immediately says, 'To the corner! Back hand! To the net! Smash! Go back!'"

"That's great," his boss says.

"But then my body says," the manager continued, "Who? Me? You must be kidding!"



Jesus is playing a round of golf with Moses in Heaven and they come upon a water trap.

Jesus turns to Moses and asks, "Didn't you do something with water once?" and Moses says yeah, and proceeds to do the trick where he parts the waters.

Jesus is impressed, and Moses in turn asks, "Didn't you also do something with water?"

Jesus says, "Yeah watch this" and proceeds to step out onto the water, but he sinks almost immediately to his knees. He gets out, gets a running start, and tries again, this time sinking to his waist. He comes out confused and embarrassed, and Moses asks, "What was it you were trying to do?"

"I used to be able to walk on water," Jesus replies.

"The last time you tried it, did you have those holes in your feet?" Moses asks.



An optimist sees light at the end of a tunnel and thinks it's an exit.

A pessimist sees light at the end of a tunnel and assumes it is an onrushing train.

The train conductor sees two stupid guys staggering on train tracks.

It's cleaning day today. I've already polished off a whole chocolate bar.

PUZZLE SOLUTION

- | | |
|---------------------------------------|---------------|
| 1. Yeast | 11. Panettone |
| 2. Squid | 12. Greece |
| 3. Avocado | 13. Mexico |
| 4. Bamboo | 14. Almonds |
| 5. Celery, apples, walnuts and grapes | 15. Zucchini |
| 6. Chickpeas | |
| 7. Sugar | |
| 8. Deer meat | |
| 9. Soya beans | |
| 10. Italy | |

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 9:00 am Oak St park

Health Talk: 10:00am 7th August

Hoy: 10:00am 14th August

Meeting: 10:00am 21st August

Olympics 9:00am 22nd August

Bingo: 10:00am 28th August



Barcaldine 60 & Better Program - A Healthy Ageing Program

Funded by



Under the auspices of
Barcaldine Regional Council

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

