

GARDEN CITY NEWS

Volume 26

Issue 7

AUGUST 2020

A free collaborative newsletter produced by Barcaldine 60 & Better Program (a Healthy Ageing Program based on Community Development Principles) and Barcaldine Community Care Services and other contributors for participants, clients and older people in the community. Please share this newsletter with others. If you prefer it can be emailed to you. The newsletter can be found on Barcaldine Regional Council website also.

BARCALDINE 60 & BETTER PROGRAM

CENT SALE

SATURDAY 8th AUGUST 2020



Barcaldine Town Hall

Doors open 12:30 pm

Games start 1:30 pm

ADMISSION \$5.00

(includes afternoon tea)

Great Prizes

Lucky Door

Special Draws

Raffle

Everyone Welcome!

Cent Sale Tickets can be bought prior to the sale

at 60 & Better office

Cent Sale tickets \$1.00 / sheet



**If you need transport
please let us know**

At 60 & Better

Firstly, the committee AGM was held on 21st July .The office bearers are President, Mrs K. Brown, Vice President, Mrs B. Church, Secretary, Mrs P. Miller, Treasurer Mrs S. Jackson and with other members form the committee which manages the program to ensure older people participate in decision making about activities that improve or sustain health and well-being and reduce risk of social isolation.

This month there are a few changes of dates to our activities. Please remember morning is from 9:45am with the activity due to start around 10:00am. Hoy and bingo cost \$5 for morning tea and 1 card with additional cards costing \$2.

This month, **hoy** will be the first **Tuesday, 4th August** and the **talk** will be on **11th August**. Our guests for the talk will be from Barcaldine Regional Council. This will give people an opportunity to meet the Barcaldine Regional Council Mayor, some councillors and executive officers and learn about what the council does and its projects and plans. Please come, but let us know in advance (by Monday 10th August). Everyone is welcome!

The **monthly lunch** will be a week early to be a Seniors Week event. **Friday 21st August** we'll have a simple lunch. The theme for the day is **toys and games**. Please bring a story about your favourite games or perhaps there is a treasured toy you like to bring for show and tell.

While we have not planned any other social activities apart from the lunch there are virtual seniors week activities which can be found by visiting the Queensland Seniors Week website and opportunities for digital technology lessons at our Digital Learning kiosk. This could be as simple as learning about your mobile phone. Please contact us if you'd like a lesson or two.

The monthly meeting will be on Tuesday 18th August at 10:00am. Please bring your ideas so we can continue offering activities that can be socially, emotionally, mentally and physically stimulating and rewarding. The program is a way to keep actively participating in the community and to continue to maintain wellbeing through these activities.

Bingo will be on Tuesday 25th August at 10:00am. Come and share our company and have a few laughs and maybe take home a prize.

Over 80s book is progressing. I mentioned in last month's newsletter about contacting people to gain approval to put their name and birthday in the book if they preferred not to share a little of their life story. This is still happening, I am just a bit slow doing it. This applies to taking photos too.

Till next time. *Stop and embrace the essence of who you are.* *Jean*

Birthday Greetings and Condolences

Belated Birthday Greeting to Doug Smoothy who turned 95 on 7th July.

Birthdays Greetings for August -Happy Birthday to Christina Stewart. Gwen Norman will be 90 on 22nd August. Best Wishes Gwen.

Many people have been saddened by the deaths of Liz Ferguson, Col Whitfield, and Jonnica Maloney. We send our sincere sympathies to their families and many friends and hold dear our treasured memories.

Condolences to Sr Rita whose brother died.

Mal Joyce of Gympie passed away at the age of 90 years and 10 months He was a panel beater and band master in Barcaldine in the 1960s.

We also note the passing of former Barcaldine resident, Glenda Govers (nee Collins).

Seniors Safety.

Senior Constable Natalie Timar spoke at our last monthly talk about keeping safe. She outlined some of the ways people are scammed and defrauded. She emphasised the need for people to take responsibility for personal safety and road safety.

One fact she mentioned was, people using electric carts/ wheelchairs are considered pedestrians and need to ride on the footpath or right hand side of the road facing oncoming traffic as you do when walking.

Please folks, take care of yourself and what you value.

Zucchini Soup

- 1 brown onion
- 4 zucchini medium
- 1 cup chicken stock (liquid)
- 420 g can cream of asparagus soup
- 400 ml water
- 1 tbs butter
- 1/2 cup cream fresh
- 1 bunch parsley small



Method

Finely chop onion and fry in saucepan with butter or oil until soft.

Slice zucchini and add to pot. Add chicken stock and water until zucchini is barely covered and simmer for approx 10 minutes until zucchini is soft. Blend until smooth.

Add the can of asparagus soup and (optionally) any remaining or extra water to reach desired consistency. Stir through and simmer for 2-3 minutes.

Add and stir through fresh cream just prior to serving. Season with salt and pepper to taste. Serve with crusty bread and garnish with finely chopped parsley.

Sardine Savoury

Ingredients

- 1 x 200g can sardines
- 1 egg
- 2 tabs milk
- 2 teas Dijon mustard
- 1 teas vinegar
- 1 tabs margarine, melted

Method

Combine all ingredients in a small saucepan and cook over a medium heat.

Remove as soon as the mixture curdles. Beat well. Toast 4-6 slices of bread.

Divide the hot mixture among the toast, sprinkle with finely chopped parsley and serve.



Queensland Seniors Week 15th —23rd August

Queensland Seniors Week provides opportunities to promote positive community attitudes towards older people and ageing, facilitate community participation, and enhance community connections, aligning with the Queensland Government's vision of building age-friendly communities in Queensland.

This year marks the 60th year of celebrating Queensland Seniors which began as Old Peoples Week in 1960. The name has changed but have our attitudes to older people and our own ageing changed?

Whether as volunteers or in the workforce, community leaders or carers, grandparents, or advocates older people play a vital part in community life. To embrace life through decades from childhood to maturity requires effort as the world (and our world) changes and we adapt to different circumstances and responsibilities and expectations. Come on celebrate who you are—a person with many life experiences.

Medication Safety for Older People

As you age, the risk of side effects, medicine interactions and other medicine problems increases. But you can take action to reduce these risks. Your risk of problems with medicines increases as you age for 2 main reasons.

Changes in your body

Your body changes in many ways as you age. For example, how much water, fat and muscle you have changes.

Some health conditions also create further changes in your body. Because of such changes, you might: become more sensitive to the effects of medicines

- not be able to process medicines properly
- have difficulty removing medicines from your body
- become more prone to side effects and medicine interactions

Your brain and nerves also change with age, so problems like memory loss or poor eyesight might start to affect the practical aspects of taking medicines. For example, it is easier to accidentally take your medicine twice, or forget to take it at all.

Multiple medicines

You might have been prescribed a large number of medicines. If you take 5 or more medicines daily, you are twice as likely to have side effects than others. You are also far more likely to be taking medicines that could interact with each other. Taking multiple medicines can also mean a greater chance of making mistakes, because you have more medicines to manage which often need to be taken at different times of the day or even week.

How to improve your medicine safety

Ask questions

Your doctor might have already considered your age and increased risk of side effects or mistakes. But it's worth asking some important questions, such as:

- Why do I need to take this medicine?
- Are there side effects and what should I do if I notice any side effects or symptoms?
- What should I do if I notice any side effects or symptoms?
- What should I do if I don't feel like my medication is working?
- Are there any precautions I need to take, such as

not driving?

- Does this medication interact with my other medicines, both prescription and non-prescription?
- Do I need to have regular tests (e.g. blood, kidney and liver) to check how the medicine is affecting me?
- Is there a way to reduce the number of medicines I'm taking?

Prepare your list, then print or email it so you remember what you want to ask.

Keep a medicines list

You can use a medicines list to keep track of:

- what each medicine (prescription and non-prescription) is for
- what the dose of each medicine is, when and how to use each medicine

Ask for a medicines review

If you take several medicines, ask your doctor or pharmacist for a regular medicines review.

Medicines are ideally reviewed every 6 to 12 months. But you can ask for a medication review at any time, especially when changes are made, including starting new or stopping medicines.

Having an up-to-date medicines list also helps to make sure all of your medicines get reviewed.

You may be able to have a **Home Medicines Review (HMR)**, where a pharmacist visits you in your home. The review gives you the opportunity to ask the pharmacist about your medicines and how to manage them well. Your doctor will use the results of your review to develop a medication management plan with you. You will need a referral from a GP to have the review.

If you're taking a lot of medicines, talk to your pharmacist. They might be able to make you a pharmacy pack (also called a blister pack or a Webster pack) that will help you take the right medicines at the right time.

If you have any concerns, talk to your doctor or pharmacist. After discussions, you might have the dose changed or even the medicine changed. But don't suddenly stop taking your medicines.

Source: <https://www.healthdirect.gov.au/medication-safety-for-older-people>

HOME ASSIST SECURE



CHSP, QCSS, HCP, HAS, NDIS, HOME MODS, MOW

Community Care Services

From the Senior Community Care Services Officer

Coming out of Restrictions: the next phase

There seems there was a light at the end of the tunnel—as restrictions continue to ease.

With the situation in Victoria and New South Wales worsening, we need to be more prepared than ever.

We are taking every precaution and have made preparations for any potential outbreaks. If you have any questions about our services please contact your local office and ask directly.

Our sole aim is to ensure that we protect you, ourselves and provide you with the best possible services we can, given the circumstances.

Please ask if there is anything that we can assist with.



Jobs List for Home Assist

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

- ⇒ Checking on home security concerns including lighting
- ⇒ Cleaning & Servicing of Air Conditioners
- ⇒ Construction and Install of Grab Rails and Handrails
- ⇒ Uniden phone alert systems

Inside this issue:

| | |
|--------------------------------|-------|
| From the Project Coordinator | 5 & 6 |
| Home Modifications | 6 |
| Information Sessions & calls | 7 |
| Contact Details & Quotes | 8 |
| Field Officer Update | 8 |
| Community Care Services Calen- | 9 |

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 Senior Community Care Services Officer continued

Social Distancing: it's never been more important

It's here to stay for a bit longer yet, so we need to follow the Law and keep everyone safe.



Contact

If you need to contact us, details are below:

Office: 07 4651 2187

Jordan'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.

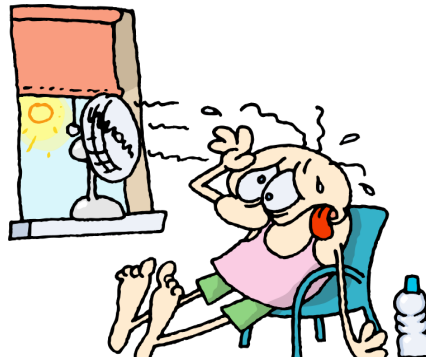
Community Care Services Office (Barcaldine)

Notice board & 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 our 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

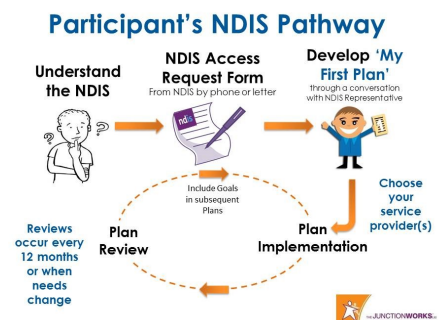
Our office is not manned all the time. If you ring, please leave a message so we can contact you when we return. **We will call you back, if you leave a message!**



National Disability Insurance Scheme NDIS

Barcaldine Regional Council is a Registered Provider of the NDIS. Once you have an NDIS Plan, we are able to assist you in implementing that Plan to best suit your needs and assist you to live the best life possible. These supports are divided into Core, Capital and Capacity Supports. We deliver the following service groups:

- Daily Tasks, including consumables
- Social & Community Participation
- Assistive Technology
- Home Modifications
- Community Nursing Care
- Assist with Personal Activities
- Assist with Travel & Transport
- Household Tasks
- Group & Centre Activities
- Plan Management & Support ordination



NDIS Plans focus on the individual, to assist you to engage in local and community based activities. Our team will work **with** you, to achieve your goals. Your Plan is developed to increase your independence within your home and to improve your connection to your community.

Plan Management support is where we act as the 'bank' for your Plan funds, managing payments and invoices on your behalf. All invoices for services must be made out to **Barcaldine Regional Council, CW NDIS Services** and can be emailed to:

invoices.ccs@barc.qld.gov.au



COMMUNITY CARE SERVICES

66 Ash Street
PO Box 191
Barcaldine Q4725

Phone: 07 4651 2187
Fax: 07 4651 2376
Jordan's Mobile: 0409 621 346
Carl's Mobile: 0408 372 526

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

Be informed

Be prepared

Be smart

Be safe

The SSA Grant for \$5000

As many of you are aware, a Grant was issued by the Queensland Government for up to \$5000 for works to be completed in eligible homes. This Grant was Queensland wide and on a first in best served basis. The Grant has now been expended—no more applications can be made.

There is a process for this Grant to be used and those who have applications in the system will need to follow the process:

1. Confirmation Letter of Grant Approval
2. Availability of contractors to complete the work. We will organise contractors/staff to complete your works
3. We will advise you of start dates
4. There is an acquittal process for the funds that have been used.
5. If the job goes over \$5000 a separate account will be sent for that amount to you by the contractor.

Your patience and appreciation of what we do for you is appreciated.

Field Officer Update



August Focus:

The focus for 2020 is **appreciation!**

COVID-19 & Visits


Please be advised that Jordan will only pay you a visit if you have rung or booked him for a job. Please call him directly or our office on 4651 2187. He will not be able to make 'social' visits, during this time. Please ring and book in visits for required work to be completed.

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 2020

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

Community Care Services Schedule of Events

- ◆ Give some thought to where you would like to go NEXT year as part of a group activity?
- ◆ Regional Calendar of Events—Has been suspended due to travel restrictions and social distancing.

August 2020

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|----------------------------|--|---|---|--|--|------------|
| | | | | | 1 | 2 |
| 3 Men's Shed | 4 Exercises Hoy | 5 | 6 Tai Chi Digital Learning | 7 Digital Learning | 8 60 + Cent Sale | 9 |
| 10 Men's Shed | 11 Exercises Health Talk | 12 | 13 Tai Chi Digital Learning | 14 Digital Learning | 15 Seniors Week 15– 23 August | 16 |
| 17 Men's Shed | 18 Exercises Meeting | 19 | 20 Tai Chi Digital Learning | 21 Digital Learning Lunch 12.00pm | 22 | 23 |
| 24 Men's Shed | 25 Exercises Bingo | 26 | 27 Tai Chi Digital Learning | 28 Digital Learning | 29 | 30 |
| 31 Men's Shed | Date Claimer Cultural Association Cent Sale 5/09/20 | <p>Seniors Week Activities Different virtual activities are available during Seniors Week. Visit www.qldseniorsweek.org.au and see the diverse range.</p> <p>Friday 21st August will be a casual lunch at 12.00pm at The Willows. Please bring a story to share as we reminisce about toys. RSVP Wednesday 19th August</p> | | | | |

How Well Do You Know the Lollies / Chocolates of Your Youth?



Which iconic Australian confectionery gained a reputation for being rolled down the aisles at movie theatres? _____

Which confectionery item had the slogan "It's moments like these you need _____" ?

If you wanted to impress your date with chocolates during the middle years of the twentieth century, what boxed chocolates might you buy ? _____

What do we call the round balls of chocolate-coated, aerated malt confection? _____

What is the name of the absolutely divine, chocolate-covered honeycomb bar originally made in Australia by Hoadley's ? _____

A cherry mixture inside a rather delicious dark chocolate is a _____

Mars Confectionery make a bar somewhat like their Mars Bar, but with peanuts in the caramel. What is this delicious chocky called? _____

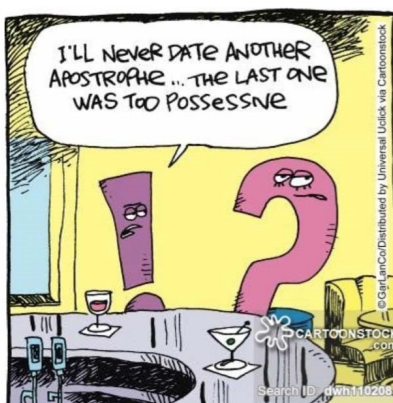
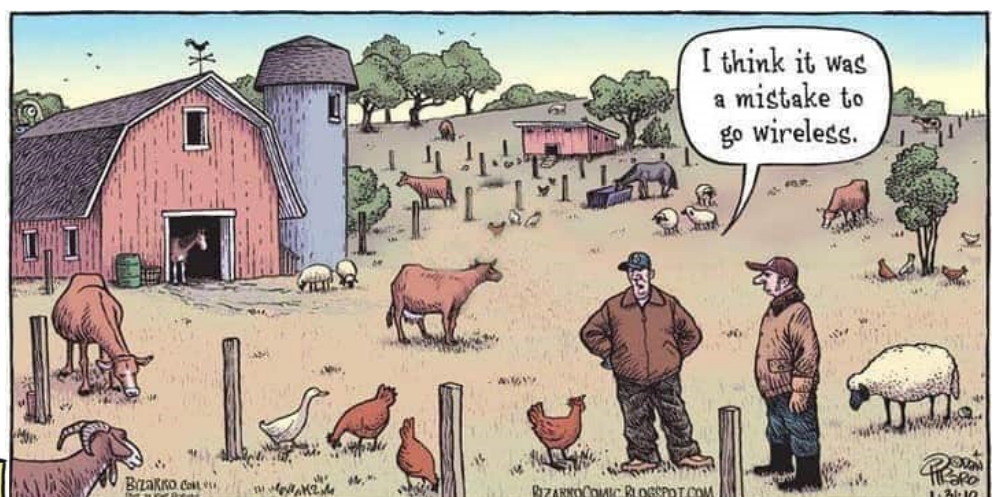
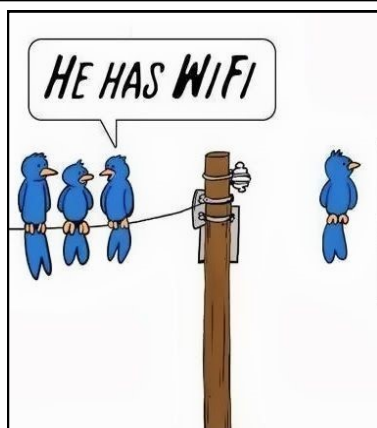
Cadbury also make a bar that is characterised by the peanuts in the chocolate that covers the wafers and caramel. What is this chocolate called? _____

This lolly has 'a hole in middle and flavour all round'. What is it ? _____

Wrigley's PK, spearmint and juicy fruit were types of _____

Columbine Caramels were wrapped in what coloured wrappers? _____

How many other sweets did you or do you still enjoy? Can you remember some of the companies that produced confectionery?



Yeah I've got
O.C.D
old, cranky
and
Dangerous.



Puzzle Solutions

Jaffas, Minties, Roses, Maltesers, Violet Crumble Bar, Cherry Ripe, Snickers, Picnic, Lifesaver, Chewing Gum, Pink and Blue

Barcaldine 60 & Better Program - A Healthy Ageing Program

Funded by



Under the auspices of
Barcaldine Regional Council

Executive Committee

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

Barcaldine 60 & Better Program

The Willows

13 Willow Street

PO Box 269

Barcaldine Q 4725

Phone 07 4651 2354

Email jeanw@barc.qld.gov.au

Coordinator: Jean Williams

Hours of Operation

Monday - Thursday 8:00 am - 1:00 pm

Friday 8:00am - 12:00pm

Exercises: Tuesday 9:00am

Tai Chi: Thursday 9:00am

Craft: Thursday 10:00am

Digital Learning: Thursday & Friday
10:00am

Hoy 1st Tuesday, **Talk** 2nd Tuesday, **Meeting**
3rd Tuesday, **Bingo** 4th Tuesday of month—
10:00 am **Lunch** 3rd Friday of month 12:00pm



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

