

GARDEN CITY



NEWS



Volume 26

Issue 6

JULY 2020

A free collaborative newsletter produced by Barcaldine 60 & Better Program 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.

Ageing is a natural, powerful lifelong process that unites us all.

Ageing is not a problem to be fixed or a disease to be cured, it is a natural, powerful, lifelong process that unites us all. Discrimination on the basis of age is as unacceptable as discrimination on the basis of any other aspect of ourselves that we cannot change (Ashton Applewhite).

You can no more be anti-aging than anti-breathing (Ann Karpf).

Like other forms of discrimination, ageism negatively impacts individual people. Research suggests people with more negative views on ageing experience poorer health. Unlike other forms of discrimination, we subtly accept ageism with little comment or concern. For example, we have all seen the advertisements for anti-ageing products. Imagine the uproar that would ensue if companies were marketing anti-feminine or anti-race products. What's more, ageism is the only form of prejudice we will all experience, if we live long enough.

An Australian study, the Benevolent Society's report 'The Drivers of Ageism' (2017), shows that the majority of people care about ageism (79%) and many have experienced it. The four key settings identified by survey participants as important for ageism to be addressed were - the workplace (54%); healthcare (47%); aged care (33%); and in families and local communities (31%).

People lack awareness of the positive aspects of older people's lives – and tend to overestimate the negative aspects, such as poor health, financial concerns and dependency. People are concerned about losing their cognitive capacity, their identity, independence and social connections as they age. The fear of cognitive decline is greater than the fear of physical ill health.

There is a need to raise the level of community awareness of certain aspects of older people's lives to address certain negative misconceptions relating to their health, financial status and contribution to the community.

So how are you shaping up as an older person? Are you ageist, making demeaning comments about other older people? What decisions have you made about maintaining your health (emotional and mental, physical and social) and wellbeing? Are self-reliant and resilient among the words you'd use to describe your character? A positive attitude can help you feel good about yourself and engage in life.

At 60 & Better

We are following protocols in the Covid Safe Plan and will adapt our rules when we are given notification that restrictions have eased and we can allow more people in the building. So please be aware that at present the limit is 20 people in the building at one time. Please confirm your intention to attend hoy and bingo and other social activities before coming.

Our **monthly talk will be on Tuesday 7th July**. Please come and talk with our local police officers Natalie and Sean who will be speaking about safety and answering your questions. Morning tea is from 9:45am followed by talk at 10:00am.

Hoy will be on Tuesday 14th July with morning tea before we play. Remember please do not come before 9:30am if you are not participating in the exercise session.

The Barcaldine 60 & Better Committee **Annual General Meeting is scheduled for Tuesday 21st July** at 10:00am. All members and participants are invited to attend and help plan for the next year and further the objectives of 60 & Better. Please come and have some input.

Bingo is set for Tuesday 28th July at 10:00am. As with hoy please do not come before 9:30 unless you are in the exercise class.

Our monthly **Down Memory Lane lunch** will be on Friday 31st July. The theme is 'Bottles'. Please bring a story or an old bottle if you have one. It will be a simple lunch of soup and sandwiches or crusty bread.

We are planning a **Cent Sale on Saturday 8th August** at the town hall if Covid 19 restrictions have eased.

Seniors Week is 15th—23rd August.. As yet no special activities have been planned that week but we'll promote the notion that ageing is a part of a life long process and people of all ages should participate in community life.

The deadline to have biographies for the **over 80s book is fast approaching**. While there is a little leeway please return your information soon. For those who do not want their story published we can offer a listing of people over 80 years with name only or name and date of birth only. Those who do not want a photo included can be accommodated as well. The names of people who shared their story in previous over 80s books will be recorded in this book also. We have a list of people we believe to have reached the 80 year milestone and we'll be in touch with you to confirm you consent to being included in the book.

Digital Learning for Older Australians will resume on Thursday 2nd July. Tuition in using iPads and iPhones will be on Thursdays and tuition / mentoring for other tablets, phones and laptop and desktop computers will be on Fridays. This is an opportunity for peer learning by sharing knowledge and skills with others also. Morning tea will be at 10:00am followed by learning sessions which will last about an hour. Please let me know if you'd like to attend and please bring your phones, tablets, lap tops to sessions. The session will run initially for six weeks with further sessions as requested.

Till next Time. *Jean*

Your smile will give you a positive countenance that will make people feel comfortable around you.

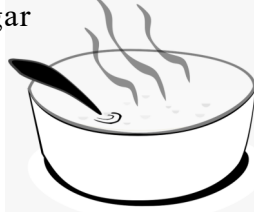
Birthday Greetings

We send birthday greetings for July to Jim Allpass, Dale Smith, Evelyn Trott, Shirley King, Jack Power, Val Arthur, Pat Bain, Kevin Jackson, Marie O'Dell and Bill Owens.

Online Cooking Classes commence Wednesday 5th August from 5:30pm—6:30pm. For ages 12 and over. Book at www.TheGoodFoundation.com.au

Goulash Soup

2 tbs plain flour
2 tbs paprika
1kg chuck steak, trimmed, cut into 2cm chunks
2 onions, roughly chopped
3 garlic cloves, finely sliced
1 long red chilli, seeds removed (optional), finely chopped
2 tbs tomato paste
1/4 cup (60ml) red wine vinegar
3 cups (750ml) beef stock
400g can chopped tomatoes
2 bay leaves
2 strips pared lemon rind
1 tbs olive oil
250g button mushrooms, sliced
Chopped flat-leaf parsley, sour cream and crusty bread, to serve



1. Preheat the oven to 180°C.
2. Put the flour and 1 tbs paprika in a bowl, season and stir to combine. Add the beef and toss to coat. Transfer to a casserole.
3. Add onion, garlic, chilli, tomato paste, red wine vinegar, stock, chopped tomato, bay leaves, lemon rind and remaining 1 tbs paprika and bring to the boil. Stir well, then cover and cook in the oven for 2 hours or until the beef is tender.
4. When the beef is ready, heat the oil in a frypan and fry the mushroom over high heat, stirring, for 4-5 minutes until lightly browned. Stir through the goulash, then ladle into deep bowls. Scatter with parsley and serve with sour cream and bread.

For healthier chips, make your own wedges by cutting potatoes into chunky pieces (leave the skin on), spraying with cooking oil and bake in the oven. Add herbs, spices or vinegar for flavour. When making roast vegetables, try partially cooking in the microwave, then spray with cooking oil and bake until crisp.

Sweet Potato Bites

3 sweet potatoes, peeled, cut into 2cm-thick slices
2 teaspoons brown sugar
2 teaspoons ground ginger
Olive oil spray
1/3 cup (90g) light natural yoghurt
1 tablespoon fresh oregano leaves

Preheat oven to 180°C. Cook the sweet potato in a saucepan of boiling water for 5 minutes. Drain well.

Combine brown sugar and ginger in a bowl. Place sweet potato onto a baking tray and spray with oil. Sprinkle with the brown sugar mixture. Bake for 30-40 minutes or until golden. Top sweet potato slices with a dollop of yoghurt and oregano leaves.

Butterscotch Self Saucing Pudding Cake

1 cup self raising flour
1/2 cup sugar (add more if want sweeter)
1/2 teaspoon salt
60g melted butter
1/2 cup milk
Sauce
2 tablespoons golden syrup
1.2 cups (approx 300ml) water
30g butter

1. Preheat oven 180 degrees C.
2. Mix cake ingredients together, beat till smooth.
3. Place into a greased oven proof dish.
4. Place all sauce ingredients in small saucepan, stir over low heat till hot and butter has melted.
5. Pour over cake mix.
6. Bake uncovered for 30-35 min till brown on top.
7. Serve hot or cold with fresh cream or icecream.

Concessions. Are you aware of the concessions offered to Queensland Seniors. While some concessions have little application in our area others are relevant and useful in helping with cost of living. Electricity Rebate Scheme, Pensioner Rate Subsidy Scheme, Vehicle and Boat Registration Concessions, Rail Concession Scheme, Oral Health Scheme, Home Assist Secure are among the concessional services available to eligible older people.

Signs of hearing loss

You can have trouble with your hearing at any age, but help is available and there are ways to stop it from getting worse. Sometimes it's obvious - at times, you may not hear what people are saying to you. Other signs that you may be suffering from hearing loss are that you:

- have troubles hearing in noisy places
- have trouble understanding what people say
- have trouble following conversations
- have trouble understanding people unless they are facing you, you often ask people to repeat themselves
- hear sounds as muffled, people are mumbling
- have the TV up louder than other people
- often miss your phone or doorbell ringing
- there is a constant buzzing or ringing in your ears
- loud noises cause you more discomfort than before

Some people also get tinnitus, in which it sounds like you can hear cicadas much of the time.



Nearly everybody finds their hearing gets worse as they get older. Genetics play a part - some families have hearing problems earlier than other families.

Some people have their hearing damaged through many years of being exposed to noise at work. This is especially true for people who work among a lot of loud noise such as live music performances, mining, building or farming. Young people who listen to loud music through headphones are also at risk.

Other causes include:

- An ear infection, or repeated ear infections
- a head injury
- exposure to certain chemicals or medications like aspirin, some antibiotics and some cancer drugs

Most people can't have their hearing loss reversed, but there are treatments available to help you hear better including:

hearing aids
cochlear implants
surgery

<https://www.healthdirect.gov.au/hearing-loss>

Top 10 oral health tips for older adults

1. Limit sugary foods and drinks
2. Choose healthy food options
3. Water is the best drink for older adults
4. Brush teeth and along the gum line twice a day with a soft toothbrush
5. Clean dentures with soap and water
6. Fluoride mouth rinses can be effective in reducing decay



7. Chewing sugar free gum can reduce tooth decay
8. Oral health checks are important for a healthy mouth
9. Quit smoking to improve oral and general health
10. Be aware of the effects medication can have on your mouth

<https://www.dhsv.org.au/dental-advice/general-dental-advice/older-adults-and-carers>

How to brush



Use a pea-sized amount of toothpaste.



Aim the toothbrush at an angle towards the gum line.



Use a gentle circular motion.



Repeat on the inside surfaces.



Use a light back and forth motion on the chewing surfaces.

Denture care

- Clean dentures with a denture brush or toothbrush, mild soap and water over a soft towel or half filled hand basin.
- Clean all surfaces to remove plaque and food debris.
- Store dentures in a container of water overnight.





The Department of Health

HOME ASSIST SECURE

Funded by



Queensland Government



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

Community Care Services

From the Senior Community Care Services Officer



Coming out of Restrictions



There seems to be a light at the end of the tunnel—as restrictions continue to ease

Many social group activities have recommenced, but it is important that we continue to follow the social distancing rules and guidelines. These are law and enforced by the Police.

With that in mind, please ensure that any activities we organize will follow those rules and guidelines.

In discussions we have had, we are planning to 'get away' and have an overnighter towards the end of the year. It will have to be on a 'first in - first served' basis. You must also be able to manage and look after yourself, without the need of someone to care for you 24 hrs—so relatively independent.

PROTECT YOURSELF AND THOSE AROUND YOU



Stay home if you're unwell



Wash your hands regularly



Cover your coughs and sneezes



Keep 1.5 metres away from someone who is sick



Avoid touching your face

For more information www.health.qld.gov.au/coronavirus



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

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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 Senior Community Care Services Officer continued

Social Distancing

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

What is Social Distancing?

Social distancing means avoiding close contact with others to prevent the spread of COVID-19 and can include:

- Avoiding non-essential trips in the community
- Limiting, postponing, or cancelling gatherings
- Working from home, where possible
- Conducting meetings virtually
- Keeping kids away from group settings
- Avoiding visits to long-term care homes and other care settings

Source: toronto.ca/covid19 Visualize your ideas and make an impact at venngage.com

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.

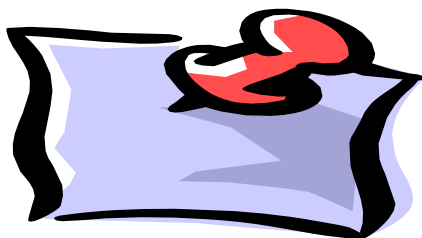
This Program covers the whole of the Central West Region, including Diamantina, Winton, Barcoo, Blackall/Tambo, Barcaldine and Longreach areas. Eligibility and funding conditions do apply to this Program.

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!**



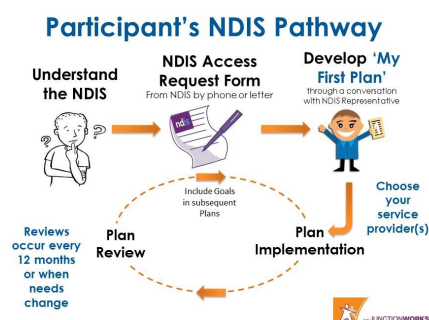
National Disability Insurance Scheme NDIS

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 ser-

- 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 Coordination



vice



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
E-mail: carlo@barc.qld.gov.au

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

Be informed

Be prepared

Be smart

Be safe

As winter approaches

As the cooler weather approaches, there are a number of issues that can arise. While we like to keep warm and stay locked up, it is important that we also ensure that fresh air gets into our homes, especially with heaters.

If you have gas heaters, you should always make sure that there is ventilation, to avoid any problems with natural gas build up.

Heaters also dry the air quite a bit and this may cause some respiratory problems as well. During the warmest part of the day, ventilate your home and take advantage of the warmth and head outside for some fresh air and sunlight.

With heaters comes the power cords to keep them going. Make sure that they are not a falls risk and that you run them against the wall or away from your regular pathways through the house.

While its important ti stay warm, its more important to stay safe as well. If you have any concerns or any items for heating that you need checked, please give us a call. We are here to assist you as best we can.



Field Officer Update



July 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.

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

July 2020

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

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.

2020 GET GARDENING COMPETITION



TO ENTER

Pick up an entry form from any Barcaldine Regional Council Administration office or download a copy from www.barcaldinerc.qld.gov.au

ENTRIES MUST BE RECEIVED BY MODAY 27TH JULY 2020

JUDGING from Monday 10th to Thursday 13th August 2020



July 2020

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2 60 + Tai Chi Digital Learning	3 Digital Learning	4	5
6 Men's Shed	7 60 + Exercises Talk	8	9 60 + Tai Chi Digital Learning	10 Digital Learning	11	12
13 Men's Shed	14 60 + Exercises Hoy	15	16 60 + Tai Chi Digital Learning	17 Digital Learning	18 19 Cultural Association Sale and Exhibition	
20 Men's Shed Cultural Associa- tion Exhibition	21 60 + Exercises AGM	22	23 60 + Tai Chi	24 Digital Learning	25	26
27 Men's Shed We're Not Crackers Evening	28 60 + Exercises Bingo	29	30 60 + Tai Chi Digital Learning	31 Digital Learning Down Memory Lane Café		Date Claimer 60 & Better Cent Sale 8/o8

Novelty Songs

Over the years novelty songs have popped up from time to time. Songs like ‘I’m Henry VIII, I Am’ and ‘My Old Man’s a Dustman’ were enjoyed for their humour and satire and provided social comment in a light hearted way. Can you name these songs?



ARTIST	SONG	LYRICS
Allen Sherman		‘ here I am at Camp Granada’
Lonnie Donegan		‘If you mother says don’t chew it, do you swallow it in spite?’
Bryan Hyland		‘She was afraid to come out of the locker; she was as nervous as she could be’
Nervous Norvus		‘Never, never, never gonna speed again; slip the blood to me bud’
The Playmates		‘While riding in my Cadillac, what to my surprise’
C.W. McCall		‘We gonna roll this truckin.... Cross the USA’
Tom Glazer & the DO, Re Mi Children’s Choir		‘I lost my poor meat ball, when somebody sneezed’
Chuck Berry		‘When I was a little boy my grandmother bought me a cute little toy’
Bernard Cribbins		‘We was gettin’ nowhere’
Tommy Steele		Jimmy Bean was a funny lookin’ fella

Two cows are grazing in a field. One cow says to the other, "You ever worry about that mad cow disease?" The other cow says, "Why would I care? I'm a helicopter!"

Will glass coffins be a success? Remains to be seen.



Two windmills are standing in a wind farm. One asks, "What's your favourite kind of music?" The other says, "I'm a big metal fan."

Is it ignorance or apathy that's destroying the world today? I don't know and don't really care.

A computer science student was studying under a tree when another student pulled up on a flashy new bike.

“Wow, where did you get that bike?” asked the first student.

“While I was studying outside, a beautiful girl on her bike pulled up next to me,” he explained. “She took off all her clothes and told me, ‘You can have whatever you like’.”

The first student replied, “Good choice! The clothes probably wouldn’t have fitted you.”

Whoever said that the definition of insanity was doing the same thing over and over again and expecting a different result has obviously never had to reboot a computer.



Puzzle Solutions

1. Hello Muddah, Hello Faddah
2. Does Your Chewing Gum Lose It's Flavour
3. Itsy, Bitsy, Teeny, Weeny Yellow Polka Dot Bikini
4. Transfusion
5. Beep Beep
6. Convoy
7. On top of Spaghetti
8. My Ding a Ling
9. Right, Said Fred
10. What a Mouth

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

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



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

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

