

GARDEN CITY



NEWS



Volume 26

Issue 5

JUNE 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.

Growing Older

How many of the judgements we make about others are based on fact and our knowledge of the person and the situation? What prejudices and opinions influence our thoughts and actions. When we consider the biases in the world - racism, sexism, religious bigotry, ageism and the judgements we make about others, they are often not entirely accurate.

How much credence do we give to older people's abilities to partake in community life? While we acknowledge the wonderful volunteering efforts and service of older people, is it through respect for them individually and collectively and their commitment or is it that there is an idea that when people reach a certain age that is their niche? The euphemisms that we employ to describe old age are varied and while some may be quaint and endearing others are less so and some derogatory.

The lifecycle is birth, growth to maturity (adulthood), and then death. There is a number of life stages each with its own challenges. The hurdles of youth can be as difficult to overcome as the realisation that in this world where the image of youthfulness is portrayed as desirable, old age is often negatively depicted as having few pleasures. Everyone has to die to complete their lifecycle. Unless one leaves the planet at an earlier stage, old age is a fact of living long enough to get there.

When do we reach old age? I'm sure it's not on a set date and that for many whose chronological age is greater than three score and ten it still seems in the future. The ages of people regarded as elderly or old can cover three decades. Being able to continue to live a fruitful life is probably what we aspire to do even if at times we ask for assistance and realise that a group effort will produce results the individual can't. An older person has numerous skills and much knowledge that can be utilised.

15.9 % of Australians are aged 65 and over. This is a significant sector of the population as people are living longer, remaining productive for longer, working for longer, and continuing to contribute to Australian society. They often lead vibrant, active lives.

Are you a stereotypical grumpy, lonely, sick, forgetful, poor older person with little to live for, or are you someone who enjoys being part of the community and making the most of what you have?

Carpe Diem— Capture life's opportunities and live life to the fullest.

At 60 & Better

We've started group activities again. The changes that social distancing have brought might seem strange but we'll work our way through as we settle into a new normal. As we are limited to 20 people in the building at any one time, please confirm your intention to come to an activity the day before the activity because we'd hate to turn someone away at the door. With spacing of the tables you may not be able to sit in your usual group. Where previously four or six people shared a table this will be two or three people now.

Also, for your own safety please follow the health guidelines and stay home if you're sick. Entry for activities is through the main door on the northern side of the building. Hand sanitiser is at the door for your mandatory use and temperature checks are done as people come in. Morning tea will be provided on individual plates as there is a no self-serve rule.

Exercises and tai chi are happening with each person conforming to the new rules. It is easier to do the moves when we have a couple of arm width distance anyway. So please come and join us for physical and social activities.

Tea and Talk is on 2nd June. **Hoy** will be on 9th June. A **committee meeting** will take place on 16th June. **Bingo** takes place on 23rd June, so please bring back any card or markers you may have. There is a 5th Tuesday, 30th June. There will be games of some sort and morning tea. I'm not sure yet what we'll play.

Down Memory Café will resume on Friday 26th June. Please come from about 11:30am for 12:30 pm lunch. The theme for the lunch is "In My Grandma's House". The lunch conversation task will be to recount a story about your grandparents or an item of theirs that was of special interest to you. RSVP by Wednesday 25th June.

Digital Learning for Older Australians tuition will begin again. Sessions will be on Thursday and Friday mornings between 10:00 and 11:00am. You can bring your own device or use a tablet or desktop computer at the centre. To fulfil our grant conditions 12 people need to complete at least 2 courses or 10 activities which should take more than half an hour. Please see Jean and book a place.

Over 80s book. This is the last chance to be included in the book, either a short story about your life and your photo or if you prefer your photo with basic information. The deadline for receipt of stories is 30th June. This will allow time to collate stories and photograph people (if desired) and have time to have a book printed for the end of the year. Please contact Jean if you are over 80 or will be 80 this year and have not been approached to be in the book or need help to write your information.

"Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship." — **Buddha**

"The way I see it, if you want the rainbow, you gotta put up with the rain." — **Dolly Parton**

Till next time. Take Care *Jean*



Congratulations and Condolences

We say Happy Birthday to Merv Bryant, Di Chilcott, Joy Smith, Karen Brown, Carl O'Neill, Brian Batchelor, Ron Saming, who are celebrating a birthday in June

Special Greeting to Heather Scott who will be celebrating her 90th birthday on 27th June.

We send our condolences to the family and friends of Dorothy Smoothy who passed away several weeks ago.

Spider venom key to pain relief without side-effects

Molecules in tarantula venom could be used as an alternative to opioid pain killers for people seeking chronic pain relief. University of Queensland researchers have designed a novel tarantula venom mini-protein that can potentially relieve severe pain without addiction. Dr Christina Schroeder from UQ's Institute for Molecular Bioscience said the current opioid crisis around the world meant urgent alternatives to morphine and morphine-like drugs, such as fentanyl and oxycodone, were desperately needed.



"Although opioids are effective in producing pain relief, they come with unwanted side-effects like nausea, constipation and the risk of addiction, placing a huge burden on society," Dr Schroeder said.

"Our study found that a mini-protein in tarantula

venom from the Chinese bird spider, known as Huwentoxin-IV, binds to pain receptors in the body. By using a three-pronged approach in our drug design that incorporates the mini-protein, its receptor and the surrounding membrane from the spider venom, we've altered this mini-protein resulting in greater potency and specificity for specific pain receptors. This ensures that just the right amount of the mini-protein attaches itself to the receptor and the cell membrane surrounding the pain receptors."

Dr Schroeder said the mini-protein had been tested in mouse models and shown to work effectively.

"Our findings could potentially lead to an alternative method of treating pain without the side-effects and reduce many individuals' reliance on opioids for pain relief," she said.

Source: GEMS—U3A online

University of Queensland. "Spider venom key to pain relief without side-effects." ScienceDaily. ScienceDaily, 14 April 2020. <www.sciencedaily.com/releases/2020/04/200414105558.htm>.

Hearing aids may delay cognitive decline

Wearing hearing aids may delay cognitive decline in older adults and improve brain function, according to promising new research.

Cognitive decline is associated with hearing loss, which affects about 32 per cent of people aged 55 years, and more than 70 per cent of people aged over 70 years. Hearing loss has been identified as a modifiable risk factor for dementia.

University of Melbourne researchers have tested the use of hearing aids in almost 100 adults aged 62-82 years with hearing loss.

Participants were assessed before and 18 months after having hearing aids fitted on their hearing, cognitive function, speech perception, quality of life, physical activity, loneliness, mood and medical health.

Most notably, 97.3 per cent of participants in this study showed either clinically significant improvement or stability in executive function -- their mental ability to plan, organise information and initiate tasks.

Women, in particular, showed significant

improvements in working memory -- used for reasoning and decision-making -- as well as most other cognitive functions assessed.

The study also found more frequent use of hearing aids was associated with greater improvements in cognitive function, and women were much more diligent at wearing the devices than men.

University of Melbourne Associate Professor and Chief Investigator of the study, Julia Sarant, said improvement in cognitive function is something that is not usually seen in older adults.

"Although there are successful treatments for hearing loss, there is currently no successful treatment for cognitive decline or dementia," Associate Professor Sarant said.

"This research is a positive step in investigating the treatment of hearing aids to delay cognitive decline.

"Further research is underway to compare cognitive outcomes from a larger sample size with those of a healthy aging comparison group of older Australians with typical hearing for their age."

Source GEMS—U3A

Material provided by University of Melbourne



Are generic medicines the same as brand-name medicines?

In the way they work, yes. In other ways, maybe not. Every medicine has two names:

- a brand name, which is given by the pharmaceutical company that markets the drug
- A generic name, which is the drug's 'active ingredient' that makes it work

When a medicine with a new active ingredient first appears, it is protected by a patent for several years. The patent is designed to allow the company to make enough profits to recover the money it spent developing the medicine, or on buying the rights to market it.

While the medicine is covered by patent, other companies cannot sell a similar medicine containing the protected active ingredient. After the patent expires, other companies are allowed to develop medicines based on the active ingredient. These are known as 'generic' medicines. There may be several of them with different brand names, but the same active ingredient as the original.

Generic medicines may be different from the brand name version in shape, size and colour and packaging and 'inactive ingredients' that do not contribute to the treatment effect of the medicine

Are generic medicines as effective and safe as brand-name medicines?

Yes. Because they contain the same active ingredient and dose, they will work in the same way.



Generic medicines can only be sold in Australia if they meet the same strict standards of quality, safety and effectiveness as the original.

Why are generic medicines often less expensive?

Generic medicines cost less than brand-name medicines because the manufacturers have not spent money on research and development of the medicine, or buying the rights to sell it.

What to consider when offered a generic medicine

- A generic medicine will cost you less than the original and will have the same effect as the original.
- You may choose not to switch to avoid confusion, especially if you take several different medicines.

If you have allergies, you would want to check whether or not the generic medicine contains something you are allergic to.

Sources: NPS MedicineWise <https://www.healthdirect.gov.au/generic-medicines-vs-brand-name-medicines>

Indian Cauliflower and Chickpea Bake

130g cherry tomatoes

1 small cauliflower, cut into large florets, small leaves reserved

1/4 cup korma curry paste

400g can chickpeas, drained, rinsed

1 small red onion, cut into thin wedges

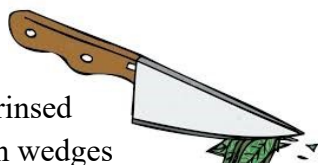
1 lemon, cut into wedges

1/2 cup plain Greek-style yoghurt

Fresh coriander leaves, to serve

Preheat oven to 200C/180C fan-forced. Grease a large baking tray with sides.

Thickly slice cauliflower florets. Place korma curry paste in a large bowl. Add cauliflower, chickpeas and onion. Toss to combine. Transfer mixture to prepared tray. Season with salt and pepper. Add lemon wedges, tomatoes and reserved cauliflower leaves. Roast for 40 minutes or until cauliflower is tender and beginning to char.



Dollop vegetables with yoghurt. Season with salt and pepper. Top with coriander leaves. Serve.

Impossible Pie

1/2 cup plain flour

1 cup caster sugar

1 cup desiccated coconut

4 eggs

125 g butter

2 cup milk

Lightly grease a straight-sided 24cm pie dish.

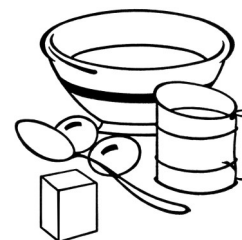
Pre-heat the oven to 160°C.

Sift flour into a bowl. Stir in the remaining ingredients.

Pour mixture into prepared pie dish; bake in a slow oven for about 45 minutes or until lightly browned and set.

Serve warm or cold, with fruit and ice cream.

Make sure you cook in a slow oven or the custard layer will scramble



From the Senior Community Care Services Officer



HOME ASSIST SECURE

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



Community Care Services

Coming out of Restrictions

There seems to be a light at the end of the tunnel—so it seems. So much media hype and TV stories creating panic, it's so easy to become caught up. Be wary of scams and if you need reassurance, give us a call—we are here to assist

We are commencing some 'normality' of services gradually. With the Home Assist Secure services—we will only visit if you have rung and requested a service. No causal drop ins.

Our group services have commenced, with all the safety protocols in place ie: hand hygiene, cough etiquette and social distancing.

It is important for your safety and ours that we maintain and enforce these protocols. If you feel unwell or sick, please do not be in contact with others. Call your local medical centre or hospital for advice. If you have symptoms—we **will not** be able to transport you.

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

Social Distancing



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.

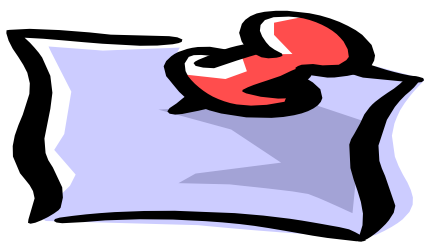
After we receive your referral from My Aged Care, we then Project Manage the referral, construction, contractors, materials and other services, who will work with us and you to ensure your needs are met.

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.

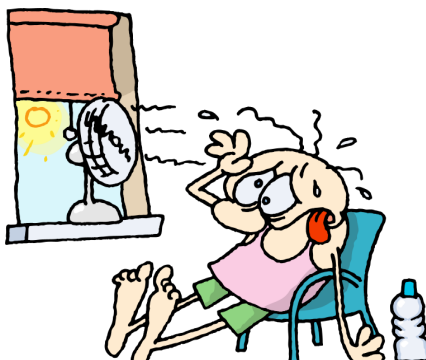
Community Care Services Office (Barcaldine)

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

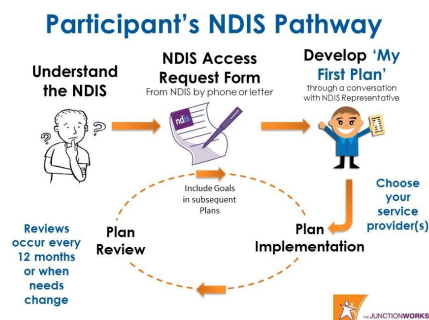
Our office is not manned all the time. If you ring, please leave a message so we can contact you when we return. **We will call you back, if you leave a message!**



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 Co-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

COVID-19 and our services

Firstly, I think it is important to state that there is no need for alarm or drama.

We have always taken very seriously infection control, with Policies and Processes in place and yearly training units completed by all staff ie Hand washing, et-quette when coughing and sneezing.

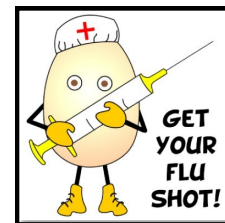
You need to maintain healthy habits at home and when you are out. If you feel unwell—flu like symptoms (the coronavirus is related to the common cold) contact the doctor and keep isolated from others.

Our services continue to be delivered to your home, with the re-commencement of Home Assist Services and travel within the district.

We must all remain vigilant to ensure we remain safe, so we will ensure social distancing to protect you and us.

If there is anything we can assist you with ie: collection of groceries, prescriptions or other supplies, give us a call and we will work something out for you.

We are all in this together, so we will assist you as best we can.



Field Officer Update

May Focus:

The focus for 2020 is **appreciation!**

SMOKE ALARMS

Most have been visited and completed now. If you have missed out, please call the office and we will organize a visit.



We are only visiting if you have made a request for a service.

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! 📞



June 2020

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

June 2020

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 Men's Shed	2 60 + exercises & Talk	3	4 60 + Tai Chi	5 60 + Croquet Oak St park	6	7
8 Men's Shed	9 60 + Exercises Hoy	10	11 60 + Tai Chi	12 60 + Croquet Oak St park	13	14
15 Men's Health Week 15- 21 June	16 60 + Exercises Meeting	17	18 60 + Tai Chi	19 60 + Croquet Oak St park	20	21
22 Men's Shed	23 60 + Exercises Bingo	24	25 60 + Tai Chi	26 60 + Croquet Oak St park Lunch	27	28
29 Men's Shed	30 60 + Exercises					

All 60 & Better activities are subject to COVID safety protocols. There is a maximum of 20 people in the building at one time. Social activities will not exceed 2 hours and tai chi, exercises and croquet will be less than an hour.

Physical distancing requires people to maintain a distance of 1.5 metres from others and 4m² of space per person. Please let me know if you intend to come to hoy, bingo, talks before hand as the limit of 20 people strictly applies and those who don't book ahead may not be able to take part.

Down Memory Lane Lunch will be on Friday 26th June. Everyone will have the opportunity to contribute to the lunch, whether it's preparing the food or cooking or serving or table service or dishwasher duties. We can all do something as a shared experience. I think we are making pizza from scratch or a pasta dish.

Do you know these cartoons or comic strips?

1. Whoa! There is a guy in a skin-tight purple superhero outfit. He is the 21st of his kind, preceded by his father, grandfather, etc. He lives in Skull Cave in the fictional African country of Bengalla. He has a horse named Hero and a trained wolf named Devil. Who is this "ghostly" masked crusader?
2. Which cartoon strip features ants playing golf, a toothless crocodile, ducks that have to attend flying school, a pair of lazy toads named Mort and Wart, and rats who surf through sewer pipes?
3. Which comic strip takes its name from a dormant volcano and National Park in New South Wales?
4. 'Footrot Flats' is a very funny cartoon about a dog's view of farming life in rural New Zealand. The owner of the farm is Wal Footrot, but do you know who Wal's part-time girlfriend is?
5. Stan Cross drew what has been called the 'funniest Australian cartoon ever' way back in 1933. What was the subject depicted over the tagline 'For gorsake, stop laughing, this is serious!'?
 - a) Two men clinging to a scaffold outside a tall building
 - b) An accident, involving a car bouncing off a rubber tree
 - c) A man trying to extricate a deadly tiger snake from his pants
 - d) An ill-tempered mother-in-law and a rather messy pigsty
6. Ginger Meggs is one of Australia's longest running strips, having first appeared in newspapers in the 1920s. His archenemy is Eddie Coogan, and he is constantly being beaten up by Tiger Kelly. Ginger's parents are named John and Sarah, but what is his young brother's name?
7. 'Holey moley' is associated with which comic book hero?
8. What is the name of Blondie and Dagwood's dog?
9. A great dane stars in which comic strip?
10. Which political satirist was known in the 1980s for his 'Playmates' calendars, depicting famous Australians in the nude?



An Englishman, a Frenchman, a Spaniard and a German are trying to get a glimpse of a juggling street performer over a crowd. The street performer notices this and stands on a box to give them a better view. "Can you see me now?" he asks.

The men respond, "Yes." "Oui." "Si." "Ja."

Little Johnny and his family lived in the country, and as a result seldom had guests. He was eager to help his mother after his father appeared with two dinner guests from the office.

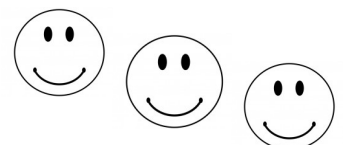
When the dinner was nearly over, Little Johnny went to the kitchen and proudly carried in the first piece of apple pie, giving it to his father who passed it to a guest. Little Johnny came in with a second piece of pie and gave it to his father, who again gave it to a guest.

This was too much for Little Johnny, who said, "It's no use, Dad. The pieces are all the same size."

China has a population of a billion people. One billion. That means that even if you're a one in a million kind of guy, there are still a thousand others exactly like you.

Why is it that your nose runs, but your feet smell?

A magician was driving down the road... then he turned into a driveway.



Puzzle Solutions

1. The Phantom
2. The Swamp
3. Warrumbunglers
4. Cheeky Hobson
5. a. Two men clinging to a scaffold
6. Dudley
7. Captain Marvel
8. Daisy
9. Mamaduke
10. Larry Pickering

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

Croquet: Friday 9:00am Oak St Park

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



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

Funded by



Queensland
Government



Under the auspices of
Barcaldine Regional Council

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Secretary: Pam Miller

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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

