

GARDEN

CITY NEWS

Happy
Mother's
Day!

VOLUME 24

ISSUE 4

MAY 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.

To Be or Not to Be a Volunteer ?



So What? It's volunteers week soon. That has very little to do with the state of affairs here. (You Reckon)?

Have you considered how many people do a little for someone else or participate in community activities and events to make them happen? Volunteers come from all ages with different skills and experiences and reasons for helping others and causes they believe in.

Being a volunteer is not a difficult process. It does entail being prepared to put some of your time and maybe talents and

other resources into an area or areas where you feel you can contribute to the wellbeing of others, whether it is in the local community or nationally or worldwide.

The benefits of volunteering to volunteers are not measured directly in monetary terms but rather in the sense of satisfaction and achievement that is more than the thank you from those who have been helped. The friendships and connections made, create networks that give a greater understanding and sense of purpose to many. The rewards are many if not always tangible.

In monetary terms the value of volunteers is phenomenal. It is not only governments that profit from volunteer efforts. According to Volunteering Australia, 31% of people aged over 65 years volunteered and did an average of 104 hours of volunteer work per year.

I believe that everyone has benefitted from the actions of a fellow life traveller who shared a little of him / herself in giving to others. If you are a volunteer thank you for your care and consideration of others. If you'd like to be a volunteer and are waiting to be asked, take the plunge and contact the people in the organisation where you'd like to help.

Coordinator's Post

The Cent Sale held on 14th April was one of the best attended cent sales we have held. We say thank you to the people who attended or bought tickets and supported us so well. A small band of workers coordinated prizes and buckets for tickets on the tables, prepared afternoon tea and generally organised the afternoon. It is with much appreciation that I say thank you and well done to that group. Of course without the generous donations of so many people there would not be as much choice in the selection of prizes to win. So thank you to all who contributed prizes. Thank you also to Leah and Emma-Jane who help on Saturday afternoon.

Did you know that Barcaldine 60 & Better Program has been in existence for 24 years in May. The first meeting was held on 13th May 1994 and a newsletter had already been produced by that date.

Health Talk for May is Tuesday 1st May and is about history of Barcaldine. We'd value input from anyone who has some local knowledge or needs to clarify a point regarding the long and not so long past decades of the district's history.

Hoy will be played on Tuesday 8th May following exercises and morning tea. It will start about 10:00am. It cost \$5 for morning tea and one set of 13 cards. All Welcome.

The May committee meeting will be at 10:00am on Tuesday 15th. Please come and offer suggestions and feedback to keep the program operational.

Friday 18th May at 10:00am Erin, Exercise Physiologist and Jane, Continence Adviser from NWRH will be visiting The Willows. Come and share morning tea and find out how they can help you. All Welcome!

Bingo will be played on Tuesday 22nd May. The last day we played we were able to decide on games and develop a routine for play.

As there are five Tuesdays in May we thought about a trip on that 5th day (29th May). Unfortunately the council bus is unavailable so a games morning (cards, board games) and general chit chat may have to suffice. There is time to change if you have a better idea.

Till next time. *Try and fail, but never fail to try. Jean*

Birthday Greetings

We send birthday greetings to Del Scott, Sid O'Dell, John Mackinnon who have a birthday in May. Special Birthday Wishes go to Jim Lynch. Jim will celebrate his ninetieth birthday towards the end of May.

SCAM Emails

Tips for avoiding scam email

- If you do not have an account with the organisation, don't open the email.
- Hover over the sender to see the full details and check if the @ matches the name of the organisation. If not, don't open the email.
- Be suspicious of any email from an unknown source that insists on 'urgent action'. This is a ploy to make you click before you think.
- Hover over the link to see the full details and check if the domain name matches the organisation. If not, don't open the email.
- Be extremely wary of the terms 'free', 'complimentary' 'claim your prize'.
- Also watch out for emails that claim to have paid your invoice or attached a remittance advice. The documents attached to these most likely contain a virus.
- Finally, if in doubt, delete. If it is an organisation you have an account with, or a government department, they will find another way to contact you. *Source:* <https://www.yourlifechoices.com.au/>

Tuna Mushroom Melts

- 1 x 425g tin tuna in spring water, drained, and crushed with a fork
- 1 clove garlic, crushed
- 2 teaspoons lemon pepper seasoning
- 1/4 cup chopped flat-leaf parsley
- 4 field mushrooms (600g), stems removed and finely chopped, caps left whole
- 80g Swiss cheese, thinly sliced
- 160g avocado, mashed
- 1 tablespoon lemon juice
- 2 multigrain crispbreads, halved diagonally



Preheat the oven grill to high. Combine the tuna, garlic, lemon pepper seasoning, parsley and chopped mushroom stems in a bowl. Season to taste with freshly ground black pepper.

Spoon the mixture evenly into the mushroom caps and top with the cheese. Transfer to a baking tray and cook under the grill for 5–7 minutes or until heated through and the cheese is melted and golden.

Meanwhile, combine the avocado and lemon juice in a bowl. Spread the mixture evenly over the crispbreads and season to taste with freshly ground black pepper.

Serve the mushroom melts with the avocado crispbreads.

Citrus delicious

- 155g (3/4 cup) caster sugar
- 40g light dairy spread
- 1 teaspoon finely grated lemon rind
- 1 teaspoon finely grated orange rind
- 2 eggs, separated
- 2 tablespoons fresh lemon juice
- 2 tablespoons fresh orange juice
- 250ml (1 cup) skim milk
- 75g (1/2 cup) self-raising flour
- 1 egg white
- Icing sugar mixture, to dust



Preheat oven to 180°C. Use an electric beater to beat together sugar, dairy spread, lemon and orange rind and egg yolks in a bowl until creamy.

Add the combined juices and milk and combine. Sift over the flour and fold to combine. Use an electric beater to whisk the egg whites in a clean, dry bowl until soft peaks form. Fold the egg whites into the flour mixture.

Pour the citrus mixture into a 1.25L (5-cup) capacity ovenproof dish and place in a roasting pan. Pour in enough boiling water to come halfway up the side of the dish. Bake in oven for 35 minutes or until golden brown.

Dust with icing sugar to serve.

Maintaining good oral health:

Good oral health is important no matter what your age. The easiest way to maintain good oral health is by:

- brushing your teeth twice a day using a soft toothbrush
- using fluoride toothpaste
- flossing daily
- visiting the dentist regularly
- drinking plenty of tap water



limiting your consumption of soft drinks, sports drinks and sweet foods.

Concerning issues:

- discoloured teeth
- overcrowded teeth
- smoking and your oral health
- gums bleeding when brushing your teeth
- dentures
- the impact of any medication that you are taking on your oral health.

If you are concerned by any of the issues above, please contact your dentist. They should provide you with information and an individual diagnosis that is best for your oral health.

Source <https://www.health.qld.gov.au/oralhealth/>

Exercise and Bone Density

Regular physical activity and exercise plays a vital role in maintaining and optimizing bone density throughout life and as we age. The specific goals of exercising for bone health continuously change throughout life; from building maximum bone strength in childhood and adolescence to reducing bone loss and optimising quality of life in old age. For the elderly, the focus is on prevention of sarcopenia (muscle wasting) and addressing risk factors for frailty and falls, particularly difficulties in balance, walking ability and mobility.

Bone strength effectively can be addressed through different types of exercise. Bones ultimately become stronger when a certain amount of load is placed on them. Exercises recommended for good bone health include:

- Weight-bearing aerobic exercise (exercise done while on your feet) – for example, brisk walking, jogging and stair climbing.
- Progressive resistance training (lifting weights that become more challenging over time).
- Moderate to high impact weight-bearing exercise – for example, jumping, skipping, dancing, tennis
- Resistance training requires muscles to contract when lifting weights, placing stress on the muscle and related bones. The bones strengthen as they adapt to this extra strain. It is best to target specific muscle groups around areas that are most vulnerable to osteoporotic fractures (hip and spine). It is also wise to strengthen leg muscles to improve balance.

Importantly, the amount of exercise, weight used and degree of difficulty with each exercise must increase or vary over time based on one's individual needs and health status in order to obtain optimal benefits and avoid adverse effects from exercise.

Balance Exercises and Falls Prevention – Staying on your Feet

Falls increase with age, with substantial patient harm resulting in high healthcare utilisation. A fall is defined by the World Health Organization as an event which results in a person coming to rest inadvertently on the ground or floor or other lower level. Despite the fact that the natural ageing process often places older adults at an increased risk of fall-

ing evidence is strong that with appropriate and targeted exercise, individuals can improve their balance and reduce their falls risk. Interestingly, 50% of all falls occur around the home and approximately one third of people over 65 fall each year. It is also estimated that around 6% of falls result in a fracture so preventing falls has become an important part of managing bone health and functional ability.

Common causes and noted risk factors of falls include, but are not limited to; poor muscle strength, low blood pressure, inner ear complications, functional impairment, cognitive impairment, medication side effects, poor nutrition, poor vision and hazards in the environment. Despite these risk factors, exercise programs of a high volume that incorporate some resistance and/or weight bearing components and prescribe static and dynamic balance and agility exercise can reduce falls risk by greater than 20%, with an increasing impact for those at increased age. It is recommended that exercises that challenge balance in the following three ways for falls prevention and are performed for at least 2 hours a week on an ongoing basis

- Reducing the base of support
- Moving the centre of gravity (by controlling the body's position while standing)
- Reducing the need for upper-limb support (by using standing exercises that do not need the arms for support)

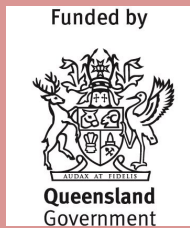
Exercise for good balance include:

Heel to toe stance, Heel to toe walking, Sideways walking, Backwards walking, Seated Knee Extensions, Standing Leg Curls, Toe Raises, Step Ups, Standing on one leg (with hand support as needed), Repeated chair stands (getting up and down from a chair), Tai chi

Prolonged longevity, independence, increased well-being, increased muscle strength and power and physical performance are just some of the notable benefits obtained when completing exercises targeted at falls prevention.

Source: [www.http://exerciseright.com.au/category/exercise-ageing/](http://exerciseright.com.au/category/exercise-ageing/)

HOME ASSIST SECURE



CENTRAL & FAR WEST HOME MODIFICATIONS

Barcaldine & District Home Assist Secure

From the Project Coordinator

The NBN and what happens next....

A few things to know:

1. It is available in our area now
2. You have 18 months from connection date of NBN to upgrade. After that the 'old' system will be turned off.
3. If you do nothing, in 18 months, you won't have a phone service!
4. There are lots of providers
SHOP AROUND FOR THE BEST DEAL
5. **You** will need to contact your phone provider for advice
6. Alpha, Jericho, Aramac & Muttaborra will be on Skymuster (NBN satellite service)
7. For any issues or information ring NBN co on
1800 687 626

Happy to assist and direct you but we will not be installers or contact your service provider

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

Inside this issue:

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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.

SMOKE ALARMS

Bill has been around to many of you to service smoke alarms and change batteries. If he hasn't been to you yet, be patient. He is working through a list of all clients.



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

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.

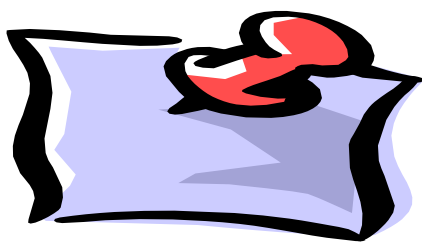
After we receive your referral from My Aged Care, we then Project Manage the referral, construction, contractors, materials and other services, who will work with us and you to ensure your needs are met.

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.

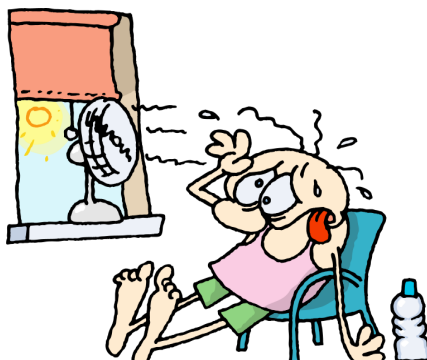
Information Sessions, Call and Messages

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

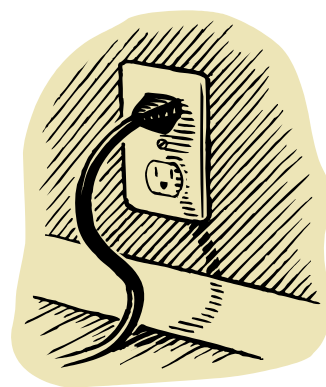
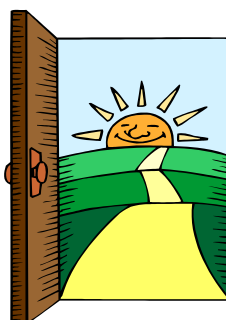
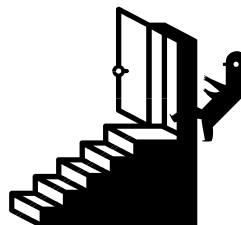
Our office is not manned all the time. If you ring, please leave a message so we can contact you when we return. **We will call you back, if you leave a message!**



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

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

**Try to learn something
about everything and
everything about
something!**

Leave and Holidays ...

All staff are entitled to Holidays and Leave, as the need arises. Sometimes, life events cause us to rush off without notice!

Generally, our holidays are taken at 'quieter' times during the year, so as not to adversely effect the services we provide you.

We can't help where Public Holidays fall, however. If we miss you because of a Public Holiday, we will aim to make up any visits if the need arises.

BRC requires us to take our Leave and Holidays, in accordance with Policies and Procedures, so sometimes it is just organising things the best we can.

We will always ensure to advise you, if possible, when we are on holidays or leave.



Field Officer Update

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

May Focus:

Smoke Alarms!

We will catch up on smoke alarms and also look at those steps and access points to you home. Wobbly steps are an easy fix. Don't wait for an accident or a fall and then say, "I've been meaning to get that fixed!"

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!


May 2018

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

Home Assist Secure Schedule of Events

- ◆ 25th April to 7th May—Bill on Leave
- ◆ 7th May—Labor Day Public Holiday

May 2018

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|--|---|--|--|---|---|
| | 1 60 + Exercises Talk | 2 | 3 60 + Tai Chi Craft | 4 Croquet | 5 Tree of Knowledge Festival Races Town Party | 6 Rev Fest Mini Trains at museum Ecumenical Church |
| 7 Labour Day Holi- day Parade | 8 60 + Exercises Hoy | 9 CHSP Lunch | 10 60 + Tai Chi Craft | 11 | 12 Barcaldine P A & H Society Show | 13  |
| 14 Men's Shed | 15 60 + Exercises Meeting | 16 | 17 60 + Tai Chi Craft | 18 Croquet 10:00am Morning Tea at The Willows | 19 | 20 |
| 21 Men's Shed | 22 60 + Exercises Bingo Stargazing Live broad cast 8pm | 23 CHSP Lunch Stargazing Live broad cast 8pm | 24 60 + Tai Chi Craft Stargazing Live broad cast 8pm | 25 Croquet | 26 | 27 |
| 28 Men's Shed | 29 60 + Exercises Activities | 30 | 31 60 + Tai Chi Craft World No Tobacco Day | | ABC Stargaz- ing Live can be viewed at The Wil- lows. | |

“There’s no way to be a perfect mother and a million ways to be a good one.” —Jill Churchill



MAGIC SQUARES Fill in the grids so that each column, row and diagonal add up to the given sum.

The sum is 102.

| | | | |
|----|----|----|----|
| 48 | | | |
| | 30 | 33 | 24 |
| | | | 36 |
| | 45 | 42 | 3 |

The sum is 34.

| | | | |
|---|----|---|----|
| | | | 1 |
| | 11 | | 14 |
| 3 | 10 | | |
| | 5 | 9 | 4 |

The sum is 136.

| | | | |
|---|----|----|----|
| | | 48 | 4 |
| 8 | | | 56 |
| | 40 | | |
| | 20 | 36 | 16 |

The sum is 102.

| | | | |
|----|----|----|----|
| | 42 | | |
| 36 | 21 | 18 | |
| 24 | 33 | | |
| 39 | | | 48 |

Around 5000 years ago the Ancient Egyptians built a great civilisation.

10 Ancient Egypt themed words have been scrambled. See if you can unscramble them to see what they are.

Dimrpya _____

Mpeelt _____

pcocina rja _____

Xiphns _____

Oatlarpec _____

Lnrie _____

Hrhoapa _____

Yetgp _____

asrpryu _____

Mymum _____

A man walked into the chemist and told the pharmacist that he needed something to stop hiccups. Pausing for just a few seconds, and without saying anything, the pharmacist reached across the counter and slapped him in the face.

“What was that for?” the shocked man asked angrily.

“Well you don’t have the hiccups any more, do you?” the pharmacist replied.

“No, but my wife out in the car still has them,” the man replied.

A retired woman was getting restless and wanted to make some quick cash so she bought a guitar and taught herself how to play some of her generation’s favourite songs. After much practice, she finally got herself hired at a nursing home to play to patients by their bedside.

After serenading one bedridden old woman she got up to leave and said, “I hope you get better soon.” The patient smiled and nodded, “I hope you get better too, dear.”

A gentleman who had always been overweight finally started to shed the extra kilos. An amazed friend asked him which diet plan he was using.

“Oh it’s the donut plan,” the overweight man replied.

“Wow that sounds like a great, how does it work?” asked the friend.

“Well you eat one donut a day,” said man.

“Your telling me that eating one donut a day has helped you loose that much weight?”

“Yes,” the gentleman replied. “I use to eat six a day.”



On 22nd,23rd,24th May **ABC Stargazing Live** will be telecast at 8pm. For those interested in watching this in a group setting the program will be shown at The Willows on each of those nights. Light supper will be provided.

Please let Jean know if you are interested in attending (Ph 46512354, email jeanw@barc.qld.gov.au).



PUZZLE SOLUTION

Egyptian Themed Words

Pyramid, temple, canopic jar, sphinx, Cleopatra, Nile, pharaoh, Egypt, papyrus, Mummy

Solutions to Magic squares can be viewed at The Willows if you were unable to solve them.

Barcaldine 60 & Better Program - A Healthy Ageing Program

Funded by



Under the auspices of
Barcaldine Regional Council

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 8:30am Oak St park

Health Talk: 10:00am 1st May

Hoy: 10:00am 8th May

Meeting: 10:00am 15th May

Bingo: 10:00am 22nd May

Games: 10:00am 29th May



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

