

Happy
Mother's
Day!

GARDEN CITY NEWS

VOLUME 25

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May 2019

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.



Heart Week 28 April – 4 May 2019

Heart Week 2019 focuses on encouraging more people to understand their risk factors for heart disease and take the right steps to reduce this risk .

Heart Disease is Australia's biggest killer, taking 51 lives every day. One-fifth of Australians aged 45-74 years are at high risk of having a heart attack or stroke in the next five years.

The best way to look after your heart is with a healthy lifestyle. Regular physical activity makes you less likely to have a heart attack or develop heart disease. Reduce the time you spend sitting every day and break up sitting time to help improve your heart health.

Be smoke free, be physically active, achieve and maintain a healthy weight, enjoy a variety of nutritious foods, manage blood pressure, manage cholesterol and diabetes (if present), look after your mental health.

NVW

NATIONAL VOLUNTEER WEEK
Making a world of difference
20-26 May 2019

Volunteering Australia defines volunteering as 'time willingly given for the common good without financial gain'.

Australian volunteers contribute at estimated \$290 billion to the national economy annually, yielding a 450% return for every dollar invested.

Over 13,000 volunteers have worked overseas in developing countries since the 1950s through community and government supported programs.

In 2016 Australians collectively volunteered 932 million hours in their local communities.

At 60 & Better

Our **Cent Sale** on 12th April was very successful, socially and financially. We say thank you to all the people who attended, the people who provided prizes and especially the workers who completed many tasks to ensure the cent sale went well. A special thanks to Jodi, Leah and Nikki who were responsible for distributing prizes and the drawing of tickets and covered some metres across the hall floor.

The **Easter Raffle** (Bunny with the money), was drawn on Thursday 18th April. First prize of \$200 was won by Shirley Storey. Ron Saming won second prize, Digger Acton won third prize and Christina Stewart won the fourth prize.

The next **talk** is on **Tuesday 7th May** when John van Tebberen from Queensland Ambulance Service will be our guest. Please come along for an informative discussion and morning tea. All Welcome.

Hoy will be on **Tuesday 14th May** starting at about 10:00am. Morning Tea will be from 9:45 am. Cost is \$5 for one set of cards or \$6 for 2 sets of cards.

The May meeting is Tuesday 21st at 10:00am. Please come along with ideas and feedback so we can keep working towards achieving our goals, including an age friendly community where older people are valued and their contributions recognised.

Bingo is on **Tuesday 28th May at 10:00am** after smoko. Join in and maybe take home a prize.

We have talked about a trip to Muttaborra but have not set a date, so if you'd like to visit Muttaborra let me know and I'll arrange a visit if there is sufficient interest.

Does anyone have ideas to mark 25 years of Barcaldine 60 & Better Program being in operation? Any ideas for an inclusive social event will be considered.

With regard to the Over 80's project, we've listed about 60 names of people believed to be over 80 but before a book can be written we need volunteers to help with the many tasks in collecting and collating information. Please talk to someone at 60 & Better if you'd like to help.

Thank you consists of just eight letters that form two of the most meaningful words in the English vocabulary.

Till next time. *Jean*

Condolences

We sadly report the recent deaths of a number of former Barcaldine residents. Our condolence go to the families and friends of Barry Whitfield, Patricia Busk (nee Davis) and Kay Wilkinson (nee Goodwin).

Birthday Greetings

We wish Ron Heumiller Happy Birthday for the 6th May and Dell Scott a Happy Birthday on 25th May. Others celebrating May birthdays are Sid O'Dell, John Mackinnon and Jim Lynch. Happy Birthday.

Pumpkin and Sweet Potato Soup with Coconut Milk

- 1 tablespoon (20ml) vegetable oil
 - 1 onion, finely chopped
 - 1 leek, chopped
 - 500g peeled and diced pumpkin
 - 380g sweet potato, peeled and cubed
 - 1L liquid vegetable stock
- 1 1/4 cups (315ml) light coconut milk



1. Heat the oil in a soup pot over medium heat. Add the onion and leek and cook for a few minutes until soft. Stir in the pumpkin, sweet potato and vegetable stock. Bring to a boil then cover and reduce heat to low.

2. Simmer for about 15 minutes, or until vegetables are tender. Mash vegetables coarsely using a potato masher. Stir in the coconut milk, season with salt and pepper and serve.

Working later in life can pay off in more than just income Source: <https://www.health.harvard.edu/>
Benefits such as mental stimulation and social engagement are associated with staving off chronic disease. There are many reasons why people are working longer, and some have to do with health. For example:

- Life expectancy has improved. In 1970, life expectancy for people who reached age 65 was 78 for men and 82 for women. Today men and women who've reached 65 will on average live to ages 84 and 86, respectively. "If you expect to live into your 80s or beyond, it's natural that you might still be working in your 60s and 70s," says Dr Nicole Maestas, an associate professor of health care policy at Harvard Medical School who studies the economics of aging, health, and disability.
- Jobs require less physical work. "Many people have less physically demanding jobs in today's information economy, so for some it is easier to continue working," Dr. Maestas explains.
- People in their 60s are in better health today than they were 50 years ago.

Dr. Maestas also identifies two other reasons for working longer. First, education levels have risen, and people who are more educated are more likely to work at any age. Second, as people live longer, they might have to extend their working lives so they can support themselves.

There's increasing evidence that the payoff of working past age 65 may go beyond income. Some studies have linked working past retirement with better health and longevity. Other studies have linked working past retirement age with a reduced risk of

dementia and heart attack.

Working past retirement age might not be beneficial to health for everyone, however. For example:

- Suffering stress on the job has long been recognized as a risk factor for coronary artery disease and stroke.
- If your job is physically demanding, you may have an increased risk of injury.
- If you feel your job lacks meaning, if you're bored, or if you feel "burned out," that may add to stress or affect your mood.

It's not surprising, then, that a number of studies have found health benefits to retiring. For example, a 2010 study of 14,000 people, published in *The BMJ*, found that retiring was linked to a substantial reduction in mental and physical fatigue and depressive symptoms.

The fact is, scientists have found mixed results when they've studied the effect of working past retirement. The mixed findings indicate the health benefits of working simply depend on the individual and his or her circumstances. We do know that staying mentally, socially, and physically active — which working may enable you to do — is good for health.

Mental stimulation and problem solving are good for maintaining thinking skills; social engagement is associated with staving off chronic disease; and staying physically active, even if it's just walking, can lead to both better health and sharper thinking skills.

Does that mean you should keep working? "Yes, if you can," says Maestas. "But be smart about what you're doing. Don't stay in a job you hate. Try to find something that's meaningful and gives you purpose. If you're happy at work, that's one sign that work may be good for your health."

Chocolate Zucchini Cake

- 2 cups (250g) plain flour
- 375g caster sugar
- 65g cocoa powder
- 2 teaspoons bicarb soda
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 4 eggs



- 350ml vegetable oil
 - 100g chopped walnuts
 - 340g grated zucchini
1. Preheat oven to 180 degrees C. Grease and flour a 20x30cm baking tin.
 2. In a medium bowl, stir together the flour, sugar, cocoa, bicarb, baking powder, salt and cinnamon. Add the eggs and oil, mix well.

Fold in the nuts and zucchini until they are evenly distributed. Pour into the prepared tin.

3. Bake for 50 to 60 minutes in the preheated oven, until a knife inserted into the centre comes out clean. Cool cake completely before icing with your favourite icing.

Eating Well - for Older People

Good nutrition is always important and especially as we get older. Good nutrition will help older people to maintain weight, muscle strength, bone strength and independence.

Each day try to eat foods from each of the following groups -

Meat, fish, poultry, eggs, nuts and legumes
Milk, cheese, yoghurt, custard and ice-cream
Bread, cereals, rice, pasta, noodles
Vegetables
Fruit



Fats and oils are part of a nutritious diet. They provide energy and fat soluble vitamins. Fresh, frozen, canned, dried, UHT and other processed foods may all be included. Eat enough to help prevent weight loss. Weight loss can lead to malnutrition.

To help prevent muscle loss, older people need more protein for their size than younger adults.

Muscle loss leads to loss of strength and increases

the risk of falling. Muscle is continuously being broken down and rebuilt. Rebuilding requires a 25g - 30g 'dose' of protein at mealtimes. Small amounts of protein throughout the day will not have the same muscle building effect.

Each of the following will provide 7g of protein - one egg, 200ml milk, 30g cooked meat (enough to fill a matchbox). Include energy foods (carbohydrates, fats and oils) in each meal otherwise the protein will be used for energy instead of muscle building. Resistance training helps to reduce muscle loss and increase muscle strength.

Low fat diets are not appropriate for frail older people. It is better for older people to carry a little extra weight. Unintentional weight loss of 3 - 5 kg (1/2 - 1stone) over a six month period is a concern.

Weight loss leads to poor health outcomes. Talk to your doctor or dietitian if this happens or for any other dietary connected issues.

(Taken from NSW Central Coast Local Health District Information Sheet).

Influenza is a very contagious infection of the airways. It is especially serious for babies, people over 65 years of age and pregnant women. It is important to get the flu shot each year, as the virus changes each year.

Most people will develop immunity within two to three weeks of vaccination. Experts have advised there is recent evidence suggesting that protection following influenza vaccination may begin to wane. As influenza usually occurs from June, with the peak around August, vaccinating from mid-April 2019 will allow people to develop immunity before influenza transmission is at its peak. You can also speak with your doctor for advice on the best time to receive your vaccine, based on your individual circumstances.

Source: <https://beta.health.gov.au/>



Community Annual Influenza Vaccinations

Queensland Health provides free to the following people:

All people over 65 years

All Aboriginal and Torres Strait Islander people aged from 6 months onwards

All children aged 6 months to 5 years. (The Junior vaccine is given to children under 3 years)

All pregnant women

People with serious medical conditions

Please phone hospital administration on 46504000 between 8:30am and 4:30pm weekdays for appointments please

Clinic Days - May

Wednesday 15th, Thursday 16th, Monday 20th, Tuesday 21st

Stephanie Winter Community Nurse

24th April 2019



The Department of Health

HOME ASSIST SECURE

Funded by



Queensland Government



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

Community Care Services

From the Project Coordinator

This day had to come

It is with great sadness that I have to inform you that 'our Bill' Weber, has made the decision to retire in September this year, 2019. His last day will be Tuesday 10th September. This will come as a huge loss to our service, as Bill was not only the 'Field Officer'. His role extended to much more than that—he is our friend, our confidant, our ear of reason and just a really great fella!

As you would be aware, nothing is ever any trouble and he more than often goes over an above to make sure everything is just right. He is giving and selfless, most times to his own detriment.

Bill is going to spend some time doing the things he enjoys, fixing his beloved Jensen's, completing the long list of jobs Donna has for him and travel.

Bill's retirement will impact us greatly. We will recruit to find a replacement for Bill and this person will work with him through August and early September.

I can't guarantee red, flowing locks ladies I will do my best. Seriously, Bill all the best for your retirement. You don't realize your impact or the esteem to which you are held.

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
- ⇒ Covering of Air Conditioners for winter
- ⇒ Servicing and replacement of photoelectric smoke alarms
- ⇒ 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 ...

New Aged Care Standards

There is a change to the Home Care Common Standards that we worked with for the past 5 years. These have now become the single set of Aged Care Quality Standards. Their focus is now on you, as the consumer (the user of our services) your goals and the choices that you make related to your services. This will enable you to have a greater say in the services we deliver to you and tailor them more to suit your needs 👍

Reminders:

Contact

If you need to contact us, details are below:

Office: 07 4651 2187

Bill'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.

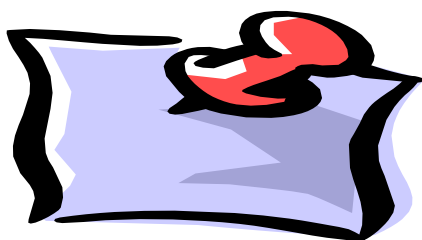
After we receive your referral from My Aged Care, we then Project Manage the referral, construction, contractors, materials and other services, who will work with us and you to ensure your needs are met.

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 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

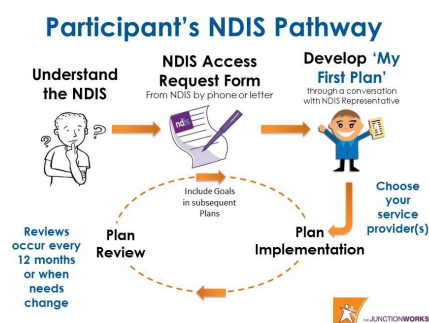
Our office is not manned all the time. If you ring, please leave a message so we can contact you when we return. **We will call you back, if you leave a message!**



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. 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 Coordination



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

We also offer Plan Management support—where we act as the 'bank' for your Plan funds, managing payments and invoices on your behalf.

**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

The best way to cheer
yourself is to try to
cheer someone else up!

Leave and Holidays!

Like most people, sometimes its nice to have a break. We have 'regulated' days that we must take, as part of our Enterprise Bargaining Agreement—like RDO's and statutory holidays. We aim to ensure that services are not impeded by us being away—ensuring that everything has been attended to prior or that someone is available to provide services.

Over mandatory shut down periods—ie Easter and Christmas, emergency situations can be referred to the Barcaldine Regional Council "on call" phone. This will ensure that any situation is covered, as a result of leave and holidays.

As part of our new EB Agreement, we are bound to take our RDO's each fortnight and to use our entitled annual leave.

We will never leave anyone stranded without access to services in an emergency situation—we are here to assist you and help you remain safe in your own home. 👍

Field Officer Update



May Focus:

Steps and Step Treads (Smoke Alarms and Medi-Alert Phones)

May sees Bill checking on steps and step treads and for those who haven't had checks on smoke alarms and medi-alert phones (we've had lots of public holidays to disrupt us all!). Please supply a 9V battery for each of your smoke alarms, so they can be replaced.

Please ask about the jobs around your home, if we can't help, we can certainly direct you to someone who can. Your safety and security, in your home, is our main focus. 📞

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 2019

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

Community Care Services Schedule of Events

- ◆ Reminders:::::
- ◆ May Day Public Holiday 6th May

May 2019

Mon	Tue	Wed	Thu	Fri	Sat	Sun
National Heart Week 28 April - 4 May		1	2 60 + Tai Chi Craft	3 Croquet 8.30am T o K Talent Quest	4 T o K Markets Races Town Party	5 Mini Trains at museum Rev Fest
	Tree of Knowledge Festival					
6 Labour Day Parade	7 60 + exercises Talk	8 CHSP Lunch	9 60 + Tai Chi Craft	10 Croquet 8.30am	11 P A & H Society Show	12 Happy Mother's Day!
13 Men's Shed	14 60 + exercises Hoy	15	16 60 + Tai Chi Craft	17 Croquet 8.30am	18	19 Aged Care Bingo
20 Men's Shed	21 60 + exercises Meeting	22 CHSP Lunch	23 60 + Tai Chi Craft	24 Croquet 8.30am	25	26
NATIONAL VOLUNTEERS WEEK 20 - 26 MAY						
27 Men's Shed	28 60 + exercises Bingo	29	30 60 + Tai Chi Craft	31 Croquet 8.30am		

Some quotes from famous people (Taken from YourLifeChoices newsletter)

Lady Astor: Winston, if you were my husband, I'd put poison in your coffee.

Winston Churchill: If you were my wife, I'd drink it.



Want to know what God thinks of money? Look at the people he gave it to. – Dorothy Parker, writer

I have noticed that even people who claim everything is predetermined and that we can do nothing to change it, look before they cross the road. – Stephen Hawking, physicist

He was so narrow-minded, he could see through a keyhole with both eyes. – Molly Ivins, author

She never lets ideas interrupt the easy flow of her conversation. – Jean Webster, author

The hardest years in life are those between ten and seventy. – Helen Hayes, actress

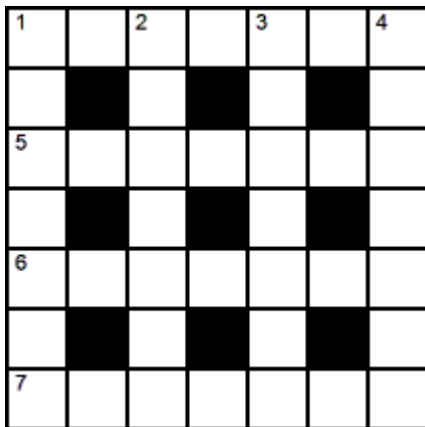
The man who says his wife can't take a joke, forgets that she took him. – Oscar Wilde, playwright

What to do when somebody is trying to start an argument with you? Simply eat a few bikkies. They taste very nice and you can't hear anything over the crunching.

Daddy reads some bedtime stories to make little Jonny fall asleep.

Half an hour later mummy opens quietly the door and asks: "And, is he asleep?"

Little Jonny answers: "Yes, finally."

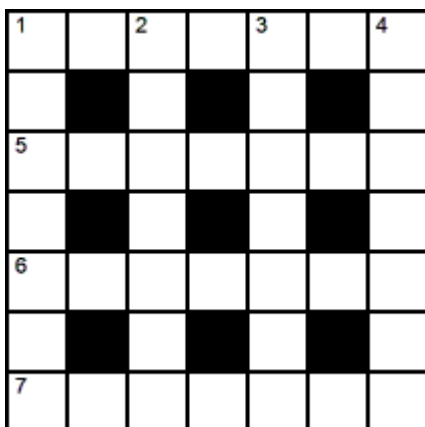


Across

- 1. Move periodically or seasonally
- 5. Request urgently or persistently
- 6. Intransigent
- 7. Clause

Down

- 1. Eye makeup
- 2. Dashing
- 3. Antiquated
- 4. Give the right to



Across

- 1. Wander
- 5. Extraction
- 6. Paradise
- 7. Assuage

Down

- 1. Seafarer
- 2. Supreme commander
- 3. Diverge
- 4. Relinquish



1 Plega
3 wheel
mobility
scooter has
had little use.
good tyres,
front basket,
shade canopy
Needs new
batteries.
\$1500 ONO
Contact
0488572637



Can you unscramble the letters in each word to find ten world cities?

HAHASIGN _____

NOTEDMOVIE _____

ONERUMBLE _____

EASIERBONUS _____

HAILPAIDHELP _____

NILTUBAS _____

ANIMAL _____

GINJIBE _____

ANTISAGO _____

PUBDATES _____

Puzzle Solutions

M	I	G	R	A	T	E
A	█	A	█	R	█	N
S	O	L	I	C	I	T
C	█	L	█	H	█	I
A	D	A	M	A	N	T
R	█	N	█	I	█	L
A	R	T	I	C	L	E

M	E	A	N	D	E	R
A	█	D	█	E	█	E
R	E	M	O	V	A	L
I	█	I	█	I	█	E
N	I	R	V	A	N	A
E	█	A	█	T	█	S
R	E	L	I	E	V	E

Shanghai, Melbourne, Philadelphia, Manila,
Santiago, Montevideo, Buenos Aires, Istanbul,
Beijing, Budapest

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

Talk: 10:00am Tuesday 7th May

Hoy: 10:00am Tuesday 14h May

Meeting: 10:00am Tuesday 21st May

Bingo: 10:00am Tuesday 28th May



Barcaldine 60 & Better Program -

A Healthy Ageing Program

Funded by



Under the auspices of
Barcaldine Regional Council

Executive Committee

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Vice President: Beverly Church

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

