

GARDEN CITY



NEWS



Volume 26

Issue 10

November 2020

A free collaborative newsletter produced by Barcaldine 60 & Better Program (aimed to support older people to stay safe and maintain and strengthen connections to the community, and reduce harm and social isolation) 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.

COTA AGED CARE NAVIGATOR TRIAL

10:00am TUESDAY 3rd NOVEMBER 2020

Morning Tea Provided

The Australian Government has provided funding to organisations to deliver the Aged Care System Navigator Trial. Council on the Ageing (COTA) Queensland is delivering group based information sessions aimed at helping people living in rural and remote areas to understand and engage in the aged care system. Community members will be provided with information about how to access aged care supports, as well as informing decisions made by the government about how best to navigate aged care and support. The trial is based on a community hub model where older Australians can support each other in navigating aged care and healthy ageing.

This session will be delivered through Zoom teleconferencing by Paul Gabbert from COTA Queensland.. The session starts at 10:00am and you will be able to ask questions. Please come, whether you receive services or would like to know more about Aged Care Services.

MELBOURNE CUP LUNCH

12:00PM TUESDAY 3rd NOVEMBER

Following COTA Aged Care Navigator Trail zoom conference

Games and Lucky Door Prize

Please come and join us for morning tea, an informative morning and lunch.

Cost for Day \$10

Please let Jean know by Monday 2nd





REGIONAL SENIORS CHRISTMAS LUNCH

TUESDAY 8TH DECEMBER

BARCALDINE TOWN HALL

DOORS OPEN 11:00AM

LUNCH 12:30PM

COST \$10

ENTERTAINMENT

MULTI DRAW RAFFLE

This event is open to all older people residing in the Barcaldine Regional Council area. You do not need to be receiving a pension or care services to attend. For this event we'll regard older persons as those being 65 years of age or over.

RSVP to 46512354 or jeanw@barc.qld.gov.au

SPONSORED BY



By Friday 4th December

At 60 & Better

The months are certainly passing us by. It is November, and there are so many things we want to do before this year finishes. If we keep working towards our goals we'll eventually succeed even if some jobs carry over to next year.

The \$100 board raffle we've been running was won by Gloria Hite and Joyce Rabnott picked up the second prize.

The usual activities are happening in November with the health talk (a virtual meeting with Paul from COTA) on 3rd November. Hoy is on 10th November, the meeting is on 17th November and bingo will be on Tuesday 24th November. We welcome all who want to join us.

Exercises, tai chi and croquet are continuing and we have an exercise bike and treadmill available for use of members. Please talk to Jean for more information.

The final Down Memory Lane Lunch for the year will be on Friday 20th November. The theme for the day will be 'The Places I have Lived'. Please bring a story relating to a house or town / district in which you've lived.

With the warmer weather, please make sure to stay hydrated and be sun smart. Keep Covid safe practices in mind also.

Keep your face to the sunshine and you cannot see a shadow. Till next time. *Jean*

Congratulations, Condolences

Congratulations to Garry Bettiens and True Value Hardware staff and the team from Barcaldine Aged Care on the recent win of the Community Engagement - Small to Medium Business section of Containers for Change, Change Maker Awards.

We wish Keith Anderson and Bev Church a Happy Birthday.

Former Barcaldine resident Keith Boustead recently celebrated his 90th birthday.

On a sadder note we send condolences to the families and friends of Lynn Frazer and Joyce Rabnott. Both ladies will be remembered fondly by those who knew them.

Rheumatoid arthritis

Rheumatoid arthritis (RA) is an autoimmune disease that causes pain and swelling of the joints. The normal role of your body's immune system is to fight off infections to keep you healthy. In an autoimmune disease, your immune system starts attacking your own healthy tissues. In RA, the immune system targets the lining of the joints, causing inflammation and joint damage. RA usually affects smaller joints, such as the joints in the hands and feet. However larger joints such as the hips and knees can also be affected.

The symptoms of RA vary from person to person.

The most common symptoms are:

- joint pain, swelling, and tenderness to touch
- stiffness in the joints, especially in the morning
- symmetrical (the same joints on both sides of the body are affected)

It is not known what causes RA. It is more common in people who smoke and/or have a family history of RA.

Your doctor will diagnose RA from your symptoms, a physical examination and various tests. These can include:

- blood tests for inflammation
- blood tests for antibodies (proteins made by the body's immune system). Testing for anti-cyclic citrullinated peptide (anti-CCP) and rheumatoid factor can help diagnose RA, although not all people with RA will test positive for these antibodies. See the Blood tests for arthritis information sheet.
- x-rays to see if your joints are being damaged by the disease. X-ray changes are rare in the early stages of RA.

It can be difficult, and often takes time, to diagnose RA as the symptoms can be similar to other types of arthritis. If your doctor suspects you have RA you should be referred to a rheumatologist, a doctor who specialises in arthritis.

With early diagnosis and the right treatment, most people with RA can lead full and active lives.

However the course of RA varies and no two cases are exactly the same. Many people with RA experience 'flares', periods when joints become more inflamed and painful. These can happen with no obvious cause. 'Flares' are commonly followed by months or even years when there is little inflammation. RA can cause permanent joint

damage and deformity, especially in the first few years of the disease. The good news is that early diagnosis and treatment is shown to limit this type of joint damage.

Currently there is no cure for RA. However treatment has improved dramatically over the past 20 years, with new medicines now extremely helpful for people in the early stages of RA. Be wary of any products or therapies that claim to cure RA.

Your rheumatologist will tailor your treatment to your symptoms and the severity of your condition. There is no way of predicting exactly which treatment will work best for you. Your doctor may need to trial several different treatments before finding the one that is right for you and may include:

- non-steroidal anti-inflammatory drugs (NSAIDs)
- corticosteroid medicines or injections
- disease-modifying anti-rheumatic drugs (DMARDs)
- biological DMARDs.
- exercise, to keep the joints flexible and muscles strong.

A rheumatologist can diagnose RA and make sure you get the right treatment. If you have RA and have not seen a rheumatologist, ask your doctor about a referral.

Learn about RA and play an active role in your treatment. Not all information you read or hear about is trustworthy so always talk to your doctor or healthcare team about treatments you are thinking about trying.

Live a healthy life. Stay physically active, eat a healthy diet, stop smoking and reduce stress to help your overall health and wellbeing.

Learn how to manage pain and protect joints and cope with tiredness.

As there is currently no cure for RA and it can affect many parts of your life, it is natural to feel scared, frustrated, sad and sometimes angry. Be aware of these feelings and get help if they start affecting your daily life.

Source: <https://arthritisaustralia.com.au/types-of-arthritis/rheumatoid-arthritis/>

Frittata with vegetables

Ingredients:

- 1 teaspoon of olive oil
- 1 small onion, thinly sliced
- 60g zucchini, thinly sliced
- 60g mushrooms, thinly sliced
- 1 310g can of low salt corn kernels, drained
- 2 eggs
- 1 small piece of red capsicum, seeded and thinly sliced
- 2 teaspoons fresh basil, chopped
- 1 small sprig of parsley



Method:

1. Heat oil in a non-stick frying pan and gently cook onion until soft but not coloured. Add zucchini, mushrooms, capsicum and corn and cook, covered, for about 7-8 minutes at a gentle heat, stirring occasionally.
2. Pour eggs over vegetables and top with herbs. Cook over moderate heat until set; about 7-8 minutes.
3. Serve hot or cold.

Chicken and Mushrooms

Ingredients:

- 125g skinless chicken breast, sliced into thin strips
- ½ cup of washed, peeled and sliced mushrooms
- ½ cup of water
- Pinch of paprika
- Chopped shallots to taste
- Freshly ground black pepper to taste

Method:

1. Preheat oven to 180°C.
2. Place ingredients in a casserole dish and season to taste.
3. Cook for 20-30 minutes, or until chicken is soft and cooked through.
4. Serve with a side salad or steamed vegetables.

These recipes are from Whittlesea Men's Shed book "A Beginners Kitchen". These recipes are meant to serve one person.

Portion size – an important key to healthy eating

Did you know that to eat well not only means having a variety of healthy foods each day but also being aware of the size of our food and drink servings?

If you are tuning-up your eating habits, then it is important to also check on the portion sizes of food and drinks that you buy or serve onto your plate, as this is one very important step to having a healthy and balanced diet for life.

Over the years, the 'regular' meal and drink sizes and suggested serve sizes on many food packets have increased, and have often lost touch with what's recommended.

We can also find ourselves tempted by marketing and promotions offering us more food or drink for the same price, especially in takeaway meal deals.

Larger serves on larger plates have also crept into our diets and become the norm when in fact, for most of us, smaller serves would be better for our overall health.

Larger serve sizes, whether at home or eating out,

can often cause us to: over-eat; take in many extra unwanted kilojoules and gain too much weight, make our diets unbalanced; upset our digestive system and trigger indigestion; symptoms such as bloating or belching; .

These four steps will help you serve up a healthy food plate:

1. choose a medium-sized plate or bowl, and avoid large ones
2. now fill half of your dinner plate with a variety of tasty, colourful cooked vegetables or salad
3. next add lean protein foods such as meat, fish, chicken or legumes (chick peas, lentils, kidney beans etc) to take up a quarter of the plate
4. finally, complete the meal by adding in grain foods such as rice, pasta or noodles to take up the remaining quarter of the plate.

Source: <https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/>

in this issue >>>

Job List for Home Assist Secure

Home Modifications

NDIS – National Disability Insurance Scheme

Field Officer Update

Monthly Calendar

CONNECTING a Caring COMMUNITY



Volume: 13
Issue: 10

A Monthly Insight into Community Care Services

let's connect

Our funding Organisations >>>



Our Services include: CHSP (Commonwealth Home Support Program), QCSS (Queensland Community Services Scheme), HCP (Home Care Packages), HAS (Home Assist Secure), NDIS (National Disability Insurance Scheme) and MOW (Meals on Wheels)



Keeping the Dream Alive

Home Assist Secure – the Inside Running

Home Assist Secure is a Queensland Government initiative that supports basic maintenance. There are funding limits to the service. The service, essentially covers most of the labour costs – up to a limit of \$200 per job. There is a \$500 limit per calendar year per client. This pays the hourly rate for Jordan of \$45 per hour – if you need a contractor plumber or electrician, that hourly rate increases.

Any material costs per job are charged directly to you. This includes materials that we purchase on your behalf and equipment we have in stock. Charges for these materials are usually discounted, so you are not paying full pricing.

If you have any questions, please contact us for assistance.

What's all the News? Covid-19 & Services

With easing restrictions in the south-east corner, it is a timely reminder ensure that you do not become complacent and to keep yourself safe. Remember the key to fighting Coronavirus is:

1. Washing your hands
2. Personal distancing 1:2
3. Staying home if you are sick or unwell
4. Get tested if you have symptoms
5. Participant in legal contact tracing initiatives

Personal distancing is a priority ensuring you keep yourself and others safe. Wash your hands regularly and stay safe.



set the stage >>>

What is the NDIS and who is it for?

The NDIS is a registered program to deliver services to people with a disability to enable them to live their best life, access supports at home, engage in social and community activities and access allied health supports

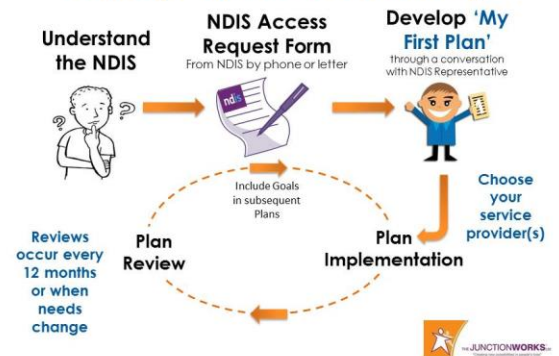
What can I access?

You can access any services that relate directly to your disability. Under the Guidelines, the NDIS will not provide services already supplied by another system ie. Health, Housing, Justice, Child Protection.

How do I get an NDIS Plan?

You must register with the NDIA to get an approved Plan. This is done with one of the Local Area Coordinators. You then choose a provider who can offer services to you, according to the funding and guidance items in you plan.

Participant's NDIS Pathway



What Services can I get?

It depends on your Plan, but generally:

- Plan Management
- Support Coordination
- Daily Tasks
- Social & Community Participation
- Assistive Technology
- Consumables
- Transport



The power of mother nature

On Location!

Brett Walsh and Carl O'Neill recently attended an NDIS Finance Workshop

While in Brisbane recently for an NDIS Workshop, I was lucky enough to capture this image, complete with lightning strikes. The power of mother nature, is incredible, as is the new developments in the NDIS!

then what happens >>>

Developing a Care Plan to suit your needs

We work with you and your registered Plan, to develop the best way to effectively implement your Plan so you can achieve your Goals.

The **GOALS** that you set as part of your Plan, set the stage for what services you receive and how your Plan will be implemented. You have **CHOICE & CONTROL**, so ultimately, its up to you!

We provide you support and transport, if you require it, within the local community, to attend to daily life activities or just to get out and about within the community.

There is no limit to the type of support you receive, as long as it fits within the scope of your Plan and will assist you to develop and achieve your goals.

In time, there will be a focus on daily social, group activities, that will be open to the community and allow daily catch ups, chats, morning teas, opportunities to connect, skill development, games, art projects, gardening and any other activity that will actively engage people and bring them together.

the final thoughts...

Happiness is an attitude. We either make ourselves miserable, or happy and strong. The amount of work and effort is the same!



Some Random Thoughts!

Christmas: the festive season is fast approaching and the time of festivities will begin. With *Personal Distancing*, our new normal, it may mean that Christmas for a great number of us will be very different this year.

Locally, Christmas activities will be a good time to re-connect and catch up with many of those people you haven't seen for quite a while. There is so much media hype around the Covid-19

situation, but it is important to re-establish your connections. As long as you follow the guidelines, it is perfectly safe for you to leave your home, meet with friends and engage with your local community. For whatever reason, this Christmas is an ideal opportunity to re-connect. Don't isolate yourself from meeting up with those people who can support you as a friend and companion and lift your spirits – remember: that's what Christmas is all about



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In the next issue >>>

In The Next Issue

*Job List for Home Assist Secure
Home Modifications
NDIS – National Disability Insurance
Scheme
Field Officer Jobs
Monthly Calendar*



Contact us on **07 4651 2187**

www.barcaldinerc.qld.gov.au/community-information/aged-care-disability-programs





Monthly Calendar for November 2020



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

Jobs for Home Assist Secure!

- ✓ Checking on home security concerns including lighting options
- ✓ Cleaning and servicing of Air Conditioners
- ✓ Construction & Install of Grab Rails (in bathroom & toilet) & Handrails (on steps or ramps)
- ✓ Medi Alert Phone Systems – both monitored & un-monitored, landline & mobile options
- ✓ General house maintenance – minor repairs & maintenance
- ✓ Smoke Alarm replacement, servicing and maintenance
- ✓ Advice on Falls Prevention Strategies
- ✓ Connection with local tradespeople
- ✓ Referral and advice



It's good to be in high demand, but its even better when the work you do is appreciated!

During these difficult times, we are not making our usual 'drop ins'. If you don't ring and organise with Jordan to have work completed, he will not just 'drop in'.

We are protecting you and ourselves during Covid-19



Computer Basics



Probably one of the earliest calculating devices was the abacus. Since then there have been many advances in developing tools to help improve life and do specific jobs. Through the 19th and 20th centuries progressive refinements and discoveries led to the eventual development of personal computers, the internet and the related programs and equipment used in operating a computer. In the 21st century computers and other digital devices have become available for the masses.

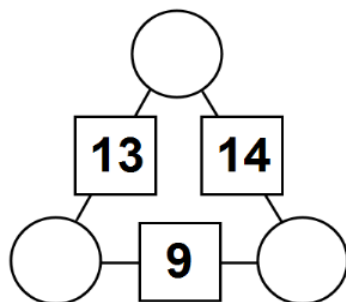
Our world has many digital devices. The computer in various forms (server, desktop, laptop, tablet, smartphone) is an obvious type of digital device. Digital technologies are electronic tools, systems, devices and resources that generate, store or process data. Well known examples include social media, online games, multimedia and mobile phones.

To be able to use these devices and technologies we need to be shown how to use them. Learning

something new can be exciting, but it is for some people a time of worry, as unfamiliar equipment, language and concepts are contemplated. To know the different types of computers, the components, the way to turn a device on or off, how the keyboard and mouse work or how to use a touchscreen requires time and practice and patience. Our reasons for learning to use a computer determine the things we learn and use. While desktops and laptops were once equipment of choice, many people choose a tablet or smartphone to stay in touch with people and do business.

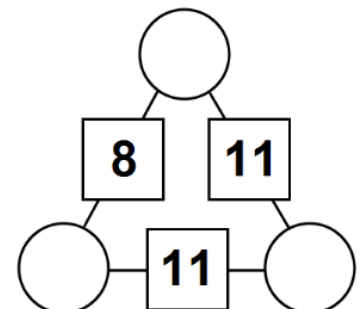
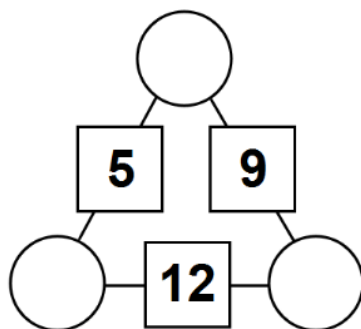
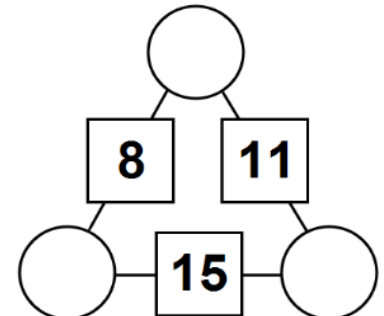
Whatever the device, to communicate with other devices there needs to be an internet connection. Internet refers to the global system of interconnected computer networks . You can connect to the internet in different ways including wireless (wi-fi) or using a 3G or 4G phone network.

There are people of all ages who can help you start. Just ask.



Triangle Arithmagons

The aim of an arithmagon is to work out which numbers go in the empty circles. The numbers in the square boxes are made by adding together the numbers in the circles either side. For example, if the number in the square box was 10 you could try 6 and 4, but the numbers must also add up on the other edges, making this more difficult than it first appears.



BLUE TREE EVENT

FRIDAY 6TH NOVEMBER 2020

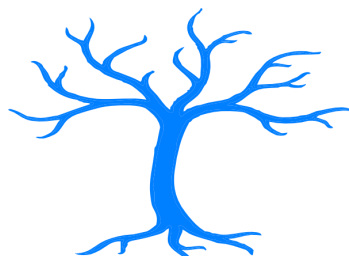
Raising Awareness for Mental Health and Wellbeing

Tree Painting 9-11am

Morning Tea 10—10:30am

Everyone Welcome

Free Community Event



For information, email

info@outbackfutures.org.au

Find out more about the Blue Tree Project :-
bluetreeproject.com.au

November 2020

Tue

Wed

Thu

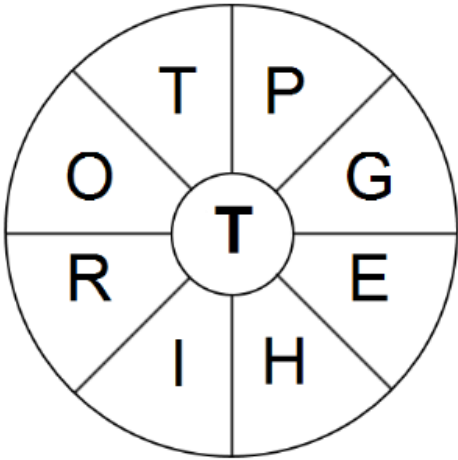
Fri

Sat

Sun

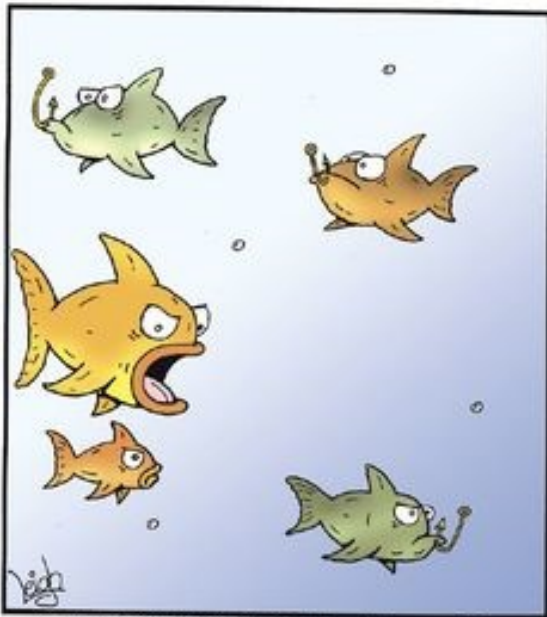
				Friday 6th Nov Blue Tree Event		1 All Saints Day
2 Men's Shed	3 60 + Exercises Cuppa with COTA Lunch	4 Men's Shed	5 60 + Tai Chi	6 60 + croquet St Joseph's theatre production	7 St Joseph's theatre production	8
9 Men's Shed	10 60 + Exercises Hoy	11 Remembra nce Day Men's Shed	12 60 + Tai Chi	13 60 + croquet	14 Sacred Heart Christmas Fair	15
16 Men's Shed	17 60 + Exercises Meeting	18 Men's Shed	19 60 + Tai Chi	20 60 + croquet	21	22
23 Men's Shed	24 60 + Exercises Bingo	25 Men's Shed	26 60 + Tai Chi	27 60 + croquet	28 Races	29
30 Men's Shed						

Word Wheel The word wheel is made from a 9 letter Circus themed word, and the challenge is to find the 9 letter word, and then to see how many more words you can make from the letters. There are two rules - you can only use each letter once, and each word must include the letter in the centre of the circle.





"I can't cut this line, it's too expensive. Besides, my experience as a top-notch fisherman tells me it's only a small snag."



"I don't care what all the other kids are doing, you're not getting your lip pierced!"

A monastery is in financial trouble, so it goes into the fish-and-chips business to raise money. One night a customer knocks on its door. A monk answers. The customer asks, "Are you the fish friar?" "No," he replies. "I'm the chip monk."

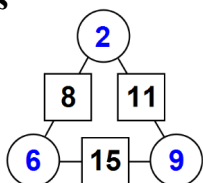
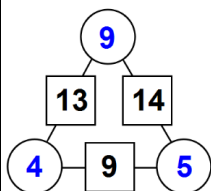
The little kid sat on the side of the road with a fishing line down the drain. Feeling sorry for him, and wanting to humor him, a lady gave him 50 cents, and kindly asked "How many have you caught?" "You're the tenth this morning," was the reply.

Every girl loves when a boy softly whispers in her ear those three magic words ... Let's Go Fishing.

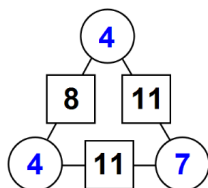
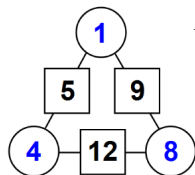
Mother to daughter advice: Cook a man a fish and you feed him for a day. But teach a man to fish and you get rid of him for the whole weekend.



Puzzle Solutions



Arithmagons



Word Wheel 9 letter word— TIGHTROPE

Barcaldine 60 & Better Program

The Willows

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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

Croquet Friday 8:30am

Digital Learning: Thursday & Friday 10:00am

Talk 1st Tuesday, 3rd November 10:00am

Hoy 2nd Tuesday, 10th November 10:00am

Meeting 3rd Tuesday, 17th November 10:00am

Bingo 4th Tuesday 24th November 10:00 am

Lunch Friday 20th November 12:00pm



Barcaldine 60 & Better Program - A Healthy Ageing Program

Funded by



Under the auspices of
Barcaldine Regional Council

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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

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