

GARDEN CITY NEWS

VOLUME 24

ISSUE 9

OCTOBER 2018

A free collaborative newsletter produced by Barcaldine 60 & Better Program and Barcaldine Regional Council Community Care Services and other contributors, for participants, clients and older people in the community.

International Day of Older Persons 1st October

The Universal Declaration of Human Rights (UDHR) is a milestone document in the history of human rights. Drafted by representatives with different legal and cultural backgrounds from all regions of the world, the Declaration was proclaimed by the United Nations General Assembly in Paris on 10 December 1948 (General Assembly resolution 217



A) as a common standard of achievements for all peoples and all nations. It sets out, for the first time, fundamental human rights to be universally protected and it has been translated into over 500 languages.

In 1990 the United Nations declared a day to recognise older people. The date chosen was 1st October. The Universal Declaration of Human Rights (UDHR) turns 70 this year and the International Day for Older Persons celebrates the importance of this Declaration, and reaffirms the commitment to promoting the full and equal enjoyment of all human rights and fundamental freedoms by older persons.

Almost 700 million people are now over the age of 60. With this in mind, enhanced attention to the particular needs and challenges faced by many older people is clearly required. Just as important, however, is the essential contribution the majority of older men and women can continue to make to the functioning of society if adequate guarantees are in place. Human rights lie at the core of all efforts in this regard.

Source: <https://www.un.org/development/>

Age Friendly Communities Taken from Queensland: an age-friendly community Toolkit

Age-friendliness challenges old ways of thinking and prompts new responses.

An age-friendly community provides social, economic and community benefits to government, community organisations and businesses by supporting older people to be healthy, active, independent and involved in their communities.

An age-friendly community helps to provide people with:

safe, accessible streets and buildings

better access to local businesses, facilities and services

greater opportunities to engage older people and people of all ages and abilities.



Aging is not “lost youth” but a new stage of opportunity and strength.” Betty Friedan

“Forty is the old age of youth; Fifty is the youth of old age.”

“Our society must make it right and possible for old people not to fear the young or be deserted by them, for the test of a civilization is the way that it cares for its helpless members.” Pearl S. Buck

“Ageism is prejudice against your future self.” Ashton Applewhite

At 60 & Better

Our last **talk** for the year is on Tuesday 2nd October. Our guest will be Louise Winter from Queensland Ambulance Service. Please come along and meet Louise and refresh your safety and first aid knowledge. The first Tuesday in November (6th) is a holiday and 4th December is the day of the Seniors Christmas lunch. People over 65 years of age living in the Barcaldine Regional Council area and their carers are eligible to attend.

As the weather is warming and the sun is rising earlier we have moved **croquet** to 8:30 on Friday mornings. In a month or six weeks time starting time will be at 8:00am to try and avoid the hotter temperatures.

The **swimming pool** is open so if anyone would like to do some aqua exercises please let me know and we'll organise suitable times to meet and move.

Hoy will be on Tuesday 9th October at 10:00am following morning tea. Please join us for a few laughs and friendly banter. All welcome. Cost is \$5 for morning tea and 1 set of cards, \$6 for morning tea and 2 sets.

The **monthly meeting** is Tuesday 16th October at 10:00am. We need to discuss the Seniors Christmas Lunch and future activities. Your input and helpful suggestions are welcome.

Bingo (60 + style) is on 23rd October following exercises and morning tea (about 10:00am). This is another opportunity to meet with friends and acquaintances for a morning of fellowship. Cost is \$5 for morning tea and 1 bingo card and \$6 for morning tea and 2 cards.

As October has a fifth Tuesday we'll have a **"Down Memory Lane" morning on 30th October**. Come and share your stories and if you have an item from the past you would like to talk about please bring it along. This will be about 10:00am following exercises and morning tea.

Remember we have a computer for your use and digital training available. If you are interested in learning about going online the Be Connected website provides courses to take you through the steps to becoming connected and the computer is available to do this and for other use. Just ask and we'll help.

Did anyone hear the interview with Deb Alick from Charleville Healthy Ageing about Surrey bikes as a means of transport and exercise in a group? It sounds like fun and could be intergenerational in its application. I think there is potential to develop this concept.

My tai chi qualifications need updating. To keep them current I'll be attending training in Toowoomba on 27th and 28th October. Should you need anything in my absence please contact a committee member or Barcaldine Regional Council.

"Just as treasures are uncovered from the earth, so virtue appears from good deeds, and wisdom appears from a pure and peaceful mind. To walk safely through the maze of human life, one needs the light of wisdom and the guidance of virtue." – Buddha

Till Next Time - Take Care

Jean



Condolences Congratulations

We send condolences to Ethel Horman and her family and friends. Ethel's husband Tom passed away recently.

We send belated Birthday Greetings to Betty Burns, Patsy Lynch and Pat Lynch. Hope you all had an enjoyable day.

Pat Ogden's ninetieth birthday bash was attended by many well wishers who shared stories and reminisced about the experiences of a lifetime.

Recently at 60 & Better we have been generously supplied with eggplants or aubergines. So here is a little information about eggplants.

Eggplant is a species in the nightshade family (Solanaceae). It is grown for its edible spongy absorbent fruit widely used in cooking. Most people consider it a vegetable despite its botanical definition as a berry fruit, a member of the genus *Solanum* related to the tomato and the potato. Like the tomato its skin and seeds can be eaten, but like the potato it is not to be eaten raw.

Raw eggplant can have a bitter taste, with an astringent quality, but it becomes tender when cooked and develops a rich, complex flavour. The fruit is capable of absorbing large amounts of cooking fats and sauces, which may enrich dishes. Many recipes advise salting, rinsing, and draining the sliced fruit (a process known as "degorging") to soften it and reduce the amount of fat absorbed, but mainly to remove the bitterness inherent in earlier cultivars. Some modern cultivars, including the common large purple ones in the Western world, do not need this treatment.

Eggplant is used in the cuisines of many countries. Due to its texture and bulk, it is sometimes used as a meat substitute in vegan and vegetarian cuisines. Eggplant flesh is smooth. Its numerous seeds are small, soft and edible, along with the rest of the fruit, and do not have to be removed. Its thin skin is also edible, and so it does not have to be peeled. However, the green part at the top, the calyx, does have to be removed when preparing an eggplant for cooking. Eggplant can be steamed, stir fried, pan fried, deep fried, barbecued or roasted. Many eggplant dishes are sauces made by mashing the cooked fruit. It can also be stewed, curried, or pickled. It can even be stuffed. It is frequently, but not always, cooked with fat because of its ability to absorb fat during cooking.

Eggplant is often mixed with other vegetables, herbs and spices to make many dishes. Small eggplants



can be pickled in vinegar. Hollowed out eggplants can be stuffed with meat, rice, or other fillings, and then baked. Excerpt from Wikipedia.

Grilled eggplant with tomato dressing

- 1 large eggplant, cut into 1cm-thick rounds
- 2 tablespoons olive oil
- 1 large tomato, finely chopped
- 1 tablespoon white wine vinegar
- 2 tablespoons chopped fresh oregano leaves
- 1 garlic clove, crushed



Preheat a chargrill over medium-high heat. Place eggplant on a plate. Drizzle with half the oil. Turn to coat. Cook for 2 to 4 minutes each side or until charred and tender.

Meanwhile, place tomato, vinegar, oregano, garlic and remaining oil in a bowl. Season with salt and pepper. Toss to combine.

Arrange eggplant on a plate. Top with tomato mixture. Serve.

Tip: Slice eggplant just before cooking so it doesn't discolour. You could also serve tomato mixture on grilled ciabatta bread slices.

You could use 500g zucchini, sliced diagonally, instead of eggplant.

Serve with Barbecued lamb, beef kebabs, roasted lamb leg or grilled chicken.

10-minute Beef and Broccoli Stir Fry for Two

- 1 head broccoli, cut into bite-sized pieces
- 2 tablespoons olive oil
- 300g diced beef or stir fry strips
- 1 clove garlic, peeled and finely sliced
- 2 tablespoons oyster sauce
- 1 bunch coriander, roughly chopped



Blanche the broccoli in a stovetop steamer for two minutes, until deepened in colour but still crunchy. Remove from heat and set aside.

Next, in a large frying pan heat the oil and cook the beef over a high heat until brown. Add garlic and cook for another minute, stirring well. Then, add broccoli and the oyster sauce. Stir until well heated and all ingredients are coated with the oyster sauce. Sprinkle over coriander and serve with steamed rice or noodles.

A wide variety of foods is important for good health.
Calcium and iron are important nutrients in our diets.

The active ingredients of tai chi

When Peter M. Wayne, medical editor of *Introduction to Tai Chi* from Harvard Medical School, began conducting scientific studies on the health benefits of tai chi, he began noticing that tai chi works in a variety of ways, not just one. Whereas most drugs have a single active ingredient, he observed that tai chi was more like a multidrug combination that uses different components to produce a variety of effects. He formulated the idea of the "eight active ingredients" of tai chi, which he and his colleagues now use as a conceptual framework to help evaluate the clinical benefits of tai chi, explore the underlying mechanisms that produce these effects, and shape the way tai chi is taught to participants in clinical trials (and to teachers). While different styles of tai chi emphasize different ingredients, these therapeutic factors are interwoven and synergistic. Here's a summary of one of the active ingredients.

Structural integration. Tai chi looks at the body as an interconnected system, not as a collection of individual parts. As a result, when practicing tai chi, you

won't do one exercise for your biceps and another for your glutes. Instead, tai chi integrates the upper body with the lower body, the right side with the left side, and the extremities with the core. Alignment and posture are part of this structural integration, and tai chi trains you to find alignments that are safe and unstrained, allowing you to perform graceful movements. You move more efficiently—not just during your tai chi practice, but throughout your day. The result is less stress and load on your joints and better balance. Similarly, improved posture has benefits that extend well beyond your tai chi class. When you walk or sit with your shoulders rounded and your torso hunched over, it is hard to take deep breaths. But when you straighten your back, roll your shoulders back and down, and open your chest, you breathe more deeply and efficiently. Not only does this integration improve your ability to move without pain, but it also affects your mental health. In two different studies, people who sat or walked more upright during the experiments had a more positive outlook afterward than those who slouched while sitting or walking.

Source: www.health.harvard.edu

Summer Safety

- Keep Hydrated. Drink more water (carry water with you when out and about)
- Avoid alcohol and caffeine (these can make dehydration worse)
- Be cool. Stay indoors and make use of fans or air conditioners
- Consider going to cooler public places like shopping centres, cinemas or libraries
- Limit non-essential strenuous activity, during the hottest parts of the day
- Rest. Make sure you get enough sleep, and rest if you feel tired
- Soak. Take a cool shower or bath to help you cool down
- **Stay out of direct sun**
- **Seek shade** when outside. Wear a wide-brimmed hat, sunglasses and loose, comfortable clothing with long sleeves
- **Dress down.** Wear light weight clothing and be

sun-smart

- Remember to use SPF30+ sun-screen every two hours!
- Never leave anyone (particularly children or the elderly) in an unattended car (temperatures inside a car can rise to 50 degrees within a few minutes, leading to serious illness or death)

Heat can affect some people more than others. People at greater risk include:

- Babies and children
- Pregnant women
- The frail and the elderly
- People who are unwell or have disabilities

During hot weather, check on others who may be at risk of heat-related stress, including children, the elderly, people with medical conditions and don't forget your pets!

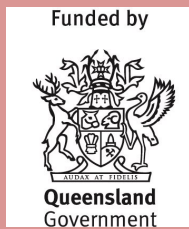
- Stay in touch and check they're OK - drop around or regularly phone vulnerable people.

Source: <http://health.act.gov.au/healthy-living/summer-safety>





HOME ASSIST SECURE



Community Care Services

Barcaldine regional council

From the Project Coordinator

Re-Branding of our Name

We are still the same services with the Regional name— Community Care Services. This incorporates **Home Assist Secure**, **Home Modifications**, **Home Care Packages**, **Commonwealth Home Support Programme** and the **NDIS**. Same contacts, same friendly, committed staff.

The NDIS Update



Barcaldine Regional Council now has another NDIS Care Worker based in Barcy. Welcome to Gillian O'Brien, who has now joined our team and has commenced work with local NDIS Participants and record keeping for My Aged Care and Regional CHSP & HCP consumers.

Community Care Services Survey

Recently, a number of our clients were asked to complete a survey. This is important feedback on our services and will allow us to look at areas that may need improvement. If you have received a survey, please complete it and return it to your local Community Care Services office or Council office. We thank you for your valuable input :-)

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
- ⇒ Servicing and cleaning of Air Conditioners
- ⇒ Servicing and replacement of photoelectric smoke alarms
- ⇒ Install of Uniden Phone alert systems

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What we can offer clients:

- Easy access to local tradespeople
- Local, personalized service
- A comprehensive Education Program
- Information & Referral
- Wide variety of Minor Maintenance services
- Smoke alarms & fire safety materials
- Home Security advice

From the Project Coordinator continued

Reminder about the NBN

You have about 12 months to ensure your existing phone is switched over, as the roll out of the NBN sees the existing phone service shut down in June 2019 😊

Christmas Shut Down

Barcaldine Regional Council services will close Friday 21st December 2018 and re-open in 2019 on Monday 7th January. There will be no services delivered during these times. For emergencies contact **0428 683 465**

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

Carl's Mobile: 0408 372 526

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.

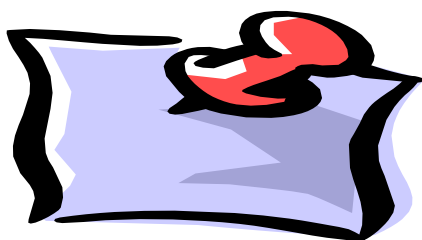
After we receive your referral from **My Aged Care**, we then Project Manage the referral, construction, contractors, materials and other services, who will work with us and you to ensure your needs are met.

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.

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

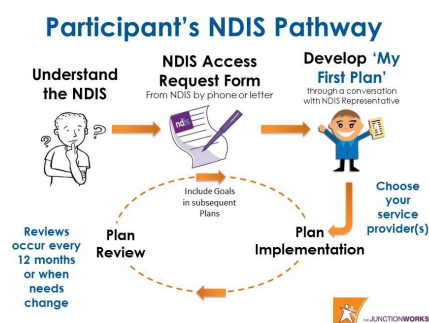
Our office is not manned all the time. If you ring, please leave a message so we can contact you when we return. **We will call you back, if you leave a message!**



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
- 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



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 con-

HOME ASSIST SECURE & CENTRAL

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

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

**Ideas often flash
across our minds more
complete than we could
make them after much
labour!**

The NDIS and what it is?

NDIS = National Disability Insurance Scheme

Who is eligible?

- Are you under 65?
- Have a long term or permanent disability?
- Are you an Australian citizen?

The answer is = probably yes!

What do I need to do?

- Contact the NDIS on **1800 800 110**
- Complete an application form
- Be assessed to determine the level of your eligibility
- Work on developing a plan
- Choose a provider to assist you to implement your plan

Barcaldine Regional Council is a Registered Provider. Give us a call for more information.

Field Officer Update



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

October Focus:

Trip Hazards

Minor Trimming and Air Conditioners have topped the list for October services. With the weather heating up please ensure prior to starting air conditioners they are cleaned and serviced, ready to attack the heat! Give us a call and let us know

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!

October 2018

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

Community Care Services Schedule of Events

- ◆ 10th—Coordinators Meeting in Barcy
- ◆ Reminders:.....
- ◆ Regional Cultural 'Excursion' to Emerald 22nd November. Buses from Aramac, Barcy and Alpha
- ◆ Regional Christmas Gathering 4th December in Barcaldine @ Shire Hall
- ◆ Services close over Christmas from 21st December 2018 to 7th January 2019

October 2018

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 Public Holiday International Day of Older Persons	2 60 + Exercises Talk	3 Men's Shed Spotlight on Men's Health Morning Tea	4 60 + Tai Chi Craft	5 Croquet Oak St park	6 Aged Care Auction	7
8 Men's Shed	9 60 + Exercises Hoy	10 Men's Shed CHSP Lunch	11 60 + Tai Chi Craft	12 Croquet Oak St park	13	14 National Carers Week 14 - 20 Oct
15 Men's Shed	16 60 + Exercises Meeting	17 Men's Shed	18 60 + Tai Chi Craft	19 Croquet Oak St park	20 Charity Golf Day	21 Aged Care Bin- go
22 Men's Shed	23 60 + Exercises Bingo	24 Men's Shed CHSP Lunch	25 60 + Tai Chi Craft	26 Croquet Oak St park	27	28
29 Men's Shed	30 60 + Exercises	31 Men's Shed	Queensland Container Refund Scheme starts 1st November	My Health Record Opt Out finishes 15th November	Barcaldine Swimming Pool Admission Adults \$2 Pensioners \$1	

TAKE TIME



Take Time to think - it is the source of power

Take time to read - it is the foundation of wisdom.

Take time to play- it is the secret of staying young.

Take time to be quiet - it is the opportunity to seek God.

Take time to be aware -it is the opportunity to help others.

Take time to love and be loved - it is God's greatest gift.

Take time to laugh - it is the music of the soul.

Take time to be friendly - it is the road to happiness.

Take time to dream - it is what the future is made of

Take time to pray - it is the greatest power on earth.

There is a time for everything. Eccl 3.1

A priest asks the convicted murderer at the electric chair: "Do you have any last requests?"
"Yes," replies the murderer. "Can you please hold my hand?"

Man: I'd like to call you. What's your number?

Woman: It's in the phone book.

Man: But I don't know your name.

Woman: That's in the phone book too.

A wife asks her husband, "Could you please go shopping for me and buy a carton of milk and if they have avocados, get six.

A short time later, the husband comes back with six cartons of milk.

The wife asks him, "Why did you buy six cartons of milk?"

He replied, "They had avocados."



Across

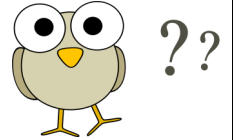
- | | |
|------------------|-------------------|
| 1. 1408 - 427 | 21. 499 - 15 |
| 4. 1627 + 6068 | 23. 2 + 37 |
| 8. 601 + 3466 | 24. 401 + 2294 |
| 9. 6046 - 2918 | 26. 28 + 53 |
| 10. 9 + 18 | 28. 23833 - 11720 |
| 11. 84863 - 2084 | 30. 62 - 5 |
| 13. 24 + 21 | 31. 328 + 1133 |
| 14. 2109 + 7810 | 32. 10074 - 261 |
| 15. 58 - 4 | 35. 2826 + 3220 |
| 17. 420 - 105 | 36. 142 + 442 |
| 18. 40 + 946 | |
| 19. 219 + 501 | |

Down

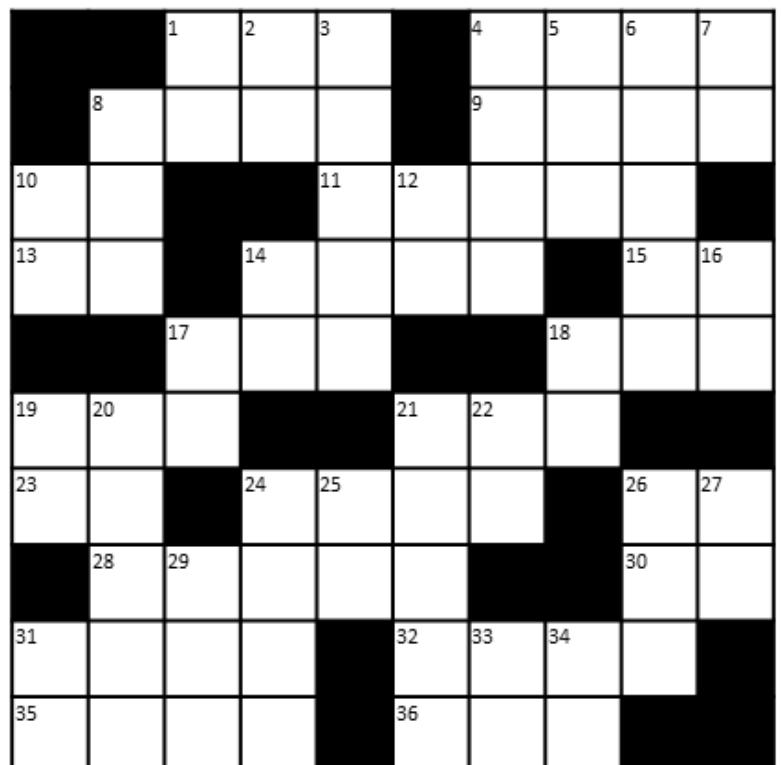
- | | |
|------------------|-------------------|
| 1. 172 - 82 | 8. 167 - 73 |
| 2. 115 - 29 | 9. 1 + 72 |
| 3. 27929 - 10034 | 10. 25695 + 3445 |
| 4. 4734 + 2645 | 11. 70644 - 21245 |
| 5. 138 + 479 | 12. 21 + 64 |
| 6. 90348 + 2610 | 24. 1300 + 816 |
| 7. 105 - 47 | 25. 110 - 49 |
| 8. 779 - 304 | 26. 1207 - 354 |
| 10. 1 + 23 | 27. 1 + 16 |
| 12. 2 + 19 | 29. 54 + 210 |
| 14. 20 + 71 | 31. 1 + 15 |
| 16. 9 + 37 | 33. 50 + 38 |
| 17. 20 + 10 | 34. 5 + 9 |

Place a mathematical symbol (+, -, x, or ÷) in the spaces between the numbers. Any symbol can be used; you will not necessarily need to use all four.

$$3 _ 1 _ 6 _ 4 _ 2 = 5$$



Can you easily add and subtract numbers in your head? For a challenge, see how fast you can solve this number crossword puzzle without a calculator.



PUZZLE SOLUTIONS

$$3 - 1 \times 6 \div 4 + 2 = 5$$

		9	8	1		7	6	9	5
	4	0	6	7		3	1	2	8
2	7			8	2	7	7	9	
4	5		9	9	1	9		5	4
		3	1	5			9	8	6
7	2	0			4	8	4		
3	9		2	6	9	5		8	1
	1	2	1	1	3			5	7
1	4	6	1		9	8	1	3	
6	0	4	6		5	8	4		

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 2nd October

Hoy: 10:00am 9th October

Meeting: 10:00am 16th October

Bingo: 10:00am 23rd October

Down Memory Lane 10:00am 30th October



Executive Committee

President: Lyn Batchelor

Vice President: Beverly Church

Secretary: Pam Miller

Treasurer: Shirley Jackson

DISCLAIMER

The Barcaldine 60 & Better Program reserves the right to edit all articles as necessary. Opinions expressed in this newsletter do not necessarily reflect those of the 60 & Better Program. Information is of a general nature and not meant to be specific advice. Efforts have been made to ensure it is accurate.

MISSION STATEMENT To enable older people at a community level to participate in decisions and activities which affect their health and well being.

VISION STATEMENT Sustaining a strong age friendly community where older people are respected, valued and empowered.

If unclaimed return to -:

Barcaldine 60 & Better Program

PO Box 269

Barcaldine Q. 4725

