

GARDEN CITY NEWS

VOLUME 25

ISSUE 9

OCTOBER 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.



25th Elder Olympics Barcaldine Tennis Club

1st October

**Morning Tea 9:30am
Games Begin 10:15am**

**Welcome and Opening 10:00am
Day Finishes approximately 3:00pm**

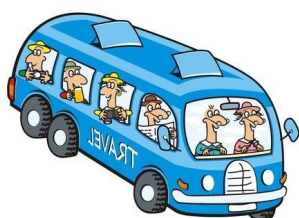
Cost \$10 (includes morning tea and lunch) lucky program, raffle

The Barcaldine Elder Olympics started in 1995 when Daphne Brown, Coordinator of the 60 & Better Program organised with the Senior Citizens Club, Home Assist Secure and Home and Community Care to hold a mini Olympics Day. From that time there has been an Olympics each year. The number of participants has declined from the 80 plus of the late 1990s and early 2000s to more modest numbers in recent years. Events have changed, but tossing the can and tossing the boot remain on the program having been on there since the Olympics inception. People from other towns in the region have participated as well as locals and visitors to town.

We invite all older adults to join us on this day and help celebrate this 25th anniversary on the International Day of Older Persons 1st October. Some of the games on the program are, toss the can, toss the boot, hit the wicket, egg & spoon race and sports trivia. There is a guess the weight competition too. Please come and take part and bring your mates. You can bring your tennis racquet too.



Aramac Sculpture Trail trip 29th October



A trip around the Aramac Sculpture Trail has been arranged for Tuesday 29th October. The council bus will leave 'The Willows' at 7:00am and return that afternoon. There are some new sculptures to see since our last trip. We'll have lunch at Lake Dunn so please bring some lunch and a drink and your water bottle and a hat and any other items you need. Cost is \$10 per person.

At 60 & Better

A group of us travelled to **Muttaburra** for a day's outing at the beginning of September. Visiting Muttaburra was a first time experience for a couple of people, for others it had been some time since they had last been there. We were treated to a guided tour courtesy of Pearl Langdon who shared some of Muttaburra's history as we visited the Dr Arratta Museum and the Centre of Queensland Monument, Cassimatis General Store, the Muttaburrasaurus Interpretation Centre as well as the Union Waterhole. We had an enjoyable lunch which we ordered from the store. The hospitality and helpfulness of Barcaldine Regional Council staff ensured we had an enjoyable day out.

It has been suggested that we introduce **indoor bowls** on Thursday mornings after tai chi. We have bowls and a piece of carpet to use as a mat. All we need is some people with enthusiasm and preparedness to spend a little time sharing a physical and social activity. This could lead to lunch afterwards. If you are interested please let us know. 10th October will be the first day of indoor bowls starting at 10:30am

Progress on the **over 80s book** has been slow. If you have not been approached to complete an information form to help chronicle your details they are available at the 60 & Better office. All people over 80 living in Barcaldine are welcome to share their story. Those who have been in previous books will be acknowledged. It may be next year before this project is completed.

Is anyone interested in hydrotherapy (doing exercises in the water to help maintain health or therapy to help with movement, pain relieve and strength and general fitness)? Please let me know. This is an idea proposed by participants and needs support to become a reality.

Exercise physiologist Mete Ozdemir from NWRH has been conducting strength and balance classes over the past couple of months . Thanks Mete for your work in helping us stay upright and moving.

The council bus is booked for a **day trip to Emerald on Friday 29th November for participants**. This will be a long day with an early start. More details will be released at a later date.

The Barcaldine Town Hall has been booked for the **Seniors Christmas Lunch** on Tuesday 3rd December. All older adults from the region are invited to attend.

I'll be away from 2nd October returning to work on 9th October. Please direct your enquiries to a committee member or Barcaldine Regional Council during that time.

Till next time . Do not forget to hope and happy be .

Jean

Condolences,

It is with sadness we share the news of the deaths of Ben Heumiller and Paul Kempson. To their families and friends we offer our sincere condolences and long may we hold them in our thoughts and cherish their fond memories.

Congratulations

Pat Lynch and Patsy Lynch celebrated their ninetieth birthdays on 23rd September. Pat's daughter Breda and Patsy's husband Jim and family helped them celebrate the occasion.

Patsy and Pat shared their cakes after Anointing Mass on Monday 23rd September.



We wish Noela Anderson, Kaylene Reynolds, Fay Stewart, June Cliffe and Pat Lipsett a Happy Birthday this October. Special Birthday Wishes go to Jean Lennon who will be celebrating her eightieth birthday.

What is Elder Abuse?

Elder abuse can take many different forms. Physical abuse describes any deliberate act that causes pain for, injury to, or intimidation of, an older person. This includes all forms of physical assault, along with the use of restraint by physical or chemical methods.

Psychological or emotional abuse involves any action or threat that causes fear of violence, isolation, deprivation, humiliation or powerlessness. For example, treating the elder like a child, preventing access to services, making threats (such as preventing them from seeing loved ones) or telling them they have dementia.

Social abuse is forced isolation that prevents or restricts the older person's contact with friends, family or the community. This could involve withholding or controlling mail or phone calls, preventing them from attending religious or cultural events, or taking over their home without consent. Social isolation often allows other forms of abuse to take place.

Elder financial abuse is the illegal, mismanagement or improper use of the older person's finances. This includes stealing money or possessions, controlling their finances without permission, threats or coercion to gain Power of Attorney or pressuring them for early inheritances.

Any sexual contact, language or display of pornography without the older person's consent, or through coercion is elder sexual abuse. For example, making obscene phone calls in the person's presence, inappropriate handling when undertaking personal care activities, or making the person perform a sexual act they don't want.

Neglect involves the failure of a carer to provide basic necessities such as food, shelter, or medical care, or preventing someone else from providing them.

What elder abuse is not

Age discrimination, or an estranged relationship with a relative are not examples of elder abuse. Elder abuse is also not a crime committed by a stranger. It does not involve self-neglect or self-mistreatment – rather, the abuse happens at the hands of a trusted person.

There are no easy solutions to identify and address this heartbreaking problem. Some of the possible risk factors for elder abuse include situations where:

- the carer is experiencing high levels of stress, for example, health or financial pressures

- the older person is unable to stop or report abuse due to cognitive impairment or physical limitations
- there is isolation as a result of location, cultural or language barriers, or health complications
- the carer or older person is dealing with addiction
- the carer or older person is dependent on the other person for support, for example, financially, socially, or physically.

What should I do if I'm being exploited or mistreated?

The first priority is your safety. If you feel threatened or unsafe, call 000. The police can assist you in removing an abusive person from your home, or help you to find safe accommodation.

If you decide to stay in the situation, having a safety plan can help you know what to do in an emergency.

Finding someone to talk to and share your concerns with can be very helpful. This could be a trusted friend, family member or a trained person from a professional organisation.

If someone close to you is placing unwelcome restrictions on you, is emotionally mistreating you, or taking advantage of you financially, you may want to try to resolve things with them informally. Elder support services could help to improve your situation.

You may be protective of the person mistreating or exploiting you, particularly if they are your adult children. It is important to remember that you have a right to feel comfortable and safe, and that people, including adult children, can get help for their problems. They may not be aware of the impact of their behaviour.

What should I do if I suspect elder abuse?

Elder abuse is distressing, and finding someone who understands the sensitive and confidential nature of the issue can help you in deciding what to do if you suspect an older person is being mistreated or exploited.

If someone is in immediate danger, call 000.

Remember that physical and sexual abuse are criminal acts. Other types of abuse are assessed on their particular circumstances. Where it is appropriate, ask general questions about the person's wellbeing and their relationships.

Blame and judgement are never helpful. Listen to what the older person says and be understanding.

Continues bottom next page.

Mulberry Vinaigrette

4 cups freshly picked mulberries

1/2 cup red wine vinegar

3/4 cup olive oil

2 tablespoons honey

1/4 teaspoon black pepper

1/4 teaspoon lime juice

1/4 teaspoon Dijon mustard.

Extra black pepper and lime juice to taste

1. In a blender, puree the mulberries with the vinegar.

2. Add the remaining ingredients and mix at the blender's highest setting for 2 minutes.

3. If the vinaigrette is too vinegary, add lime juice or black pepper to taste.

4. Chill until cool.

Mulberry Muffins

1 cup milk

1/4 cup vegetable oil

1 egg

2 cups flour

1/2 cup sugar

2 tsp baking powder

1/2 tsp salt

1 cup mulberries

1. Preheat oven to 200° C. Spray 12 count muffin pan with non stick cooking spray or line with cupcake papers.

2. Beat milk, eggs and oil in a bowl. Add in flour, sugar, baking powder and salt slowly. Beat until combined. Fold in berries.



3. Pour batter evenly into muffin pan. Bake for 20-25 minutes.

Chicken and Ham Salad

125g cooked chicken, diced

125g cooked ham, diced

60g mature cheddar, diced

2 spring onions, diced

2 hard boiled eggs, thinly sliced

2 tomatoes, cut into wedges

5 tablespoons French dressing

1 lettuce

1. Put the chicken, ham, cheese, spring onion, eggs and tomatoes in a bowl. Pour over the dressing and toss well to coat.

2. Line a salad bowl with the lettuce leaves and spoon the mixture into the centre. Chill for 10 minutes. Serve.



Pumpkin and Tuna Pasta Bake

375 g rigatoni pasta

500g peeled, seeded pumpkin chopped in 2cm bits

425g can tuna in springwater (drained)

300g sour cream

1 cup shredded cheese

Cook pasta for 7 min in boiling water, add pumpkin and cook until pumpkin & pasta are tender. Drain.

Return pasta to pot and add tuna, sour cream and half the cheese.

Combine mixture and spoon into a 2.5 l oven proof dish. Sprinkle with remaining cheese.

Cook under pre-heated grill for 5-7 minutes or until golden brown.

From previous page

Understand that older people are often hesitant to cause trouble, as they may feel ashamed or worried about possible consequences. Often, an older person feels protective of their adult children who may be mistreating or exploiting them. The adult child may face difficult circumstances or challenges that are contributing to the abusive situation. An older person is more likely to accept help if they think their adult child's needs will be considered and addressed.

Keep a record of events. Taking note of signs and symptoms may help those who investigate, to effec-

tively address the abuse. It is generally not advisable to confront the abuser without careful thought.

Reassure the older person that there is help available. If the older person is willing to get support, help them contact a relevant organisation. If they are unwilling to get help, provide them with emotional support and offer contact details of support services should they want them later. Keep checking in on them where possible.

It's important that an older person feels in control of the help seeking process.

Source: Relationships Australia

HOME ASSIST SECURE



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

Community Care Services

From the Project Coordinator

As Christmas approaches

There are only 90 days until Christmas! (as of me writing this)
Our offices will close from 20th December 2019 at 12:30pm and re-open Monday 6th January 2020.

Home Care Package consumers will be contacted in the coming weeks to plan services over this shutdown period.

Cultural Trips ...

Winton Trip—24th and 25th October. Donna and Maree will give more information about this trip. It will be an overnighter in Winton and we will give you some options on accommodation, but it will be your responsibility to organize a bed.

Emerald Trip—21st & 22nd November will also be an overnighter

Phone Scams

Many reports continue about the 'fake NBN' and phone companies, threatening to cut off your phones. Your current provider will not just do this to you and will have been in contact with you prior to this. **JUST HANG UP IF THEY CALL YOU!**



Jobs List for Home Assist

There are many 'jobs' that we can offer to you around your home including:

- ⇒ Checking on home security concerns including lighting
- ⇒ Cleaning & Servicing of Air Conditioners
- ⇒ Construction and Install of Grab Rails and Handrails
- ⇒ Uniden phone alert systems

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What we can offer clients:

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

From the Project Coordinator continued ...

New Aged Care Standards, Home Care Packages and Quality Audit ...

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. There will also be some changes to Home Care Package arrangements and we will undertake a Quality Audit, where assessors may contact you about the services you receive from us. All positive experiences to improve the options we can deliver to you. We focus on Service, Quality, Communication and Reputation. 👍

Reminders:

24th and 25th 2019—Winton Trip

Contact

If you need to contact us, details are below:

Office: 07 4651 2187

Jordan's Mobile: 0409 621 346

Carl's Mobile: 0408 372 526

Until next time, take care

Carl 😊

Central & Far West Home Modifications

Currently, we have a waiting list for services. Under Consumer Directed Care you are able to choose your own contractors. If there is anyway we can assist you, please contact us today for an assessment!

This program provides Modifications to the homes of clients who are eligible. We are able to provide you with increased access and keep you safely within your own home, instead of moving into an Aged Care Facility.

An Occupational Therapist will visit and make some recommendations and refer you through ***My Aged Care***. We are also able to offer a Tele-health option for those clients who wish to take part. This may included the construction of a **ramp, steps, bathroom, kitchen, stair climber, water lift or other modification** to your home, to increase access and safety.

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

This Program covers the whole of the Central West Region, including Diamantina, Winton, Barcoo, Blackall/Tambo, Barcaldine and Longreach areas. Eligibility and funding conditions do apply to this Program.

Community Care Services Office (Barcaldine)

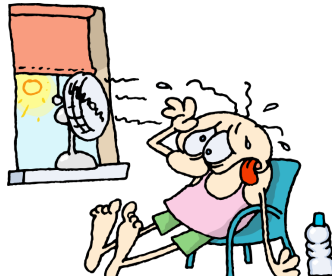
Notice board & Sign

There is a notice board at the front of the office for you to leave a message, should you call in and no one is in the office. If you leave your name and number we will contact you



when we return.

With the air conditioning in 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

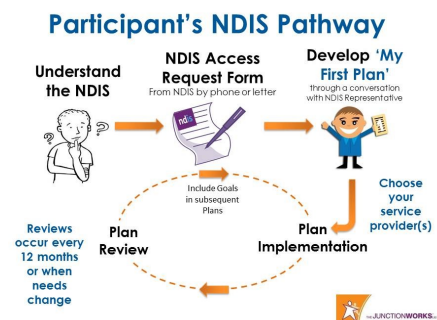
Our office is not manned all the time. If you ring, please leave a message so we can contact you when we return. **We will call you back, if you leave a message!**



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
Jordan'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*

**Look at people for an
example, but then make
sure you do things your
way!**

Our Values for Service!

Every decision we make about the services we provide, have you at the centre. It is because of you, we are here.

Every decision we make, everything we do!

1. **Integrity**—being honest, consistent and transparent in our delivery of service.
2. **Leadership**- using a collaborative approach to making decisions with you.
3. **Fairness**- ensuring an equitable approach across all areas of service.
4. **Commitment**- dedicated, professional staff, who continually improve.
5. **Respect**- for you as the seniors and elders of our communities, and
6. **Responsiveness**- providing the best possible outcomes in a timely manner. 🙌



Field Officer Update

October Focus:

Minor Trimming and Yard Maintenance

The focus for October is preparing for the summer storms! Branches may over-hang gutters and windows—very dangerous in the winds of a storm. A minor clean up can save lots of damage.




Please ask Jordan 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, it's 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 2019

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

Community Care Services Schedule of Events

◆ Reminders:::::

SAVE THE DATE:

Winton Dinosaur Trip 24th & 25th October 2019

October 2019

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1 Elder Olympics International Day of Older People	2 Men's Shed Jericho RFDS Fundraising Lunch	3 60+ Tai Chi Craft	4 Croquet	5 Muttaborra Sculpture Festival & Exhibition	6
7 Queen's Birthday Public Holiday	8 60 + Exercises Hoy	9 Men's Shed CHSP Lunch	10 60+ Tai Chi Craft Indoor Bowls	11 Croquet	12	13
14 Men's Shed	15 60 + Exercises Meeting	16 Men's Shed	17 60+ Tai Chi Craft Indoor Bowls	18 Croquet	19 CWAC Celebration of Cultures & Colours	20
21 Men's Shed	22 60 + Exercises Bingo	23 Men's Shed CHSP Lunch	24 60+ Tai Chi Craft Indoor Bowls	25 Croquet	26	27 Mini Trains at Museum
28 Men's Shed Anointing Mass at The Willows	29 Aramac Sculpture Trail Trip	30 Men's Shed	31 60+ Tai Chi Craft Indoor Bowls			

Cross the Bridge Problem:

Four people need to cross a rickety rope bridge to get back to their camp at night. Unfortunately, they only have one flashlight and it only has enough light left for seventeen minutes. The bridge is too dangerous to cross without a flashlight, and it's only strong enough to support two people at any given time. Each of the campers walks at a different speed. One can cross the bridge in 1 minute, another in 2 minutes, the third in 5 minutes, and the slow poke takes 10 minutes to cross. How do the campers make it across in 17 minutes?

Conundrum:

Focus on this conundrum, do it quickly, and do it slowly. What is so wrong with it? Or so right?

It is a most odd conundrum.

A quick brown fox jumps, hops, and vaults past a lazy dog!

Can you work out what it is? Don't skip any words and you'll soon spot it. It isn't too hard!

How many animals do I have if:

all but 3 are dogs

all but 3 are cats

all but 3 are pigs and

all but 3 are cows?



Who is your...

...father's only son's brother's uncle's wife's daughter's brother's father's son? _____

Some months have 30 days, some have 31, but how many have 28 days? _____

Teddy came thundering down the stairs, much to his father's annoyance. "Teddy," he called. "How many more times do I have I to tell you to come downstairs quietly? Now, go back upstairs and come down like a civilised human being."

There was a silence, and Teddy reappeared in the front room. "That's better," his father said. "Now in future will you always come down stairs like that?"

"Suits me," Teddy said. "I slid down the railing."



One day, Bill and Tom went to a restaurant for dinner. As soon as the waiter brought out their steaks, Bill quickly picked the bigger one for himself. Tom wasn't happy about that, asking: "When are you going to learn to be polite?"

"If you had the chance to pick first, which one would you pick?" Bill said.

"The smaller piece, of course," Tom replied.

"What are you complaining about then?" Bill asked. "The smaller piece is what you got, right?"

A man walks into a library and asks the librarian for books about paranoia. She whispers, "They're right behind you!"

A cement mixer and a prison bus crashed on the highway. Police advise citizens to look out for a group of hardened criminals.

My teachers told me I'd never amount to much because I procrastinate so much. I told them, "Just you wait!"

What bow can't be tied? A rainbow!

60 & Better Fathers' Day Raffle Results

Congratulations to Rhonda Coyne who won first prize (\$100 gift voucher) and Michelle Michaelis 2nd prize (\$50 gift voucher.)

Thank you to everyone who supported the raffle.

Puzzle Solutions

Bridge: Send 1 and 2 first, 1 comes back, send 5 and 10, 2 comes back, send 2 and 1 to the other side.

The entire conundrum does not have the letter E. However, it does contain every other letter!

4 animals

No-one, an only son cannot have a brother, although they may have a sister.

All months have 28 days

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

Indoor Bowls: Thursday 10:30am from 10 Oct

Croquet: Friday 8:30am Oak St Park

Hoy: 10:00am Tuesday 8 October

Meeting : 10:00am Tuesday 15 October

Bingo: 10:00am Tuesday 22 October

Elder Olympics: 1st October

Trip : 7:00am Tuesday 29th October



Barcaldine 60 & Better Program -

A Healthy Ageing Program

Funded by



Under the auspices of
Barcaldine Regional Council

Executive Committee

President: Karen Brown

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

