

GARDEN CITY



NEWS



Volume 26

Issue 9

October 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.

International Day of Older Persons 1st October.

International days are occasions to educate the public on issues of concern, to mobilize political will and resources to address global problems, and to celebrate and reinforce achievements of humanity. The existence of international days predates the establishment of the United Nations.

The year 2020 marks the 75th Anniversary of the United Nations and the 30th Anniversary of the International Day of Older Persons. This year has also seen an emergence of COVID-19, that has caused an upheaval across the world. Recognising older persons contributions to their own health and the multiple roles they play in the preparedness and response phases of current and future pandemics is also important.

The aims of the 2020 International Day of Older Persons are to:-

Raise awareness of the special health needs of older persons and of their contributions to their own health and to the functioning of the societies in which they live.

Increase awareness and appreciation of the role of the health care workforce in maintaining and improving the health of older persons, with special attention to the nursing profession

Present proposals for reducing the health disparities between older persons in the developed and developing countries, so as to “Leave no one behind”.

Increase understanding of the impact of COVID-19 on older persons and its impact on health care policy, planning, and attitudes.

International Day of Older Persons 2020 will highlight the role of the health care workforce in contributing to the health of older persons, with special recognition of the nursing profession, and a primary focus on the role of women - who are relatively undervalued and in most cases inadequately compensated.

So International Day of Older Persons recognises older people. 703 million people worldwide (4.8 million in Australia) are over 65 years of age. Longer lives are one of our most remarkable collective achievements. They reflect advances in social and economic development as well as in health, specifically our success in dealing with fatal childhood illness, maternal mortality and, more recently, mortality at older ages. A longer life is an incredibly valuable resource. It provides the opportunity for rethinking not just what older age is but also how our whole lives might unfold.

Sourced from United Nations Material.



At 60 & Better

With warmer weather and length of daylight increasing we think about being out and doing more especially in the early morning and late afternoon. These are times when we are more likely to be physically active, whether it is working in our yards or walking or cycling or doing organised sport. Have you considered the benefits you receive from being as active as you can and when you can?

We have invited Sgt Adam Tetley Office in Charge of Barcaldine Police Division to be our guest for the talk on Tuesday 6th October. Please come and meet Adam and make him welcome.

Hoy will be on Tuesday 13th October . Enjoy morning tea, some conversation and bantering and watch your cards and listen to make sure you have a chance to win.

If you have some ideas and would like to be part of the committee come along to the meeting at 10:00am on Tuesday 20th October.

Bingo will be played on Tuesday 27th October at 10:00am. You are all welcome to attend our activities.

Please remember to confirm your are attending activities and events at least one day before they are due to take place as we are still limiting the number of attendees and to help with catering provisions.

We'd like to start croquet again on Friday mornings at 8.30am in the Oak St park near the D'arcy Doyle mural All are welcome. No experience is needed. This is just a fun easy hour where the object is to hit a ball using a mallet through 12 hoops and finish by hitting the post in the middle of the course. Of course, there are other people playing who also desire to be the first to finish. It is a game of skill and strategy and not too strenuous. If you are interested see Jean or turn up on Friday 8th October to give it a go.

October lunch will be on 22nd October .For something a little different we'll have a picnic in the park. If everyone brings a sandwich or some finger food and a drink we can share lunch and conversation as we discuss eating in the great outdoors and reminisce about picnics in the past. A chair might be handy too.

Try to be a rainbow in someone's cloud.

Till next time. *Jean*

Barcaldine Regional Council Get Gardening Competition Results

Best Regional Garden , Best Town Garden (Barcaldine), Best Senior's Garden (Barcaldine), Best Front Garden/Footpath - **David and Elaine Harvey**

Best Town Garden (Alpha), Best Senior's Garden (Alpha) - **Kathleen Gleeson**

Best Town Garden (Aramac), Best Senior's Garden (Aramac) - **Ian and Dorothy Hannay**

Best Town Garden (Muttaborra), Best Senior's Garden (Muttaborra) - **Pearl Langdon**

Best Town Garden (Jericho), Best Senior's Garden (Jericho), Best Front Garden/Footpath - **Gladys Gifford**

Best Rural Garden - **Glen and Emma Price**

Best Edible Garden - **Michael and Christine Waugh**

Best Front Garden/Footpath (Alpha) - **Darren and Jennifer Thorn**

Best Front Garden/Footpath (Aramac) - **Helen Bain**

Best Front Garden/Footpath (Muttaborra) - **Sharmaine Spence**

Best First Time Entry—**Morgan and Louise Gronold**

Congratulations to the winners and well done to all the green thumbs in the region. For more details and to see the photos from the competition

visit the Barcaldine Regional Council website <https://www.barcaldinerc.qld.gov.au/get-gardening-expo>



We send condolences to the family and friends of Ted Scholes who died recently. Ted and his wife Robin lived at "Tonga" and owned several properties in the central west.

Broccoli and Brussels sprouts a cut above for blood vessel health

New research has shown some of our least favourite vegetables could be the most beneficial when it comes to preventing advanced blood vessel disease.

Published in the *British Journal of Nutrition* the research has found higher consumption of cruciferous vegetables, such as broccoli, Brussels sprouts and cabbage, is associated with less extensive blood vessel disease in older women.

Using data from a cohort of 684 older Western Australian women recruited in 1998, researchers from ECU's School of Medical and Health Sciences and The University of Western Australia found those with a diet comprising more cruciferous vegetables had a lower chance of having extensive build-up of calcium on their aorta, a key marker for structural blood vessel disease.

Blood vessel disease is a condition that affects our blood vessels (arteries and veins) and can reduce the flow of blood circulating around the body. This reduction in blood flow can be due to the build-up of fatty, calcium deposits on the inner walls of our blood vessels, such as the aorta. This build-up of fatty, calcium deposits is the leading cause of having a heart attack or stroke.

Lead researcher Dr Lauren Blekkenhorst said there was something intriguing about cruciferous vegetables which this study has shed more light on. "We have now found that older women consuming

higher amounts of cruciferous vegetables every day have lower odds of having extensive calcification on their aorta," she said. "One particular constituent found abundantly in cruciferous vegetables is vitamin K which may be involved in inhibiting the calcification process that occurs in our blood vessels."



Dr Blekkenhorst said women in this study who consumed more than 45g of cruciferous vegetables every day (e.g. ¼ cup of steamed broccoli or ½ cup of raw cabbage) were 46 percent less likely to have extensive build-up of calcium on their aorta in comparison to those consuming little to no cruciferous vegetables every day.

"That's not to say the only vegetables we should be eating are broccoli, cabbage and Brussels sprouts. We should be eating a wide variety of vegetables every day for overall good health and wellbeing."

"Heart disease is the single leading cause of death in Australia and poor diet is responsible for the largest proportion of the burden of heart disease, accounting for 65.5 percent of the total burden of heart disease.

"The Heart Foundation recommends that Australians try to include at least five serves of vegetables in their daily diets, along with fruit, seafood, lean meats, dairy and healthy oils found in nuts and seeds. Unfortunately, over 90 percent of Australian adults don't eat this recommended daily intake of vegetables." Source U3A GEMS <https://www.sciencedaily.com/releases/2020/08/200820102434.htm>

Around one in four people with eye concerns complains about sore eyes due to spending time reading text on a small screen. One way to combat these problems is to enlarge the text on your screen.

On your iPhone or iPad, head to 'Settings' then click on 'General'. Next, select 'Accessibility', then tap 'Larger Text'. Now, select your desired text size, then press the home button to exit the menu.

If that's not enough and you want to make your text stand out even more, you'll be happy to know that you can bold your screen text. To do this, just go to 'Settings' then click 'Display & Brightness' and flip the 'Bold Text' switch. Now restart your phone and your bold text will appear.

You can also use the good old 'pinch apart' gesture – which is when you put two fingers on your screen and pull them apart to magnify any images and text.

If you're using an Android phone, go to 'Settings' and click 'Display', then 'Font Size'. Now you can choose from one of four settings: small, normal, large or huge.

While a standard Android phone doesn't have a 'bold text' option, it does have a high-contrast feature. This adds a black outline around some of the text on your screen to make it easier to read. To access this feature, go to 'Settings', then tap the 'high-contrast' text box.

Source: <https://www.yourlifechoices.com.au/technology/computers/>



Fungal nail problems

Fungal nail infections, known to doctors as onychomycosis, can affect both toenails and fingernails, but toenail infections are more common. Fungal nail infections can cause a variety of changes in the affected nail, including:

- white or yellow spots or streaks under the tip of the nail;
- nail thickening and roughness;
- brittle, crumbling nail edges;
- nail discoloration (nails may turn white, yellow or brown);
- separation of the nail from the nail bed; and
- pain and tenderness.

Fungal nail problems are caused by a fungus spreading under the nail into the nailbed. Different types of fungi can infect nails, including the dermatophytes, as well as some forms of moulds and yeasts. The fungus may infect a broken or injured nail, or may spread to the nail from a nearby skin infection, such as athlete's foot. Fungal infections can be picked up by walking barefoot in public changing rooms, pools, and showers. Anywhere warm and moist where the public walk barefoot is an ideal environment for the fungus to spread from person to person.

There are several factors that can put you at increased risk of developing a fungal nail infection. These include:

- having diabetes;
- having problems with your circulation;
- having a problem with your immune system;
- being older than 60;
- wearing footwear that is closed-in, has poor ventilation, and doesn't absorb sweat;
- working in a humid or moist environment; and
- having constantly moist skin, often due to excessive sweating.

People involved in sporting activities such as running may be at increased risk of getting a fungal toenail infection because they often damage their

toenails, which provides an opening for infections to get under the toenail. People who frequently have wet hands, such as cooks and professional cleaners, are at increased risk of developing a fungal infection of the fingernails.

Early treatment of fungal nail infections may prevent damage to or loss of the nail and treatment at any stage may reduce discomfort and improve the nail's appearance. However, fungal nail infections can be difficult to treat, and can recur following successful treatment. Also, because nails (especially toenails) grow slowly, it can take up to a year for the appearance of the nail to return to normal, even if treatment is successful. Fingernail infections can generally be cured more quickly and effectively than toenail infections.

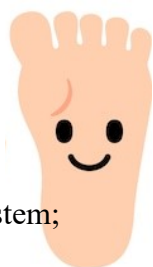
If the infection is superficial or involves only the end of the nail (less than half the total nail area), a topical (surface) treatment may be tried. However, sometimes these treatments will not penetrate the nail sufficiently to treat the infection. More extensive infections (involving the base of the nail or the nail-bed) generally need oral antifungal medicine.

In addition to antifungal treatments, you can help manage a fungal nail infection (and prevent further infections from developing) by:

- keeping your nails short;
- filing down any thick areas;
- thoroughly drying your hands and feet, including between the fingers and toes, after washing; and
- using a separate pair of nail scissors for any infected nails.

For fingernail infections, protect your hands from moisture when doing wet work by wearing waterproof gloves. If a toenail is affected, wear open-toed shoes or shoes with plenty of room for your toes. Always wear clean, dry socks that absorb moisture, especially if your feet sweat a lot, and change your socks when they are damp from sweat. And remember not to walk barefoot in public change rooms, pools or showers.

Source: <https://www.mydr.com.au/skin-hair/fungal-nail-problems>



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: 9

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

SAA Grants for \$5000

The Queensland Government offered grants of up to \$5000 for minor works to be completed, as part of Covid-19 employment opportunities. This grant was issued to Home Assist providers initially, without notice. The Queensland Department of Housing then took over the management of this Grant. Locally, we had no management over those Grants and were given less information than the public. For those who didn't get the opportunity to apply for the Grant, we apologise, but we had one day to process applications before the Queensland Government resumed management. We apologise, again, for those who did not have an opportunity to apply. Submissions are now closed.

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

With continuing restrictions in the south-east corner, it is a timely reminder to keep yourself safe. Remember the key to fighting Coronavirus is:

1. Washing your hands
2. Personal distancing
3. Staying home if you are sick or unwell
4. Get tested if you have symptoms
5. Participate 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

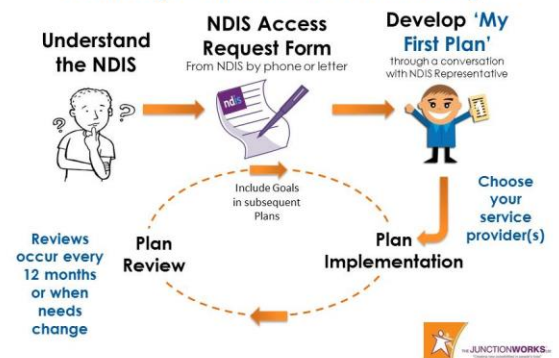
What can I access?

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 i.e. 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 your 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



Blake taking advantage of the Frisbee Golf down on Lagoon Creek

On Location!

Social and Community activities are an essential component of an NDIS Plan

As part of our social and community activities, we ensure a broad spectrum of stakeholders are engaging with the NDIS Participants we work with. It develops a sense of community and inclusion for all involved.

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, it's 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.



Monthly Calendar for October 2020



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

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



the final thoughts...

May your day be touched with a bit of Irish luck, brightened by a song in your heart, and warmed with the smiles of the people you Love



Some Random Thoughts!

I recently shared with all our Community Care Staff some thoughts on Successful and Unsuccessful people – I guess you can take sayings and quotes a number of ways, but I think this resonated with us and the way we look at things daily.

Successful People	Unsuccessful People
They embrace change	They are afraid of change
They continuously learn new things	They think they know it all
They take responsibility for their failures	They blame others for their failures

It's an interesting way to look at yourself!

Successful People	Unsuccessful People
They talk about ideas	They talk about people
They forgive others	They hold a grudge

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*



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Contact us on **07 4651 2187**

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



Herb Crusted Chicken with a Creamy Potato Salad

Herb crusted chicken:

- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- 1 tablespoon Dijon mustard
- 1 tablespoon fresh rosemary, finely chopped
- 2 garlic cloves, minced
- Olive oil spray
- 400g lean chicken breasts, halved horizontally

Potato Salad:

- 600g baby potatoes
- 1 tablespoon olive oil
- 150g marinated red capsicum
- 1 tablespoon capers
- 1/4 cup reduced fat Greek yoghurt
- 1/4 cup light sour cream
- 2 tablespoon lemon juice
- 1/3 cup parsley, finely chopped
- 150g baby spinach, roughly chopped

1. Whisk together lemon juice, olive oil, Dijon mustard, rosemary, garlic in a casserole dish. Add chicken and turn to coat.
2. Place potatoes into a microwave-safe dish and microwave at full power for 8-10 minutes or until cooked through. Set aside.
3. While potatoes are cooking, spray a large pan or non-stick frying pan with olive oil and heat over



medium-high heat. Cook chicken 5-6 minutes each side, or until golden and just cooked through. Set aside.

4. For potato salad dressing, combine red capsicum, capers, yoghurts, sour cream, lemon juice, parsley in a small bowl.
5. Arrange potatoes, spinach on a serving platter and drizzle over the yoghurt dressing. Serve potato salad with chicken breast.

Date Crumble Slice

- 150g chopped dates
- 60ml cold water
- 25g sugar
- 1 teaspoon vanilla essence
- 150g butter or margarine
- 1 1/2 cups (185g) self raising flour
- 100g rolled oats
- 150g sugar

1. Heat oven to 180 degrees C. Grease a large square tin.
2. Place the dates, water, sugar and vanilla in a saucepan and heat gently until mixture forms paste. Add more water if required. Leave mixture to cool.
3. Meanwhile, rub the margarine into the flour until it resembles breadcrumbs. Stir in oats and sugar then mix well.
4. Place half the crumble mixture into the greased tray. Press down firmly. Smooth the date filling evenly all over but leave a small gap to the edge of tin.
5. Spread remaining crumble evenly over the top. Bake for 40-45 minutes in preheated oven until golden brown. When cold cut into small squares.

NewsUp Barcaldine has recently been launched. It is an online community newspaper which covers the spectrum of life in Barcaldine. There are the features of traditional hard copy newspapers with a comprehensive range of topics and opportunities to place ads and write letters to the editor. Just put NewsUp Barcaldine in your browser and have a read. You can subscribe and receive the newsletter in your inbox.



Get Online Week 19 –25 October 2020

Get Online Week is an international digital inclusion campaign organised by Good Things Foundation to support people to connect with friends and family, stay safe online, learn how to better use their devices, find reliable health information and more. Everyone deserves the opportunity to safely participate in our digital world and no one should be left behind. Through the Be Connected Network in Australia, events and activities will take place in hundreds of communities to spread the Get Online Week message. Different activities will be provided during the week.

GET Online Trivia Quiz Monday 19th October 1:00pm.

Please come and share a light lunch (provided) with us at *The Willows* and take part in the online trivia quiz. Lunch will be from 12:00pm and precede the trivia quiz. Please let Jean know by Friday 16th October if you are attending.

October 2020

Mon	Tue	Wed	Thu	Fri	Sat	Sun
October is Breast Cancer Awareness Month	10–18 October is Qld Mental Health Week	National Week of Deaf People 20 –26 October	1 International Day of Older Persons Tai Chi	2 Digital Learning	3	4
5 Queen's Birthday Holiday	6 60 + Exercises Talk	7	8 Tai Chi Digital Learning	9 Croquet 8.30 am Oak St Park Digital Learning	10 Sculpture Trail Rally	11 Sculpture Trail Rally
12 World Arthritis Day Men's Shed	13 60 + Exercises Hoy	14	15 Tai Chi Digital Learning	16 Croquet 8.30 am Oak St Park Digital Learning	17	18
19 Men's Shed Get Online Week Quiz Webinar 1.00pm	20 60 + Exercises Meeting	21	22 Tai Chi Digital Learning	23 Croquet 8.30 am Oak St Park Lunch Picnic in the park	24	25
26 Men's Shed	27 60 + Exercises Bingo	28	29 Tai Chi Digital Learning	30 Croquet 8.30 am Oak St Park Digital Learning	31	

Can you find the ten European cities listed below? No vowels are shown and the remaining letters have been jumbled.

S M R T M D _____

T S P B D _____

C L N B R _____

N D N L _____

N L M _____

S S S B R L _____

S P R _____

W G G S L _____

P L S N _____

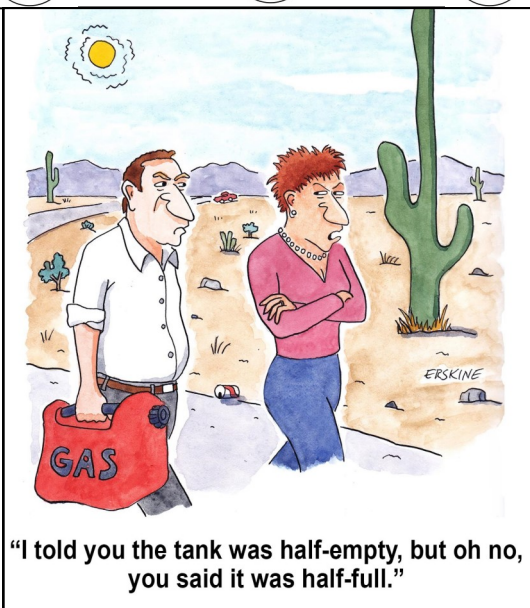


Combine the split words in the grid into twenty whole words of two fragments.



Theme: MYTHOLOGY

cy	sa	als	las	mer	dess	ga	das
god	thos	fin	gre	pix	sat	le	at
to	o	ren	big	taur	my	hob	maid
ha	clops	ie	ses	si	des	grif	on
mor	cen	mu	bit	foot	ire	mi	drag



"Knowledge is power, and power corrupts. So study hard and be evil."

Intelligence is like underwear. It is important that you have it, but not necessary that you show it off.

An old married couple are in church on a Sunday morning when the woman turns to her husband and says, "I've just let out a really long, silent fart. What should I do?"

The husband turns to her and says, "Replace the batteries in your hearing aid."

Letting the cat out of the bag is a whole lot easier than putting it back in.

Scientists say the universe is made up of Protons, Neutrons, and Electrons. They forgot to mention Morons.

The difference between stupidity and genius is that genius has its limits. - Albert Einstein

Puzzle Solutions

Cities:

Amsterdam Budapest, Barcelona, London, Milan, Brussels, Paris, Glasgow, Naples, Venice

Mythology:

atlas, bigfoot, centaur, cyclops, dragon, goddess, griffin, hades, hobbit, Leto, mermaid, Midas, morals, muses, mythos, ogre, pixie, saga, satire, siren

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, 6th October 10:00am

Hoy 2nd Tuesday, 13th October 10:00am

Meeting 3rd Tuesday, 20th October 10:00am

Bingo 4th Tuesday 27th October 10:00 am

Lunch Friday 23rd October 12:00pm—Picnic in the Park



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

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Barcaldine Q. 4725

