

GARDEN CITY NEWS



Volume 26

Issue 8

SEPTEMBER 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.

Healthy Ageing

Here she goes again, waffling on about healthy ageing and the need for older people to be recognised as an integral part of a community. Did you know that the World Health Organization (WHO) has declared 2020—2030 ‘The Decade of Healthy Ageing’?

Healthy Ageing is about creating the environments and opportunities that enable people to be and do what they value throughout their lives. Everybody can experience *Healthy Ageing*. Being free of disease or infirmity is not a requirement for *Healthy Ageing* as many older adults have one or more health conditions that, when well controlled, have little influence on their wellbeing.

WHO defines *Healthy Ageing* “as the process of developing and maintaining the **functional ability** that enables **wellbeing** in older age”. **Functional ability** is about having the capabilities that enable all people to be and do what they have reason to value. This includes a person’s ability to: meet their basic needs; to learn, grow and make decisions; to be mobile; to build and maintain relationships; and to contribute to society.

Every person – in every country in the *world* – should have the opportunity to live a **long and healthy life**. Yet, the environments in which we live can favour health or be harmful to it. Environments are highly influential on our behaviour, our exposure to health risks (for example air pollution, violence), our access to quality health and social care and the opportunities that ageing brings.

Healthy Ageing, emphasizes the need for action across governments, civil society, international agencies, professionals, academia, the media, and the private sector and individuals enabling older people to remain a resource to their families, communities and economies.



Covid 19 Reminder

Please follow the rules and help keep you, your family and community safe. The physical distancing requirements and restrictions on gatherings are aimed at protecting individuals and communities. While we may be inconvenienced, a Covid 19 infection could potentially be life threatening and impact not just on individuals but everyone else too. Play it safe and practise good hygiene, stay home if you’re sick, get advice from reliable sources and get tested if you have symptoms.

At 60 & Better

What is a 60 & Better Program?

Essentially, 60 & Better Programs when first developed were based on three principles: social justice, community development and primary health care. Social justice recognises everyone has basic rights and access, equity and participation are possible for all older members of the community. The community development aspect refers to empowering participants to continue to develop and maintain skills so communities are capable and independent with participants planning and working with the community worker to produce suitable events, projects and activities to engage older people. Primary health concerns social, emotional and spiritual well-being as well as physical health. It is about maximising good health. An overarching consideration is that accessible, acceptable, affordable, appropriate activities are provided

Some of the outcomes that 60 & Better programs aspire to, include, reducing harm and social isolation, encouraging increased levels of personal resilience and connections, providing opportunities for older people to be safe, supported while maintaining and strengthening connections to community and generally improving quality of life. Programs received government funding which helps pay for rent and administration but it is the people who make the programs.

In the case of Barcaldine 60 & Better Program, Barcaldine Regional Council is the auspice and oversees the administration of the program. A committee manages the program and supports the coordinator in the every day activities designed to maintain overall well-being. The activities and events we hold rely on support from our target group (older people) to be successful and worth holding. We cannot provide all things for all people but if we know the type of activities and how many people would attend it makes planning and provision of activities more likely to happen.

If you have any suggestions to improve how we operate and see some opportunities for different activities please share your ideas with us as we try to fulfil our charter. Things have evolved over the past 26 years and we need to be mindful of the changing older population and different expectations.

In September the weekly exercise and tai chi sessions will continue. The **monthly talk** is on Tuesday **1st September**. Please come and learn about the Renewable Energy Hub Project. Our guest is Mr Rob Chandler who will enlighten us about the project.

Hoy will be on **8th September**, the **monthly meeting 15th September** and **bingo on 22nd September**. As there is a **5th Tuesday (29th)** we'll have **hoy** then as well.

Down Memory Lane Lunch will be on **Friday 25th September**. Please bring a photo of yourself as a baby or small child and we'll have a "Guess Who?" competition. RSVP Wednesday 23rd September.

Digital Learning for Older Australians assistance is available on Thursday and Friday mornings and at other times by appointment. Apart from the absolute basics, other topics include getting started online, staying safe online, more online skills, connecting to others, online hobbies, all about apps. If you have been given a phone or tablet and little explanation about its use and need some help, please talk to us. You can visit the Be Connected website <https://beconnected.esafety.gov.au/> for more information.

A couple of thoughts - *Happiness depends upon ourselves. (Aristotle).*
Be Patient . It is a way of being wise.

Take Care

Till next time

Jean

Birthday Greetings go to Joyce Rabnott and Pat Ogden who celebrate birthdays in September.

Belated Greetings to Pat Stirling who celebrated her birthday in August

We send a Get Well greeting to Bev Church who has been in hospital recently.

Can our Smart Phones get Smarter? (ABC Science)

In the year 1926, the pioneering scientist and inventor Nikola Tesla predicted a device that would allow us to communicate instantly over any distance, seeing and hearing one another as though face to face. The device, Tesla said, would be small enough to carry about in one's "vest pocket". So what future predictions can be made about our smartphones now they've been around for a while?

Our phones already use artificial intelligence — when we use GPS to navigate, or ask a question of Siri or Alexa. But the phones of the future will also be able to work out when we're sick, and act as sophisticated personal assistants communicating on our behalf, experts say. Better biometric sensors —

monitoring things like heart rate and blood pressure — could work in tandem with artificial intelligence to anticipate a stroke and contact emergency services, said Dr Christine Satchell, a Melbourne-based researcher in smart mobile platforms. We've moved from the desktop computer, then the laptop, to the smartphone as the central means by which many of us access news, connect with friends and family, and interact with the wider world.

But will the smartphone stay at the "centre" — as the main thing we use to interact with the digital world and manage all our other bits and pieces? Probably not. As cloud computing and AI continue to develop, the smartphone may be eclipsed by other, more clever devices.

Appetites Change with Age

We know that it is important to lead an active, healthy lifestyle and this doesn't change as you get older. However, what does change is your body and with that your nutritional needs. Eating well is key to ensuring you get the most out of life in your senior years.

It seems simple – eat when you're hungry and don't when you're not. Feeling hungry, or feeling full happen due to a combination of signals and processes including habit, stimulation of the senses and the relay of messages via nerves and hormones in the digestive system to the brain. Inconveniently, many of these changes in appetite are affected by ageing. As you get older, it is important to make a conscious effort not to fall into the habit of eating less and less. The process of eating, especially small, frequent meals, can help bring your appetite back on track.

Changes in your digestive system The appetite centre of your brain receives messages from your digestive system to give you the feeling of fullness. It then reminds you to eat again in a few hours. As you age, this system loses its accuracy and the wrong messages can get relayed, tricking you into eating less.

Changes in your sense of taste and smell As you age your taste buds and your sense of smell diminish. Both can be further affected by illness and medications. It's not surprising we lose enthusiasm for eating when these senses are reduced.

Changes in your saliva As you get older you produce less saliva and this can be exacerbated by

medications. Saliva plays an important role in your ability to taste foods, your ability to swallow and the health of your teeth.

Medications Different medications can affect your appetite. It's important to regularly review (with your doctor) the medications that you take.

Illness and medical procedures Anytime you are fighting illness or infection it is normal for your appetite to decrease. But food plays an important role in helping your body repair itself. It is essential to eat throughout your illness despite what your appetite is telling you.

Nutrient deficiencies A poor appetite can be self-perpetuating as eating poorly results in reduced consumption and absorption of essential vitamins and minerals including vitamin B1, magnesium, sodium, iron and zinc; these all being associated with a reduced appetite.

Emotional wellbeing Stress, depression, anxiety, grief, serious illnesses or accidents can cause a loss of appetite. You may find your appetite completely absent, feel full after only one mouthful, or you may also feel like your throat 'closes up' or your mouth feels too dry to swallow when you try to eat.

Bowel issues Constipation, diarrhoea and nausea, will affect your appetite and food intake. Your bowel works better when you have a good quantity of food and fluids passing through and when actions of muscles in your belly, hips, legs and even arms move your body.

Source: "Nutrition for Seniors—Healthy Eating Habits" <https://homeinstead.com.au/wp-content/>

Five common myths about the ageing brain

and body The world's population, and Australia's, is ageing. The number of adults aged 65 and over is increasing, as is the proportion of the population they represent. However, there are a number of myths associated with what happens to our brain and bodies as we age.

1. Dementia is an inevitable part of ageing.

Dementia prevalence increases with age. That is, your chance of having a diagnosis of dementia is greater the older you are. But if you are lucky enough to reach old age, you won't necessarily have dementia. Dementia is a clinical diagnosis that is characterised by impairments in cognition (the way we think) and functional abilities (that enable us to live independently). Less than 2% of adults 65-69 years of age have a dementia diagnosis, 70% of those aged 90 years and over don't have dementia.

2. Cognition declines from the 20s Cognition refers to the way we think, but there are lots of types of thinking skills. For example, the speed at which we can respond (processing speed), our ability to remember objects (general memory), and our knowledge of words and their meaning (vocabulary knowledge). These cognitive domains show different patterns of change across adulthood.

Processing speed and general memory do appear to decline from the 20s, which means we are slower at responding to relevant cues and a bit more forgetful as we age. But this is not the case for vocabulary knowledge. On average, we will reach our peak word knowledge in our 60s, and our performance will not markedly decline after that.

3. I can't change my risk of dementia It has been estimated that up to 30% of worldwide dementia cases are preventable through lifestyle choices. Evidence shows mid-life heart factors, especially diabetes, high blood pressure, obesity and physical inactivity, increase the risk of developing dementia in late-life, as does having depression, smoking and having low educational attainment.

So, one way to decrease your risk of dementia is to reduce your heart risk factors - for example, exercise more and reduce your weight if you are obese. Engaging with cognitively stimulating activities such as formal (such as university) and informal (such as short-courses) education, and social

meetings, has been shown to reduce the risk of dementia.

4. I'll get dementia if my parents did Late-life dementia, which is diagnosed when you are 65 years and over, is only influenced slightly by the genetics your parents passed onto you. Nine genes have been identified that either increase or decrease your risk for dementia. There is one that carries some influence: apolipoprotein E. If you have one combination (E4E4 alleles), you are at 15 times more likely to get dementia as someone with the more typical combination (E3E3). However, all other identified genes have only a small effect, with each putting you at a 20% increased or decreased risk of developing the disease.

To put these genetic risks in perspective, they are smaller than each of the lifestyle factors mentioned above. That is, dementia is more likely to be caused by obesity (60% more likely) or being inactive (80% more likely). It may be that genes related to dementia also relate to these lifestyle factors, but it does show how powerful lifestyle factors are.

5. My weight will stay the same. Simple physics energy laws tell us that if the calories we are eating match the energy we are burning, our weight will essentially be stable. Most people believe in this simple and truthful nutritional dogma, but fail to take into account the significant effects of ageing on energy metabolism.

As we age, our body composition changes. In particular, we tend to have a reciprocal change in fat (increase) and muscle (decrease), and these changes appear to be different in men and women. Men appear to have a steeper decline in muscle tissue, which accounts for a decline in the total energy expenditure of about 3% per decade. In women, the rate is slightly slower compared to men (about 2% per decade). This simply means if you continue to eat and exercise at the same level as you age, you will likely gain weight, and this will mostly consist of body fat.

Ageing is not a passive biological process. We need to better understand our body and its changes if we want to maintain health and prevent the onset of diseases such as dementia.

Source: The Conversation January 2017

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: 8

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

Aged Care Employee Day/ Month - August

As part of a national initiative, we have celebrated Aged Care Employee Day around the district. The national promotion saw the recognition of the tireless work that all Care Staff provide, often going above and beyond. A series of morning teas and gifts were presented to staff, to acknowledge their commitment and service.



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

With 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

Our services continue to operate as regular. Social Support group activities now have individual serves of tea, coffee, milo and biscuits. Under the Covid-19 rules you cannot serve yourself – one person must serve all food items. You will receive a 'pack of goodies' at all Social Support Group activities.

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.



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



Lacey and Constable Cluedo at the Barcaldine Library

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, 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...

We are what we repeatedly do.

Excellence, then, is not an act but a habit!

Aristotle



Some Random Thoughts!

It is often easiest to see the worst in most things, in fact sometimes we probably do that more in our everyday lives than we see a positive.

Somedays its harder to do than others. Somedays it just takes too much effort.

It's interesting to see peoples reactions to positive comments. Often, people create the negative from the positive that you offer!

Try this and see how people react!

(You have to be genuine and really mean it – this isn't a social experiment)

“I really like the dress/shirt/clothes you're wearing today!”

How easy it is to say something negative, but is much harder, for some, to genuinely be positive!

In the next issue >>>

In The Next Issue

Job List for Home Assist Secure

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NDIS – National Disability Insurance Scheme

Field Officer Jobs

Monthly Calendar



Office:
66 Ash Street
Barcaldine Q 4725
Postal:
PO Box 191
Barcaldine Q 4725



Contact us on **07 4651 2187**



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





Monthly Calendar for September 2020



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

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



Cauliflower Fried Rice

- 1 head cauliflower
- 1 tb olive oil
- 1 small brown onion, finely diced
- 1 carrot, peeled, finely diced
- 1 red capsicum, deseeded and finely diced
- 2 spring onions, finely sliced
- 2 cloves garlic, crushed
- 3cm knob ginger, finely grated
- 1/3 cup defrosted peas
- 1 tbsp salt-reduced soy sauce
- 1 tsp sesame oil
- 1/8 tsp white pepper



Cut cauliflower into large florets. Place in a food processor and pulse to form fine crumbs the same size as rice. Set aside.

2. Preheat olive oil in a large frying pan over medium-high heat. Add onion, carrot and capsicum and cook for 3-4 minutes or until starting to soften. Add garlic and ginger and cook for a further 2 minutes until fragrant.

3. Add peas and cauliflower and cook for a further 3-4 minutes or until all vegetables are cooked through but not mushy.

4. Add soy sauce, sesame oil and pepper and stir to combine. Transfer to serving bowls and top with sliced spring onions. To create a whole meal, serve with grilled chicken breast.

Impossible Pie

- 2 cups (500ml) milk
- 1 cup (90g) desiccated coconut
- 4 eggs
- 1 teaspoon vanilla essence
- 1/2 cup plain flour
- 120g butter or margarine
- 3/4 cup caster or white sugar
- 1/4 teaspoon ground nutmeg

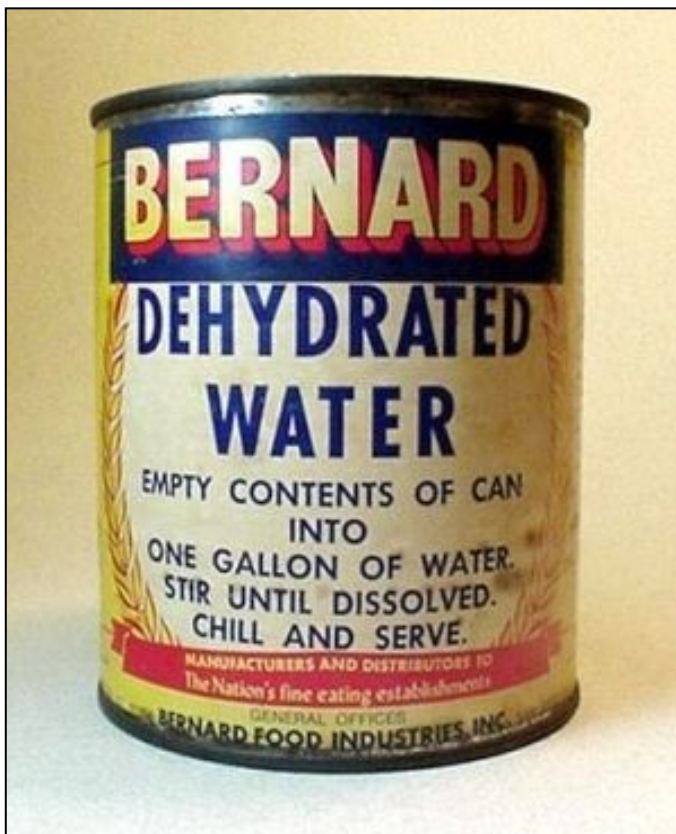
1. Place milk, coconut, eggs, vanilla, flour, margarine and sugar in blender. Mix well.
2. Pour into a greased and floured 25cm pie plate. Sprinkle nutmeg on top.
3. Bake at 180 degrees C for 45 minutes.

Fruit Dip

- 250 g cream cheese room temperature
 - 300 g sour cream
 - 4 tbs brown sugar
 - 4 tbs maple syrup
1. Blend all ingredients together with an electric mixer.
 2. Place in dish and refrigerate until ready to use. Tastes great with a variety of fruit, in either large chunks, or small pieces (where a tooth pick or fork can be used for dipping).

Cooking Tip:

Read the whole recipe before you begin.



A couple of advertisements from the past



September 2020

Mon Tue Wed Thu Fri Sat Sun

	1 Exercises Talk	2	3 Tai chi Computer Classes	4 Computer Classes	5 Cultural Assoc Cent Sale	6 Fathers' Day
7 Men's Shed	8 Exercises Hoy	9 Public Holiday	10 Tai chi Computer Classes	11 Computer Classes	12	13
14 Men's Shed	15 Exercises Meeting	16	17 Tai chi Computer Classes	18 Computer Classes	19	20
21 Men's Shed	22 Exercises Bingo	23	24 Tai chi Computer Classes	25 Computer Classes Down Memory Lane Lunch	26	27
28 Men's Shed	29 Exercises Hoy	30		<i>Spring is in the Air</i>		

The parish priest said to the congregation:

“Let me introduce you all to the the **Tate** family, they have joined our little parish”

First of all there is old man **Dic Tate** unfortunately he wants to run everything, while his brother **Ro Tate** wants to change everything. **Mrs Agi Tate** and her husband **Mr Iri Tate**, well they love nothing more than to stir up trouble.

Whenever there are new projects their son **Hesi Tate** and his wife **Vege Tate** want to put everything off for at least 12 months. **Regurgi Tate** always wants to bring something up again for a new vote. The twins **Anno** and **No Tate** keep copious records of business meetings.

Then of course there is **Mrs Imi Tate**, she wants our parish to be just like the one she visited in Melbourne, her husband **Devas Tate** is reliable to always provide the voice of doom, while his brother **Mr Poten Tate** just wants to be a big shot. Miss **Gravi Tate** transferred her membership in from a neighbouring church because she likes our preacher better.

Even a 5% chance of rain makes Uncle **Precipi Tate** carry his umbrella to church. **Commen Tate** has an opinion on everything even things she knows nothing about. **Decapi Tate** is even worse. It doesn't matter who's leading the church or one of its programs. He's always after whoever is in charge.

Grandfather **Es Tate** is also very controlling. He's always threatening to write the church out of his will when he doesn't like the way things are going. **Debili Tate** seems to cripple every good move the pastor makes.

Let's not forget **Mr Cogi Tate** and his lovely wife **Medi Tate**, they always think things over and are positive with their ideas. **Resusci Tate** breathes new life into the church.

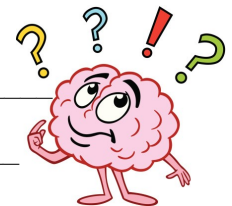
Fortunately, there's Brother **Facili Tate** who is always helpful and **Felici Tate** who is most helpful when there is work to be done. **Rehabili Tate** helps run the church's activities.

Finally like in all families I am told about the black sheep **Ampu Tate**, he is not here today because he has cut himself off from the rest of the family”.



Trivia Questions — From the Past

1. Queen Elizabeth II - who was her father? _____
2. Name the famous movie director who hosted a popular TV series featuring dramas, thrillers, and mysteries _____
3. Name the first man-made satellite launched into space? _____
4. Throughout the 1950's a high ranking member of the British Intelligence worked as a double agent serving the KGB. Who was he? _____
5. Who was on the cover of the first 'Playboy' Magazine? _____
6. What was the name of the ranch in the tv show 'Bonanza'? _____
7. Stalin died in 1953. Who succeeded him? _____
8. Who wrote and recorded the song 'Your Cheating Heart'? _____
9. In 1952 the longest running play opened in London, it was _____
10. Dr. Jonas Salk produced a vaccine for _____
11. In 1955 an amusement park was opened in California; what was it called? _____
12. Four days after this actor was killed in a car crash, the film 'Rebel Without a Cause' was released. Who was he? _____



Puzzle Solutions

1. King George VI
2. Alfred Hitchcock
3. Sputnik 1
4. Kim Philby
5. Marilyn Monroe
6. Ponderosa
7. Nikita Kruschchev
8. Hank Williams
9. The Mousetrap
10. Poliomyelitis
11. Disneyland
12. James Dean

Barcaldine 60 & Better Program

The Willows

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Phone 07 4651 2354

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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

Craft: Thursday 10:00am

Digital Learning: Thursday & Friday 10:00am

Talk 1st Tuesday, 1st September 10:00am

Hoy 2nd Tuesday, 8th September 10:00am

Meeting 3rd Tuesday, 15th September 10:00am

Bingo 4th Tuesday 22nd September 10:00 am

Lunch 4th Friday 25th September 12:00pm

Hoy Tuesday 28th September 10:00am



Barcaldine 60 & Better 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

