



GARDEN CITY NEWS



Volume 28

Issue 11

December 2022

Garden City News is a free 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 risk of harm and social isolation) with contributions from others for participants and older people in the community. Please share this newsletter. If you prefer, it can be emailed to you. The newsletter can be found on Barcaldine Regional Council website also.

BARCALDINE REGIONAL COUNCIL

SENIORS CHRISTMAS LUNCH

TUESDAY 13th DECEMBER

BARCALDINE TOWN HALL

DOORS OPEN 11:00AM

LUNCH 12:30PM

COST \$15

MULTI DRAW RAFFLE

This event is open to all older people (and their carers) residing in the Barcaldine Regional Council area .You do not need to be receiving a pension or care services to attend. For this event we'll regard older persons as those being 65 years of age or over. (50 years for Indigenous people).

RSVP by 6th December to 46512354 or jeanw@barc.qld.gov.au or drop into 13 Willow St and register

HOSTED BY



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At 60 & Better.

As we come to the conclusion of another year, I'd like to reflect on the things that happened for us and those that are yet to come to fruition. We start out with a degree of enthusiasm and desire to try something new or enhance our skills or simply stay connected and involved. Somehow along the way we find other distractions and decide sometimes our ideas and plans weren't so wonderful, invigorating or of interest. But an occasional activity takes root and grows.

This year, the bonsai project did not reach its potential but there is another year ahead in which to make advances in our knowledge and skills. The recognition of long term volunteers will be a continuing process. While most people are modest about their volunteering efforts, many people have given in so many ways that it is part of who they are. We need to capture a little not only about the people but about the organisations where they volunteered as some no longer function.

The final talk for the year will be on Tuesday 6th December at 10:00am when Mark Herewini from Queensland Ambulance Service will be our guest. Mark will talk about cardiovascular disease, and 'Stay on Your Feet' and 'Ageing with Vitality'. Please come and meet Mark. Some of you may be familiar with 'Stay on Your Feet' and 'Ageing with Vitality', so this will be an opportunity to recap or gain new knowledge.. Smoko will be before the talk.

Because the regional seniors Christmas lunch is on 13th December there will be no hoy. The meeting will be on 20th December. There will be a 60 & Better end of year lunch following the meeting. We ask people who are coming to bring some food to share. Lunch will be at 12:30pm. RSVP by 16th December.

The first talk in 2023 will be on Tuesday 7th February. Bill Ricketts will speak and present video footage about the changing night sky as the seasons change. Even those of us who don't study the sky every night will find this of interest.

To everyone who has supported 60 & Better over the past year or 28 years thank you. Your support, however it is provided, makes a difference to all of us. Whether it is by attending activities or joining us for other events your involvement is welcome. There is a very special thank you to the newsletter deliverers who ensure the newsletter find its way to many homes each month.

As 60 & Better Programs are to help maintain social, physical, emotional, mental, spiritual wellbeing and offer support to reduce social isolation we invite all older people to join us whenever you can. Accessing services from or attending other groups does not preclude attendance at 60 & Better.

I'll be taking leave from Wednesday 21st December until Friday 6th January. During that time please contact Barcaldine Regional Council for matters relating to the program.

At its best Christmas joy is a reaction. It is the joy of joy-giving.

Remember, if Christmas isn't found in your heart, you won't find it under a tree.

Till next Year. Merry Christmas and Happy New Year.

Jean

Birthday Greetings

We send belated Birthday Greetings to Hermione Duncan and Dawn Hansen. Both these ladies celebrated a birthday in late November. The birthday book does not contain any names for December birthdays so for those celebrating a birthday in December Happy Birthday.

Condolences

Our condolences go to the family and friends of Paul (Nugget) Arthur following the death of Paul. Paul was a well known Barcaldine identity.

We also offer our sympathy to the Woods family following the passing of Charlie's sister Natalie..

Why is Self-Care Important when Helping Others?

When offering support or helping others it may be tempting to ignore our own self-care. This is especially true if your working, family or social life includes regularly caring for others. In our desire to always be there for the people we care about, we can forget to turn that compassion inward.

However, self-care is a vital part of maintaining our ability to care for others. This is particularly important if you are a parent, carer or someone people regularly rely on.

You may have heard the saying *you can't pour from an empty cup*. We often talk about self-care. To effectively take care of others, we must first take care of ourselves. We all need time to replenish the emotional, intellectual, and psychological stocks.

The more you practice self-care and tend to your needs, the better placed you'll be to offer support to the people around you.

The indication that someone we know may need support can come in many subtle forms, including increased isolation, decreased interest in a favourite hobby or pastime, a loss of appetite, lowered patience or tolerance for people or situations, avoiding friends and family, or a change in mood that might not seem significant by itself. However, if these changes combine or persist, it may be signs you need more than a moment to recharge.

Often when we're caught up in the busyness of everyday life, we can invite stress into our lives. Stress can block our awareness of our own situation may affect our ability to notice some of the subtle changes in those around us.

It's only natural that in helping others, we may drain or deplete our own bank of emotional resources. The problem isn't necessarily the act of offering help or support but rather what we do to rejuvenate ourselves and replenish our bank and when we're feeling emotionally, psychologically,

or physically drained from helping others it may be more tempting to turn to self-soothing behaviours over self-care.

While the odd bit of self-soothing behaviour such as watching tv, having a drink, shopping or comfort eating can be part of a well-rounded self-care plan, it should not replace healthy activities such as exercise, sleep, mindfulness, healthy eating or connecting with friends – all of which help us rejuvenate and provides greater resilience for longer periods.

Helping others can be a source of joy. It can give us pride in the work we do, what we're able to accomplish and even a sense of purpose. However, like any form of productivity and action, it has the potential to become a little addictive, which may skew our perception of the payoff we're receiving from giving our energy.

All humans need time to themselves to function. Constantly living with a feeling of obligation to others and never having finished your responsibilities is not healthy.

We all need to experience the sense of accomplishment that comes from finishing a task. We also need to understand that in any helping situation, there are no prizes for going it alone. Just as it takes a village to raise a child, it takes many different people and resources to give each individual person the help and support they need.

It's not uncommon for a person who loves to help or is in a primary support role to feel guilty when their focus shifts from other people to themselves. But that doesn't mean that shift is an act of selfishness or one that doesn't fit within the parameters of helping.

Helping yourself to be the best version of you that can be makes you a better friend, lover, parent, colleague and professional. Giving yourself permission to attend to your needs also sets the example for those who rely on you for your support to do the same.

Source: <https://community.mhfa.com.au/self-care-when-helping-others/>

The following snippets have been taken from **“Every Word (& Gesture) Counts. A guide to taking ageism out of aged care.”**

What is ageism? Ageism means treating someone unfairly just because of their age. It includes stereotyping (how we think), prejudice (how we feel) and discrimination (how we act). Ageism is a particular problem for older people because of our society’s widespread acceptance of negative attitudes and beliefs about ageing and the value of older people.

Why do we need to end ageism? Ageism causes people harm. When you are made to feel you have less value than other people because of your age, it can affect your physical and mental health and wellbeing and lead to a shorter lifespan. When other people make negative assumptions about your importance and your capabilities, they can use this to try and justify treating you badly. Many older people experience this. It might be being ignored, getting bad service in a shop or restaurant, or missing out on jobs and educational opportunities. It might be having your concerns dismissed or not being offered certain medical treatments. It can also lead to many forms of abuse.

It’s easy to unknowingly use ageist language and behaviours, even when you mean to be kind and helpful. It’s called ‘benevolent ageism’, and it can be avoided if we stop and think about what we say and do

Ageism is not always obvious, so here are some common terms and WHY we should try to AVOID them:

- ‘the elderly’ – this term lumps all older people under a single label simply because they are all

over a certain age... and what age? Are people in their 60s the same as people in their 90s, 80s or 70s? There is just as much diversity among older people as there is any other age group. Also, when you put ‘the’ in front of a group of people, it creates an ‘us’ and a ‘them’ - and that usually means a difference in value and power.

- ‘the ageing population’ – this should only be used when talking about a statistical population trend. News media outlets are big culprits in talking about ‘population ageing’ and the economy. No generation or group of people should ever be made to feel they are a problem or burden because of their existence.
- ‘seniors’ – many people prefer this to other terms like ‘the elderly’ because it suggests a position of status in society. But the problem remains: calling all older people ‘seniors’ still lumps them together as if everyone is the same – just under a different banner, that comes with its own particular image. Another complication is that, in our society, we earn seniority for having certain skills, knowledge, attributes and behaviours. Giving anyone seniority just because of their age, and regardless of their character and behaviour, is unfair in this sense.
- ‘Elders’ – like ‘seniors’, some people love this term while others hate it, and the reasons are similar. Like ‘senior’, there is an implied authority and wisdom in the title of ‘elder’ that doesn’t automatically come with age. Importantly, however, for some groups there is also a particular cultural meaning associated with the term that needs to be considered.

Source: Australian Ageing Agenda 17 Nov 2022

5 top tips for staying cool this summer

When we age, our bodies become less efficient at regulating temperature – older people don’t sweat as much as younger adults, and sweating is one of the body’s most important heat-regulation mechanisms. As the temperature rises, so too does the internal body temperature, especially when there is exposure to the sun or extremely hot environments hence older people suffer from heat stroke more often than younger people. Throughout the summer we need to ensure that we stay hydrated.

Some ideas to reduce risk of heat stress:- 1. Stay indoors; 2. Drink plenty of fluids - preferably water 3. Keep as cool as possible by using air conditioning or fans if available, and use moist cool towels to moisten skin 4. Store water in the fridge or water cooler to remain cool 5. Wear light, loose fitting clothing.



Christmas Lights Competition.

Barcaldine Regional Council is conducting a Christmas Lights Competition in each of the towns in the region and there is a Decorated Mail Box Competition for rural properties. Vouchers will be awarded in categories of Residence, Commercial/ Community Group and People's Choice for the lights competition.

Judging will take place between 8th and 15th December and people are requested to leave their lights on until 9:00pm. Displays may be a combination of Christmas lights and decorations.

Please contact the local council administration office if your light display is not to be included in the competition.

Judges decision are final and no correspondence will be entered into by Council.

60 & Better will be doing a tour of the Christmas Lights in Barcaldine on Wednesday 14th December. We'll leave 'The Willows' some time after 7:00pm when it starts to get dark and return when we have traversed the town. Please let Jean know by Tuesday 13th December if you intend to come along.

Pelvic floor muscles

The pelvic floor muscles span the bottom of the pelvis and support the pelvic organs (bladder and bowel, and uterus (womb) in women). A man's pelvic floor muscles support his bladder and bowel. The urethra (urine tube) and the anus (back passage) all pass through the pelvic floor muscles. When pelvic floor muscles are weakened they can create problems with bladder and bowel control.

The pelvic floor muscles give you the ability to control the release of urine (wee), faeces (poo) and flatus (wind) and to delay emptying until it is convenient. When you contract the pelvic floor muscles, they lift the internal organs of the pelvis and tighten the openings of the vagina, anus and urethra. Relaxing the pelvic floor allows passage of urine and faeces. This function is especially important if your urethral or anal sphincters (muscles) do not work normally, as may be the case after giving birth or after prostate surgery. Pelvic floor muscles are also important for sexual function in both men and women. In men, it is important for erectile function and ejaculation. In women, voluntary contractions (squeezing) of the pelvic floor contribute to sexual sensation and arousal. The pelvic floor muscles in women also provide support for the baby during pregnancy and need to be relaxed during the birthing process. The pelvic floor muscles form the base of the

group of muscles commonly called the 'core'. These muscles work with the deep abdominal (tummy) and back muscles and the diaphragm (breathing muscle) to support the spine and control the pressure inside the abdomen.

The floor of the pelvis is made up of layers of muscle and other tissue. These layers stretch like a hammock from the pubic bone at the front to the coccyx (tailbone) at the back, and from one ischial tuberosity (sitting bone) to the other (side to side). The pelvic floor muscles are normally firm and thick. It is important to keep pelvic floor muscles strong.

Like any muscle in the body, pelvic floor muscles can be trained with regular, targeted exercise

Pelvic floor muscle exercises can help with:

- improving bladder and bowel control
- reducing the risk of prolapse (in women)
- better recovery from childbirth and surgery (in women)
- better recovery after prostate surgery (in men)
- improved sexual function
- increased social confidence and quality of life.

It is very important to correctly identify your pelvic floor muscles before moving into a regular pelvic floor muscle exercise program.

Source: <https://www.continence.org.au/about-continenence/continence-health/pelvic-floor>

Baked Brie Puffs with Fruit Chutney

2 sheets butter puff pastry, just thawed

250g fruit chutney

200g brie, chilled and cut into 18 equal wedges

Fresh rosemary sprigs

Freshly ground black pepper

Method

1. Preheat oven to 220°C fan-forced and grease 2 x 12-hole muffin trays with cooking spray or oil
2. Cut each pastry sheet into 9 even squares and push into greased muffin holes
3. Spoon 1 tsp of fruit chutney into base of each pastry and top with a wedge of cold cheese. Sprinkle over rosemary sprigs and season with black pepper. Bake 10-12 minutes or until pastry is golden and crisp. Remove from tin and cool slightly. Top with extra fruit chutney and serve warm.

Fruit Punch

2 cups sugar

600 ml boiling water

6 sprigs mint crushed fresh

900 ml orange juice fresh

600 ml cold black tea

900 ml pineapple juice

300 ml lemon juice fresh

3 L dry ginger ale

3 L lemonade

1 cup fresh strawberries chopped fresh

1 tray ice cubes to serve

1. Dissolve sugar in boiling water and add crushed mint. Cool.
2. Remove the crushed mint, then mix the sugar solution, cold tea and juices in a very large bowl.
3. Decant into storage jugs and refrigerate until required
4. When ready to serve, mix with dry ginger ale and lemonade in roughly equal proportions, in a serving jug or glasses.
5. Add ice and a few chopped strawberries and/or mint leaves if desired.
6. You can substitute the freshly squeezed orange juice with bought 100% juice if desired.



Apricot and Ginger Glazed Shoulder Ham

1 Shoulder Ham

1 cup apricot jam

2 Tbsp. fresh grated ginger

1½ cup maple syrup

2½ cup lightly packed brown sugar

1 cup dry ginger ale

2 Tbsp. cloves

1. Stir marmalade, ginger, sugar and ginger ale in a small saucepan over med. heat. Bring to the boil, then reduce and simmer uncovered for 10 mins.
2. Preheat oven to 180°C.
3. Using a knife, cut rind around the shank end of the ham. Remove rind from ham by sliding your hand between the rind and fat layer.
TIP: Try not remove any fat from the ham!
4. Score fat horizontally across the ham. Stud the fat with cloves across the entire ham. Place ham on wire rack and in a large baking dish. Wrap the shank end in foil.
5. Brush ham with half of the glaze and place in oven for 1 hour and 20 mins. Reglaze the ham throughout the cook.
6. Enjoy!

Pick & Mix Popcorn, Fruit and Cheese

100g reduced fat cheddar cheese, cubed

¾ cup dried apricots

2 cups plain air-popped popcorn

120g green grapes

1. Combine all ingredients and pack into individual resealable bags
2. Pack next to a cool drink or ice-block in the lunchbox. Substitute the popcorn for rice crackers or mini pretzels if desired.

Apricot Slice

2 cups (400g) dried apricots

2 cups (180g) desiccated coconut

2 tbsp (30g) coconut oil

1. Process all ingredients in a food processor for 2-3 minutes or until it holds together.
2. Press firmly into a slice tin lined with baking paper. Refrigerate for at least 2 hours to firm. Slice into 24 small squares.

Christmas Secret Shape

Find all the listed words in this grid - they can run in any direction, even backwards or diagonally, but always in a straight line. Then colour in the left-over letter squares to discover a hidden shape!

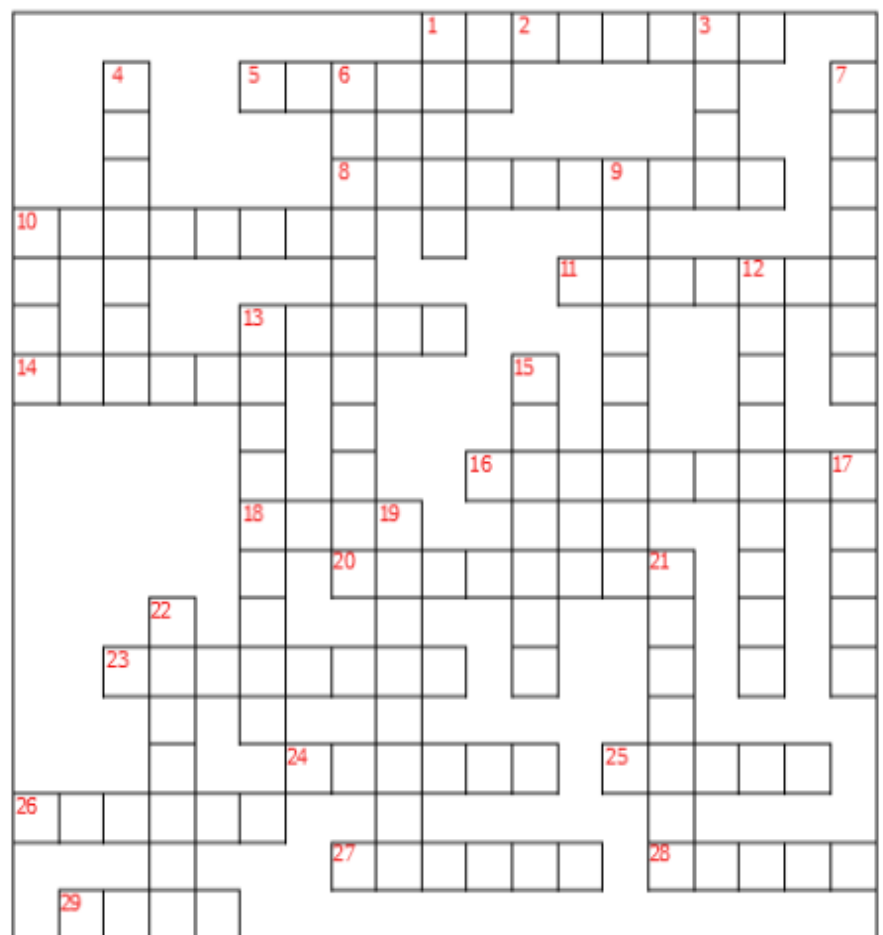
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D	O	A	T	R	W	G	A	A	B	P	N	E	V	E
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Christmas Crossword

- Across**
- 2 Famous snowman
 - 5 Traditional dairy drink
 - 8 An opener or a famous ballet
 - 10 Hung over the fireplace
 - 11 Carrot-nosed figure
 - 13 Christmas song
 - 14 Circular decoration
 - 16 Dance of the _____ Fairy
 - 18 Tree topper
 - 20 Christmas month
 - 23 Tree decoration
 - 24 Santa's ride
 - 25 Santa's helpers
 - 26 _____ Bells
 - 27 Green Christmas thief
 - 28 Plant with red berries
 - 29 The First Christmas, "The First _____"

- Down**
- 1 _____ Pole
 - 3 Green Christmas decoration
 - 4 Mean or miserly person
 - 6 Treat used to build miniature houses
 - 7 How Santa gets in
 - 9 Striped sweet
 - 10 Frozen rain
 - 12 Christmas "kissing" plant
 - 13 Gift giving holiday
 - 15 Little _____ Boy
 - 17 _____ Christmas; A season's greeting
 - 19 Rudolph and friends
 - 21 Lead reindeer
 - 22 Kris _____





What comes at the end of Christmas Day? The letter "Y!"

A book never written: *How to Decorate a Tree*, by Orna Ment.

I asked my wife what she wanted for Christmas. She told me, "Nothing would make her happier than a diamond necklace." So I bought her nothing.

What's as big as Santa but weighs nothing? Santa's shadow!

What happens if you eat Christmas decorations? You get tinselitus.

What did the grumpy sheep say when his friends wished him a Merry Christmas? Baaaa humbug!

What's the difference between the Christmas alphabet and the regular alphabet? The Christmas alphabet has Noel.

What kind of Christmas present just can't be beat? A broken drum..



Christmas gift suggestions:

- To your enemy, forgiveness.
- To an opponent, tolerance.
- To a friend, your heart.
- To a customer, service.
- To all, charity.
- To every child, a good example.
- To yourself, respect.

Oren Arnold



December 2022

Mon Tue Wed Thu Fri Sat Sun

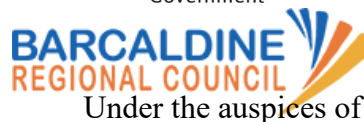
			1	2	3	4
			60+ Exercises Tai Chi	Trip to Emerald		
60 & Better Office will be closed 21st December 2022—6th January 2023.						
5 Men's Shed	6 60+ Tai Chi Talk QAS officer	7 CHSP Outing	8 60 + Exercises Tai Chi	9 Croquet Oak St Park	10	11
12 Men's Shed	13 Regional Seniors Christmas Lunch	14 CHSP Xmas Party Cultural Assn Xmas Lunch Xmas Lights	15 60 + Exercises Tai Chi	16 Croquet Oak St Park	17	18
					N.B. Tour of Barcaldine Christmas Lights is Wednesday 14th December	
19 Men's Shed	20 60 + Tai Chi Meeting Lunch	21	22	23	24 Christmas Eve	25 Christmas Day 
26 Boxing Day	27	28	29	30	31 New Year's Eve	
				Help Bob and Hermione (Mina) Duncan celebrate their 60th Wedding Anniversary on 28th January 2023. There is open house at 36 Elm St from 10:00am.		

PUZZLE SOLUTIONS

Not provided this issue.

**Barcaldine 60 & Better Program -
A Healthy Ageing Program**

Funded by



Under the auspices of
Barcaldine Regional Council

Barcaldine 60 & Better Program

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President: Karen Brown

Vice President: Beverly Church

Secretary: Pam Miller

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DISCLAIMER

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

Activity Times & Dates December

Tai Chi: Tuesdays 9:00am
Thursdays 9:00am

Exercises: Thursdays 8:30am

Craft : Thursdays 10:00am

Croquet: Fridays 8:30am

Talk: 10:00am 1st Tuesday 6th December

Regional Seniors Lunch: 13th December

Meeting: 10:00am 3rd Tuesday 20th December

Lunch: 12:30pm 20th December

Christmas New Year Recess 21st December

2022 —6th January 2023

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