

GARDEN CITY NEWS

VOLUME 25

ISSUE 6

JULY 2019

A free collaborative newsletter produced by Barcardine 60 & Better Program and Barcardine 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 Barcardine Regional Council website also.

**Queensland
Seniors
Week**



The first Seniors Week in Queensland was initiated in 1960 and was known as Older People's Week.

Queensland Seniors Week provides opportunities to promote positive community attitudes towards older people and ageing, facilitate community participation, and enhance community connections, aligning with the Queensland Government's and Council on the Ageing (COTA) Queensland's vision of building Age-friendly communities in Queensland.

During 17-25 August 2019, Seniors Week will connect communities, providing opportunities for people to share and learn new experiences, discover services and support, and assist in reducing social isolation.

Seniors Week aims to:

- improve community attitudes toward older people and ageing
- facilitate community participation including those from Indigenous and culturally and linguistically diverse backgrounds
- enhance community connection and intergenerational relationships.

So come on and support planned activities and celebrate your achievements, past and present, and continue to grow your repertoire of skills and knowledge.

At 60 & Better

Health Talk. Our presenter for the health talk on Tuesday 2nd July at 10:00am is Louise Winter from Queensland Ambulance Service (QAS). Please come and share morning tea and gather some useful information and of course ask questions.

Hoy will be on Tuesday 9th July so come and meet your friends and enjoy some company with the chance to take home a prize or two. All Welcome.

Digital Learning for Older Australians - Computer Classes. Classes will begin on Thursday 11th July at 10:30 am. Morning Tea will be available from 10:00am. We'll discuss what you want to learn and what you can already do so appropriate topics can be offered. There are questionnaire sheets on the table at the main entry to the 60 & Better room for you to complete prior to classes starting. Digital learning will be available on Monday mornings at 11:30am starting from 15th July as well as Thursday mornings from 10:30am. We welcome everyone from novice to expert - we can all learn something from someone else.

Barcaldine 60 & Better Annual General Meeting. The committee AGM is on Tuesday 16th July at 10:00am. Annual reports will be presented and election of office bearers for the next 12 months will take place. Annual subscriptions are due after the AGM. All Welcome to attend and support the program.

Bingo will be played on Tuesday 23rd July at 10:00am. This is the fourth Tuesday of the month and as July has five Tuesdays this year we'll have an activity on the 30th July as well.

Trip to Muttaborra. We are planning a trip to Muttaborra on Tuesday 5th August. Bus fare is \$10 and other expenses will be up to the individual. The bus will leave 'The Willows' at 7:30am and return by 5:00pm. Please put your name on the form on the table inside the main entrance to 60 & Better room by Wednesday 31st July if you intend coming.

Over 80s book. This project is still rolling along. If you'd like to help us by supplying some information about yourself, there is a form you can complete which will provide the basis of your life story which will be recorded in the book. These forms are available at the 60 & Better room.

Every Day may not be good but there is something good in every day.

Take Care *Jean*

Congratulations

Happy Birthday to Jim Allpass, Dale Smith, Shirley King, Marie O'Dell, Bill Owens, who are celebrating birthdays in July.

The motor home and caravan event brought many people to town for several days which gave an opportunity for visitors to explore and experience our region and meant some busier days for businesses and a greater presence of people on the streets. Well done to all who organised and were involved in the event.



What is ultra-processed food?

NOVA is the food classification system recognised by world health agencies that categorises foods according to the extent and purpose of food processing, rather than in terms of nutrients. The system clusters food into four groups based on the amount of processing it has undergone:

1. Unprocessed and minimally processed foods: Examples include fruit, vegetables, nuts, meat, eggs, milk. Minimal processing may include

drying, pasteurisation, cooking or chilling.

2. Processed culinary ingredients: Examples include oils, butter, sugar and salt. They undergo some processing to make products that can be used in cooking Group 1 foods but they're not meant to be consumed by themselves.

3. Processed foods: Examples include preserved fruit and vegetables, canned fish, cheese and fresh bread. They're usually made from two or three ingredients.

Ham and Vegetable Pasta Bake

300g pasta
1 crushed garlic clove
100g thinly sliced button mushrooms
1 chopped onion
2 tsp olive oil
2 tsp olive oil
4 lightly beaten eggs
150g chopped leg ham
1/4 cup chopped continental parsley
1 grated zucchini
1/2 cup grated tasty cheese
1/4 cup finely grated parmesan



Preheat oven to 180 degrees celsius. Grease a 20cm square cake pan and line the base with baking paper.
2. Cook 300g pasta in salted boiling water until just tender. Drain and return to pan.
3. Meanwhile, heat 2 tsp olive oil in a frying pan over medium heat. Add 1 chopped onion, 100g thinly sliced button mushrooms and 1 crushed garlic clove.
4. Cook, stirring, for 5 minutes or until softened. Add to pasta with 1 grated zucchini, 1/4 cup chopped continental parsley, 150g chopped leg ham and 4 lightly beaten eggs.
5. Stir well to combine. Combine 1/4 cup finely grated parmesan and 1/2 cup grated tasty cheese and stir half the cheese mixture into the pasta mixture.
6. Transfer pasta mixture to prepared pan. Sprinkle with remaining cheese.
7. Bake for 40 minutes or until set. Cut into pieces and serve.

There are small amounts of vitamin D in some foods such as fish, eggs and mushrooms. Most people only get five to 10 per cent of their vitamin D from food. Ultraviolet (UV) radiation from the sun is necessary for the production of vitamin D in the skin and is the best natural source of vitamin D.

Sticky Date Golden Syrup Dumplings

200g fresh dates, pitted, coarsely chopped
200g (1 cup, firmly packed) brown sugar
100g butter chopped
225g (1 1/2 cups) self-raising flour
1 teaspoon mixed spice
125ml (1/2 cup) milk
1 tablespoon golden syrup
Cream, to serve

Place dates and 185ml (3/4 cup) water in a small saucepan over high heat. Bring to the boil. Transfer to a bowl and set aside for 10 minutes. Roughly mash with a fork.

Combine the brown sugar, half the butter and 500ml (2 cups) water in a large saucepan or stock pot. Stir over a low heat until melted.

Meanwhile, use your fingertips to rub the remaining butter into the flour until it resembles fine breadcrumbs. Stir in the mixed spice.

Combine milk and golden syrup in a jug. Make a well in the centre of the flour mixture and add the milk mixture and the date mixture. Stir until well combined.

Bring the sauce to the boil then use a large ice-cream scoop to carefully place spoonfuls of batter into sauce, making sure dumplings are in a single layer.

Reduce the heat to low and cover. Simmer for 20 minutes or until a skewer comes out clean. Divide dumplings and syrup among bowls and serve with cream.

Continued from previous page

4.. Ultra-processed foods: These undergo a multitude of processes including many that couldn't be recreated in the home, such as hydrogenation, extrusion, moulding and pre-processing for frying. They contain little, if any, intact Group 1 foods and are industrial formulations that will usually have five or more ingredients, many of which are designed to mimic the qualities of Group 1 foods.

Ingredients might include non-sugar sweeteners, hydrolysed proteins, hydrogenated oils and emulsifiers. And they're usually packaged attractively and promoted with intensive marketing.

Ultra-processed foods make up a substantial propor-

tion of the Australian diet, a food and nutrition expert said, probably accounting for close to half of our energy consumption, on average.

Reading food labels is the simplest way to spot foods that are ultra-processed — not least because a large proportion of them come in packets. While not all packaged food is ultra-processed, one of the characteristics of this category of food is that it is designed to have a long shelf life.

Conversely, unprocessed and minimally processed foods often come without any packaging.

Source: <https://www.abc.net.au/news/health/2019-06-19/ultra-processed-food-what-is-it-and-how-do-i-avoid->

What is palliative care?

Palliative care is person and family-centred care provided for a person with an active, progressive, advanced disease, who has little or no prospect of cure and who is expected to die, and for whom the primary goal is to optimise the quality of life.

End-of-life care is the last few weeks of life in which a patient with a life-limiting illness is rapidly approaching death. The needs of patients and their carers is higher at this time. This phase of palliative care is recognised as one in which increased services and support are essential to ensure quality, co-ordinated care from the health care team is being delivered. This takes into account the terminal phase or when the patient is recognised as imminently dying, death and extends to bereavement care.

Palliative care is care that helps people live their life as fully and as comfortably as possible when living with a life-limiting or terminal illness.

Palliative care identifies and treats symptoms which may be physical, emotional, spiritual or social. Because palliative care is based on individual needs, the services offered will differ but may include:

- Relief of pain and other symptoms e.g. vomiting, shortness of breath
- Resources such as equipment needed to aid care at home
- Assistance for families to come together to talk about sensitive issues
- Links to other services such as home help and financial support
- Support for people to meet cultural obligations
- Support for emotional, social and spiritual concerns
- Counselling and grief support
- Referrals to respite care services

Palliative care is a family-centred model of care, meaning that family and carers can receive practical and emotional support.

Who is palliative care for?

Palliative care is for people of any age who have been told that they have a serious illness that cannot

be cured. Palliative care assists people with illnesses such as cancer, motor neurone disease and end-stage kidney or lung disease to manage symptoms and improve quality of life.

For some people, palliative care may be beneficial from the time of diagnosis with a serious life-limiting illness. Palliative care can be given alongside treatments given by other doctors.

Who is in the palliative care team?

Palliative care may be provided by a wide range of people, this may include your GP, aged care worker, cardiologist and any other health care provider, as do family and other carers. They are supported by specialist palliative care services if symptoms become difficult to manage.

Where is palliative care provided?

Palliative care is provided where the person and their family wants, where possible. This may include:

- At home
- In hospital
- In a hospice
- In a residential aged care facility

Many people indicate a preference to die at home and making this possible often depends on several factors, including:

- the nature of the illness and amount of care the person needs
- how much support is available from the person's family and community
- whether the person has someone at home who can provide physical care and support for them.

How do I get palliative care?

For help and information ask your:

- Doctor
- Aboriginal Health Worker
- Hospital Liaison Officer
- Nurse

Source: <https://palliativecare.org.au/what-is-palliative-care>



The Department of Health

HOME ASSIST SECURE



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

Community Care Services

From the Project Coordinator

Health and Well Being Expo

Flyers are out for the Expo. Ask your local area for one if you haven't seen one. Make sure you save the date! We would love to see you all here.

Phones and NBN

The NBN system starts in September 2019. Most of you have already swapped over (you have a big white box with the phone plugged in). If you don't contact your phone provider. Your provider will send you a letter, they won't call you.

Many people are getting calls saying their phones will be cut off if they don't swap over! These are prank calls and I suggest you just hang up.

Cultural Trips ...

Winton Trip—12th and 13th September. 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

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
- ⇒ Covering of Air Conditioners for winter
- ⇒ Servicing and replacement of photoelectric smoke alarms
- ⇒ 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:

Contact

If you need to contact us, details are below:

Office: 07 4651 2187

Bill'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.

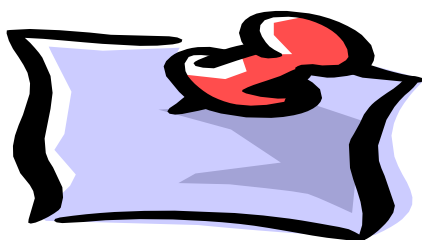
After we receive your referral from My Aged Care, we then Project Manage the referral, construction, contractors, materials and other services, who will work with us and you to ensure your needs are met.

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

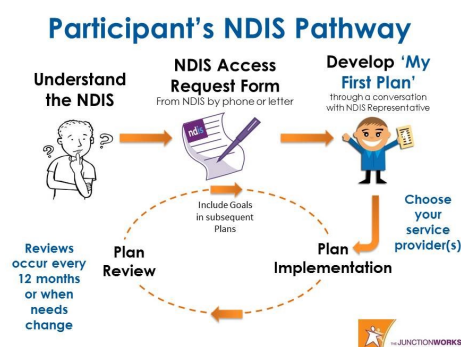
Our office is not manned all the time. If you ring, please leave a message so we can contact you when we return. **We will call you back, if you leave a message!**



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
Bill'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*

**I have never in my life
learned anything from
anyone who agreed with
me!**

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.

To ensure those decisions offer you the best possible outcomes, we hold strong the following values.

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



July Focus:

Those little jobs



Is some little job you've always wanted done, annoying you? Check with Bill and see if he is able to help you out. If he can't, we can certainly help you to get it sorted somehow. It might be just something small, but give us a call.

Please ask 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, its free also!

We are here to assist and help you out! Don't be afraid to ask for assistance—that's what we are here for!

July 2019

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

Community Care Services Schedule of Events

◆ Reminders:::::

SAVE THE DATE:

Health and Well Being Expo in Barcaldine Wednesday 21st August

July 2019

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 Men's Shed	2 60+ exercises Talk - QAS	3 CHSP Lunch	4 Tai Chi Craft	5 Croquet	6 Barcaldine Races	7
8 Men's Shed	9 60+ exercises HOY	10	11 Tai Chi Craft Basic computers at The Willows	12 Croquet	13 QCWA Markets Cultural Centre Cent Sale	14
15 Basic computers at The Willows Men's Shed	16 60+ exercises 60 & Better AGM	17 CHSP Lunch	18 Tai Chi Craft Basic computers at The Willows	19 Croquet Queensland Music Festival Concert	20	21 BAC Open Day Beech Street Village 10am - 12pm BAC Bingo
22 Basic computers at The Willows Men's Shed	23 60+ exercises BINGO	24	25 Tai Chi Craft Basic computers at The Willows	26 Croquet	27 QCWA Markets	28 Mini Trains at Barcaldine Historical Museum
29 Anointing Mass at The Willows Basic computers at The Willows Men's Shed	30 60+ exercises	31 CHSP Lunch		13 - 20 July National Diabetes Week		BAC = Barcaldine Aged Care Inc.

Barcaldine Regional Council Get Gardening Nominations Close Monday 5th August

Now I remember why I hate winter...

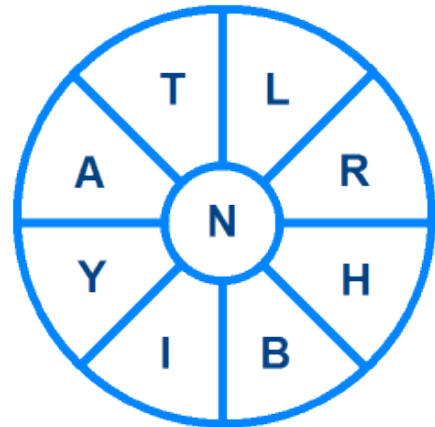


If half a crate of beer contains half a dozen boxes which each hold half a dozen stubbies, how many stubbies will you get in crate and a half?



Hub Words

How many words can you make from the letters in the wheel? Each word must contain the hub letter N. Can you find a 9-letter word and at least 25 other words of four letters or more avoiding proper nouns?



Syllacrostic Puzzle

Fill in the answers to the clues by selecting the correct syllables from the list below. Each syllable can only be used once and the number of syllables to be used is shown in brackets. When the correct words are filled in, the first and last letters reading down will reveal a proverb.

A, BI, BU, CI, COM, GE, IG, LI, LOUS, ME, MI, NE, NE, NI, NORE, ORB, PASS, RE, SIS, TAL.

1. Disregard _____ (2)
2. Third sign of the zodiac _____ (3)
3. Bane _____ (3)
4. Globe _____ (1)
5. Performance _____ (3)
6. Legal excuse _____ (3)
7. Lacking in definition _____ (3)
8. Navigational instrument _____ (2)

Puzzle Solutions

Syllacrostic
IGNORE
GEMINI
NEMESIS
ORB
RECITAL
ALIBI
NEBULOUS
COMPASS
= IGNORANCE IS
BLISS

Word Hub
9 Letter Word
LABYRINTH

108 stobbies in 1 1/2
crates

Barcaldine 60 & Better Program

The Willows

13 Willow Street

PO Box 269

Barcaldine Q 4725

Phone 07 4651 2354

Email jeanw@barc.qld.gov.au

Coordinator: Jean Williams

Hours of Operation

Monday—Friday 8:00 am—1:00 pm

Exercises: Tuesday 9:00am

Tai Chi: Thursday 9:00am

Craft: Thursday 10:00am

Croquet: Friday 9:00am Oak St park

Talk: 10:00am Tuesday 2nd July

Hoy: 10:00am Tuesday 9th July

Meeting (AGM): 10:00am Tuesday 16th July

Bingo: 10:00am Tuesday 23rd July

10:00am Tuesday 30th July



Barcaldine 60 & Better Program - A Healthy Ageing Program

Funded by



Under the auspices of
Barcaldine Regional Council

Executive Committee

President: Lyn Batchelor
Vice President: Beverly Church
Secretary: Pam Miller
Treasurer: Shirley Jackson

DISCLAIMER

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

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

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

If unclaimed return to :-

Barcaldine 60 & Better Program

PO Box 269

Barcaldine Q. 4725

