



# Garden City News

Volume 30

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May 2024

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. In Barcaldine volunteers deliver newsletters or you can collect one from *The Willows*. The newsletter can be emailed to you or you can find it on Barcaldine Regional Council website

## BARCALDINE 60 & BETTER PROGRAM



### CENT SALE

**SATURDAY 18th May 2024**

*Barcaldine Town Hall*

**Doors open 12:30 pm**

**Games start 1:30 pm**

**ADMISSION \$ 5.00**

**(includes afternoon tea)**



**Great Prizes**

**Lucky Door**

**Special Draws**

**Raffle**

**Everyone Welcome!**

**Cent Sale Tickets can be bought prior to the sale at 60 & Better office**

**Cent Sale tickets \$1.00 / sheet**



## At 60 & Better

For our Health Talk on 7th May, Aged Care Navigator, Jo Winkleman will be our guest. Please come and ask Jo about the aged care system. Following Jo's presentation, we are having peer pampering where people can talk and receive hand and foot massages. Jenny Thompson is the person to talk to about this. There is no cost.

Hoy will be on Tuesday 14th May after tai chi and morning tea Morning tea is a bit before 10:00 am We welcome everyone who enjoys some company and friendly banter.

Our annual Cent Sale is on Saturday 18th May and any donations are most welcome. Prices have not changed, so it can be an afternoon of fun without being too expensive.

The meeting is on 21st May so come along and share your ideas and your plans for them to come to fruition. We welcome input and practical support to help us sustain what has been built.

There is a tai chi workshop on 25th May in Roma which I am attending. I am taking leave until from Wednesday 22nd May until Friday 31st May, returning to work on Monday 3rd June. During this time I'll also be attending to family matters.

It has been decided to hold a low key **lunch on 4th June to mark 30 years since Barcaldine 60 & Better Program** was formed. All current participants and those involved with the program since its infancy are invited to attend. Please indicate your intention to attend by completing the form at the 60 & Better office before Friday 31st May or contacting Jean by 21st May.

There will be other events to mark 30 years of 60 & Better. We are thinking of having a concert in Seniors Month (October). Please consider being part of this, whether individually or as part of a group singing, acting, reciting poetry, juggling or showing some other talents. I've thought about playing marimbas as an item for the concert. Is anyone who has a marimba prepared to dust it off and renew worn or perished parts and be part of a group to perform at the concert? Please let me know.

There will be an Elders Olympics again this year. To bolster interest, we are asking all older people and groups involved with older people to be involved in planning and taking part. A date in early July will be set for a planning meeting. It is anticipated the Olympics will be held at the end of August or early September.

At the last meeting we discussed water exercises in winter. This would mean travelling to Blackall, Ilfracombe or Longreach and utilizing a heated pool. We would need to meet the cost of hiring a bus and fuelling it each time. It is estimated the cost of hire of the bus and fuel could be in the vicinity of \$150 meaning people would need to contribute \$12-\$15 each trip with a minimum of 10 people on board.

Our regular activities are continuing and I encourage everyone to drop in at some stage to see what we do. If you'd like to come to croquet please come to the park in Oak St at 8:30am on Friday mornings and enjoy the challenge of peeling the ball through the hoops. at any activities.

The garden has some vegetables growing. If you are interested in gardening, a Vegepod (a raised wicking garden bed with canopy) has been installed. We can grow a variety of vegetables in it as long as someone takes responsibility.

Till next time. Play happily. *Jean*

"Great acts are made up of small deeds." Lao Tzu, Tao Te Ching

## Congratulations, Condolences

We send Birthday Wishes to Jim Lynch, Del Scott, Jack Bennett (90 on 17th May), Sid O'Dell, Greg Miller, Ron Heumiller and Judy Borland

We offer condolences to the families and friends of Noel Mansfield, Ken (Stumpy) Walker and Graeme Beaumont.

## Centenary of Barcaldine War Memorial Clock.

A celebration to commemorate the centenary of the memorial clock will be held on Saturday 25th May. The commemoration will begin at 10am sharp at the clock with a ceremony, attended by dignitaries and descendants of those named on the clock. Following the ceremony, all guests are invited to a morning tea at the Barcaldine Town Hall. The Governor of Queensland's message will be read.

The memorial clock resulted from

the Barcaldine Shire Council in 1921, opening a fund for a public memorial to recognise those who served during the Great War. The project was overseen by a group of women led by Mrs McKie.

A branch of the Returned Soldiers and Sailors Imperial League of Australia had been formed in Barcaldine in April 1919.

A sculptured monument of granite and marble was unveiled by the Governor, Sir Matthew Nathan on 21st May 1924. It was engraved with the names of service person-

nel, including 38 who had paid the supreme sacrifice. Later corner posts were installed to protect it from traffic and four clock faces were fitted.



## What is domestic and family violence?

Domestic and family violence is when one person in a relationship uses violence or abuse to hurt, scare and control the other person in the relationship.

Under Queensland's law, domestic and family violence can happen in 3 different types of relationships:

- Romantic and intimate relationships—any relationship with or between boyfriends, girlfriends, partners, engaged or married couples, separated and divorced couples. This includes straight and LGBTIQ+ couples. It also includes past relationships, like couples who have broken up, separated or divorced.
- Family relationships—any relationship with someone you are related to, like parents, adult children, grandparents, cousins, aunts or uncles. It also includes relatives by marriage, such as in-laws or stepparents. In your culture, other people may also be called family or kin, like Elders in Aboriginal and Torres Strait Islander communities.
- Informal care relationship—when one person depends on another person for daily needs, like getting dressed, cooking or shopping. It doesn't include help provided by a disability support worker.

Domestic and family violence can happen to anyone, but women with disability are almost twice as like-

ly to experience domestic and family violence than women without disability (Australian Institute of Health and Welfare).

No matter what relationship or care arrangement you may have, if you think somebody is hurting or abusing you, help and support is available. You can talk to someone you trust about it or contact a support service.

Sometimes people don't realise they are experiencing domestic or family violence. Domestic and family violence can happen in many ways. It is not always physical abuse.

It can include any of the following: emotional or psychological abuse, financial abuse, physical abuse, sexual abuse, neglect, social abuse, technology-based abuse, stalking, spiritual, religious, cultural abuse, identity based abuse.

If you think you are experiencing domestic and family violence, there are steps you can take to seek help:

talk to someone you can trust; make a safety plan, find a safe place to stay, protect your children, find a safe place for pets, learn how to use technology safely, get help with money, make a police report, get legal help.

May is Domestic and Family Violence Protection month.

<https://www.qld.gov.au/community/getting-support-health-social-issue/support-victims-abuse/domestic-family-violence>

## Why are falls concerning for older people?

Anyone can have a fall, but falls are a major health concern for older people (those aged 65 and over).

Falls are the number one cause of accidental injury in older Australians. As our population ages and the number of older people grows, the number of falls and fall-related hospitalisations increases. 1 in 4 people who are aged 65 and over have at least 1 fall per year.

Even when falls don't cause an injury, they often trigger a loss of confidence in an older person and lead to an ongoing fear of falling. Over time, this can lead to a person becoming more inactive, which further increases the risk of falling.

There are things you can do to reduce the chance of you or your loved one having a fall and/or being seriously injured in a fall. Motivation, healthy habits and awareness of how to reduce the risk can all play a part in preventing older people from having a fall.

### Why might older people fall?

If someone falls, it's not necessarily because they are not concentrating or they are clumsy. There are many reasons why older people might have a fall, including those listed below.

### Changes to the body

Our bodies change gradually and over many years as part of the normal ageing process. As you get older, you may notice:

- more difficulty with balance, such as feeling unsteady when you walk
- weaker muscles that may make it harder to lift your feet when you walk
- poorer eyesight or difficulty with sudden light changes or glare
- slower reaction times
- new health problems such as incontinence
- gaps in memory, dementia or Alzheimer's disease

These changes can be due to normal ageing or they might be caused or exacerbated by an illness or condition. This can affect the way you move around — and sometimes cause us to fall.

### Dangers in and around the home

6 out of 10 falls happen in and around the home.

Common household hazards include:

- poor lighting
- unsafe footwear, such as loose slippers or narrow heels
- slippery surfaces, such as wet or polished floors or spills
- trip hazards such as rugs, floor mats and electrical cords
- steps or uneven surfaces
- Neglecting general health and wellbeing
- Older people who don't keep physically active may have poorer balance and weaker muscles, which can increase the risk of falling.
- Not eating well and/or not drinking enough water can lead to dehydration or malnutrition, which can make it difficult to stay strong enough to move about safely.

### What other risk factors are there for a fall?

- Certain conditions can increase the likelihood of a person falling. These include:
  - A history of previous falls — if you have fallen more than once in the past 6 months, you are more likely to fall again.
  - Low blood pressure — older people with naturally low blood pressure may feel light-headed, dizzy or unsteady while moving.
  - Postural (orthostatic) hypotension — this is when your blood pressure drops when you change position, such as going from sitting to standing. This can be due to a medical condition or due to a medicine's side effect.
  - Stroke, Parkinson's disease and arthritis — these conditions change the way you move, and can make it harder to react quickly or stop yourself if you stumble.
  - Diabetes — changes in blood sugar levels can make you feel faint. Diabetes can also affect your eyesight and reduce sensation in your feet and legs.
  - Depression — some types of antidepressants can increase the risk of falling.
  - Osteoporosis — characterised by thin, weak bones — is not a risk factor for falls. However, if someone does fall, there's a higher chance of them breaking a bone.

More information can be found at

<https://www.healthdirect.gov.au/falls>

## What's so special about beetroot?

Beetroot – alongside foods such as berries, nuts and leafy greens – is a “superfood”. It contains above-average levels per gram of certain vitamins and minerals. Beetroot is particularly rich in vitamin B and C, minerals, fibre and antioxidants.

Most cooking methods don't significantly alter its antioxidant levels. Pressure cooking does, however, lower levels of carotenoid (a type of antioxidant) compared to raw beetroot. Processing into capsules, powders, chips or juice may affect beetroot's ability to act as an antioxidant. However, this can vary between products, including between different brands of beetroot juice.

When we eat beetroot, chemical reactions involving bacteria and enzymes transform the nitrate in beetroot into nitrite, then to nitric oxide. Nitric oxide helps dilate (widen) blood vessels, potentially improving circulation.

The richest sources of dietary nitric oxide that have been tested in clinical studies are beetroot, rocket and spinach. Nitric oxide is also thought to support testosterone in its role in controlling blood flow before and during sex in men.

Beetroot's ability to improve blood flow can benefit the circulatory system of the heart and blood vessels. This may positively impact sexual function, theoretically in men and women. Therefore, it is reasonable to suggest there could be a *modest* link between beetroot and preparedness for sex, but don't expect it to transform your sex life.

Beetroot has received increasing attention over recent years due to its antioxidant and anti-tumour effect in humans. Clinical trials have not verified all beetroot's active ingredients and their effects. However, beetroot may be a potentially helpful treatment for various health issues related to oxidative stress and inflammation, such as cancer and diabetes. The idea is that you can take beetroot supplements or eat extra beetroot alongside your regular medicines (rather than replace them).

There is evidence beetroot juice can help lower systolic blood pressure (the first number in your blood pressure reading) by 2.73-4.81 mmHg (millimetres of mercury, the standard unit of measuring blood pressure) in people with high blood pressure. Some researchers say this reduction is comparable to

the effects seen with certain medications and dietary interventions.

Other research finds even people without high blood pressure (but at risk of it) could benefit. Beetroot may also improve athletic performance.

Some studies show small benefits for endurance athletes (who run, swim or cycle long distances). These studies looked at various forms of the food, such as beetroot juice as well as beetroot-based supplements.

There is scientific evidence to support positive impacts of consuming beetroot in whole, juice and supplement forms. So even if you can't get hold of tinned beetroot, there are plenty of other ways you can get more beetroot into your diet. You can try:

- **raw beetroot** – grate raw beetroot and add it to salads or coleslaw, or slice beetroot to use as a crunchy topping for sandwiches or wraps
- **cooked beetroot** – roast beetroot with olive oil, salt and pepper for a flavour packed side dish. Alternatively, steam beetroot and serve it as a standalone dish or mixed into other dishes
- **beetroot juice** – make fresh beetroot juice using a juicer. You can combine it with other fruits and vegetables for added flavour.
- **smoothies** – add beetroot to your favourite smoothie. It pairs well with fruits such as berries, apples and oranges
- **soups** – use beetroot in soups for both flavour and colour. Borscht is a classic beetroot soup.
- **pickled beetroot** – make pickled beetroot at home, or buy it from the supermarket. This can be a tasty addition to salads or sandwiches
- **beetroot hummus** – blend cooked beetroot into your homemade hummus for a vibrant and nutritious dip.
- **grilled beetroot** – slice beetroot and grill it for a smoky flavour
- **beetroot chips** – slice raw beetroot thinly, toss the slices with olive oil and your favourite seasonings, then bake or dehydrate them to make crispy beetroot chips
- **cakes and baked goods** – add grated beetroot to muffins, cakes, or brownies for a moist and colourful twist.

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Compared to the [large number](#) of studies on the beneficial effects of beetroot, there is very little evidence of negative side effects.

If you eat large amounts of beetroot, your urine may turn red or purple (called [beeturia](#)). But this is generally harmless. There have been reports in some countries of beetroot-based dietary supplements [contaminated](#) with harmful substances, yet we have not seen this reported in Australia.

Taken From: <https://theconversation.com/no-beetroot-isnt-vegetable-viagra-but-heres-what-else-it-can-do>

**Health Consumers Queensland** is the peak organisation representing the interests of health consumers and carers in the state and acts as an agent of change for consumer-centred health care.

Our Queensland-wide health consumer network is the beating heart of our organisation. Since 2008, we have worked to enable consumers, Queensland Health and the health system to partner effectively together and improve the health of all Queenslanders.

We maximise opportunities to amplify and embed diverse consumer voices at all levels of the health system through our:

- Advocacy for consumer partnerships in health
  - Strategic advice on contemporary engagement
  - Consumer opportunities recruitment program
  - Responsive training and skills development programs for consumers and health staff ; Consultation projects
  - Consumer and health staff listening and sharing, and information events; Online engagement with people right across Queensland
- Source <https://www.hcq.org.au/what-we-do/>

## Looking After Ageing Feet

Ageing is a fact of life. After your feet have carried you millions of kilometres through your life, they can eventually wear down. But there are ways to keep your feet healthy as you age – through proper maintenance, care and regular check-ups.

### What happens to feet as they age?

As you age, you can lose cushioning and soft tissue fat in the pads of your heels and balls of your feet, near your toes. Like the skin on your face, there is also a loss of elasticity in the skin on your feet, making it thin and vulnerable. Bone deformities – such as bunions or arthritis – and difficulties undertaking basic foot care, can lead to foot health issues and sometimes an increased risk of falls – which for many can have drastic consequences. Nails also become more brittle, thicker and harder, making them difficult to trim and prone to ingrown toenails, fungal breakouts and other infections.

### Can foot problems be improved?

For older people, most foot problems can be improved by regular maintenance and care, keeping weight down, shoe modification and use of cushioned insoles. To undertake regular foot maintenance, some elderly people have difficulty reaching their feet or have bad eyesight, so simple things like cutting toenails can be an issue – if this is the case

get a family member to help or go and see a podiatrist. If you can cut your toenails yourself, make sure you trim them just short of the end of the toe, using a strong pair of nail clippers. After clipping, smooth the nails with a file or emery board, using downward strokes. It is also important to have your feet measured frequently as the bones in your feet change with age, this way you can ensure you choose shoes that fit well and are comfortable. Taking good care of your feet as you age is good for your foot health as it helps you stay active and mobile.



### When should you see a podiatrist?

Your feet are mirrors of your health. Warning signs of health conditions can be dry skin, brittle nails, burning and tingling sensations in your feet, or feelings of cold, numbness, and discolouration. If these occur, see a podiatrist, as they, along with your GP, will be able to pinpoint the cause.

Regular check-ups with your podiatrist are recommended, especially if you cannot look after your feet yourself and you have no one to help you. Nails that grow too long can become infected and if you are diabetic – which has a higher risk factor as we age – infection can lead to more serious illness.

Taken from <https://www.podiatry.org.au/documents/>

## Slow Cooker Recipes

### Easy Slow Cooker Pulled Pork

- 2 kg pork shoulder, skin scored
- 4 garlic cloves, quartered lengthways
- 1 tbsp smoked paprika
- 1 tbsp ground cumin
- 2 tsp chilli powder
- 1 tsp whole fennel seeds
- 1 brown onion thinly sliced



- Using a sharp knife, make slits in pork shoulder, skin scored. Insert garlic cloves, quartered lengthways slivers into pork. Rub all over smoked paprika ground cumin and whole fennel seeds. Season.
- Arrange brown onion, thinly sliced over base of slow-cooker. Place pork over onion. Cook, covered, on low for 8 hours or until pork meat falls off the bone. Transfer pork to a clean board. Discard skin and as much fat as you like. Shred with 2 forks. Add as much cooking liquid as you like to moisten pork.

### Jammy Sponge Pudding

- 1/2 cup (160g) raspberry jam
- 125g butter, softened
- 1/2 cup (110g) caster sugar
- 1 tsp lemon rind, finely grated
- 1 tsp vanilla



2 eggs

1 1/2 cups (225g) self-raising flour

1/2 cup (125ml) milk

- Grease a 4-cup (1L) pudding basin. Spoon raspberry jam into the prepared basin.
- Use an electric mixer to beat the softened butter, caster sugar, finely grated lemon rind, and vanilla in a bowl until pale and creamy. Add the 2 eggs, 1 at a time, beating well after each addition.
- Add the self-raising flour and milk in alternating batches and stir until just combined. Spoon into basin. Smooth the surface.
- Cut a 30cm square of baking paper and a 30cm square of foil. Place paper on top of foil. Fold the centre to pleat. Place over the basin, foil-side up. Use a lid or tie string twice around the top to secure. Scrunch paper and foil tightly around the rim of the basin.
- Place an upturned saucer in base of a slow cooker. Place the pudding on top. Pour in enough boiling water to come halfway up the side of the basin. Cover the slow cooker. Cook on high for 3-4 hours (or on low for 6 hours). Set aside for 10 mins to stand before turning onto a serving platter. Cut into wedges.

## Some Myths Around Nutrition and Ageing

### 1. Your stomach shrinks as you get older

Although your appetite and your capacity to eat may change, your stomach doesn't shrink when you get older. In fact, not eating well enough only accelerates the ageing process.

### 2. Weight loss is healthy

This may be true in middle age, but it is not the case when we are older. Instead, dieting or unintentional weight loss needs to be avoided in our later years because it causes loss of essential body muscle, which contributes to poor health in many ways. Additionally, a few extra kilo's in later age is beneficial to support your body and brain in the years ahead. Therefore it is always important to combine good exercise with an eating plan rich in protein and in fact, having a protein food at the centre of each meal will ensure your body won't have to struggle to get all the nutrients you need.

### 3. You need to eat less as you get older

Whilst your metabolism slows and your energy output decreases, food and eating is what protects and fuels you and is your key to ageing well. Whilst you may need to eat less of some things, your body will need more of others, particularly foods rich in protein, vitamins and minerals.

### 4. Only eat what you feel like

The ageing process can play tricks on our appetite and the triggers that tell us if we are hungry or full. As a result, older people might eat less than their bodies really need. It is important to realise the vital importance of continuing to eat despite the tricks, so your body continues to get the energy and nutrients it needs to function. An outright loss of appetite is not normal and could be symptomatic of an underlying health problem. If you are having problems, try to eat small meals regularly throughout the day, even if you don't always feel like it.

From Nutrition for Seniors – *Healthy Eating Habits*

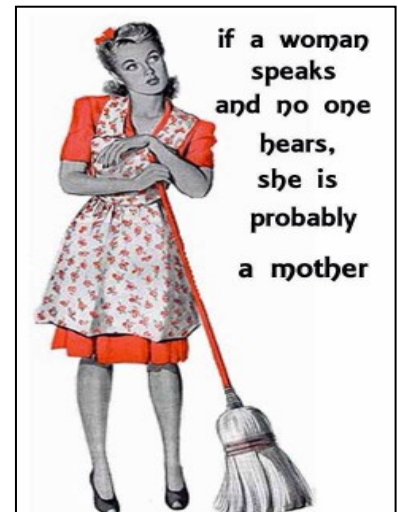
Can you name at least eight stringed musical instruments in two minutes? \_\_\_\_\_

Can you make two four-letter words (using each letter once only) and one eight-letter word from the scrambled letters? **IOUGNTHC** \_\_\_\_\_

They have not flesh, nor feathers, nor scales, nor bone. Yet they have fingers of their own. What are they?  
\_\_\_\_\_

From A to Z, can you come up with an **OCCUPATION** that starts with each letter of the alphabet?  
(many possibilities—no solution provided)

A	J	S
B	K	T
C	L	U
D	M	U
E	N	W
F	O	X
G	P	Y
H	Q	Z
I	R	



A linguistics professor was lecturing his class the other day. "In English," he said, "A double negative forms a positive. However, in some languages, such as Russian, a double negative remains a negative. But there isn't a single language, not one, in which a double positive can express a negative."

A voice from the back of the room said, "Yeah, right."

Mother's Day. Two children ordered their mother to stay in bed one Mother's Day morning. As she lay there looking forward to breakfast in bed, the smell of bacon floated from the kitchen. But after a good long wait she finally went to investigate. She found them both sitting at the table eating bacon and eggs. "As a surprise for Mother's Day," one explained, "we decided to cook our own breakfast."

Are people born with photographic memories, or does it take time to develop?





# May 2024

**Mon      Tue      Wed      Thu      Fri      Sat      Sun**

May is Domestic and Family Violence Prevention Month		1	2 60+ Exercises Tai Chi	3 Croquet ToK Street Party	4 ToK Markets Bingo Races Town Party	5 Rugby League Netball Rev Fest Mini Trains
	TREE OF KNOWLEDGE FESTIVAL					
6 May Day Parade	7 60+ Tai chi Talk Peer Pampering	8	9 60+ Exercises Tai Chi	10 Croquet	11	12 <i>..HAPPY.. Mother's ..DAY..</i>
ToK Festival						
13 30th Anniversary 60 & Better Men's Shed	14 60+ Tai chi Hoy	15 CHSP	16 60+ Exercises Tai Chi	17 Croquet	18 60 + Better Cent Sale	19
20 Anointing Mass at The Willows Men's Shed	21 60+ Tai chi Meeting	22	23 60+ Exercises Tai Chi	24 Croquet	25 100 Years Memorial Clock Celebration	26
27 Men's Shed	28 60+ Tai chi Bingo	29 CHSP	30 60+ Exercises Tai Chi	31 Croquet		Free Mini Train Rides 5th May 9.30am-Noon Historical Museum



BARCALDINE  
60 & BETTER PROGRAM

AUSPICEE OF  
BARCALDINE REGIONAL COUNCIL



Funded by



Queensland  
Government

Queensland Department of Child Safety, Seniors and  
Disability Services

Contact Information

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**Coordinator:** Jean Williams

**Committee Executive**

President K. Brown

V. President

Secretary P. Miller

Treasurer S. Jackson

**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 respect-  
ed, valued and empowered.

**Activity Times & Dates May 2024**

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

**Exercises:** Thursdays 8:30am

**Bonsai :** Thursdays 10:30am

**Croquet:** Fridays 8:30am

**Talk:** 10:00am Tuesday 7th May

**Hoy:** 10:00am Tuesday 14th May

**Meeting:** 10:00am 3rd Tuesday 21st May

**Bingo:** 10:00am 4th Tuesday 28th May

**30th Year Lunch** 4th June:

**DISCLAIMER**

The Barcaldine 60 & Better Program reserves the  
right to edit all articles as necessary. Opinions ex-  
pressed 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.

**Puzzle Solutions**

**Stringed Musical instruments**—violin, viola, cello, bass,  
guitar, banjo, ukulele, harp, mandolin, piano, sitar, zither  
(other answers possible)

4 Letter words—COIN THUG 8 Letter word TOUCHING  
Fingers of their own - Gloves

If unclaimed return to -:

Barcaldine 60 & Better Program

PO Box 269

Barcaldine Q. 4725