



Garden City News



Volume 30

Issue 8

September 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

Funding for Health and Wellbeing of Older People across Barcaldine Regional Council area.

Barcaldine Regional Council has some funding to spend on improving the health and wellbeing of older people through establishing, implementing or strengthening new and existing activities, projects, programs, services across the region. This funding needs to be spent by June 2025. While this funding is focused on older people, it does not preclude intergenerational events or activities that encourage participation and engagement by older people.

Some established events such as the Regional Seniors Christmas Lunch and Muttaborra Seniors Christmas Dinner come to mind as events this funding could support. Trips to other towns and intertown activities could be funded. Free admission to swimming pools for seniors has been suggested as a way to improve physical health and social interaction.

I've thought about a project to make memory boxes which could involve a number of different groups and individual participants across the region. There is scope for people and organisations to propose joint events and introduce new activities.

There have been ideas about pampering days, information days, motivational speakers, online workshops (various topics) and peer tutoring workshops, mental health sessions, sports days. We'd love to have some feedback about activities you'd support and would like to see happen

Please think about it and let us know your ideas and how you'd put them into action and the benefit for physical and mental health and wellbeing of older people. There are guidelines, and some activities are out of scope for this project..

Please phone Jean (46512354) or send an email or drop into the office to discuss your ideas.



At 60 & Better

We thought about a trip to Muttaborra on Tuesday, 3rd September. We changed it to Lara Wetlands but as the council bus is not to travel on dirt roads we will make other arrangements. Please ask on Monday, 2nd September for further details.

We'll play hoy on Tuesday 10th September after tai chi and morning tea. You are welcome to join us for all activities. It costs nothing for tai chi and morning tea, and one set of cards costs \$7. Two sets of cards and morning tea costs \$11.

There is a Poetry Competition at Barcaldine State School on Wednesday 11th September. It is at 10:15am at the Multipurpose Court. Please let me know by 6th September if you'd like to attend.

RUOK Day is Thursday 12th September In conjunction with Mongrel's Men— we intend to hold a sausage sizzle at the Village Green. I've asked Brett Harvey to provide some music. Lunch will be from 12:00pm. Come along and ask R U OK?

We'll have a meeting on 17th September. Please bring your ideas. Bingo will be played on 24th September. The costs for bingo are the same as hoy costs.

Don't forget we have tai chi each Tuesday and Thursday and exercises before tai chi on Thursdays. The cuppa afterwards is always a pleasant interlude. We welcome anyone who cares to pop in.

This year the Elders Games will be on Wednesday 25th September at the Barcaldine Bowling Club. We'll play favourite games from past Olympics and have some bowls focused challenges. The day will start with morning Tea from 9:00am and conclude with lunch and presentations. We cordially invite everyone over 55 years of age to attend and participate.

October is Seniors Month and Mental Health Month. We are planning to have a concert on the morning of Tuesday 15th October and we need performers. We invite everyone to take part. If you can sing, recite, tell a yarn, play a musical instrument, dance, do magic tricks either individually or as part of a duet or group please get in touch.

We'll screen some parts of the seniors Fashion Parade from 1995, some 60 & Better Birthday Bashes and Mini Olympics from that period on the day too. How many people will you recognise? Will you be able to say I was there?

A Community Wellness Day is being planned for Saturday 12th October at Barcaldine Showgrounds. 60 & Better will support the day by an area where people will be welcome to sit and converse and have some morning tea or play some games. There won't be any strenuous physical games but we might have some other activities.

Get Gardening Comp Garden Expo is in Aramac on 19th October. Please contact Jean if you are interested in attending and would like a seat on the council bus.

Till Next Time.

Jean

Be kind to yourself and forgive yourself. You can't know what you haven't yet learned, you can't become proficient without first being a beginner and you can't be perfect. Welcome to the human race.

Be happy with who you are. Being happy doesn't mean everything is perfect but that you have decided to look beyond the imperfections.

Congratulations Condolences

Birthday Greetings go to Grace O'Toole, Daphne Tengbom who have birthdays in September.

We offer condolences to the family and friends of Jason Richardson

4 things ancient Greeks and Romans got right about mental health

According to the World Health Organization, about 280 million people worldwide have depression and about one billion have a mental health problem of any kind. People living in the ancient world also had mental health problems. So, how did they deal with them? As we'll see, some of their insights about mental health are still relevant today, even though we might question some of their methods.

1. Our mental state is important

Mental health problems such as depression were familiar to people in the ancient world. Homer, the poet famous for the Iliad and Odyssey who lived around the eighth century BC, apparently died after wasting away from depression. Already in the late fifth century BC, ancient Greek doctors recognised that our health partly depends on the state of our thoughts. In the Epidemics, a medical text written in around 400BC, an anonymous doctor wrote that our habits about our thinking (as well as our lifestyle, clothing and housing, physical activity and sex) are the main determinants of our health.

2. Mental health problems can make us ill

Also writing in the Epidemics, an anonymous doctor described one of his patients, Parmeniscus, whose mental state became so bad he grew delirious, and eventually could not speak. He stayed in bed for 14 days before he was cured. We're not told how. Later, the famous doctor Galen of Pergamum (129-216AD) observed that people often become sick because of a bad mental state.

3. Mental illness can be prevented and treated

In the ancient world, people had many different ways to prevent or treat mental illness. The philosopher Aristippus, who lived in the fifth century BC, used to advise people to focus on the present to avoid mental disturbance. The philosopher Clinias, who lived in the fourth century BC, said that whenever he realised he was becoming angry, he would go and play music on his lyre to calm himself

Doctors had their own approaches to dealing with mental health problems. Many recommended patients change their lifestyles to adjust their mental states.

They advised people to take up a new regime of exercise, adopt a different diet, go travelling by sea, listen to the lectures of philosophers, play games (such as

draughts/checkers), and do mental exercises equivalent to the modern crossword or sudoku.

For instance, the physician Caelius Aurelianus (fifth century AD) thought patients suffering from insanity could benefit from a varied diet including fruit and mild wine. Doctors also advised people to take plant-based medications. For example, hellebore, a herb was given to people suffering from paranoia. However, ancient doctors recognised that hellebore could be dangerous as it sometimes induced toxic spasms, killing patients.

Other doctors, such as Galen, had a slightly different view. He believed mental problems were caused by some idea that had taken hold of the mind. He believed mental problems could be cured if this idea was removed from the mind Galen thought it was best to deflect his patients' thoughts away from these false ideas by putting new ideas and emotions in their minds: *I put fear of losing money, political intrigue, drinking poison or other such things in the hearts of others to deflect their thoughts to these things [...] In others one should arouse indignation about an injustice, love of rivalry, and the desire to beat others depending on each person's interest.*

4. Addressing mental health needs effort

Generally speaking, the ancients believed keeping our mental state healthy required effort. If we were anxious or angry or despondent, then we needed to do something that brought us the opposite of those emotions. This can be achieved, they thought, by doing some activity that directly countered the emotions we are experiencing.

For example, Caelius Aurelianus said people suffering from depression should do activities that caused them to laugh and be happy, such as going to see a comedy at the theatre. However, the ancients did not believe any single activity was enough to make our mental state become healthy. The important thing was to make a wholesale change to one's way of living and thinking.

When it comes to experiencing mental health problems, we clearly have a lot in common with our ancient ancestors. Much of what they said seems as relevant now as it did 2,000 years ago, even if we use different methods and medicines today.

Taken From <https://theconversation.com/4-things-ancient-greeks-and-romans-got-right-about-mental-health>

Gout

Gout is a common and painful condition that affects the joints. Small crystals form in and around the joint, causing inflammation, pain and swelling.

These crystals are made of one of the body's normal waste products, uric acid. Normally the body rids itself of extra uric acid through the kidneys into the urine. However this does not happen fast enough in people with gout. This causes uric acid levels to build up and the crystals to form.

Anyone can get gout. However, gout in pre-menopausal women is rare and your doctor may wish to further investigate your symptoms.

An attack of gout usually comes on very quickly, often overnight. The joint becomes very red, swollen and extremely painful. Often the joint is intensely sore to touch. Gout normally affects one joint at a time, often the joint of the big toe. Other joints, such as the hands, wrists, knees, ankles and elbows, can also be affected by gout.

Gout is usually caused by your kidneys not flushing uric acid out of your body quickly enough. Gout runs in families, although not all family members will be affected. There are some lifestyle factors which may increase your risk of developing gout, including:

- being overweight or obese, having high cholesterol, high blood pressure or glucose intolerance
- having kidney disease, taking diuretics (tablets that drain water from the body)

The only way to diagnose gout with certainty is by your doctor finding urate crystals in fluid taken from your joint. Uric acid levels can be measured by blood tests, however these are not always accurate. Uric acid levels may be normal or even lowered during an attack of gout. Blood tests are most useful in ruling out other causes for your symptoms, such as joint infections or other forms of arthritis. X-rays are often normal in the early stages so are not very useful in diagnosing gout.

Without treatment, a gout attack usually lasts about one week. Another attack may not happen for months or even years. If gout is not managed well, the time between attacks may get shorter, the attacks more severe and the joints can be permanently damaged. Sometimes gout can progress into a chronic

(long term) condition, causing:

- constant mild pain and inflammation of the affected joints
- tophi – solid lumps of urate crystals, especially on the toes, ears, fingers, hands, forearms, knees and elbows, kidney stones.

You should see your doctor when you have your first attack of gout. Your doctor will recommend certain medicines to reduce pain and inflammation caused by gout, including:

- non-steroidal anti-inflammatory drugs (NSAIDs)
- corticosteroid injections or tablets, colchicine

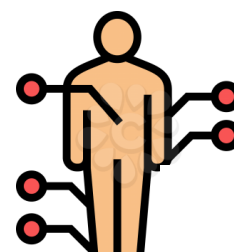
Always talk to your doctor or pharmacist before you start taking any medicines. You may also need to protect the affected joint. For example, if your big toe is affected you may need to limit the amount of walking you do and create a bed cradle to keep your sheets off your foot when you're in bed.

The good news is that gout can be prevented. The goal of treatment is to lower uric acid levels to a level that prevents gout attacks. Your uric acid level can be checked with a blood test. For most people with gout, the target uric acid level (serum urate) you are aiming to achieve with treatment is: Less than 0.36 millimoles per litre (<0.36mmol/L):

For some people with more severe gout, the target uric acid level will be less than 0.30 millimoles per litre (<0.30mmol/L). Talk to your doctor about treatments that can help you reach your target uric acid level, including:

Medicines: There are medicines that can lower uric acid levels in your blood. These medicines need to be taken every day, whether you are having an attack or not

Alcohol: Cut down the amount of alcohol you drink and avoid drinking a lot of alcohol at one time (binge drinking). Talk to your doctor or visit www.alcohol.gov.au for Australian Government guidelines on recommended alcohol intake.



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From previous page

Weight loss: If you are overweight, lose weight gradually. Make sure you have a healthy diet as 'crash' or 'starvation diets' can actually increase uric acid levels. See a dietitian for advice.

Purine-rich foods: There are many misconceptions about diet and gout. For example it is commonly thought that foods such as citrus foods cause gout. There is no evidence that this is true. However several studies have shown that people with gout are more likely to eat certain foods.

Pseudogout is often mistaken as gout as it causes similar symptoms. However it is the result of a different type of crystal, called calcium pyrophosphate crystals, forming in the joint. These crystals tend to form in the cartilage, the smooth coating lining the ends of the bones. Pseudogout is diagnosed by finding calcium pyrophosphate crystals in the fluid of an affected joint. It is a separate condition from gout and may require different treatment.

<https://arthritisaustralia.com.au/types-of-arthritis/gout/>

Fish with Crunchy Topping

4 white fish fillets
2 tbs lemon juice
2/3 cup fresh breadcrumbs
2 cups tasty cheese grated
1 tsp mustard powder
6 spring onions finely sliced
2 tbs butter melted
Lightly grease a shallow oven-proof dish.



Arrange fish in the dish in a single layer and sprinkle with lemon juice.

Combine breadcrumbs, cheese, mustard, spring onions and butter.

Spoon mixture over the fish and bake in a moderate oven for 20 minutes or until cooked and the topping is brown.

Zucchini, Ham and Egg Jaffles

1 cup zucchini grated
1 cup mozzarella grated
1/2 cup parmesan grated
150 g ham chopped
1/4 cup fresh flat-leaf parsley finely chopped
1/2 tsp chilli flakes
5 eggs
8 slices seeded sandwich loaf
1 knob butter softened to spread
1 dollop tomato relish *to serve
1/4 cup fresh flat-leaf parsley *to serve *extra
1 pinch salt and pepper *to taste
Preheat a jaffle machine according to manufacturer's instructions.

Place the zucchini in a colander and squeeze out all moisture. Combine zucchini, mozzarella, parmesan, ham, parsley, chilli, 1 of the eggs and salt and pepper in a medium bowl.

Butter one side of each slice of bread and place bread, buttered-side down in jaffle maker. Spoon the zucchini mixture over bread and cover with remaining bread, buttered-side up.

Close lid and cook for 3 minutes or until bread is golden and crisp and egg is cooked.

While the jaffles are cooking, heat a large non-stick frying pan over medium heat. Lightly grease and crack remaining eggs into the pan. Fry for 3 minutes for sunny side up.

Serve the jaffles with fried eggs, tomato relish and parsley leaves.

Passionfruit Sherbet

1/2 cup passionfruit pulp (about 6 large passionfruit)
1 cup icing sugar
300ml thickened cream
1 cup Greek-style yoghurt



Waffle cones, to serve

Combine passionfruit pulp and icing sugar in a bowl and stir until dissolved. Whip cream until soft peaks form, then gently fold together with the yoghurt.

Add passionfruit mixture and fold through. Pour into an airtight plastic container (about 4-cup capacity) and cover with a tight-fitting lid. Freeze overnight, until firm.

Serve scooped into cones.

Knitting helps Tom Daley switch off. Its mental health benefits are not just for Olympians

Olympian Tom Daley is the most decorated diver in Britain's history. He is also an avid knitter. At the Tokyo Olympics, where Daley was first spotted knitting, he explained its positive impact on his mental health. "It just turned into my mindfulness, my meditation, my calm and my way to escape the stresses of everyday life and, in particular, going to an Olympics".

The mental health benefits of knitting are well established. Knitting is usually associated with women – especially older women – as a hobby done at home. In a large international survey of knitting, 99% of respondents identified as female. But the history of yarn crafts and gender is more tangled. In Europe in the middle ages, knitting guilds were exclusive and reserved for men. They were part of a respected Europe-wide trade addressing a demand for knitted products that could not be satisfied by domestic workers alone.

The industrial revolution made the production of clothed goods cheaper and faster than hand-knitting. Knitting and other needle crafts became a leisure activity for women, done in the private sphere of the home. World Wars I and II turned the spotlight back on knitting as a "patriotic duty", but it was still largely taken up by women. Men who knit are often seen as subverting the stereotype it's an activity for older women.

Knitting can produce a sense of pride and accomplishment. But for an elite sports person like Daley – whose accomplishments already include four gold medals and one silver – its benefits lie elsewhere.

Olympics-level sport relies on perfect scores and world records. When it comes to knitting, many of the mental health benefits are associated with the

process, rather than the end result. Daley says knitting is the one thing that allows him to switch off completely, describing it as 'my therapy'. Knitting can create a "flow" state through rhythmic, repetitive movements of the yarn and needle. Flow offers us a balance between challenge, accessibility and a sense of control. It's been shown to have benefits relieving stress in high-pressure jobs beyond elite sport. Among surgeons, knitting has been found to improve wellbeing as well as manual dexterity, crucial to their role.

For other health professionals – including oncology nurses and mental health workers – knitting has helped to reduce "compassion fatigue" and burn-out. Participants described the soothing noise of their knitting needles. They developed and strengthened team bonds through collective knitting practices.

Another study showed knitting in primary school may boost children's executive function. That includes the ability to pay attention, remember relevant details and block out distractions. As a regular creative practice, it has also been used in the treatment of grief, depression and subduing intrusive thoughts, as well countering chronic pain and cognitive decline.

The evidence for the benefits of knitting is often based on self-reporting. These studies tend to produce consistent results and involve large population samples. This may point to another benefit of knitting: its social aspect. Knitting and other yarn crafts can be done alone, and usually require simple materials. But they also provide a chance to socialise by bringing people together around a common interest, which can help reduce loneliness.

Source: <https://theconversation.com/knitting-helps-tom-daley-switch-off-its-mental-health-benefits-are-not-just-for-olympians> Published: August 8, 2024



RUOK Day Thursday 12th September.

Sausage Sizzle Lunch at the Village Green From 12:00pm

Music and games

Provided by Mongrel's Men and 60 & Better



Reality Check

- Eventually, you will reach a point when you stop lying about your age and start bragging about it.
- Don't let anyone tell you that you're getting old. Squash their toes with your rocker.
- The older we get, the fewer things seem worth waiting in line for.
- Some people try to turn back their odometers. Not me. I want people to know why I look this way. I've travelled a long way and some of the roads weren't paved.
- Maturity means being emotionally and mentally healthy. It is that time when you know when to say yes and when to say no, and when to say WHOOPPEE!
- How old would you be if you didn't know how old you are?
- When you are dissatisfied and would like to go back to youth, just think of Algebra.
- You know you are getting old when everything either dries up or leaks.
- I don't know how I got over the hill without getting to the top.
- The golden years are really just metallic years: gold in the tooth, silver in your hair, and lead in the rear.
- One of the many things no one tells you about aging is that it is such a nice change from being young.
- Age seldom arrives smoothly or quickly. It is more often a succession of jerks.
- Yeah, being young is beautiful, but being old is comfortable.
- Old age is when former classmates are so grey and wrinkled and blind that they don't recognize you.

Boy: "Wow, so many scars. You must have had an adventurous life!"

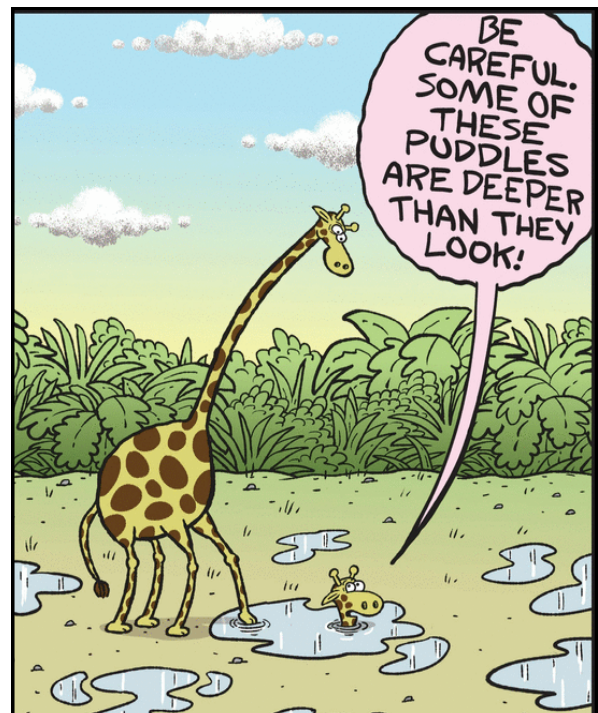
Old man: "No, I just have a cat."

The truth is, retirement kills more people than hard work ever did.

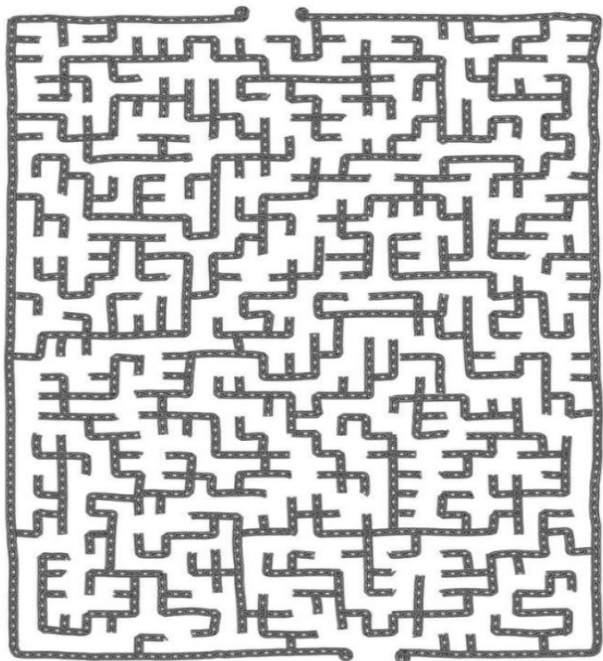
Retirement is wonderful. It's doing nothing without worrying about getting caught.

With age comes wisdom ... and hair in really weird places.

You're not getting old; you're becoming a classic.



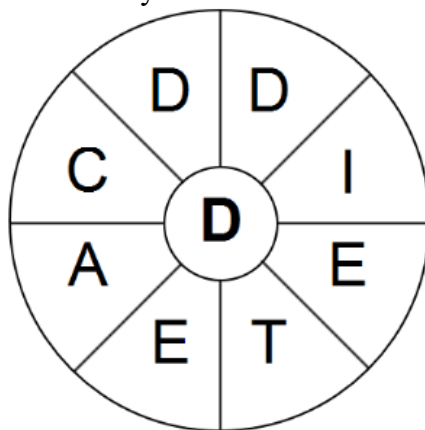
Maze



18	17	16	17	18	19	20	21
13	16	15	18	23	21	23	22
12	15	14	19	24	25	26	23
11	14	13	20	21	24	27	24
10	11	12	13	22	23	28	29
9	8	9	10	23	24	25	30
10	7	6	9	10	11	32	31
5	8	5	8	35	34	33	32
4	3	4	7	36	37	34	33
1	2	5	6	39	38	39	40

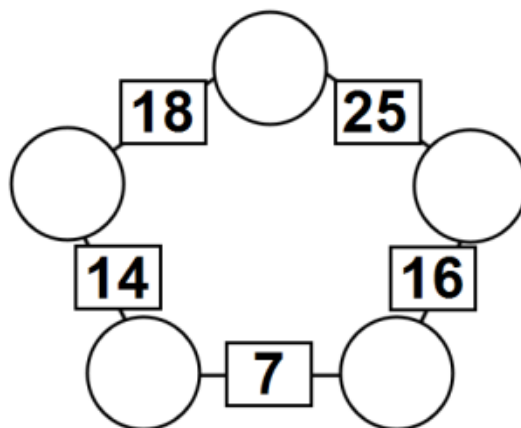
Start at 1 and finish at 40. Find your way through the number maze going from number to number in sequential order.

Father's Day Word Wheel



The word wheel is made from a 9 letter Fathers Day themed word. Try and find that word, then make as many words of at least 3 letters from these letters. You can only use each letter once, and each word must include the letter D.

Arithmagon



The aim of an arithmagon is to work out which numbers go in the empty circles. The numbers in the square boxes are made by adding together the numbers in the circles either side. For example, if the number in the square box was 10 you could try 6 and 4, but the numbers must also add up on the other edges, making this more difficult than it first appears.

Riddles

1. You measure my life in hours and I serve you by expiring. I'm quick when I'm thin and slow when I'm fat. The wind is my enemy. _____
2. This belongs to you, but everyone else uses it.

September 2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Women's Health Week 2nd - 6th September						1 Fathers' Day
2 Men's Shed	3 Tai Chi Trip	4 CHSP Morning Tea Men's Shed Cultural Assn	5 Exercises Tai Chi	6 Croquet BSS Fete	7	8
9 Men's Shed	10 Tai Chi Hoy World Suicide Prevention Day	11 BSS Poetry Comp Men's Shed Cultural Assn	12 Exercises Tai Chi RUOK Day	13 Croquet	14 Ballyneety Rodeo	15
16 Men's Shed Anointing Mass	17 Tai Chi Meeting	18 Men's Shed Cultural Assn	19 Exercises Tai Chi	20 Croquet	21	22
23 Men's Shed	24 Tai Chi Bingo	25 Elder Olympics	26 Exercises Tai Chi	27 Croquet Get Gardening Competition Entries Close	28 Evening Mini Trains at Museum Festival of Small Halls Muttaborra	29
30 Men's Shed			Barcaldine Art Exhibition Open 10am—2pm 31st August—13th September Galilee Gallery			



BARCALDINE
60 & BETTER PROGRAM
 AUSPICEE OF
BARCALDINE REGIONAL COUNCIL



Funded by



Queensland
Government

Queensland Department of Child Safety, Seniors and
Disability Services

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Committee Executive

President: H. Duncan
 V. President:
 Secretary: P. Miller
 Treasurer: S. Jackson

Coordinator Jean Williams

Hours of Operation Mon -Thu 8:00am-4.30:pm
 Fri 8:00am -12:00pm or 8:00am—3:30pm

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 September 2024

- Tai Chi:** Tuesdays 9:00am
Thursdays 9:00am
- Exercises:** Thursdays 8:30am
- Craft:** Thursdays 10:30am
- Croquet:** Fridays 9:00am
- Trip:** 10:00am Tuesday 3/09/24
- Hoy:** 10:00am Tuesday 10/09/24
- Meeting:** 10:00am 3rd Tuesday 17/09/24
- Bingo:** 10:00am 4th Tuesday 24/09/24
- Elder Olympics:** 9:00am Wednesday 25/09/24

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	Arithmagon	Number Maze
	Riddles A candle Your Name	

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