

GARDEN CITY



NEWS



Volume 27

Issue 5

June 2021

A free collaborative newsletter produced by Barcaldine 60 & Better Program (aimed to support older people to stay safe and maintain and strengthen connections to the community, and reduce 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.

At 60 & Better

Welcome to the June 2021 edition of the Garden City News. The Barcaldine 60 & Better Program was launched in May 1994. This means that with the support of the Barcaldine Shire and now Regional Council the program has been part of community life for 27 years. We have people who have been attending activities since the earliest day of the program. They certainly are resilient and steadfast.

The **Health Talk is on Tuesday 1st June at 10:00am**, David Kerrigan will be our guest and will introduce us to Rural Minds. Rural Minds is a mental health initiative that aims to help maintain wellbeing.

Hoy is 10:00am on Tuesday **8th June**. Please come and join us for a morning of companionship and the chance to take home a couple of grocery items and a catch up with friends.

Tuesday 15th June at 10:00am is **meeting** time. Please come along and offer suggestions and feedback. The AGM will be in July.

Bingo is on **Tuesday 22nd June** at 10:00am. It's easy to play and there are many willing tutors if you would like to try it and haven't played before. Come and join us for a chat and fellowship.

Memory Lane Lunch is from 11.30am on **Friday 25th June** .

As **Tuesday 29th June** is a fifth Tuesday, it has been decided to play other **games** that morning. Whether you would like to play crib, 500 or eucre, scrabble or build with dominos or lego or come and chat, there will be morning tea and company.

Winton 60 & Better Program is having a **Christmas in July lunch** on **Friday 23rd July**. If you are interested in attending please let Jean know. If we go, it will be an overnight trip.

Seniors Month is October. Please think about possible activities for that month, especially joint ventures with other groups. It has been proposed to have Elder Olympics on 1st October.

Thoughts for the Month. Every day may not be good but there is something good in every day.

Jean

Along the Aging Trail Again

How do you describe Aging Well, Successful Aging, Positive Aging or Healthy Aging? Are they the same thing and can they be used interchangeably? Whatever words we use to describe or define the process of maintaining interests, staying active and participating in the community it is important that people are given opportunities to continue to maintain their interests. I gleaned these couple of pieces of information from the Australian Human Rights Commission guide to 'Your Rights at Retirement' as reminders that older people do have rights and entitlements as do others.

Discrimination. To treat older people less favourably than someone else because of their age is age discrimination. Age discrimination also occurs when a rule or policy has an unfair effect on people of a certain age. Some examples include in a workplace where it is assumed a younger person has more up to date skills than an older worker; a person is not offered training because of their age or has to meet a physical fitness test when this is not related to performing the job. Denying all loan applications based on being 65 or more is also a discriminatory practice.

In some circumstances it is not against the law to treat someone differently because of their age. Things done in compliance with Commonwealth and state and territory laws, things done as part of some health programs and 'positive discrimination' where something is done to meet the needs, or there is a benefit for a particular age group are not unlawful.

Seniors Card. A Seniors Card gives you concessions on a variety of goods and services including government services, transport, and shopping within your state or territory. You can use your Seniors Card across Australia, but some restrictions may apply outside your home state or territory.

The Seniors Card is free but in some states and territories you must apply. You are entitled to a Seniors Card if you are a permanent resident of the state or territory in which you apply and you meet an age threshold and a paid work limit. In Queensland people 65 years or older (or aged 60-64 and holding a concession card from Centrelink or the Department of Veterans' Affairs) and working less than 35 hours per week can apply. Queenslanders who are aged 60 and over and are working full time are eligible for the Seniors Business Discount Card.

Birthday Greetings

Belated Greetings to Greg Miller who has missed out on having his birthday mentioned for a number of years. Now we know when it is we'll remind you Greg.

We send birthday wishes to Ron Saming, Karen Brown, Carl O'Neill, Di Chilcott and Joy Smith who have birthdays in June.

Condolences

We send condolences to the families and friends of former Barcaldine resident Meryl Wilson (nee Plumb) and Brian Peters who passed away recently.

We also note the passing of Hans Vermeij who worked at GBA for many years, and extend our condolences to his family and friends.

Our condolence go to the family and friends of Frances (Toddy) Thompson who died recently. Toddy was Barcaldine's oldest resident.

We send our sympathies to the family and friends of Vicki Lockie as well.

We also extend condolences to the family and friends of Gary Ballard from Muttaborra.

Ageing– Muscles, Bones and Joints

Some age-related changes, such as wrinkles and grey hair, are inevitable. It was once thought that changes to muscles, bones and joints were unavoidable too. However, researchers now suggest that many factors associated with ageing are due to inactivity, and that performing physical activity can help to reduce or reverse the risk of disability and chronic disease

Nearly half of all Australians over the age of 75 years have some kind of disability. Common conditions affecting muscles and the skeleton, or the musculoskeletal system, in older people include:

- osteoarthritis – the cartilage within the joint breaks down, causing pain and stiffness
 - osteomalacia – the bones become soft, due to problems with the metabolism of vitamin D
 - osteoporosis – the bones lose mass and become brittle. Fractures are more likely
 - rheumatoid arthritis – inflammation of the joints
- muscle weakness and pain – any of the above conditions can affect the proper functioning of the associated muscles.

Muscle loses size and strength as we get older, which can contribute to fatigue, weakness and reduced tolerance to exercise. This is caused by a number of factors working in combination, including:

- Muscle fibres reduce in number and shrink in size.
- Muscle tissue is replaced more slowly and lost muscle tissue is replaced with a tough, fibrous tissue.

Changes in the nervous system cause muscles to have reduced tone and ability to contract. Bone is living tissue. As we age, the structure of bone changes and this results in loss of bone tissue. Low bone mass means bones are weaker and places people at risk of breaks from a sudden bump or fall. Bones become less dense as we age for a number of reasons, including:

- An inactive lifestyle causes bone wastage.
- Hormonal changes – in women, menopause

triggers the loss of minerals in bone tissue. In men, the gradual decline in sex hormones leads to the later development of osteoporosis.

Bones lose calcium and other minerals. In a joint, bones do not directly contact each other. They are cushioned by cartilage that lines your joints (articular cartilage), synovial membranes around the joint and a lubricating fluid inside your joints (synovial fluid). As you age, joint movement becomes stiffer and less flexible because the amount of lubricating fluid inside your joints decreases and the cartilage becomes thinner. Ligaments also tend to shorten and lose some flexibility, making joints feel stiff.

Many of these age-related changes to joints are caused by lack of exercise. Movement of the joint, and the associated ‘stress’ of movement, helps keep the fluid moving. Being inactive causes the cartilage to shrink and stiffen, reducing joint mobility.

Exercise can prevent many age-related changes to muscles, bones and joints – and reverse these changes as well. It’s never too late to start living an active lifestyle and enjoying the benefits.

Research shows that:

- Exercise can make bones stronger and help slow the rate of bone loss.
- Older people can increase muscle mass and strength through muscle-strengthening activities.
- Balance and coordination exercises, such as tai chi, can help reduce the risk of falls.
- Physical activity in later life may delay the progression of osteoporosis as it slows down the rate at which bone mineral density is reduced.
- Weight-bearing exercise, such as walking or weight training, is the best type of exercise for maintenance of bone mass. There is a suggestion that twisting or rotational movements, where the muscle attachments pull on the bone, are also beneficial.
- Older people who exercise in water (which is not weight bearing) may still experience increases in bone and muscle mass compared to sedentary older people.

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Slow—cooked Pulled Pork

2 onions sliced
1.5 kg pork shoulder
2 tablespoons brown sugar
2 tablespoons Worcestershire sauce
1 tablespoon American mustard
2 tablespoons tomato sauce
1 tablespoon cider vinegar
Salt and pepper



Hamburger rolls to serve
Place onions in slow cooker with pork shoulder on top. Combine the remaining ingredients and spread over the pork.
Cook on low for eight hours.

Air Fryer Apple and Cinnamon Fritters

225g (1 1/2 cups) self-raising flour
100g (1/2 cup) caster sugar
1 teaspoon ground cinnamon
125ml (1/2 cup) apple juice
1 teaspoon vanilla extract
2 eggs
2 apples, unpeeled, coarsely grated
50g butter, melted



Vanilla custard, to serve

Combine the flour, salt, half the sugar and half the cinnamon in a large bowl. Make a well in the centre. Whisk the juice, vanilla and eggs in a jug until well combined. Pour egg mixture into flour mixture. Stir until just combined (do not overmix). Stir in the apple.

Line the base of an air fryer basket with baking paper. Spoon 60ml (1/4 cup) of the batter onto the baking paper (depending on the size of your basket, you may fit 2 or 3 fritters at a time. Do not overcrowd the pan, as they will expand while cooking). Spray with oil. Bake for 5 minutes at 200°C. Turn fritters. Bake for a further 5 minutes or until golden and cooked through. Repeat with remaining batter.

While the fritters are cooking, combine the remaining sugar and cinnamon in a shallow bowl. Remove the fritters from the air fryer. Brush all over with melted butter. Dip fritters, one at a time, in cinnamon sugar. Turn to coat. Serve the fritters immediately with custard, to dip.

Invitation

Kay and Andy Stewart extend an invitation to friends to help celebrate their 60th Wedding Anniversary.

The celebrations are on Saturday 3rd July from 2:00pm to 9:00pm at 'The Willows' (13 Willow St).

BYO drinks

Please let Kay or Andy know if you will be coming.

Andy's mobile 0459 401 169

Kay's mobile 0429 013 166

From previous page

- Stretching is another excellent way to help maintain joint flexibility.

See your doctor before you start any new physical activity program. If you haven't exercised for a long time, are elderly or have a chronic disease (such as arthritis), your doctor, physiotherapist or exercise physiologist can help tailor an appropriate and safe exercise program for you. If you suffer from osteoporosis, you may also be advised to take more calcium. Sometimes, medications are needed to treat osteoporosis.

Source: <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/ageing-muscles-bones-and-joints#things-to-remember>

Vitamin D deficiency may impair muscle function. New study points to ways to maintain healthy muscles in older people. 21 April 2021

New research has uncovered a possible link between vitamin D deficiency and impaired muscle function, which could help older adults better maintain muscle strength as they age.

A study led by Dr Andrew Philp from the Garvan Institute of Medical Research, recently published in the *Journal of Endocrinology*, used experimental models to determine the effects of diet-induced vitamin D deficiency in the mitochondria of skeletal muscle cells.

Mitochondria are specialised organelles within cells that convert nutrients into energy, which in skeletal muscle is used to power the movements needed to perform everyday tasks.

“Our results show there is a clear link between vitamin D deficiency and oxidative capacity in skeletal muscle – an important measure of muscle health,” says Dr Philp. “The study is crucial piece of evidence that reinforces the central role that vitamin D plays in our health.”

Vitamin D is a hormone the body produces in response to sun exposure, and can be supplemented through fortified foods or oily fish. It is well known to be important for maintaining bone health and preventing rickets and osteoporosis, however in recent years, vitamin D deficiency has been reported to be as prevalent as 40% in European populations.

Multiple studies have also linked low vitamin D levels to poor muscle strength, particularly in older people. However, studying the role of vitamin D in muscle performance of older people has been difficult as other pre-existing health conditions can also affect their vitamin D status.

To investigate the relationship between vitamin D and muscle performance, Dr Philp and his team in the Garvan Institute’s Mitochondrial Metabolism and Ageing lab studied the effects of diet-induced vitamin deficiency on skeletal muscle mitochondrial function in mice.

Mice were either fed a diet with normal quantities of vitamin D, or without vitamin D, for a period of three months. Tissue and blood samples were collected monthly to quantify vitamin D and calcium concentrations and to assess markers of muscle mitochondrial function and number.

After three months of diet-induced vitamin D deficiency, skeletal muscle mitochondrial function was found to be impaired by up to 37%.

“These findings suggest that vitamin D deficiency decreases mitochondrial function, as opposed to reducing the number of mitochondria in skeletal muscle,” Dr Philp comments.

“Impaired mitochondrial function reduces the amount of energy produced in the muscles, which may lead to poor muscle function. Therefore, preventing vitamin D deficiency in older people may help maintain muscle performance and reduce the risk of muscle related diseases, such as sarcopenia.”

Dr Philp says that more research is needed to investigate the direct effect of vitamin D deficiency on muscle function strength in both mice and humans.

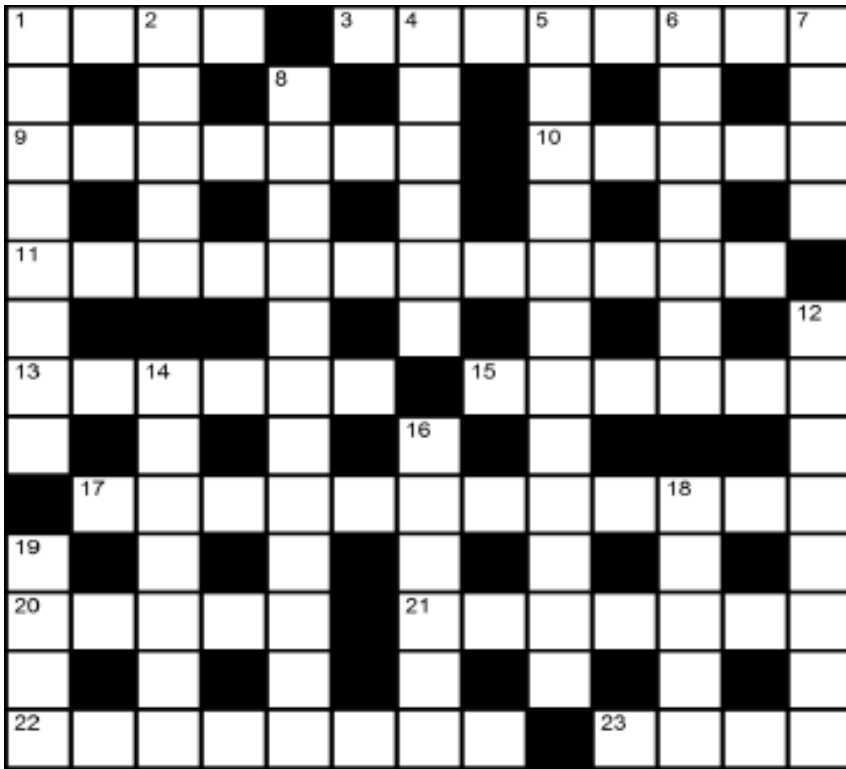
“We are particularly interested to examine whether this reduction in mitochondrial function may be a cause of age-related loss in skeletal muscle mass and function.”

Source: <https://www.garvan.org.au/news-events/news/vitamin-d-deficiency-may-impair-muscle-function>

Home Assist Secure Field Officer is taking leave.

Barcaldine Community Care (Home Assist Secure) field officer Jordan Salmond is taking leave from 24th May till 6th June and from 19th July until 6th August. For urgent jobs and jobs that don't fit the field officer's scope please contact the relevant tradespeople..

QUICK CROSS WORD



Down

- 1 Supersedes
- 2 Bang up
- 4 Shoved
- 5 Conforming to modern trends
- 6 Ogre
- 7 Bird's home
- 8 However
- 12 Groups
- 14 Strange
- 16 Entertained
- 18 Rub out
- 19 Solemn promise

Across

- 1 Hazard
- 3 Sample
- 9 Church devotions
- 10 Taboos
- 11 Accomplishments
- 13 Compare
- 15 Helix
- 17 Massive grocery stores
- 20 Sharp
- 21 Last name
- 22 Sloping side of a hill
- 23 Legumes



The best vegie soil should be rich in organic matter, free-draining, friable (crumbly) and yet moisture-retentive.

Here's how to improve your existing soil:

1. Rake mulch from bed and dig soil over.
2. Remove rocks, twigs or old roots. Rocks make it harder to dig and roots will break down and release phytotoxins or plant poisons. They can also release growth suppressants which can harm your plants.
3. If you have a heavy clay soil this is when you would add some gypsum as a clay breaker.
4. Level the area with a rake to get any smaller bits of rubbish out.
5. Dig a trench along one side of your area, no deeper than 40 cm and as wide as your spade's blade.

Then - for a bed around two metres by one and a half metres you need:

2 barrow loads of fresh compost, 50 litres of cow

manure, 50 litres of chicken manure

75 litres of mushroom compost

1. Mix together.
2. Half fill the first trench with soil improver and scatter a couple of handfuls of worm castings on top.
3. Dig your second trench, next to the first, back filling the rest of your first trench with the soil from this second trench.
4. Half fill the second trench with soil improver and couple of handfuls of worm castings on top.
5. Continue this with the third, fourth, fifth and etc until the whole bed is done.

This should be left for a couple of days at minimum or a couple of weeks if possible. Let it settle in and then dig the soil over once more with a spade before planting..

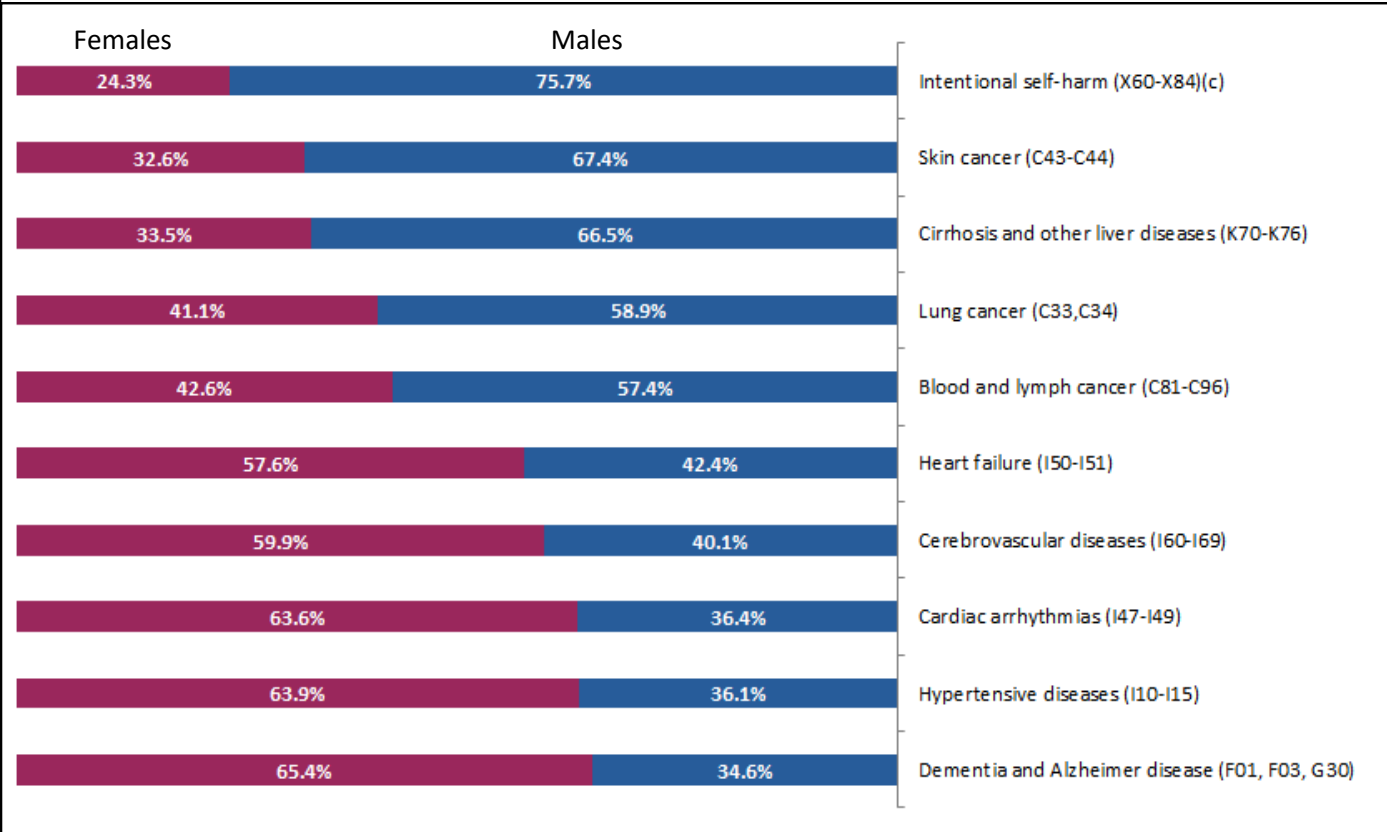
Source: <https://www.abc.net.au/gardening/factsheets/soil-composition/>

Men's Health Week 14th —20th June 2021

International Men's Health Week is celebrated every year around the world in the middle of June. It is an important opportunity to highlight men's health and what it means to be healthy. The popular view of health tends towards medical aspects such as heart or reproductive health, or 'lifestyle' health such as eating well or exercising regularly, or a behaviourist approach that aims to reduce violence, drinking or lack of exercise. 'Health' is the product of factors in life that collectively add to or detract from connection to life. So a healthy man is one who has solid connections to the various environmental factors in their life, and conversely unhealthy people are those whose life connections have been eroded or severed. Men's Health Week facilitators from Western Sydney University have chosen "*Connecting for Men's Health*" to spark discussion and develop ideas and events that "connect and work together across genders, cultures and communities." Source: Western Sydney University .

GREATEST SEX RATIOS WITHIN THE 20 LEADING CAUSES OF DEATH, 2015

The graph below depicts the causes with the largest sex ratios, within the Top 20 leading causes of death in Australia in 2015 (excluding sex-specific causes such as prostate and breast cancer). Intentional self-harm was the cause most likely to affect males, with 312 male deaths for every 100 female deaths. Dementia, including Alzheimer's disease, was the cause which most predominantly affected females, with 53 male deaths for every 100 female deaths. Source: ABS 2016



A Health Comparison

In 2017–18:-

5 in 10 men and **4 in 10 women** were sufficiently physically active

fewer than **1 in 30 men** and **1 in 15 women** ate enough fruit and vegetables.

men were almost **twice as likely** as women to drink sugar sweetened drinks daily

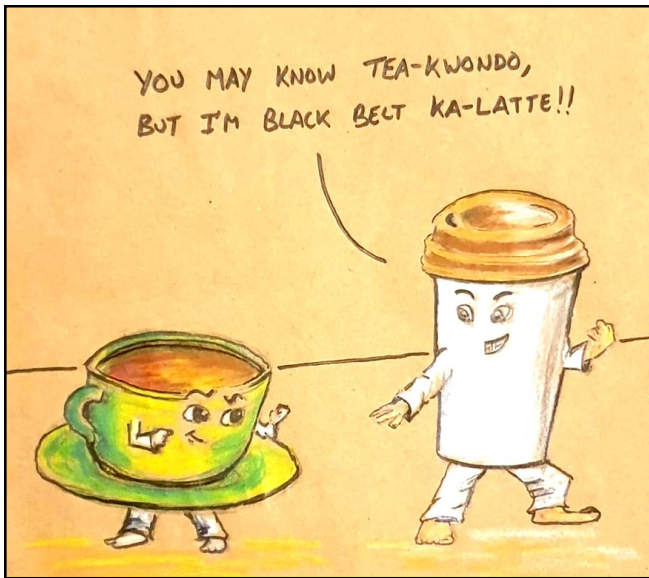
7 in 10 men and **6 in 10 women** were overweight or obese.

men were **1.5 times** as likely to smoke daily as women.

1 in 4 men and **1 in 11 women** were consuming alcohol at levels placing them at lifetime risk of an alcohol-related disease or injury.

around **1 in 2 males and females** had at least 1 of the 10 selected common chronic conditions
around **1 in 6 males** and **1 in 4 females** had more than 1 of the 10 selected chronic conditions.

Source: AIHW 2019 How does the health of females and males compare?



A retired man who volunteers to entertain patients in nursing homes and hospitals went to one local hospital and took his portable keyboard along. He told some jokes and sang some funny songs at patients’ bedsides. When he finished he said, in farewell, “I hope you get better.” One elderly gentleman replied, “I hope you get better, too.”

One day a famous man went to a nursing home to see all of his friends again and see how they were doing. When he got there EVERYBODY greeted him [because, of course, everybody knows him]. One man he noticed didn't come up to him or say anything to him, so later he walked up to the man and asked him "Do you know who I am?" and the old man replied "No, but you can go to the front desk and they'll tell you."

Maths Problems

1. My twin lives at the reverse of my house number. The difference between our house numbers ends in two. What are the lowest possible numbers of our house? _____
2. Old Granny Adams left half her money to her granddaughter and half that amount to her grandson. She left a sixth to her brother, and the remainder, \$1,000, to the dogs’ home. How much did she leave altogether? _____
3. What is the smallest number that increases by 12 when it is flipped and turned upside down? _____
4. You know $2 + 2$ comes to the same as 2×2 . Now find a set of three different whole numbers whose sum is equal to their total when multiplied.

June 2021

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1 60 + Tai Chi Health Talk	2 Men's Shed Cultural Assoc.— Craft Reconciliati on March	3 60+ Exercises Tai Chi Morning Tea UFO	4 60 + Croquet	5 Barcaldine Races Muttaborra Stock Show	6 Mini steam trains 5th & 6th June Historical Museum
7 Men's Shed	8 60 + Tai Chi Hoy	9 Cultural Assoc.— Craft Men's Shed	10 60+ Exercises Tai Chi Morning Tea UFO	11 60 + Croquet	12	13
14 Men's Shed	15 60 + Tai Chi Meeting	16 Men's Shed Cultural Assoc.— Craft	17 60+ Exercises Tai Chi Morning Tea UFO	18 60 + Croquet	19 Barcaldine P A & H Society Show	20
21 Men's Shed	22 60 + Tai Chi Bingo	23 Cultural Assoc.— Craft Men's Shed	24 60+ Exercises Tai Chi Morning Tea UFO	25 60 + Croquet	26	27
28 Men's Shed Anointing Mass at The Willows 9:30am	29 60 + Tai Chi Games	30 Men's Shed Cultural Assoc.— Craft				

MATHS SOLUTIONS

1. The lowest possible numbers for our house are 19 and 91.
2. She left \$12,000. One half plus one quarter plus one-sixth equals eleven-twelfths. So, the remainder, \$1,000, is one-twelfth of the whole, which must have been \$12,000.
3. The answer is 86. When it is turned upside down and flipped, it becomes 98, which is 12 more than 86.
4. The three different whole numbers whose sum is equal to their total when multiplied are 1, 2, & 3.

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 - Thursday 8:00 am - 1:00 pm

Friday 8:00am - 12:00pm

Tai Chi: Tuesday 9:00am

Thursday 9:00am

Exercises: Thursday 8:30am

Croquet: Friday 8:30am

Digital Learning: By appointment

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

Hoy 2nd Tuesday 8th June 10:00am

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

Bingo 4th Tuesday 22nd June 10:00am

Games 5th Tuesday 29th June 10:00am

Memory Lane Lunch from 11.30am Friday 25th June



Barcaldine 60 & Better Program - A Healthy Ageing Program

Funded by



Queensland
Government



Under the auspices of
Barcaldine Regional Council

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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.

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

