

GARDEN CITY NEWS

Volume 27

Issue 9

October 2021

Garden City News is a free newsletter produced by Barcaldine 60 & Better Program (aimed to support older people to stay safe and maintain and strengthen connections to the community, and reduce risk of harm and social isolation) with contributions from others for participants and older people in the community. Please share this newsletter. If you prefer, it can be emailed to you. The newsletter can be found on Barcaldine Regional Council website also.



**The 26th
Barcaldine Elders Olympics
Barcaldine Tennis Club
(Corner Fir and Willow Streets)
Friday 1st October 2021**

Morning Tea from	9:30am
Welcome and opening	10:00am
Games Begin	10:15am
Lunch	12:30pm
Games Continue	1:30pm
Day Finishes	3:00pm

Cost \$10.00 (includes morning tea and lunch)

Games: Bean Bag Toss, Ten Pin Bowls, Kolap (land the bean bag on the target, Hillbilly Golf, Darts, Egg & Spoon Race, Punch / Kick the Footy, Quoits Sports Trivia. There will be a guess the weight of the pumpkin competition, a raffle and a lucky program prize. Overall winners and Good Sports awards will be presented also.

Barcaldine



Funded by



At 60 & Better

Trip to Longreach for River Cruise. On Saturday 17th September 17 people boarded the council bus and headed to Longreach for a morning cruise along the Thomson River. We all enjoyed the experience and we thank Col Hansen for driving the bus.

Elder Olympics. Please come and support the Elder Olympics. It's a day to join with others and embrace the fellowship of sharing the day's activities.

Health Talk 5th October. Cardiac Rehabilitation Nurse Suzy Thomas is our guest for the October talk.

Hoy 12th October. Come and join us for hoy. You are most welcome to come earlier and try tai chi and experience its benefits as well. Cost for morning tea and one set of cards is still \$5.

Meeting 19th October. This is the date of the regular monthly meeting of the 60 & Better Committee. We welcome suggestions and preparedness to help in implementing these suggestions and continuing to provide activities that people enjoy and feel are suitable.

Lunch Friday 22nd October. Across the world, variations on the Oktober theme have been celebrated. For the October Down Memory Lane Lunch we'll put together our version. While the beer won't be flowing freely we can enjoy some lunch with a German flavour and conversation.

Bingo 26th October. Bingo will be played after tai chi and morning tea starting at about 10:00am

Melbourne Cup Day is Tuesday 2nd November. It is also a health talk day and Athol Hite has been invited to speak about fire safety. We can arrange lunch for those who would like to stay for lunch after the talk and watch the happenings from Flemington.

Regional Seniors' Lunch. The date for this event has been set as **Tuesday 7th December.** People over **65 years and their carers (over 50 years Indigenous people)** from across the Barcaldine Regional Council area are eligible to attend. Please consider coming to Barcaldine Town Hall on that day to enjoy the company of your friends and share a good meal.

"A smile and kind words have so much power".

"Words are powerful seeds. If you plant them for good, they will bloom beautifully."

Till next time. *Jean*

Congratulations, Condolences

We congratulate Mikala Balderson and her many helpers from Barcaldine State School for their dedication and determination in putting on "Cutloose" (an adaptation of the 80's musical "Footloose"). Well done to all involved. You brought much joy to a very appreciative audience.

We send our sympathy to the family and friends of Helen O'Sullivan and to the family and friends of Leslie (Kelly) Finch.

We note the passing of Margaret Proctor who with her husband Ian (a Uniting Church minister) lived in Barcaldine for a time.

Special Birthday Greetings go to Deidre Blyth who will be ninety at the end of the month. Birthday Greetings also go to June Cliffe, Fay Stewart and Keith Anderson.

Friends of the late Keith Boustead are invited to the placing of some of Keith's ashes at Barcaldine cemetery on Saturday 2nd October at 10:00am. There will be morning tea at Roses and Things at 10:30am

How to help prevent weight loss and retain muscle

The following is a small excerpt from a New South Wales Government booklet “Eating Well A Nutrition Resource for Older People and their Carers” produced by The Central Coast Local Health District .

Often people lose weight as they grow older however, this is not a desirable part of ageing. It is better for older people to carry a little extra weight as this will help to see them through illness and times when their appetite is poor. Minimising muscle loss will help older people to maintain strength, mobility and independence.

Unintentional weight loss of 3-5kg (½ - 1 stone) in the last 6 months is a concern. If a person is already underweight, even one or two days of reduced food and fluid intake can rapidly lead to severe weight and muscle loss. People with a very poor appetite need more high calorie, nutritious foods and drinks

in their diet every day. E.g. milkshakes, fruit smoothies and nourishing snacks.

Sufficient protein and calories will need to be eaten at main meals and throughout the day to help prevent muscle and weight loss. A poor intake of protein (especially in old age) will mean a gradual loss of muscle. This is because more muscle is being broken down than is able to be rebuilt. Frailty and loss of muscle has been linked to diets that are low in protein. Having sufficient protein in the diet will help to minimise muscle loss.

Foods that are rich in protein include meat, chicken (and other poultry) eggs, fish and other seafood, milk, cheese, custard, yoghurt, nuts, peanut butter, seeds (sesame, pumpkin), legumes (chick peas, butter beans, baked beans etc.), soy products, meal replacement bars and meal replacement drinks. (Breads and cereals contain much less protein than meat and most fruit and vegetables contain even less).

Goulash

- 1 kg round beef steak
- 2 tbs plain flour
- 1/2 tsp paprika
- 1 bay leaf
- 3 tsp thyme
- 1/4 tsp parsley chopped fresh
- 1 beef stock cube
- 2 pinches salt and pepper
- 2 fresh basil leaves
- 1 garlic clove crushed
- 1 onion chopped
- 1 cup canned chopped tomatoes



1. Coat the steak in flour and brown with the onions and garlic in a fry pan with a little butter.
2. Once browned, place in the slow cooker and add all remaining ingredients, except the sour cream.
3. Stir well, cover and cook on low for 6-8 hours or on high for 5 to 6 hours.
4. Half an hour before serving, thoroughly stir in the sour cream.

German Apple Cake

- 125g butter
- 90g sugar

- 1 cup self-raising flour sifted

- 1 egg

FILLING

- 3 cooking apples peeled thinly sliced

- 2 tbs sultanas

- 1 tbs raw sugar

- 1/2 tsp ground cinnamon

- 1/4 tsp nutmeg

- 1 lemon juiced

1. Melt butter in a large saucepan, then add sugar and stir until it begins to dissolve.
2. Add flour and stir well, then beat in egg .
3. Grease an 18cm cake tin and using fingers, spread a little more than half the cake mixture over the bottom.
4. Place half of the apple slices in layers over cake mixture.
5. Mix together sultanas, sugar and spices and sprinkle over apple. Cover with the remaining apple slices, then sprinkle with lemon juice.
7. In spoonfulls, spread the remaining cake mixture on top.
8. Bake at 180C for 45 minutes, or until a knife comes out of the centre clean.

Physical activity for seniors

<https://www.betterhealth.vic.gov.au/health/>

Only around one in 10 Australians over the age of 50 exercises enough to gain any cardiovascular benefit. Some estimates suggest that about half of the physical decline associated with old age may be due to a lack of physical activity. It has been suggested that people over the age of 65, more than any other age group, require adequate fitness levels to help them maintain independence, recover from illness and reduce their high risk of disease.

The human body responds to exercise, no matter what its age, and there are many health benefits. If you are over 40 years, obese, suffer from a chronic illness or have been sedentary for some time, it is a good idea to check with your doctor before embarking on any new exercise routine.

About half of the physical decline associated with ageing may be due to a lack of physical activity. Without regular exercise, people over the age of 50 years can experience a range of health problems including:

- Reduced muscle mass, strength and physical endurance
- Reduced coordination and balance
- Reduced joint flexibility and mobility
- Reduced cardiovascular and respiratory function
- Reduced bone strength
- Increased body fat levels
- Increased blood pressure
- Increased susceptibility to mood disorders, such as anxiety and depression
- Increased risk of various diseases including cardiovascular disease and stroke.



Many older people believe that exercise is no longer appropriate. Some of the common misconceptions that prompt older people to abandon physical activity include:

- Older people are frail and physically weak.
- The human body doesn't need as much physical activity as it ages.
- Exercising is hazardous for older people because they may injure themselves.
- Only vigorous and sustained exercise is of any



use.

Other factors that may contribute to the lack of physical exercise among people over 50 years include:

- Some older people may have a preference for sedentary activities, such as reading and socialising.
- The relatively high cost of some sports may exclude some people.
- Many sports and activities tend to attract young adults, so older people may feel unwelcome.
- The physical fitness marketplace has failed to include and attract older people.

Some of the many benefits of regular exercise for older people include:

- **Muscle** – the amount and size of muscle fibres decreases with age. Some studies suggest that the average body loses around 3kg of lean muscle every decade from middle age. The muscle fibres that seem to be most affected are those of the 'fast twitch' (phasic) variety, which govern strength and speedy contraction. There is evidence to suggest that these changes are related to a sedentary lifestyle, rather than age. Muscle mass can increase in the older person after regularly exercising for a relatively short period of time.
- **Bone** – bone density begins to decline after the age of 40, but this loss accelerates around the age of 50 years. As a result of this bone loss, older people are more prone to bone fractures. Exercise may help to reduce the risk of bone loss and osteoporosis. Weight-bearing exercise, in particular, helps to keep bones healthy and strong.
- **Heart and lungs** – moderate intensity exercise is most favourable: for example, exercising at about 70 per cent of the individual's maximum heart rate (220 beats per minute minus your age). Studies show that cardiorespiratory fitness takes longer to achieve in an older person than a young person, but the physical benefits are similar. Regardless of age, people are able to improve their cardiorespiratory fitness through regular exercise.

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From page 4

- **Joints** – the joints of the body require regular movement to remain supple and healthy. In particular, people with arthritis can benefit from aerobic and strengthening exercise programs.
- **Body fat levels** – carrying too much body fat has been associated with a range of diseases including cardiovascular disease and diabetes. Regular exercise burns kilojoules, increases muscle mass and speeds the metabolism. Together, these physiological changes help an older person maintain an appropriate weight for their height and build.
- Regular exercise burns kilojoules, increases muscle mass and speeds the metabolism. Together, these physiological changes help an older person maintain an appropriate weight for their height and build.
- If you are over 40 years, obese, suffer from a chronic illness or have been sedentary for some time, see your doctor before you start a new exercise routine.
- Choose activities you find interesting. You are more likely to keep up with an exercise routine if it's fun rather than a chore.
- Exercise with friends. Make physical activity an enjoyable social occasion.
- Safe, easy and comfortable forms of exercise include walking, swimming and cycling.
- Weight training can increase your muscle mass – programs as short as six to eight weeks can be

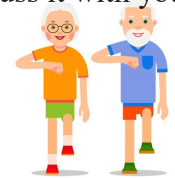
beneficial.

- Start off slowly and aim for small improvements. Keep track of your progress in a training diary for added motivation.
- Check your pulse frequently to make sure you aren't overdoing it.
- Choose appropriate clothing and safety gear.
- Don't let yourself dehydrate – drink plenty of water.

You will find more information and suggestions in the Australian Government's physical activity guide for older Australians: *Choose Health: Be Active*.

Some older people have chronic illnesses (such as severe arthritis, osteoporosis or advanced cardiovascular disease) that limit their choice of physical activities. In these situations, it is best to consult closely with your doctor, physiotherapist or health care professional to devise an exercise program that is healthy and safe.

Pre-exercise screening is used to identify people with medical conditions that may put them at a higher risk of experiencing a health problem during physical activity. It is a filter or 'safety net' to help decide if the potential benefits of exercise outweigh the risks for you. Print a copy of the pre-exercise screening tool and discuss it with your doctor or exercise professional.



Barcaldine CHSP Trips to other Towns.

Barcaldine CHSP has arranged visits for clients to other towns. The Blackall trip is on 13th October and Longreach on 27th October. Please contact Barcaldine CHSP Ph. 16505044 for more details.



Saxophonists from Holland Park State High School Band performing at 71 Beech St during an outback tour during school holidays



One of the talented singers who performed on the day.

‘Outbreak’, ‘Epidemic’, ‘Pandemic’ and ‘Endemic’

First let’s recap the public health terms Australians have been increasingly using in conversation over the last 18 months. These words cover the lifecycle of disease and include “outbreak”, “epidemic”, “pandemic” and “endemic”.

An outbreak is a rise in disease cases over what is normally expected in a small and specific location generally over a short period of time. Foodborne diseases caused by Salmonella contamination provide frequent examples of this.

Epidemics are essentially outbreaks without the tight geographical restrictions. The Ebola virus that spread within three West African countries from 2014–2016 was an epidemic.

A pandemic is an epidemic that spreads across many countries and many continents around the world.

Examples include those caused by influenza A (H1N1) or “Spanish Flu” in 1918, HIV/AIDS, SARS-CoV-1 and Zika virus.

Finally, the normal circulation of a virus in a specified location over time describes an endemic virus. The word “endemic” comes from the Greek *endēmos*, which means “in population”. An endemic virus is relatively constant in a population with largely predictable patterns.

Viruses can circulate endemically in specific geographical regions, or globally. Ross River virus circulates endemically in Australia and the Pacific island countries, but is not found in other regions of the world. Meanwhile, rhinoviruses which cause the common cold circulate endemically around the world. And influenza is an endemic virus we monitor for its epidemic and pandemic potential.

Source : The Conversation <https://theconversation.com/covid-will-likely-shift-from-pandemic-to-endemic>

Barcaldine Regional Council Get Gardening Competition Results.

Class 1 Best Regional Garden: David and Elaine Harvey

Class 3. Best Rural Garden: Regional Winner Glenn and Emma Price
Runner up: Vicki Revett



Class	Alpha	Aramac	Barcaldine	Jericho	Muttaburra
Class 2 Best Town Garden		Helen Bain	1. Elaine & David Harvey 2. Lionel & Marg Walsh	Suzanne Swift & Shane Ross	1. Sharmaine & Tyrel Spence 2. Pearl Langdon
Class 4: Best Edible Garden			1. Michael & Christine Waugh		2. Muttaburra State School
Class 5 Best Seniors Garden		Helen Bain	1. Lionel & Marg Walsh 2. Pat Ogden	Gladys Gifford	Pearl Langdon
Class 6 Non Residential Garden		2. Aramac PHC	1. Manning Place		
Class 7 Best Front Garden / Footpath	Vicki Revett	1. Helen Bain 2. Jack Yourell	1. Pat Ogden 2. Lionel & Marg Walsh	1. Gladys Gifford 2. Suzanne Swift & Shane Ross	Sharmaine & Tyrel Spence
Class 8 Best First Time Entry	2. Vicki Revett	1. Aramac PHC			

October 2021

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Barcaldine Arts Council Art Exhibition 15– 23 October				1 Elder Olympics International Day of Older People	2	3
4 Queen's Birthday Holiday	5 60 + Tai Chi Health Talk	6	7 60 + Tai Chi	8 Croquet	9	10
11 Men's Shed	12 60 + Tai Chi Hoy	13	14 60 + Tai Chi	15 Croquet Opening of Art Exhibition	16	17
18 Men's Shed	19 60 + Tai Chi Meeting	20	21 60 + Tai Chi	22 Croquet Memory Lane Lunch	23	24
25 Men's Shed	26 60 + Tai Chi Bingo	27	28 60 + Tai Chi	29 Croquet	30 Mini Trains at Historical Museum Evening	31

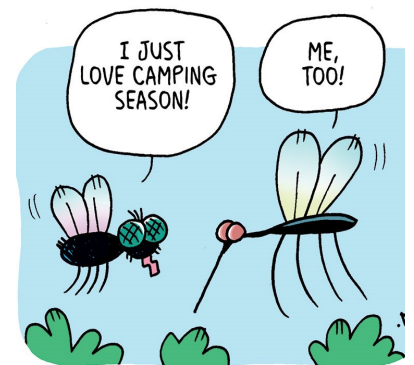
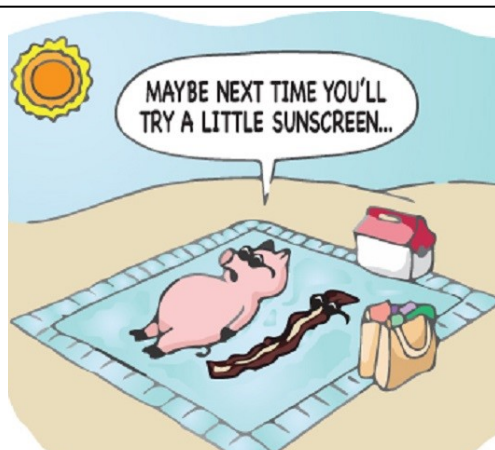
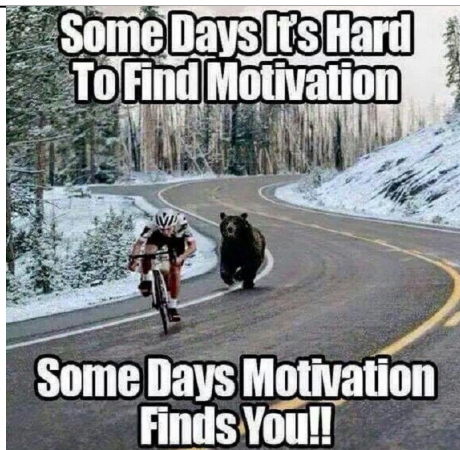
Human Skeleton & Organs

Find and circle all of the skeletal parts and body organs that are hidden in the grid. The remaining letters spell a secret message. Note: TARSALS and METATARSALS are hidden separately and do not overlap. The same goes for CARPALS and METACARPALS, and BLADDER and GALLBLADDER.

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

- | | |
|------------------|-------------|
| Skeleton: | - PATELLA |
| - CARPALS | - PHALANGES |
| - CLAVICLE | - RADIUS |
| - COCCYX | - RIBS |
| - CRANIUM | - SACRUM |
| - FEMUR | - SCAPULA |
| - FIBULA | - STERNUM |
| - HUMERUS | - TARSALS |
| - INNOMINATE | - TIBIA |
| - MANDIBLE | - ULNA |
| - METACARPALS | - VERTEBRA |
| - METATARSALS | |

- | | |
|----------------|-------------|
| Organs: | - KIDNEYS |
| - APPENDIX | - LIVER |
| - BLADDER | - LUNGS |
| - BRAIN | - PANCREAS |
| - GALLBLADDER | - SKIN |
| - GENITALS | - SPLEEN |
| - HEART | - STOMACH |
| - INTESTINES | - VOICE BOX |



Ever wondered **why God made mothers**? Herer are some answers from Year 2 children.

She's the only one who knows where the scotch tape is.

Mostly to clean the house.

How did God make mothers?

Magic, plus super powers and a lot of stirring.

The same as he made me—just with bigger parts.

What kind of little girl was your mum?

I don't know because I wasn't there, but my guess would be pretty bossy.

They say she used to be nice.



PUZZLE SOLUTION

Hidden sentence:

THE AVERAGE HUMAN ADULT SKELETON
HAS TWO HUNDRED AND SIX BONES

Barcaldine 60 & Better Program - A Healthy Ageing Program

Funded by



Under the auspices of
Barcaldine Regional Council

Barcaldine 60 & Better Program

The Willows

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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 9:00am

Digital Learning: By appointment

Talk 1st Tuesday, 5th October 10:00am

Hoy 2nd Tuesday 12th October 10:00am

Meeting 3rd Tuesday, 19th October 10:00am

Bingo 4th Tuesday 26th October 10:00am

Memory Lane Lunch from 11.30am Friday 22nd
October



Executive Committee

President: Karen Brown

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

