

Morning teas with guest speakers



Held at St Mary's Church hall commencing at 10 am

Dates are:

Wednesday 28th March

Wednesday May April

Street Stall commencing at 8 am

Date: Thursday 19th April



Hoping you have a safe, happy and relaxing Easter with friends & family.

If undeliverable
Please return to
43 Pattison Street
Mt Morgan 4714

Please
affix
stamp



Dream Time Cultural Centre

Date Wednesday 21st March 2018

Cost \$50.00

Departs 8.30 am



Today we visit the Dreamtime Cultural Centre. Following a tour & talk we will head to lunch at the Nth Rockhampton Bowls Club. Please select you meal choice before booking & paying. A choice of roast chicken & vegetables, crumbed steak, 200 gram rump, battered fish. Unless stated all meals severed with chips & salad.

Dee River Oldies Newsletter



March, April, May 2018

Volume 7

News from Dee River Oldies

We had 18 members enjoy our first bus trip on Monday 19th February to The Pilbeam Theatre for the 'Nearly Neil' concert, and then home for lunch at The Grand hotel. The lucky winner of the bus raffle, a \$25 voucher from IGA, was Jill Bryant.

Our street stall on Thursday 22nd was very well supported, thanks to our cooks and customers. Barbara Gould won the \$40 Meat Tray Raffle, donated by Veronica and supplied by IGA.

On Wednesday 28th March, we are having a guest speaker in relation to "My Aged Care." attend our Morning Tea at St. Mary's Church Hall.

The trip to The Dreamtime Cultural Centre, and lunch at the Rocky Bowls Club, has been finalized for Wednesday 21st March.

Until next time Stay happy & healthy,



The Steering Committee.

Dee River Oldies is a sub group of the Rockhampton 60 & Better Program Inc.

The Steering Committee

Margaret & Doug Hoehne

' 49381 705

Carolyn Read

' 49381 720

Rosemary Izzard

' 49381 981

Veronica Clancy

' 49381 930

Betty Ware

' 49382 801

Join US!

It's free! Are you ready for some fun & friendship?

Please contact the "Steering Committee" on the numbers above.

Travel Plans

I have been in many places, but I've never been in Cahoots. Apparently, you can't go alone. You have to be in Cahoots with someone.



I've also never been in Cognito. I hear no one recognizes you there.

I have, however, been in Sane. They don't have an airport; you have to be driven there. I have made several trips there, thanks to my children, friends, family and work.

I would like to go to Conclusions, but you have to jump, and I'm not too much on physical activity anymore.

I have also been in Doubt. That is a sad place to go, and I try not to visit there too often.

I've been in Flexible, but only when it was very important to stand firm.

Sometimes I'm in Capable, and I go there more often as I'm getting older.

One of my favourite places to be is in Suspense! It really gets the adrenalin flowing and pumps up the old heart. At my age I need all the stimuli I can get.

I may have been in Continent, and I don't remember what country I was in. It's an age thing. They tell me it is very wet and damp there. Courtesy Barcaldine Newsletter

Meetings

Next meetings held at Saint Mary's Church Hall

Tuesdays from 1 pm. All welcome!

Tuesdays-

↪ 21st March

↪ 19th April

↪ 15th May

↪ 19th June

Street Stalls

Thursdays

↪ 19th April

Three ingredient fruit cake

Ingredients

1kg dried fruit

600ml chocolate milk

2 cups self-raising flour

Method

Place fruit and milk into a bowl, cover with gladwrap and chill overnight. Sift flour into fruit, stir to combine. Spoon into a greased and lined 22 cm round cake tin. Bake for one hour at 160°C.

Advocacy

Sometimes its just good to have someone else there to help with information and putting things in perspective! You can nominate a family member or a friend as your Advocate. They can listen to the same information you receive and assist you to make a decision that will be the best possible outcome for you. This Advocate can be the 'go to person' on your paperwork, if you're not up to making decisions. They will need to have your best interests at heart and be a person that you trust! Advocates only have the authority that you give them, so you can decide what type of decision maker they are for you or whether they are just there to explain things more clearly.

Joanne from Aged & Disability Advocacy will be our guest speaker Wednesday 30th May at 10 am



Home Assist update....

There are many 'jobs' that we can offer to you around your home including:



- ▷ Making of threshold ramps for rises in your home.
- ▷ Chair/Bed Raisers-making it easier to get in & out of chairs and beds.
- ▷ Servicing and cleaning of Air Conditioners.
- ▷ Servicing and replacement of photoelectric. smoke alarms.
- ▷ Install of Uniden Phone alert systems.

Minor

Home Modifications are **small, low cost** interventions that consist of **adding aids and equipment to the existing structure of your home to improve accessibility and your safety.** These modifications are based on an average of \$1000 per modification per client per financial year. A **My Aged Care** referral is required also. An example of minor modifications projects may include, but not be limited to:

- Bath tub removal
- Hand held showers
- Step modifications & handrails
- Door wedges and mini ramps
- Switch & power point relocations
- Shower screen removal
- Re-swing/removal of doors
- Handrails on steps and veranda's
- Cement pathways

There are strict guidelines related to these services and the allocation is not an 'entitlement'

more a 'one off' assist in problem areas (depending on available funding). You should not assume that you are automatically 'entitled' to use this money for basic repairs around your home, that you would normally be responsible for.

After a day fishing in the ocean a fisherman is walking from the pier carrying two lobsters in a bucket. He is approached by a Game Warden who asks him for his fishing licence.



The fisherman says to the warden: "I did not catch these lobsters, they are my pets. Everyday I come down to the water and whistle and these lobsters jump out and I take them for a walk only to return them at the end of the day."

The warden, not believing him, reminds him that it is illegal to fish without a licence.

The fisherman turns to the warden and says: "If you don't believe me then watch," as he throws the lobsters back into the water.

The warden says: "Now whistle to your lobsters and show me that they will come out of the water."

The fisherman turns to the warden and says: "What lobsters?" *P Oram*

One cannot think well, love well, sleep well, if one has not dined well. Virginia Woolf

You are never too old to set another goal or dream a new dream. C. S. Lewis