



Gracemere Seniors News

March, April May 2018

Volume 6

60 & Better

UPDATE!

Hello everyone.



We are well and truly into the Year now. I hope you are all enjoying the program and we welcome new members. Our “Lunch Buddies” is a great way to meet new people and build friendships.

The Strength & Balance classes numbers are steady, and with the successful grant application through Rockhampton Regional Council we can continue to keep the cost at \$5.00 per session. It’s worth going along to see if the class suits you, the 1st session for new members is free of charge.

For those unfamiliar with the program and pick up this Newsletter and feel you would enjoy being involved please call us. It’s **FREE** to join.

Until next time take care, *Anita*



Be a Pineapple,

Stand tall

Wear a crown


And be sweet on the inside!

Are you interested in?

- ◆ **Strength & Balance sessions.**
- ◆ **Guest speakers, morning tea & lunch.**
- ◆ **Walking Group**
- ◆ **Gardening.**
- ◆ **Day trips**

Read on to find out what’s happening in your area.

Contact details

 **49140065**

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www.60andbetterrockhampton.com.au

PO Box 211 Rockhampton 4700

1/248 Quay Street R'ton

Office hours:

Monday-Thursday 9 am-3 pm

Friday- 9-12.30 Friday.



Strength & Balance Sessions

Fridays 10.30-11.30am

Venue Barry Street Community Centre

Cost \$5.00 per session.

Be sure to take your water bottle, wear loose clothing and comfortable flat shoes. Pam strongly urges all people attending to **WORK AT YOUR OWN PACE!**

Contact the office on **49140065**.

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Antibiotics or not?



Ninety per cent of bronchitis episodes are

caused by a virus so an antibiotic is largely useless. Most sinusitis issues are caused by a virus, hence antibiotics won't work.

However, if your sinusitis returns or lasts more than a week or two, it's possible an antibiotic will help.

Pneumonia, on the other hand, can be bacterial, so antibiotics are often necessary.

The over-use of antibiotics aids viruses to mutate and become resistant to the drugs. To address this, new ones have to be developed, which is so slow and costly that it rarely eventuates.

In a 2016 study titled "First Australian Report on Antimicrobial Use and Resistance in Human Health", the Australian Commission on Safety and Quality in Health Care said Australia had higher rates of antibiotic use than many countries. The report found: "On any given day in 2014, around 38 per cent of patients in Australian hospitals were receiving antimicrobial therapy. Around 23 per cent of these prescriptions were considered inappropriate, and around 24 per cent were noncompliant with guidelines.

"Prescriptions for surgical prophylaxis are a significant concern – this indication is the most common reason for prescribing antimicrobials in hospitals (13.1 per cent of all prescriptions), but also has the highest proportion of inappropriate use (40.2 per cent of prescriptions were deemed to be inappropriate).

"Antimicrobial prescribing is high in the (continued on next page)



Paddy was in New York, patiently waiting and watching the

traffic cop on a busy street crossing.

The cop stopped the flow of traffic and shouted, 'Okay, pedestrians.' Then he'd allow the traffic to pass.

He'd done this several times, and Paddy still stood on the sidewalk. After the cop had shouted, 'Pedestrians!' for the tenth time, Paddy went over to him and said, 'Is it not about time ye let the Catholics cross?' *P Oram*

You are only as old as you remember you are!



community, with 46 per cent of Australians being dispensed at least one antimicrobial in 2014. High volumes of antimicrobials are prescribed unnecessarily for upper respiratory tract infections.”

Overseas studies show the problem also exists in the UK, the US and India. In the latter country, the prescription of millions of unapproved antibiotic cocktails has been slammed by UK health experts as undermining global efforts to control drug resistance.

Regular use of antibiotics has been linked to an increased chance of liver damage, allergic reactions, chronic fatigue and a collapse of the body’s natural immune systems.

And then there is the rise of the “super bugs” – the bugs that are antibiotic resistant and have no known cure. Thousands of people worldwide are dying each year from antibiotic-resistant bacteria.

If you are suffering any common infections – cold, flu, sore throat, a cough, ear infection, sinus infection or gastro issue – there’s a chance that an antibiotic won’t help.

You owe it to yourself to ask the right questions when it comes to any prescribed treatment. If an antibiotic is offered by your doctor, ask if it will really make a difference.

Ask if there might be an alternative treatment, such as a herbal supplement.

Your life choices

Give a person a fish and you feed them for a day. Teach a person to use the Internet and they won't bother you for weeks, months, maybe years.

Crooks in Canberra

A little boy wanted \$100 badly and prayed for two weeks, but nothing happened.



Then he decided to write God a letter requesting the \$100.

When Australia Post received the letter addressed to God, Australia, they decided to send it to the Treasurer . The Treasurer was so impressed, touched, and amused that he instructed his secretary to send the little boy a \$5.00 note.

The treasurer thought this would appear to be a lot of money to a little boy.

Indeed, the little boy was delighted with the \$5.00 and sat down to write a thank you note to God, which read:

"Dear God, Thank you very much for sending the money, however, I noticed that for some reason you had to send it through Canberra, and, as usual, those crooks deducted \$95.00."
P Oram

What’s happening in

Rocky 60 & Better ?



Why not join in with.....

Thursday 26th April– Jo’s Place (Central Park Motel) lunch, pay on the day.

Tuesday 22nd May- Day trip to Dreamtime \$22 (includes morning tea, lunch & tour.)

Wednesday 2 May Anniversary Celebration's at the Lionleigh Tavern cost \$25.00 per person.

Call 49140065 for more details

Gracemere Hotel Lunch

Date Thursday 19th April

Time 12 noon

Cost pay on the day



Let's get together for lunch and enjoy meeting for a relaxing meal. Please be sure to book and pay by the 12th April.

Please let us know if you have any other suggestions for lunch.

Gracemere Lunch Bunch.....

Monday 12th March

Community Visitor scheme—Chris Phillipson

Monday 9th April Recycle-

Waste Fitzroy River Water (to be confirmed)

Why not grab a mate and join us for Lunch Buddies, second Monday of every month

Time 10.30 am

Cost \$16.00 per person

Venue The RSL Club Gracemere.



If undeliverable

Please return to

Rockhampton 60 & Better

PO Box 211 Rockhampton 4700

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