



# The Seniors Sentinel

March, April, May 2018

Volume 112

## Contact Details

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## Management Committee



President- Stuart Thomasson  
Vice President- Des Browne  
Secretary- Joyce Messer  
Treasurer- Mary Greenhill  
Ass/Treasurer- Joyce Holmes  
Committee  
Cliff Rawlings  
Committee: contacts page 7  
Manager- Anita Griffiths  
Accountant- Knight Accountants.

## Office Hours

### Office Hours

Monday-Thursday 9.00 am-3.00 pm

Friday 9 am-12.30 pm

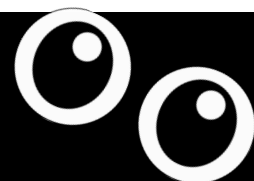
If you are calling into the office, please phone first to ensure there is someone in, this will save you a wasted trip.

When phoning don't waste your call, leave your name and a short message and we will return your call as soon as possible. Anita

An Old Chinese saying

*"Person who has most birthdays.  
Lives Longest."* P Oram

**Over 50? Join now !!!**  
**companionship, exercise and social activities.**



**P** residents Pen

Hi Folks!

Here we are in a brand new year. May I take this opportunity to wish all members a "Happy New Year" ( late I know, however very sincere!) I look forward to seeing you at one of our many functions. Why not consider joining us for our anniversary lunch in May? Your are welcome to join the program it's free and has so much to offer with many social & low impact activities to join. The first Coffee & Conversation was held at the Red Lion Hotel. The lunch menu offers a variety of choices for all, so there is no reason for you to have a meal you do not like. The guest speaker was Bobby Blair who gave a detailed account of his life. Very interesting, everyone enjoyed his talk. The holiday to Yarrowonga has filled quickly, with members looking forward to it. Remember we start early looking for our annual holiday destination for 2019. Please let us know if you have any ideas. Until next time I will sign off, wishing you all the best, Stuart.



**Anita's Antics**

*Welcome to another 60 & Better year! As you are aware our primary objective is to reduce social isolation. Social isolation comes in many forms. This could be grief, being in a carer's role or perhaps for medical reasons. With social & exercise activities we aim to achieve a high standard of care by supporting seniors by offering support, acceptance, encouragement, understanding and empathy. Since returning to work for the new year, I have already spoken with several new members with common concerns of isolation and loneliness. Sometimes I share information & ideas with their families, carers and service providers. In saying this when I speak with new members, my motto is to always show empathy and understanding, as I too could be in a similar situation one day. There is nothing more encouraging than a simple "Hello, "how are you?"*

*Once again there is plenty to do this quarter. I have included a new ideas for you to think about trying. Please let me know what you think, and remember new ideas are always welcome.*

*Should you have and concerns or require information ,please let us know if there is anyway we can assist you.*

*Until next time, take care Anita*

***P**addy was taking a walk in the country. In a field he noticed something that intrigued him. Why doesn't this cow have any horns? He asked the local farmer. "Well sir, cattle can do damage with their horns so we usually keep them trimmed down with a hacksaw. You can also treat young calves so their horns never grow. And some breeds don't have any horns at all," the farmer replied. The farmer continued, "But this cow doesn't have any horns because it is a horse!"*



**Wishing you the very best this Mother's Day!**

# Rockhampton 60 & Better Program Inc.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9-10am Gentle Exercise with Pam \$5.00. Contact the office on 49140065 for info. Kent Street indoor Bowls Hall.</p>	<p>8-10.30 am Golf Croquet \$ 5.00 &amp; Includes M/T. Botanical Gardens. Phone 49140065. 9.30-11.30 Computer Group no charge. R'ton Regional Library. Phone 49368212</p>	<p>10.30- 1 pm Coffee &amp; Conversation \$17.00- pg. 4 for details Red Lion Hotel-1st Wednesday of the Month</p>	<p>YEPOON 9- 10am Rumba Sa Friday. Cost \$5.00 held @ Oak Tree Village 3 Kookaburra Drive.</p>	<p>7.45-9 am Walking Program Details page 4. Contact Cliff a/h on 49284201 . 9-10am Yoga R' ton Jockey Club. Cost \$5.00 contact 49140065.</p>
<p>10.30-11.30 am Tai Chi with Lynn \$ 5.00 Contact the office on 49140065 for info. Kent Street Indoor Bowls Hall</p>	<p>1.30-3.30 pm Ten Pin Bowling \$7.00 Musgrave Street. Includes shoe hire and afternoon tea. Contact Clarry on 49225048</p>	<p>Attention: Aqua will continue with Affinity Swim. For information please call Sandy on 49262 882.</p>		<p>9.30-11.30am pg. 13 / details. Dance Alliance (Sitting Dance) with Lindy \$5.00. Includes M/T. Community Health Bolsover ST. Contact the Office on 49140065.</p>
<p>9-noon Cards . \$3.00 (per person ) Held at the office 1/248 Quay St. Contact Joyce On 49288417 for further info.</p>	<p>1-4 pm Cards \$3.00 afternoon tea included. Held in the Office 1/248 Quay St. Contact the Office on 49140065 further information</p>	<p>1.30-3.30 pm. Indoor Bowls \$3.00 Includes A/T. Contact the office on 49140065 for further info. Kent St.</p>		<p>Rumba-Sa with Pam Oak Tree Retirement Village, Glenmore Road. cost \$4.00 per person. Time 8.30-9.30 am</p>
<p>9am -12noon Newsletter folding next date 31st May 2018.</p>	<p>Be sure to wear comfortable shoes &amp; clothing for all low impact exercise sessions. Don't forget your water bottle!</p>	<p>EASE BE SURE TO PERSONALLY SIGN THE ATTENDANCE BOOK FOR INSURANCE PURPOSES.</p>	<p>FRIDAY at GRACEMERE 10.30-11.30am Friday, Strength &amp; Balance, cost \$5.00. Proudly supported by R'ton Regional Council.</p>	<p>1-4 pm. Cards \$3.00. afternoon tea included. Held in the office 1/248 Quay St. Contact the Office 49140065.</p>
PLEASE CONSULT YOUR HEALTH PRACTITIONER BEFORE COMMENCING LOW IMPACT ACTIVITIES.				

## Coffee Conversation & Lunch

Is now held at the Red Lion Hotel in Denham Street. Cost for morning tea and lunch (main meal) \$17.00. Dessert available on request (to pay on the day) doors open at 10.15 am. Main meal menu below. Please choose **YOUR** meal ( listed below) when booking/paying.



7th March	Lizzie Henderson	Nutrition Education
4th April	Chris Phillipson	Community Visitor Scheme
2nd May	Anniversary Celebrations	Lionleigh Hotel
6th June	Lisa Toner	“Dementia drop in clinic.”

### JOIN the Walking Group !

Walks start at 7.45 am. Please contact Cliff on 49284201 a/h for further information.



*The walking group is growing in size! Why not join them for the River front walk and a cuppa and chat at the office. It's a great way to exercise and meet new people.*

**Meet: in front of the office 1/248 Quay Street.**

**Dates -Fridays:**

- ◆ 2nd, 16th, 30th March
- ◆ 13th ,27th April
- ◆ 11th, 25th May
- ◆ 8th, 22nd June

### *Ment* Coffee & Conversation Lunch Choice

- \* Chicken Schnitty-salad & fries
  - \* Beef Lasagne-salad
  - \* Crumbed Steak- salad, fries, choice of sauce (see below)
  - \* Rump Steak-salad & fries, choice of sauce (see below)
  - \* Tempura Fish Fillets-salad & fries
  - \* Mongolian Beef- jasmine rice & sautéed Chinese broccoli
  - \* Bangers & Mash served with Creamy mashed potatoes, beef jus, Baby spinach & caramelised Guinness onions.
- PLEASE CHOOSE WHEN BOOKING.**

*Sauces- plain gravy, dienne, mushroom, pepper, garlic. When ordering steak please let us know how you want it cooked.*



***"Donations of unwanted novels would be greatly appreciated."***

**60 & Better Name Badges available for order. Cost \$ 14.00 each.**



### Members updates.....



Please note: Annual **\$5.00** subscription for newsletter mail out is due. If you have not paid please contact the office. Don't forget to keep you personal details updated with us as necessary . Please let us know if you like the newsletter via email ( no charge)

Thank you.



Donations for Lucky door/Raffle prizes to the program would be greatly appreciated!

## Choosing a Shoe –

### the importance of correct footwear

When choosing a shoe, there are several factors which need to be taken into consideration to ensure the shoe is most appropriate for the individual. Because everyone's feet move differently and are different shapes, the ideal shoe for one person may differ completely from the next. In addition many shoes are built with different characteristics which make them ideal for certain activities on specific surfaces. The perfect shoe for an individual therefore needs to be selected to suit their feet and their specific needs.

### Injuries due to poor footwear

It is well documented that inappropriate footwear and poor foot posture are major contributing factors in the development of many lower limb injuries. Some of these may include:

**Plantar Fasciitis**

**Shin Splints**

**Achilles Tendonitis**

**ITB Friction Syndrome**

**Patellofemoral Pain Syndrome**

**Patella Tendonitis**

**Stress Fractures (such as Tibial Stress Fractures)**

It is therefore vital that you choose the correct shoe to assist in injury prevention and injury rehabilitation.

### Which shoe should I buy?

It is important to choose a shoe that is designed to support your foot type. There are three main categories of foot types:

**NEUTRAL – normal foot**

**PRONATOR – flat foot**

**SUPINATOR – high arch foot**

Having your feet assessed during standing, walking and running by an experienced physiotherapist or podiatrist is the best way to determine your foot type. There are also many shoe stores and health care professionals that can assess your feet to determine your foot type. Alternatively, a simple test to determine your foot type is the wet test. After having a shower, with your feet still wet, step onto a dry surface and have a look at your wet foot print.

You are likely to be a:



**Figure 1-Normal foot**



**Figure 2- Pronator (flat foot)**



**Figure 3 -Supinator (high arch)**

Pain, and swelling in your feet/legs and lower back should be investigated to find the best solution to help alleviate the symptoms and prevent further problems.

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*Seniors*

*Tracy Rowley*  
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Shop 8, 32-34 Corner of Alma & Denham Streets



## Do soap less cleansers kill germs?



Robin has switched to a soap less cleanser to avoid soap scum, but she wants to know whether it will clean stains and kill germs as well as traditional soap.

### Q. Robin

After using cakes of soap in the hand basin and shower all our lives, we recently changed to liquid soap less cleanser for showering and hand washing. The main reason was that it is now so much easier to keep the shower clean, and I must say it is brilliant, as we no longer get difficult to clean soap scum on the walls and glass of the shower cubicle. However, I do wonder if the antiseptic qualities of soap less cleanser are as good and safe as old fashioned soap?

**A.** Soap less cleansers essentially do the same job as a traditional bar of soap, without the harsh ingredients. In fact, they are perfect for those with sensitive or dry skin, as soap less cleansers are much gentler. As you mentioned, another benefit of soap less cleansers is the lack of soap scum build up, which can make cleaning the bathroom much simpler.

The scientific difference between soap and soap less detergents is that soap is made from natural fats and acids, while soap less cleansers tend to be made from petroleum or synthetic materials. Both soap and soap less cleansers or detergents are equally capable of dissolving grease and killing germs.

The only downside to soap less cleansers is because of the materials they are made from, not all of them are biodegradable, making them less environmentally friendly. It is important to check that the brand you buy is biodegradable - a quick Google search should be able to tell you either way.



*My wallet is like an onion.....*

*When I open it I cry!*

What could be more important than having an up to date...

## Will & Enduring Power of Attorney?



At The Public Trustee we realise that you probably already have a Will. We are also aware that situations and families change and that from time to time a Will made more than five years ago may not reflect your current wishes. Why not take advantage of our free service and have your Will updated?

Having an Enduring Power of Attorney (EPA) is just as important as having a Will. An EPA allows you to choose someone you trust to make financial, personal and health decisions on your behalf should you become unable to do so yourself.

For a FREE WILL or to make an EPA contact:

The Public Trustee of Queensland

69 East Street, Rockhampton

Telephone: 07 4999 3600

Email: [pt\\_rockhampton@pt.qld.gov.au](mailto:pt_rockhampton@pt.qld.gov.au)



plans for life  
peace of mind

**A** Pastor goes to the dentist for a set of false teeth. The first Sunday after he gets his new teeth, he talks for only eight minutes. The second Sunday, he talks for only ten minutes. The following Sunday, he talks for 6 hours and 48 minutes. The congregation had to mob him to get him down from the pulpit and They asked him what happened.



The Pastor explains the first Sunday his gums hurt so bad he couldn't Talk for more than 8 minutes. The second Sunday his gums hurt too much To talk for more than 10 minutes. But, the third Sunday, he put his Wife's' teeth in by mistake and he couldn't shut up... P Oram

## Computer Problems?

For prompt reliable affordable service  
"IN YOUR OWN HOME"

Call  
**Michael O'Grady !!**  
on **0499760523**



## Trivia .....

- There are no words in the dictionary that rhyme with orange, purple and silver.
- The name 'Wendy' was made up for the book Peter Pan. There was never a recorded 'Wendy' before.
- The very first bomb dropped by the Allies on Berlin in World War II killed the only elephant in the Berlin Zoo.
- If one places a tiny amount of liquor on a scorpion, it will instantly go mad and sting itself to death. (Who was the sadist who discovered this??)
- A female ferret will die if it goes into heat and cannot find a mate.
- A raisin dropped in a glass of fresh champagne will bounce up and down continuously from the bottom of the glass to the top.
- A rat can last longer without water than a camel.

Do you have couple of hours to spare on the last Thursday every 3 months to help us fold the Newsletter?

Do you have time to deliver newsletter to our outlets for seniors to pick up?

Your help would be very much appreciated. Anita

**HELP WANTED**

## Fish In Paper



### Ingredients:

A splash of white wine  
4 tablespoons thick (double) cream  
2 thin fish fillets (cod, sea bream, sea bass or salmon)  
Handful of soft herbs such as parsley, tarragon or dill

### Tool kit:

2 large rectangles of baking paper  
Baking sheet

### Method:

Preheat the oven to 230°C (450°F).

Place each very thin fish fillet on a piece of baking paper.

Spoon on the cream, season with salt and pepper and scatter with herbs.

Fold the paper over and scrunch the edges together to make a parcel, leaving a small opening. Pour in the wine, then seal tightly, leaving room for the parcel to expand. Serve in the paper with lemon wedges and extra salt. Place on the baking tray and bake for 8 minutes.

**Time:** 10 minutes

**Serves:** 2

Smith climbs to the top of Mt. Sinai to get close enough to talk to God.



Looking up, he asks the

Lord. "God, what does a million years mean to you?"

The Lord replies, "A minute."

Smith asks, "And what does a million dollars mean to you?"

The Lord replies, "A penny."

Smith asks, "Can I have a penny?"

The Lord replies, "In a minute."

**Committee Contact details**

Stuart Thomasson 49277774  
Joyce Messer 49283688  
Cliff Rawlings 49284201  
Joyce Holmes 49288417  
Des Browne 49281191  
Mary Greenhill 0428 380 141



**PETER BOODLES  
QUALITY MEATS**

*A huge "thank you" goes to Peter for donating a Christmas ham for our Christmas celebrations every year.*



**Don't  
Forget!**

**Linga longa Holiday**

The final list of members travelling is required by the 8th of May along with your \$300.00 deposit. If you have paid a lesser amount please be sure to pay the remainder of your deposit by this date.

Be aware, \$75.00 of your deposit is non-refundable due to conditions of your air travel. Insurance is strongly advised.

**My doctor asked if anyone in my family suffers from insanity. I replied "No" we all seem to enjoy it.**

**China Painting.**

*Have you ever considered china painting as a hobby, if so would you like to give it go?. Jean a member of the program teaches a class every Tuesday morning. The lesson, morning tea and firing of your piece is \$7.00 per session, in a friendly relaxed atmosphere.*



*For further information please call Jean on*

**(h) 49283905**

**(m) 0424104069**

**Express Lane**

*I was in the six item express lane at the store quietly fuming.*



*Completely ignoring the sign, the woman ahead of me had slipped into the check-out line pushing a cart piled high with groceries.*

*Imagine my delight when the cashier beckoned the woman to come forward looked into the cart and asked sweetly, "So which six items would you like to buy?"*





## Check for Alzheimer's – Pretty Amazing

The following was developed as a mental age assessment by the school of psychiatry at Harvard University. Take your time and see if you can read each line without a mistake.

The average 60 years of age cannot do it.

This is this Cat

This is is cat

This is how cat

This is to cat

This is keep cat

This is an cat

This is old cat

This is fart cat

This is busy cat

This is for cat

This is forty cat

This is second's cat.

Now go back and read the third word in each line from the top down and I betcha you cannot resist passing it on!

*Submitted by S Thomasson*



## How Australians are getting older – census data reveals all

Results of the latest national census have revealed we're a fast-changing nation with Australians getting older – **with one in six Australians now aged over 65.**



As the baby boomers' percentage of the population grows, the profile of a typical Australian will continue to age. Currently the median age is 38, up from 23 in 1911, 28 in 1966 and 37 in 2011.

Due to improvements in diets, medical technology and public health, Australians are continuing to live longer than past generations, with **84,000 more people aged over 85 years since the 2011 Census.**

A growing concern for future governments is the rate of home ownership with just 31 per cent of Australians owning a home compared to 41.1 per cent in 1991. The number of Australians moving into retirement without owning a home, combined with increasing divorce/separation rates, will only continue to put further pressure on the Age Pension system, at least until Superannuation accounts mature enough to reverse this trend. Holding much of the country's wealth, older Australians are becoming more powerful than ever before and politicians will increasingly to take note of their voting power. We can only hope that this power leads to further life-long improvements for older people.

*Your Life Choices Drew Patchell*

## We need your input!

Happy with us? Let us know what we do well!

Unhappy with us? Let us know what we need to improve on!

Let us know by visiting, phoning, emailing. If you wish to remain anonymous, pick up a form and pop your concerns in to our feedback box in the office.



**Did some  
financial planning  
and it looks like I can  
retire at 62 and live  
comfortably for  
eleven  
minutes.**

**F**inlayson & McKenzie  
**Funeral Directors**



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- Quick and Easy to do
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- In the comfort of your own home
- All information is kept in strict confidence

Once your information has been stored, a letter of confirmation will be sent to the address provided. This is completely FREE to pre-arrange and feel at ease, knowing that your wishes are organised.

**Pre- Arranged Funeral Plan for:**

First Names:.....

Surname:.....

Address:.....

Town:.....Postcode:.....

Phone:.....

Marital Status:.....

Date of Birth:..... Place of Birth:.....

Normal Doctor:.....

**Next of Kin Details**

Names:.....

Address:.....

Town:.....Postcode:.....

Phone :.....

Relationship:.....

Other Details .....

Funeral Plan with:.....

Life Insurance with:.....

**Please Tick your preferred choices**

Direct Cremation (no service)

Cremation Service     Private     Public

Venue:  Church     Chapel     Our Chapel

Other .....

Viewing:  Yes     No     Family to Decide

Clergy     Celebrant     None

Clergy Religion.....

Coffin:  Basic     Middle Range     Top Range

Flowers:  Casket Spray     Wreaths     Single

Flowers Amount:.....

Press Notices:  None     Death Notice

Funeral Notice    Placed in:.....

Pallbearers:  Yes     No

Flag Required:  Yes     No

RSL Service Required:  Yes     No

Audio / Visual Display  Yes     No

RSL/Clubs/Associations to be

Notified Name: .....

Name: .....

What would you like to do with the Ashes?

Please specify.....

Other options:  Memorial cards

Other Requests:.....

Please Sign Here.....

Date .....

**Please contact Sandi or Heather**

**Finlayson & McKenzie**

**56 William Street**

**Rockhampton**

**Telephone– 4922 1269**

Or email to [fmckfunerals@live.com.au](mailto:fmckfunerals@live.com.au)

## Jo's Coffee Place

Central Park Motel

Date Thursday 26th April

Cost Pay on the day

Jo's Coffee Place is under new management with a variety of choices for lunch! The meals range from \$13-\$18.00. Why not join us for a great time out with good food and friendly company. Please be sure to let us know you are coming by 19th April.



## Gracemere Lunch



Interested in joining members from Gracemere for lunch occasionally?

We meet in Gracemere on the 2nd Monday of every month to enjoy morning tea & lunch with a guest speaker. The cost is \$16.00. Members from Rockhampton are welcome to attend. Please let us know if you are interested.

### Rockhampton 60 & Better Program Inc.

#### Philosophy

#### Rockhampton 60 & Better Program Inc. deems:

The right of people to dignity, respect, privacy and confidentiality; the right of people to be valued as individuals; The right of people to access services on a non-discriminatory basis; The right of the community to have accountable and responsive services; The right of people to make choices in their own lives.

#### DISCLAIMER:

The Rockhampton 60 & Better Program Inc. management committee reserves the right to edit all articles as necessary. While all care has been taken in the preparation of this material, no responsibility is accepted by the publisher i.e. Rockhampton 60 & Better Program Inc., its staff or volunteers, for any errors omissions or inaccuracies. The material contained in this newsletter has been prepared to provide general information only. It is not intended to be relied upon or be a substitute for legal, health or any other professional advice. No responsibility can be accepted by Rockhampton 60 & Better Program Inc. for any known or unknown consequences that may result from reliance on any information provided in this publication.

## Spare False Teeth



An after-dinner speaker was in such a hurry to get to his engagement that when he arrived and sat

down at the head table, he suddenly realised that he had forgotten his false teeth.

Turning to the man next to him he mumbled: "I forgot my teeth."

"No problem," the man said and with that he reached into his pocket and pulled out a pair of false teeth. "Try these."

The speaker tried them. "Too loose," he mumbled. The man then said: "Hang on, I have another pair ... try these." The speaker tried them and responded: "Too tight."

The man was not taken back at all. He then said, "I have one more pair of false teeth ... try them." "They fit perfectly," the speaker said and with that he ate his meal and gave his address, which was received with a standing ovation. After the dinner meeting was over, the speaker went over to thank the man who had helped him.

"I want to thank you for coming to my aid. Where is your office? I've been looking for a good dentist."

The man replied: "I'm not a dentist. I'm the local undertaker." *Peter Oram*

## 24th Anniversary Celebrations!

Venue Lionleigh Tavern  
Date Wednesday 2nd May  
Time 11 am  
Cost \$25.00 per person.



Come celebrate with us. Morning tea on arrival followed by a baked lunch with trifle for dessert. Tables will be arranged differently to allow more room to move. Entertainment by Paul Broome, raffles & lucky door prizes. Please be sure to book & pay by the 24th April.



If undeliverable please return to  
60 & Better  
PO Box 211  
Rockhampton 4700

Postage Paid  
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Queensland Government  
Department of Communities

## Dreamtime Cultural Centre

Date Tuesday 22nd May  
Time 9.30 am  
Cost \$ 22.00



We are venturing out to the "Dream Time Centre" to enjoy a cultural day out. We will start the day with morning tea followed by a guided tour with demonstrations. (there is a bit a walking involved) After the tour we will enjoy a cold lunch consisting of a selections of sandwiches and fruit. Approximate finish time 2 pm. Should you need assistance with transport we will do our best to assist. Please book and pay by the 14th May.