

# Dee River Oldies Newsletter



July, August 2020

Volume 14

## News from Dee River Oldies.

The members of the Dee River Oldies Group are looking forward to better days ahead, when we can catch up again with our morning teas, guest speakers, music and bus trips.



When you are retired you accept that your days are your own and you can please yourself what you do. Over the past few months accepting that our days are different has taken a bit of getting used to. In the Mount we are very lucky to have family, neighbours and friends that really care and are only a phone call away if needed. Keeping everyone safe from this virus will be ongoing, but you know everyone is doing their best.

Our Christmas lunch in July lunch at Ferns Hideaway has been cancelled and the morning teas are cancelled until further notice.

The next monthly meeting for Dee River Oldies Group will be held on 21 July at 2 pm at St Mary's Hall, Gordon Street, Mount Morgan (Behind the Anglican Church) adhering to the restrictions at the time for the COVID-19 virus.

Regards the Steering Committee

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

## The Steering Committee

- \* President Carol Glover 49381995
- \* Treasurer Melray McNamara 0411144316
- \* Secretary Colleen Constable 0427161131

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Mount Morgan 4714

Secretary's Email:

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Meeting:

Saint Mary's Church Hall- behind the Anglican Church.

Every 3rd Tuesday of the Month at 2 pm.

***The biggest lie I tell  
myself is,***

***"I don't need to write  
that down, I'll remember  
it."***



It's free! Are you ready for some fun & friendship? Please contact the "Steering Committee" on the numbers above.

## Symptoms of a Blood Clot.

Blood clots are clumps of congealed blood. They usually don't do any harm to our health as they help stop the bleeding when we cut ourselves.

However, when they appear in our deep veins, they can be extremely dangerous.

This dangerous kind of clot is known as deep vein thrombosis (DVT), and it can cause serious traffic jams in your blood circulation. There can also be deadly consequences if a blood clot breaks away from the place it started and reaches your heart or lungs.

Below are 10 warning signs of DVT that should not be ignored!

### A Racing Heart

1. If you have a blood clot in your heart, you might feel it flutter in your chest. In this case, tachycardia can be caused by a low level of oxygen in your lungs. As a result, your heart tries to make up for the shortage and starts to beat faster and faster.

### 2. Shortness of Breath

If you suddenly realized that it has become difficult for you to take deep breaths, it might be a symptom of a blood clot in your lung, which is called a pulmonary embolism.

### 3. Coughing without Any Reason

If you occasionally have unexpected attacks of dry coughing as well as shortness of breath, chest pain, and increased heart rate, it could be a pulmonary embolism. You might also cough up blood and mucus.

### 4. Chest Pain

If you have chest pain when you breathe deeply, it could be a symptom of a pulmonary embolism. The pain in your chest will usually be sharp and stabbing, and you might easily think that you're having a heart attack. The main difference between the two is that a pulmonary embolism always gets worse with breathing. In any case, you should call 911 immediately as they both can be fatal.

### 5. Red or Dark Discoloration on a Leg

Red or dark spots on your skin that appear without reason could be a symptom of a blood clot in your leg. You might also feel tenderness and warmth in this area and pain while stretching your toes upward.

### 6. Arm or Leg Pain

Although you usually need to have several symptoms in order to diagnose DVT, the only sign of this serious condition might be pain. Pain from a blood clot can be easily mistaken for muscle cramp, but this kind of pain usually occurs when you're walking or flexing your feet upward.

### 7. Swelling in a Limb

If you have suddenly noticed that one of your ankles



has become bloated, it could be a sign of DVT. This condition is an emergency as the clot may break free at any moment and start traveling towards your vital organs.

### 8. Red Streak on Your Skin

Have you noticed red streaks suddenly appearing along your veins? Do they feel warm when you touch them? If so, this might not be a normal bruise, and you need to seek immediate medical attention.

### 9. Vomiting

This could be a sign that you have a blood clot in your abdomen. This condition is called mesenteric ischemia, and it is usually coupled with severe abdominal pain. If your intestines don't get enough blood supply, you might also experience nausea and blood in your stool.

### 10. Partial or Complete Blindness in an Eye

Painless loss of vision in one of your eyes is usually a sign of central retinal occlusion. It's considered a serious medical emergency, especially if you have vertigo and problems with keeping your balance.

Jackaroo Jack was on his first outing to the outback to help with the season's sheep shearing. The first morning he was there when the farmer's wife cooked bacon and eggs for breakfast.



Jackaroo Jack complimented her on the beautiful breakfast, especially the bacon. She said they had killed a wild pig and that was where the bacon came from.

For dinner that night they had roast pork and baked vegetables, Jackaroo Jack said how much he had enjoyed the dinner, and the pork was the best he'd ever eaten. The farmer said it was from the wild pig.

The next morning they had the bacon and eggs again with a pot of tea. Jackaroo Jack said the food was great again, but the tea tasted unusual. The farmer's wife said it was probably because of the bore water.

Jackaroo Jack replied, "Wow, you sure don't waste any of a wild pig out here!"

**M**onthly meetings start at 2 pm and are held the 3<sup>rd</sup> Tuesday of each month. Held at Saint Mary's Church Hall behind the Anglican Church.

### Meeting Dates:

21 July

18 August

15 September

20 October



## Growing Older

How many of the judgements we make about others are based on fact and our knowledge of the person and the situation? What prejudices and opinions influence our thoughts and actions. When we consider the biases in the world - racism, sexism, religious bigotry, ageism and the judgements we make about others, they are often not entirely accurate.

How much credence do we give to older people's abilities to partake in community life? While we acknowledge the wonderful volunteering efforts and service of older people, is it through respect for them individually and collectively and their commitment or is it that there is an idea that when people reach a certain age that is their niche? The euphemisms that we employ to describe old age are varied and while some may be quaint and endearing others are less so and some derogatory.

The lifecycle is birth, growth to maturity (adulthood), and then death. There is a number of life stages each with its own challenges. The hurdles of youth can be as difficult to overcome as the realisation that in this world where the image of youthfulness is portrayed as desirable, old age is often negatively depicted as having few pleasures. Everyone has to die to complete their lifecycle. Unless one leaves the planet at an earlier stage, old age is a fact of living long enough to get there.

When do we reach old age? I'm sure it's not on a set date and that for many whose chronological age is greater than three score and ten it still seems in the future. The ages of people regarded as elderly or old can cover three decades. Being able to continue to live a fruitful life is probably what we aspire to do even if at times we ask for assistance and realise that a group effort will produce results the individual can't. An older person has numerous skills and much knowledge that can be utilised. 15.9 % of Australians are aged 65 and over. This is a significant sector of the population as people are living longer, remaining productive for longer, working for longer, and continuing to contribute to Australian society. They often lead vibrant, active lives.

Are you a stereotypical grumpy, lonely, sick, forgetful, poor older person with little to live for, or are you someone who enjoys being part of the community and making the most of what you have?

***Carpe Diem- Capture life's opportunities  
and live life to the fullest.***

Two politicians go out to lunch together. In the middle of lunch one of them jumps up and says, "Bugger. I forgot to lock the office safe before we left." The other politician replies: "No worries. We're both here."



## Root vegetable soup

### Ingredients

- 2 tbsp oil (any type)
- 2 onions, roughly chopped
- 800g/1lb 12oz root vegetables, any kind (see tip below), peeled and cut into roughly 2cm/¾in chunks
- 2 garlic cloves, thinly sliced
- 2 chicken or vegetable stock cubes
- ground black pepper
- freshly chopped parsley, to serve (optional)
- crusty bread, warmed, to serve



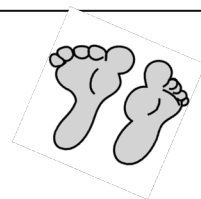
### Method

1. Heat the oil in a large non-stick saucepan and gently fry the onions for 6–8 minutes, or until softened and beginning to brown, stirring regularly.
2. Add the vegetable chunks and cook for 5 minutes more, stirring occasionally. Stir in the garlic and cook for a few seconds more.
3. Crumble over the stock cubes, add 1 litre/1¾ pints water and bring to the boil. Reduce the heat to a simmer, cover the pan loosely with a lid and cook for about 20 minutes or until the vegetables are very soft, stirring occasionally. Some will soften more quickly than others. Remove the pan from the heat.
4. Blitz the soup with a stick blender until very smooth and season with plenty of ground black pepper. Add a splash of just-boiled water if the soup is a little thick.
5. Ladle into bowls, top with freshly chopped parsley, if using, and serve with the bread.

You can use any hard, starchy root vegetables you like for this simple soup. Carrots, parsnips, sweet potatoes, squash, pumpkin, beetroot and celeriac all work well. The smaller you chop the pieces, the faster they will cook.

*If you smile, even if your in a bad mood.it will immediately improve your mood, because the simple action of thinking about smiling and using the muscles is enough to trigger happy chemicals in the brain.*

## Moisturizing Soak for Dry and Cracked Heels



This recipe might surprise you, as one of the key ingredients in this concoction is Listerine - yes, the same stuff you use to as mouthwash. Listerine has an ingredient called *Methyl salicylate* that has antiseptic, gentle exfoliating and conditioning properties, as well as a weak analgesic effect, all of which are quite useful in a bath soak. Many people swear by this ingredient and say that it can prevent fungal and other infections of the feet, as well as soften the dry and hard areas of the feet. If you want to try it out, follow this recipe.

### Ingredients:

- ½ cup Epsom salt
- ½ cup Listerine
- 5-10 drops of essential oil of your choice (optional)

### Directions:

1. In a large bowl with warm water (about 1 gallon or 3.7 liters), dissolve the Epsom salts.
2. Add in the Listerine to the water, along with the optional essential oil of your choice. Soak your feet for at least 20-30 minutes, adding more warm water if it gets too cold.

If undeliverable

Please return to

Dee River Oldies

PO Box 170

Mount Morgan QLD 4714

Please  
affix  
stamp

Funded by



**Queensland Government**  
Department of **Communities**

## Have you registered for My Aged Care?

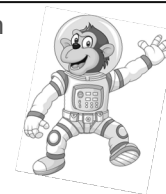
The first step to access government-funded aged care services is to get assessed. You can apply for an assessment online at [myagedcare.com.au](http://myagedcare.com.au) or you can call My Aged Care on 1800 200 422.

The online application is quick and easy but if you would prefer, our friendly and knowledgeable contact centre staff will talk with you about your needs and circumstances and make the application for you.

All our staff are trained to talk to people in a range of situations and are ready to answer your questions to help find the best options for you.

✿ Registering will alleviate unwanted delays when you need assistance in the future.

NASA decided to send a shuttle into space with two monkeys and an astronaut on board. After months of training they placed all three in the shuttle and prepared for the launch. Mission Control Centre announced, "This is Mission Control to Monkey One. Do your stuff."



The first Monkey began frantically typing and the shuttle took off.

Two hours later, NASA's Mission Control announced, "This is Mission Control to Monkey Two. Do your stuff."

The second monkey started typing like mad and the shuttle separated from the empty fuel tanks.

Another two later Mission Control Centre announced, "This is Mission Control to Astronaut....."

At this the astronaut shouted "I know I know-feed the monkeys and don't touch anything."