



# Gracemere Seniors News

September October 2020

Volume 15

Hello Readers!

By the time you receive this Newsletter we will be heading into Spring!



Times have certainly been very different for all of us, we hope you have all been coping as well as can be expected.

We are really excited about the commencement of CQ Today a local newspaper. Hopefully the publishers will receive plenty of local support to ensure continuity. I know I will be subscribing and inserting our news and photos. Please show your support as there are many members who do not have the technology for an online version of the Newspaper. I am sure many of you are missing your newspaper.

We are hopeful of commencing some of our regular activities over the next few months & will keep you advised, so please let us know if you are still interested in the commencement of a card group. We are working with the venues & the instructors to ensure we maintain health precautions.

Until next time take care. Anita

## Contact details

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Gracemere

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<https://www.facebook.com/>

Rockhampton60Better-120542552665574

1/248 Quay Street R'ton

We no longer have a OP Box.

Office hours:

Monday-Thursday 9 am-3 pm

Friday- 9-12.30 Friday.

**Life doesn't have  
any hands,  
But it can sure give  
you a SLAP some  
times.**





**Fitness on Friday.**

Please note this session will not be restarting due to the resignation of our Instructor. We are endeavoring to locate a replacement and will keep you updated with our progress. Should you have any ideas on a different style of session please let us know.

**HYDRATE YOURSELVES**



Don't wait to feel thirsty before you drink water - it may never happen, especially in winter. The part of your brain that tells you you're thirsty and hungry, deteriorates with age and that is why some older people find themselves dehydrated and/or malnourished. It is important that you set up routines or even reminders to have a drink or something to eat. If you find it difficult try adding a splash of Peach Iced Tea.

**Ginger**

Traditionally used to relieve nausea, ginger lowers blood sugar. A go-to remedy for seasickness and pregnancy, ginger can help people who suffer from diabetes or who are at risk of developing it. In a study, people who took a ginger powder supplement of 2g per day for 12 weeks, had lower levels of blood sugar and blood fats, in comparison to those who had taken a placebo.



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.



**For your information.....**

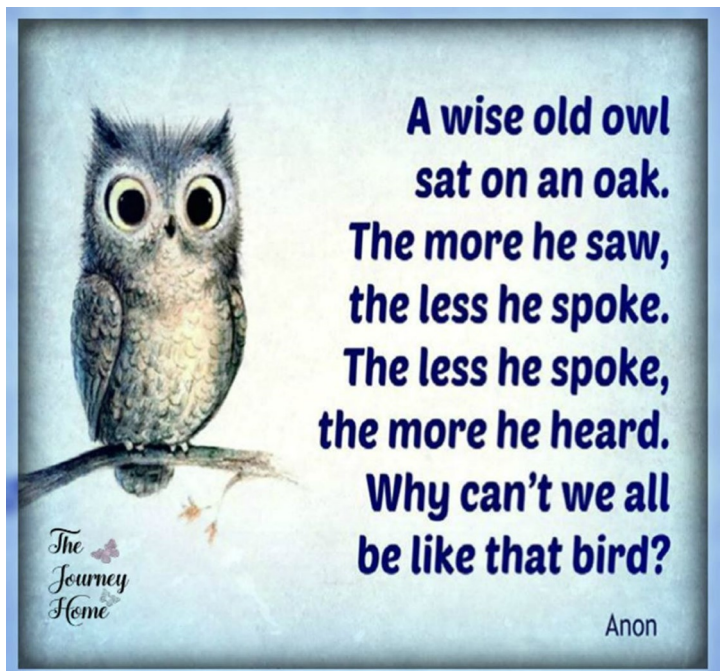


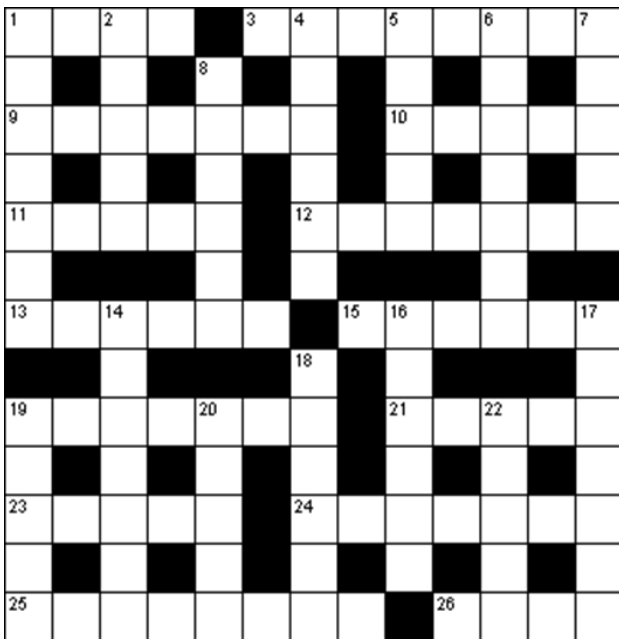
Over the past few months, we have been receiving quite a few concerns regarding Home Care Packages. Please contact the numbers below should you have any concerns with your current package and/or when you are likely to receive notice of the level you will be on and what services you are able to request. Please read on for contact details. Aged care services are subsidised by the Australian Government. If you want to make an enquiry or raise a complaint about the quality of care or services you are receiving you can contact the **Aged Care Quality and Safety Commission** on **1800 951 822** or visit **agedcarequality.gov.au**

- First steps should be:
- ? Speak to your Provider.
- ? Speak to your Case Worker.

If you get what seems like a brush off from your Provider or Case Worker, then... Get in touch with the

**Older Person Advocacy Network on 1800 700 600**  
**Should you need an interpreter 131 450**





**Across**

- 1. Type of wood (4)
- 3. Unmarried man (8)
- 9. Dried grapes (7)
- 10. Type of bird (5)
- 11. Female relative (5)
- 12. Raise (7)
- 13. Strong (6)
- 15. Complied
- 19. Type of flag (7)
- 21. Woodwind instrument (5)
- 23. Young women (5)
- 24. Watered down (7)
- 25. Result (8)
- 26. Dry (4)

**Down**

- 1. Vegetable (7)
- 2. Callow (5)
- 4. Reply (6)
- 5. Animal (5)
- 6. Place where books are kept
- 7. Mountain chain (5)
- 8. Type of bird (6)
- 14. Plant part (7)
- 16. Bewilder (6)
- 17. Feared (7)
- 18. Artist's workroom (6)
- 19. Parts of a book (5)
- 20. Valuable item (5)
- 22. Speak (5)

**Oven-baked salmon in honey mustard**

**Ingredients:**

- 24 oz. (680 grams) salmon fillet, cut into 4 strips
- 1½ tbsps. honey
- 1½ tbsps. whole-grain or Dijon mustard, according to preference
- 1½ tbsps. lemon juice
- A clove of garlic, minced
- 1 tbsp. extra virgin olive oil
- Salt and pepper to taste
- Toasted almond flakes



**Instructions:**

1. Preheat oven to 400 °F (200 °C)
2. Spray a baking sheet with non-stick spray and place the salmon strips on the sheet, skin-down
3. In a bowl, mix and whisk honey, mustard, lemon juice, garlic, olive oil, salt, and pepper. Using a basting brush, coat the top of the salmon strips in sauce.
4. Bake for 10-15 minutes and garnish with toasted almond flakes for some beautiful crunch.

*A man went to the hospital to visit his mother-in-law, who was in serious condition. On the way back the wife, very worried, asks: "So, honey? How's my mom doing?"*



*He replies: "She looks great! She is in good health! She will still live for many years! Next week she will be released from the hospital and will come and live with us, forever!"*  
*"Wow that's amazing!" - says the wife - "But this is very strange, dear... yesterday she seemed to be on her deathbed, the doctors said she should have a few days to live!"*  
*"Well, I don't know how she was yesterday" - he replied - "But today when I arrived at the hospital, the doctor told me that we should prepare for the worst"*

**Live simply, Dream Big, Be grateful,**

**Give love, Laugh lots.**



### Gracemere Lunch Bunch.....



Why not grab a mate and join us for Lunch Buddies, second Monday of every month. We start the day with a great morning tea followed by a guest speaker (where possible) then we enjoy lunch together.

Time 9.30 for 10 am start.

Cost \$16.00 per person Venue The RSL Club Gracemere.

Please let us know you are attending for social distancing & catering purposes.

- ◆ 14th September-show & tell bring along an historical item of interest from your childhood.
- ◆ 12th October and the 9th November to be advised

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

Please  
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Queensland Government  
Department of Communities

### What's happening at the Gracemere RSL?



The Gracemere RSL has reopened for "meal nights" on Fridays. Very affordable meals at \$8 for mains & \$4 for dessert, Children 1/2 price . They also have BBQ nights with burgers at just \$5.00 adults and Children \$3.00. Due to the current restrictions it is important to book your table. To confirm dates and times please contact the RSL on 49332062 from midday Wednesday through to Friday. Private hire for Functions.

#### What's happening in Rockhampton

Whale Watching Day Trip 17th September \$90.00 approx.  
Rocky Sports Club Lunch Thursday 22nd Oct POD choose your meal preference when booking. POD

Recommencement of regular Activities in Rocky.  
Tai Chi (now at the Gardens), Yoga 28th September,  
Ten pin Bowling, Croquet, Indoor Bowls, Cards,  
For further details please call the Office on 49140065.