



The Seniors Sentinel

September October November 2020

Volume 122

Contact Details

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<https://www.facebook.com/Rockhampton60Better-120542552665574>

Management Committee



President- Stuart Thomasson

Vice President- vacant

Secretary- Joyce Messer

Treasurer- Chris Forrest

Ass/Treasurer- Joyce Holmes

Committee

Cliff Rawlings

Caroline Lynch

Lynn Hoskins

Committee: contacts page 7

Manager- Anita Griffiths

Assistant- Julie Mason

Accountant- Kelco Accountants.

Office Hours

Office Hours

Monday-Thursday 9.00 am-3.00 pm.

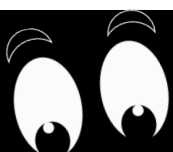
Friday 9 am-12.30 pm

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*

*"Trouble knocked at the door,
but, hearing laughter,
hurried away."*

Benjamin Franklin



Over 50? Join now !!!

companionship, exercise & social activities.

P residents Pen




Well Folks, we have survived another couple of months without any alarm bells ringing on COVID-19 in our area. With a Premier who thinks about people first and the economy second, we are very fortunate.

My news is very limited at this time as we have had very little in the way of social events, exercise sessions or guest speakers. However with an ease of restrictions it is pleasing to be able to introduce some of our exercise sessions and social activities over the coming months. I hope you will support them.

We have our AGM coming up in October which will be run a little differently this year.

Anita & Julie will be ringing members to invite them along as we can only have limited numbers. If you should like to attend please let us know as soon as possible. Further details are on page 4.

Once again I thank Anita & Julie for continuing to do a great job. Until next time, stay happy & healthy. All the best Stuart.



One small positive thought in the morning can change your whole day.

A nita's Antics



Hello everyone,

It's very exciting starting up some of our regular activities over the next couple of months, so please read on to see what's available for you all to enjoy.

Whilst it is great to be getting out & about again please be sure to adhere to the health precautions we have in place. We have seen quite a bit of interest in the program from new members which is very encouraging.

The news of our Morning Bulletin going digital was a sad shock to me and no doubt many members who have enjoyed "their" paper for many years. By the time you receive this Newsletter the CQ Today will be in circulation. We will be showing our support by subscribing and including information regarding our Program on a regular basis, and I hope many of you will also show your support. The more support the more CQ Today will grow in publication.

Sadly our Friday exercise instructor Katie has resigned and we are working towards a replacement. So keep an eye out, we shall contact all regular attendees once we have found a suitable instructor. Take care and enjoy the spring weather before it starts heating up towards summer. Anita

Why is it called a Walkie Talkie, but a Vacuum isn't called Pushy Sucky?



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9-10am Tai Chi with Lynn \$ 5.00 Contact the office on 49140065 for info. Botanical Gardens – Tamarind Tree line.</p>	<p>8-10 am Golf Croquet \$ 7.00 & Includes M/T. Botanical Gardens. Phone 49140065. Please check for change of start time -end of September</p>	<p>10.30– 1 pm Coffee & Conversation \$17.00– pg. 4 for details Red Lion Hotel-1st Wednesday of the Month. Not currently taking place.</p>	<p>Management Meeting 2nd Thursday 9 am. Lunches & social outing as arranged (see page 12.)</p>	<p>9.30-10.30 am Dance Alliance (with Lindy \$5.00. Includes M/T. Community Health Bolsover ST. Contact the Office on 49140065. Recommence mid October.</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>1.30-3.30 pm Ten Pin Bowling \$7.00 Musgrave Street. Includes shoe hire and afternoon tea. Contact Clarry on 49225048</p>	<p>8 am-9 am Chair Yoga with Leesa. \$5.00. Oak Tree Village, Glenmore Road.</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. Held at the RDIBAI in Kent St.</p>			<p>1-4 pm. Cards \$3.00. afternoon tea included. Held in the office 1/248 Quay St. Contact the Office 49140065.</p>
<p>9 am -12 noon Newsletter folding next date Thursday 26th November 2020.</p>	<p>Please be SURE to personally sign the attendance book for insurance purposes.</p>			<p>9-10 am. Easy Yoga with Leesa cost \$5.00 Grandstand Rocky Jockey Club. Contact the office 49140065 for further information.</p>
<p>PLEASE CONSULT YOUR HEALTH PRACTITIONER BEFORE COMMENCING LOW IMPACT ACTIVITIES.</p>				

Coffee Conversation & Lunch



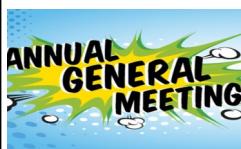
Is held at the Red Lion Hotel in Denham Street. Cost for morning tea and lunch (main meal) \$17.00. Dessert available on request (to pay on the day) doors open at 10.15 am. Please choose YOUR meal –Fish, Roast or off the menu when booking/paying.

To be advised.
Once restrictions ease, please call for recommencement date.



Please be aware we have closed our PO Box. All correspondence is to be directed to the office at

Suite 1/ 248 Quay Street Rockhampton QLD 4700.



Rockhampton 60 & Better Program Inc

Date Wednesday 7th October 2020

Time 10.30 am

Venue The Allentown Hotel

Morning tea supplied. (free)

Nominations are called for the following positions:

- † President
- † Vice President
- † Secretary
- † Treasurer
- † Assistant treasurer
- † Committee (2) members

All nominees MUST be current members of the program. Nomination & proxy forms are available through the office or can be posted/ emailed on request. Nominations close at 10.30 am on the 16th September.

Due to restrictions numbers are limited.

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.

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

Drivers 75 and over

Everyone 75 and over who holds a Queensland driver license must carry a current Medical certificate for motor vehicle driver form (F3712) at all times when driving and comply with any stated conditions-you can be fined if you don't.

Temporary changes

Due to COVID-19 there are changes to the rules:

- **If you don't have an 'M' condition on your driver license:**
- you won't be committing an offence if you drive without holding a valid medical certificate during the COVID-19 emergency period
- if you have a medical certificate that expired after 29 January 2020, it will still be considered valid during the COVID-19 emergency period.

If you have an 'M' condition on your driver license and your medical certificate is due to expire you will need to call the Department of Transport and Main Roads on 13 23 80 or email medcert@tmr.qld.gov.au to have it extended for a maximum of 6 months. If your most recent contact details are registered with Department of Transport and Main Roads, you will be notified of this information.

If you are able to obtain a medical certificate via telemedicine, you or your doctor can still lodge this certificate with Department of Transport and Main Roads by emailing medcert@tmr.qld.gov.au.

Read more about how to notify us of your medical condition.

Getting your medical certificate to drive

If you don't have access to a printer, ask at your health professional's surgery if they can download and print the Medical certificate for motor vehicle driver form (F3712) for you. You can also get this form from a transport and motoring customer service centre, at a participating QGAP office or at a police station in rural or remote areas of Queensland.

Complete part 1 of the form and then ask your health professional to complete part 2, including the tear-off medical certificate. Once your health professional has completed and signed the form, tear off the medical

certificate portion and carry it with you whenever you drive, making sure the review/expiry date can be read. You must show your medical certificate to a police officer if they request it.



How long is a medical certificate valid for?

Drivers 75 and over are subject to regular medical assessments. This means that if you are 75 or over, and want to keep driving, you must go back to your doctor at least every year. This does not affect the expiry date of your driver license, which is shown on your driver license.

For convenience, from 1 July 2017, medical certificates are valid for a maximum of 13 months.

In some cases your doctor may want to undertake more regular checks, and your medical certificate may be issued for a shorter period. If your doctor issues a medical certificate for longer than 13 months, you may only use the certificate for 13 months from the issue date.

Medical certificates issued prior to 1 July 2017, will expire on the stated expiry date.

Will I be reminded to get a medical certificate?

If you are turning 75 and hold a current license, you may receive a letter from us approximately 6 weeks before your 75th birthday to let you know you now need a medical certificate if you want to continue driving.

If you present your medical certificate to us, you will receive a reminder around 6 weeks before it is due to expire, to let you know you will need to get a new medical certificate.

This reminder is sent as a courtesy, so you should not rely on this as your only reminder to get a new medical certificate.

Spring is on the way and so are Snakes.

Be aware and if you see one call the snake catchers on 49342070.

Available 24/7.





Oak Tree Retirement Village.
 Glenmore Road
 Australia's Biggest Morning Tea

Please join us in the effort to fight Cancer.
 Refreshments will be served and a multi-draw raffle will be held.

Date Wednesday 9th September

Cost \$5.00

Time 10 a.m.

Be sure to book by contacting Jenny on
04557794252



A wealthy, but stingy father was trying to put a birthday party together for his 16 y/o daughter. He wanted the party to be extravagant but wanted to spend as little money as possible. He had finished all of the other decorations, and he was left to work on the cake. "Why not get it ordered from an upscale bakery?" his wife said. So the father visited a ton of different bakeries and did research, but found the prices to be too high. "My daughter is inviting all of her friends, and I'll look bad if I don't put together a good cake", he thought. Then, he stumbled upon a shop that opened once a year to provide a free cake to its customers. "How quaint", the father thought, but desperate, he walked inside to see if they could provide a cake for his daughter's birthday. He was met by a Buddhist monk chanting and lighting incense. "Hello," the father asked, "I would like to buy a cake."

"Of course," the monk replied, "just draw a picture of the cake you would like on the notepad on the desk." The father thought this to be weird, but want to save as much money as possible, he gave him the address and told him to come in the backdoor, just in case the cake was bad. The day of the party arrived and the monk visited the house with the most extravagant cake the family had ever seen. All of the guests were in awe and whispered to each other about how much the cake could have cost. The monk became the guest of honour and at the end of the party, the father approached the monk and asked, "why do you do this for free? You should take money for your services!" The monk smiled and said, "I do this for free because a cake day is the best way to earn karma."

Computer Problems?



"For prompt reliable affordable service in YOUR Own Home."
 call

Michael O'Grady !!
0499760523



YOUR SPEED DOES NOT MATTER FORWARD IS FORWARD.

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



Wanted!

Any novels you no longer require would be much appreciated.

Management Committee

Contact numbers

President Stuart Thomasson 49277774
 Secretary Joyce Messer 49283688
 Treasurer Chris Forrest 0403272429
 A/Treasurer Joyce Holmes 49288417

Committee

Cliff Rawlings 49284201
 Carolyn Lynch 49227928
 Lynn Hoskins

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.



Hasselback Chicken



Ingredients (Serves 2)

Prep Time: 10 minutes

Total Time: 30 minutes

- 1 teaspoon olive oil
- 1-½ cups fresh baby spinach
- ¼ cup ricotta cheese
- 2, 500 gram chicken breasts
- ⅛ cup white cheddar cheese, grated
- Paprika
- Salt
- Pepper

Directions

1. Preheat the oven to 200° C . Meanwhile, in a pan over medium heat add oil and cook the spinach for 3 to 5 minutes or until it appears wilted. Stir in the ricotta and cook for a further 30 seconds to 1 minute. Allow the spinach and ricotta mix to cool.
2. In the meantime, cut slits into the chicken breasts (about 1 cm apart) and 75 percent of the way through the chicken - the most important factor here is that you do not cut all the way through it.
3. Stuff the spinach and ricotta mixture into the cuts and season with salt and pepper to taste. Sprinkle with white cheddar cheese generously on top and sprinkle the paprika adding some colour and flavour.
4. Bake in the center of the oven for 20 to 25 minutes until the cheese has melted and the juices are clear! Dig in!

“My grandfather once told me that there were two kinds of people: those who do the work and those who take the credit. He told me to try to be in the first group; there was much less competition.” – Indira Gandhi

Queensland Rail Update.

Queensland Rail is continuing to work closely with the relevant government agencies in response to Novel Coronavirus (COVID-19) and will continue to monitor advice from health authorities and take extra precautions as necessary.

For the safety of our customers and employees, our stations have gone **cashless** to reduce cash handling. You can still use EFTPOS facilities at the ticket office to top up your *go* card or purchase a paper ticket. If you are paying with cash, you will need to use the self-service ticket machines.

Be aware due to social distancing rules passenger numbers able to travel are much less than normal. So if you are considering travelling over the Christmas season it is important to think about booking your seat now and take advantage of their non cancellation fees at this time. For further information call

General enquiries on **1300 131 722**

For holiday bookings **1800 627 655**



Most notably, 97.3 per cent of participants in this study showed either clinically significant improvement or stability in executive function—their mental ability to plan, organise information and initiate tasks. Women, in particular, showed significant improvements in working memory—used for reasoning and decision-making—as well as most other cognitive functions assessed. The study also found more frequent use of hearing aids was associated with greater improvements in cognitive function, and women were much more diligent at wearing the devices than men.

University of Melbourne Associate Professor and Chief Investigator of the study, Julia Sarant, said improvement in cognitive function is something that is not usually seen in older adults.

"Although there are successful treatments for hearing loss, there is currently no successful treatment for cognitive decline or dementia," Associate Professor Sarant said.

"This research is a positive step in investigating the treatment of hearing aids to delay cognitive decline.

"Further research is underway to compare cognitive outcomes from a larger sample size with those of a healthy aging comparison group of older Australians with typical hearing for their age."

Source GEMS—U3A

Material provided by University of Melbourne

Hearing aids may delay cognitive decline



Wearing hearing aids may delay cognitive decline in older adults and improve brain function, according to promising new research.

Cognitive decline is associated with hearing loss, which affects about 32 per cent of people aged 55 years, and more than 70 per cent of people aged over 70 years. Hearing loss has been identified as a modifiable risk factor for dementia.

University of Melbourne researchers have tested the use of hearing aids in almost 100 adults aged 62-82 years with hearing loss.

Participants were assessed before and 18 months after having hearing aids fitted on their hearing, cognitive function, speech perception, quality of life, physical activity, loneliness, mood and medical health.



Tip-jar humour in our local coffee shop: "Afraid of Change? Leave It Here."

Why a diabetes test might be overdue for you



Too many Australians are being diagnosed with diabetes too late, and the delay is putting many at risk of life-threatening health problems. But taking prompt action, whether it's seeing a doctor because you have symptoms or having a check-up because you've reached a certain age, can make a difference- it could even save your life.

That's why 'It's About Time' is the campaign message of National Diabetes Week (July 8-14). Whether it's type 1 or type 2 diabetes, early diagnosis and treatment, followed by proper support and management of the condition can reduce the risk of diabetes-related health complications.

Type 1 diabetes: Should I see a doctor?

Type 1 diabetes is an autoimmune condition in which the body's immune system attacks the pancreas. It prevents the pancreas from producing insulin, the hormone the body uses to break down food so it can be used for energy. The causes of this reaction aren't known and there is no cure. Unlike type 2 diabetes, type 1 is not associated with lifestyle factors, such as diet and exercise, that you can improve. However, a healthy lifestyle can reduce the impact of complications – which can include kidney disease, blindness and limb amputation- for people who live with type 1 diabetes. The condition is managed by having insulin injections several times a day or using an insulin pump.

The symptoms of type 1 diabetes can occur suddenly and include:

- excessive thirst
- passing more urine than normal
- feeling tired and lethargic
- always feeling hungry
- having cuts that heal slowly
- itching, skin infections
- blurred vision

- unexplained weight loss
- mood swings
- headaches
- feeling dizzy
- leg cramps

Know the '4T' early signs: Toilet, Tired, Thirsty, Thinner. If you notice these warning signs, says Diabetes Australia, then it's time to see your doctor urgently.

Type 2 diabetes: Do I need a check-up?

Type 2 diabetes, which develops over a long period of time, occurs when the body becomes resistant to the normal effects of insulin and/or the pancreas gradually becomes unable to produce enough insulin.

We don't know the causes of type 2 diabetes, although it does run in families. Lifestyle factors- including poor diet and lack of physical activity, as well as high blood pressure and obesity- all increase the risk of developing the condition.

Since the risk of type 2 diabetes increases over time, a person will be at greater risk if they are over 55. If they are overweight or have high blood pressure, they will be at greater risk from age 45. Some ethnic groups are at greater risk from an even earlier age.

While people with type 2 will put on weight gradually rather than lose it, the symptoms of the condition are otherwise the same as those for type 1 diabetes (see above). Many people with type 2 will show no symptoms.

Visiting his parents' retirement village in Florida, my middle-aged friend, Tim, went for a swim in the community pool while his elderly father took a walk. Tim struck up a conversation with the only other person in the pool, a five year old boy. After a while, Tim's father returned from his walk and called out, "I'm ready to leave." Tim then turned to his new friend and announced that he had to leave because his father was calling. Astonished, the wide-eyed little boy cried, "You're a kid?"



Finlayson & McKenzie Funeral Directors



*“Meeting your needs
with quality and
compassion”*

QUICK PRE-ARRANGED FUNERAL PLAN

- Quick and Easy to do
- In your own time
- 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:.....
 Martial 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

Leave your legacy

Protect what you love with an Enduring Power of Attorney



Contact the Public Trustee | 1300 360 044 | www.pt.qld.gov.au

MY AGED CARE

To register and for information on MyAgedCare Phone 1800 200 422 or visit-<http://www.myagedcare.gov.au/> for Information on:

- Household help, transport, home modification and maintenance
- Personal and Nursing care
- Carer support and counselling
- Aged care homes
- Community aged care packages
- Powers of attorney, enduring powers of attorney and enduring guardians
- Guardianship and administrators
- And much more

Please ensure you are registered, it will save you time if & when you need their assistance.



Library operating days/hours

Southside Library | 230 Bolsover Street, South Rockhampton

Monday – Friday 9 am - 5.30 pm

Phone: 49368265

Gracemere Library | 1 Ranger Street, Gracemere

Monday – Wednesday 9 am - 4.30 pm

Phone: 49315454

Mount Morgan Library | 31 Morgan Street, Mount Morgan

Tuesday-Thursday 9 am-1 pm & 2 pm - 5 pm

Phone: 49368169

Northside Library | 154 Berserker Street, North Rockhampton

Wednesday – Friday 9 am - 5.30 pm

Phone: 49368373

❖Please remember all reopening's are subject to the State Government Roadmap to Easing Restrictions as planned.

A huge "thank you" goes to Peter for

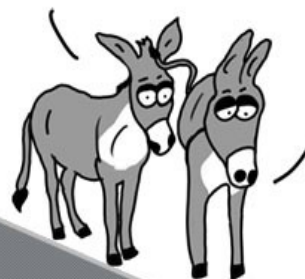


PETER BOODLES QUALITY MEATS

donating a Christmas ham for our Christmas celebrations every year.

TWO DONKEYS ARE STANDING AT A ROADSIDE

SO, SHALL WE CROSS?



NO WAY, LOOK AT WHAT HAPPENED TO THE ZEBRA.

BEST JOKES EVER | SHORT-FUNNY.COM

Whale Watching

with Keppel Connections.

Date Thursday 17th September

Time Central Park 8.15 am

Stocklands 8.30 am (Yaamba Rd)

Cost \$75.00

Come along & enjoy a day out on the Ocean to enjoy whale watching this includes lunch on board. Should the whales be off work that day a credit will be issued for future use. Please book & pay by 10th September.



Rocky Sports Club

Date Thursday 22nd October

Time 12 midday

Cost POD

Join us for lunch. There is a great menu for you to choose from and it would be a welcome day out after so much social distancing. Please be sure to book before Thursday 8th October.



If undeliverable please return to
60 & Better
1/248 Quay Street
Rockhampton QLD 4700

Postage
Paid
Australia

Funded by



Queensland Government
Department of Communities

Christmas Celebrations

Allenstown Hotel

Date Wednesday 2nd December

Time 10.30 am

Cost \$ 25.00

Being optimistic we have decided to book Christmas lunch and keep our fingers crossed! We will be dining on a roast meal with bread roll, tea, coffee and dessert. Lucky door prizes, raffles as well as entertainment. Should the number interested exceed 60, we are more than happy to hold an additional Christmas lunch, Please be sure to book by the 18th November.



**Christmas magic is silent. You don't hear it – you feel it.
You know it. You believe it.**