

SPRING

It's the time of year when everything in nature is changing and promising new life and new hope. After the long, dark, winter months, Spring is literally a breath of fresh air. And as the days get longer, the nights get shorter, and it starts to feel warmer, nature responds in a big way. So step outside and be rewarded. Here are just a few reasons to get out and enjoy the season.

Bird song hits a crescendo

Bats, possums & echidnas awaken

Flowers bloom...everywhere

Bees and butterflies, moths and cicadas are back

Studies have shown that time in nature — as long as people feel safe — is an antidote for stress: It can lower blood pressure and stress hormone levels, reduce nervous system arousal, enhance immune system function, increase self-esteem, reduce anxiety, and improve mood. So what are you waiting

If undeliverable
Please return to
Dee River Oldies
PO Box 170
Mount Morgan QLD 4714

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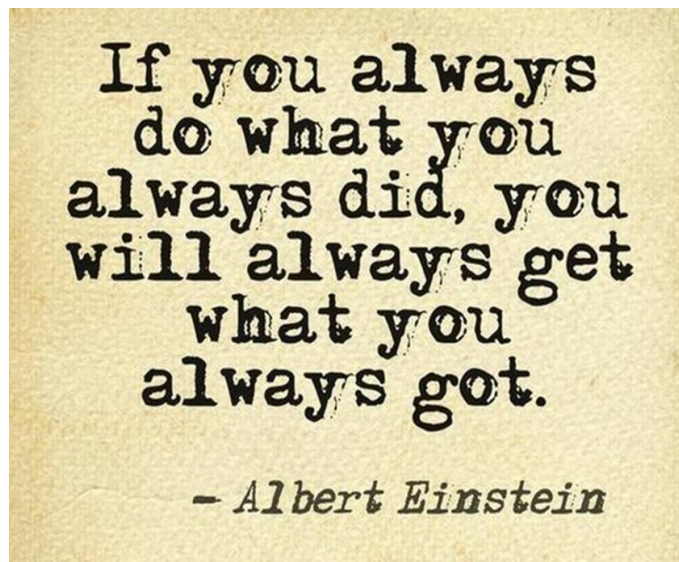
Have you registered for My Aged Care?

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 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.



Dee River Oldies Newsletter



October, November December 2020

Volume 16

News from Dee River Oldies.



Remember when 2020 started, we were looking forward to another big year. We had a 'Welcome to 2020' morning tea in January and had a good attendance of members and visitors. February's morning tea had guest speakers from the Wowan/Dululu Community Centre. Early March saw us leave on our mystery bus trip for the day. Then in the following weeks along came the COVID-19. Who would have thought it would make such a difference to our year. Our main focus has been to keep our members safe.

We have started back with our monthly meetings working with the COVID-19 restrictions. At our September meeting the members agreed that the Christmas Lunch and morning teas have been cancelled for this year. We would like to thank our members who understand that we just cannot do what we would like to do.

We look forward to when the COVID-19 restrictions are lifted and we can go back to having a coffee and a chat. Roll on 2021. Stay happy and healthy.

The Steering Committee.

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

IT'S FREE TO JOIN!
Why not give us a call!

The Steering Committee

- ▶ **President** Carol Glover
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- ▶ **Treasurer** Melray McNamara
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- ▶ **Secretary** Colleen Constable
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Correspondence:

Postal Address PO Box 170

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.

**Everything we hear is an
opinion, not a fact .
Everything we see is a
perspective, not the
truth.**

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

Two cowboys come upon an Indian lying on his stomach with his ear to the ground. One of the cowboys stops and says to the other, "You see that Indian?" "Yeah," says the other cowboy. "Look," says the first one, "he's listening to the ground. He can hear things for miles in any direction." Just then the Indian looks up. "Covered wagon," he says, "about two miles away. Have two horses, one brown, one white. Man, woman, child, household effects in wagon." "Incredible!" says the cowboy to his friend. "This Indian knows how far away they are, how many horses, what color they are, who is in the wagon, and what is in the wagon. Amazing!" The Indian looks up and says, "Ran over me about a half hour ago."



Monthly meetings start at 2 pm and are held the 3rd Tuesday of each month. Held at Saint Mary's Church Hall behind the Anglican Church.

Meeting Dates:
20th October
17th November

18 August
15 September
20 October

MORNING TEAS at the hall are cancelled until further notice.



Pasta Salad

- 400 g spirals pasta shapes cooked cooled
- 200 g bacon rashers diced
- 1/2 onion diced
- 2 eggs hard-boiled mashed
- 1/2 cup corn kernels cooked
- 1/2 cup peas cooked
- 2 tbs parmesan cheese grated
- 1 cup mayonnaise
- 1/2 cup sour cream
- 1 pinch salt and pepper *to taste



Method

- ♦ Fry onion until transparent, set aside.
- ♦ Fry bacon until well done, drain on absorbent paper and refrigerate whilst preparing rest of dish.
- ♦ In a large bowl, combine all ingredients and fold together.
- ♦ Season with pepper, to taste.

Note- half the ingredients for a smaller amount.

Why do they put pictures of criminals up in the Post Office? What are we supposed to do, write to them? Why don't they just put their pictures on the postage stamps so the postmen can look for them while they deliver the post?

George walks up to Terry bruised, battered and covered in blood... Terry asks what the hell



happened to him. He says "I'm just walking along, minding my own business and this horse comes out of nowhere and knocks me down." "That explains it, let me call you an ambulance." says Terry. George says, "Hold on I haven't finished yet, so I get up, dust myself down and wouldn't you know it? I get knocked down by a car." "Oh my god, it's a miracle you're still alive, I'll call an ambulance." Says Terry. George says, "Hold on, I still haven't finished, I get up dust myself down again, I've now got a few cuts and bruises. I catch my breath and I get knocked down by an ambulance." Terry says. "That's it, I'm calling the emergency services." George says "Wait, I still haven't finished, somehow I survived. I get up, I'm feeling groggy, but then I get hit by a fire truck. I get up swaying side to side. Then a helicopter crashes into me." Terry say: "it's a miracle that you're still alive, so what happened then?" "The carnie operator kicked me off the carousel!"

Know your flow

You should probably pee between six to 10 times a day. Eight times is the sweet spot. If you pee more than 10 times a day and get up twice or more each night to pee, you may have an enlarged prostate, weak or overactive bladder or some form of cancer.



A story about caring

They brought balloons to a school. One was given to every student, who had to inflate it, write their name on it and throw it in the hallway.



The professors then mixed all the balloons.

The students were given 5 minutes to find their own balloon. Despite a hectic search, no one found their balloon.

At that point the professors told the students to take the first balloon that they found and hand it to the person whose name was written on it.

Within 5 minutes everyone had their own balloon.

The professors said to the students:

"These balloons are like happiness. We will never find it if everyone is looking for their own. But if we care about other people's happiness... we'll find ours too."

Handy hints to try....

Use ammonia to stop mosquito bites from itching



If you forget to put on your insect repellent and mosquitoes make a meal of you, stop the itching instantly by applying a drop or two of ammonia directly to the bites. Don't use ammonia on a bite you've already scratched open, though: the itch will be replaced by a nasty sting. Want to prevent those bites in the first place?

Take off stickers and labels easily

You'd love to keep that big glass pickle jar for storage, but it's got an ugly label stuck on the front... Don't give up on it just yet. Start by soaking the sticker with warm water and dish soap. Then completely wrap the wet container with plastic wrap and wait five minutes. The label should remove easily after taking off the wrap.

A woman was trying to get the tomato sauce out of a bottle. During her struggle the phone rang and so she asked her four year old daughter to answer it.

"Mummy can't come to the phone to talk to you right now. She's hitting the bottle!"