




# The Seniors Sentinel

March, April, May 2021

Volume 124

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## Management Committee



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Committee  
Cliff Rawlings  
Carolyn Lynch  
Gary Fidler  
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

**Resilience is based on compassion for ourselves as well as compassion for others.** *S Salzberg.*



**Over 50? Join now !!!**

**companionship, exercise & social activities.**

**P** residents Pen



Hello,

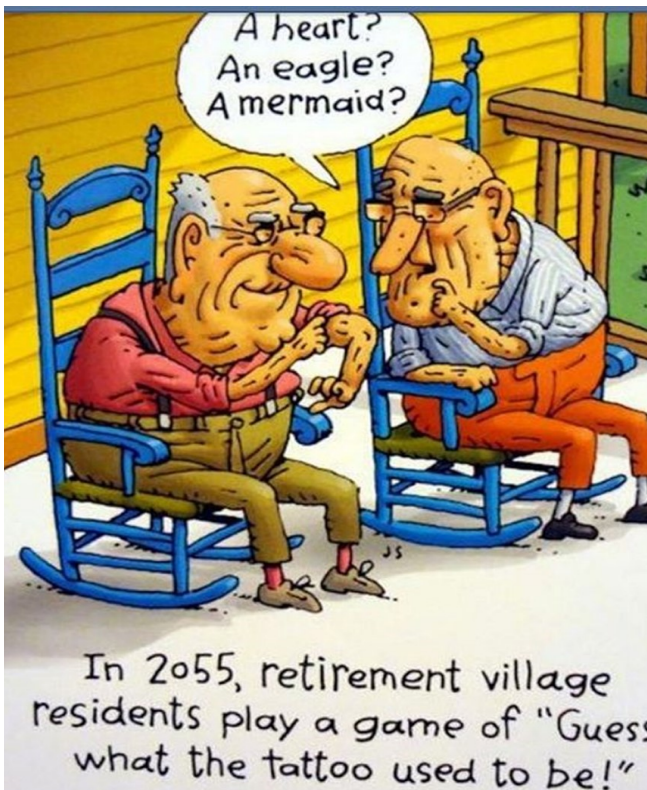
*It really seems like 3 weeks, not 3 months since I put pen to paper to wish you all Merry Christmas & Happy New Year.*

*I find there is very little to write about with this virus running around. On the bright side, it is great to see our regular activities up and running and new members joining. Be sure to check out our new exercise session on page 4.*

*With the easing of restrictions in Queensland we have decided to have a short holiday in September, details are on page 5. please advise Anita or Julie if you are interested.*

*It's onward and upward for 60 & Better, we hope you all enjoy your chosen activities this year. Hoping you are all well, happy and safe. Until next time.*

Stuart.



**A**nita's Antics



Hi all,

Well it's certainly been a busy few months with the program getting back into the swing of things.

Once again the increase with membership is very encouraging as is the numbers attending our regular activities.

It was great to start our monthly Coffee & Conversation in February. Guest speaker Margaret Thackeray from Centrelink was a wealth of knowledge on retirement issues. I would certainly recommend an appointment with her should you have any concerns or questions on retirement, residential care or personal finances. You can make an appointment with Margaret by ringing Centrelink on **132468**.

I am excited to announce the commencement of a new low impact exercise session commencing on Monday 15th March, please check page 4 for details.

Interestingly we are getting quite a bit of attention on our face book page. Being as I too am not very "tech savvy" it's all new too me. This working too increase exposure of the program given we don't have a regular daily paper any more. I must add the CQ Today has been very obliging by inserting any updates we have.

On that note I will close for now. Have a happy safe Easter with family and friends  
Take care  
Anita.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9-10 am Tai Chi with Lynn \$ 5.00 Contact the office on 49140065 for info. Botanical Gardens , on grassed area behind the kiosk.</p>	<p>7-9 am Golf Croquet \$ 7.00 &amp; Includes M/T. Botanical Gardens. Phone 49140065. Please check in March for change of times. <b>* Start time from 1st April 8 am.</b></p>	<p>10.30- 1 pm Coffee &amp; Conversation \$20.00- pg. 4 for details Red Lion Hotel-1st Wednesday of the Month</p>	<p>Management Meeting 2nd Thursday 9 am. Lunches &amp; social outing as arranged (see page 12.)</p>	<p>9.30-10.30 am Dance Alliance (with Lindy \$5.00. Includes M/T. The Office Quay Street. Please call 49140065 for further in formation.</p>
<p>9-10 am Low impact exercise with Grace. Fred Fox Hall ( Rocky City Band Hall.) Cost \$5 per person. Call the Office on 49140065 information.</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>FRIDAY in GRACEMERE 9-11.30 am. Friday Fun &amp; Games with Alyson , cost \$5.00. Barry Street Community Centre . Proudly supported by R'ton Regional Council</p>	
<p>8-12.30 pm Cards . \$3.00 (per person ) Held at the office 1/248 Quay St. Contact Joyce on 49288417 for further info</p>	<p>12 noon-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>12 noon-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 29th May 2021</p>	<p>Be sure to wear comfortable shoes &amp; clothing for all low impact exercise sessions. Don't forget your water bottle!</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) \$20.00. Dessert available on request (to pay on the day) doors open at 10.15 am. Please choose **YOUR** meal from the menu on arrival.



3rd March	Dementia Advisory & Support Auscare	Trish Maude
7th April	TBA	
5th May	26th Anniversary Celebrations	Allenstown Hotel
2nd June	TBA	

## Senior Strength *with Grace*

**Date** Monday 15th March at 9 am.

**Venue** Fred Fox Hall Corner William Street & George Street. (Goss Park) off Gladstone Road. ( Rocky City Band Hall.)

The first session will be free to all as an introduction to meet Grace and familiarize yourself with the hall. Cost for usual sessions will be \$5.00. An added bonus there is air-conditioning for the summer months. Please call Anita or Julie for further information on 49140065 to book or for further information.

**The Banana tree is not really a tree, it is actually a giant herb plant. It can grow up to 25 feet tall, making it the largest herb in the world. - impressivefacts.com**

**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.

**TWO** bowling teams, one of all Blondes and one of all Brunettes, charter a double-decker bus for a weekend bowling tournament in London.



The Brunette team rides in the bottom of the bus. The Blonde team rides on the top level. The Brunette team down below is living it up having a great time, when one of them realizes she doesn't hear anything from the Blondes upstairs. She decides to go up and investigate. When the Brunette reaches the top, she finds all the Blondes frozen in fear, staring straight-ahead at the road, and clutching the seats in front of them with white knuckles. She says, "What the heck's goin' on up there? We're havin' a grand time downstairs!" One of the Blondes looks up and says, "Yeah, but you've got a driver!"



## Maryborough

### Break-away

Dates 7th-9th September

Cost \$372.00 per person  
per person twin share. (pension concession)

\$429.00 (single supp)

\* extra for senior rail pass.

**An ideal time for a short break from the normal day to life and the restrictions we have been under.**

Staying at the Carriers Hotel Motel-cooked breakfast included. Purchase own evening meal in the Bistro.

### Train

Tuesday- 7.10 am Train to Maryborough Rockhampton.

Cost \$50.00 Pension  
\$85.00 Senior

### Motel Cost

\$159.00 per person. Twin Share  
\$252.00 single.

### Day excursion Itinerary (all inclusive)

Cost \$163.00 (based on 30 people)

### Tuesday 7th September

*Please have morning tea on the train.*

11 am Pick up Ross Bus Charters

11.30-12.30 Animal Sanctuary

12.45-1.45 Lunch at Maryborough Bowls Club (2 course meal)

2.00-3 pm Rose Garden, then onto Motel for the evening. *A stop off at the supermarket for those requiring anything on the way to the Motel.*

### Wednesday 8th September

7.am Breakfast

8.30-9.30 Mary Poppins at Story Bank Museum



includes Story Bank, Military Museum, Art Space, Gallipoli Walk and the Bond Museum.

9.45-10.15 morning tea at the Military Museum.

10.15-12.30 pm Military Museum, Art Space.

12.45-1.45 pm Lunch at Post Office Hotel.

2-3 pm Gallipoli Walk the Bond Store back to motel for a rest before dinner.

### Thursday 9th September

6.30 am Breakfast (Suitcases packed & ready for the Coach)

7.30-9.30 am Market Day

9.30-10 am Morning tea at Alowishus Delicious

10.30-11.30 am Train Ride

11.45-12.45 pm Lunch Maryborough Hotel (2 course)

1.2 pm Wide Bay Hospital Museum.

Maryborough Train Station time to come home.

When booking

Deposit \$200.00

*Please be sure to bring pension concession cards and next of kin details.*

Riddle me this?

You see a boat filled with people. It has not sunk, but when you look again you don't see a single person on the boat. WHY? Answer page 6

**Kitchen Tips and ideas....**

Dip a sponge in water, place it in a ziplock bag and freeze overnight. These DIY ice packs are great to relieve pain from bumps and bruises, or you can throw one in a lunch box to keep your food cold.



Place a few dry sponges in the refrigerator's fruit or vegetable crisper, then place your produce on top. The sponges will help absorb any excess moisture, keeping your fruit and veggies nice and crisp.

**Chicken Rissoles**

**Ingredients**

- 500g Chicken Mince
- 1 cup mashed potato
- 1 carrot, grated
- 40 g sachet French onion soup mix
- 1 tsp seeded mustard
- 1 tbsp flour
- 1 tbsp cream
- 1 tbsp oil



**Method**

In a large bowl, combine chicken mince, mashed potato, carrot and 30g (3/4 sachet) of French onion soup mix. Using damp hands, form into 8 rissoles.

In a small saucepan, whisk together remaining 10g French onion soup mix with 1 cup water, seeded mustard and flour. Bring to the boil, then reduce heat and simmer for 1-2 minutes until slightly thickened. Stir through cream.

Heat oil in a nonstick frypan over medium heat. Cook rissoles for 3-4 minutes each side until cooked through. Keep warm in a low oven until ready to serve.

Serve with a green salad and warm sauce on the side.

*No Way, Warden! Several years ago, Andy was sentenced to prison. During his stay, he got along well with the guards and all his fellow inmates. The warden saw that deep down, Andy was a good person and made arrangements for Andy to learn a trade while doing his time. After three years, Andy was recognized as one of the best carpenters in the local area. Often he would be given a weekend pass to do odd jobs for the citizens of the community and he always reported back to prison before Sunday night was over. The warden was thinking of remodeling his kitchen and in fact had done much of the work himself. But he lacked the skills to build a set of kitchen cupboards and a large counter top, which he had promised his wife. So he called Andy into his office and asked him to complete the job for him. But, alas, Andy refused. "Gosh, I'd really like to help you..." He told the warden, "but counter fitting is what got me into prison in the first place!"*



**Wanted!**

**Any novels you no longer require would be much appreciated.**

**Please come in and look through the collection, any books taken do not need to be returned. Share them around.**

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



Riddle Me answer  
They were all married.

**Management Committee**

**Contact numbers**

President	Stuart Thomasson	49277774
V/President	Joyce Messer	49283688
Secretary	Lyn Hoskings	0407283800
Treasurer	Chris Forrest	0403272429
A/Treasurer	Joyce Holmes	49288417

**Committee**

Cliff Rawlings	49284201
Carolyn Lynch	49227928
Gary Fidler	0407759748

**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.



*An Irish priest loved to fly fish, it was an obsession of his. So far this year the weather had been so bad that he hadn't had a chance to get his beloved waders on and his favourite flies out of their box. Strangely though, every Sunday the weather had been good, but of course Sunday is the day he has to go to work.*

*The weather forecast was good again for the coming Sunday so he called a fellow priest claiming to have lost his voice and be in bed with the flu. He asked him to take over his sermon.*

*The fly fishing priest drove fifty miles to a river near the coast so that no one would recognize him. An angel up in Heaven was keeping watch and saw what the priest was doing. He told God who agreed that he would do something about it.*

*With the first cast of his line a huge fish mouth gulped down the fly. For over an hour the priest ran up and down the river bank fighting the fish. At the end when he finally landed the monster size fish, it turned out to be a world record Salmon.*

*Confused the angel asked God, "Why did you let him catch that huge fish? I thought you were going to teach him a lesson."*

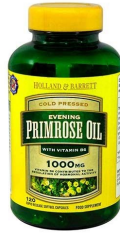
*God replied, "I did. Who's he going to tell?"*

*That's not my age; it's just not true. My heart is young; the time just flew. I'm staring at this strange old face. And someone else is in my place!*

## Evening Primrose Oil

### Fights Diabetic Neuropathy

Diabetic neuropathy is nerve damage due to diabetes that causes various unpleasant symptoms including tingling or burning sensations, muscle weakness, and trouble with balance. Some people with diabetes are more likely to develop a GLA deficiency than others. Evening primrose oil supplements can help restore normal GLA levels in people with diabetes, preventing or even reversing nerve damage



Although research is inconclusive about its effectiveness, some studies show evening primrose oil can improve morning stiffness. Taking evening primrose oil will not cure any disease or condition, and people should take it alongside conventional therapies, not instead of.

### Reduces High Blood Pressure

People with high blood pressure may benefit from taking evening primrose oil. While there is conflicting evidence about whether the oil lowers blood pressure, some studies show it may reduce systolic readings. Meanwhile, other studies show there is not enough evidence to suggest it reduces hypertension risk in pregnant women. Taking evening primrose oil should not replace prescribed medications, and a person should always check with their doctor before starting any natural remedies.

### Improves Brain Function

The GLA in evening primrose oil helps regulate prostaglandin in the body, which is vital for healthy brain function. Prostaglandins are responsible for carrying chemical messages in the brain and helping support normal impulse control and concentration. For this reason, experts believe evening primrose supplements could help people with conditions such as ADHD, depression, and schizophrenia.

### Risks of Taking Evening Primrose Oil

When taken in small doses, approximately 6 grams per day, evening primrose oil has no significant side effects. However, some people may experience nausea, diarrhea, or skin rash. People who have epilepsy or other seizure disorders should not take evening primrose oil because it can cause seizures. There is insufficient research around interactions, but doctors caution against using it while taking anti-inflammatory medications.

### Eases Rheumatoid Arthritis Symptoms

The high GLA levels in evening primrose oil can treat the symptoms of rheumatoid arthritis. A 2011 report analyzed the results of trials surrounding the effects of GLA-containing supplements on people with arthritis and found that GLA-containing supplements can reduce the intensity of rheumatoid arthritis pain and the level of disability the condition causes.

### Eases Bone Pain

Evening primrose oil may help control pain and inflammation, including bone pain. It's also rich in polyunsaturated omega-6 fatty acids that may reduce joint pain in people with rheumatoid arthritis.

#### *Kitchen Tips....*

*To keep asparagus fresh and crisp for a week or more, cut the stems, submerge them in water like flowers, and throw a plastic bag over them before refrigerating.*

*Turning a tub of sour cream or cottage cheese upside down can create a vacuum seal in the container, which will prevent the growth of bacteria longer .*



## Too much Calcium

Vitamin and mineral supplements are a good thing. But too much of a good thing can negate any health benefits — and even pose health risks.



With calcium, vitamin A and vitamin D, “more is not necessarily better,” cautions functional medicine specialist Melissa Young, MD.

### 1. Calcium

Why it matters: Calcium plays a critical role in building and maintaining healthy bones. Benefits may also include weight loss, and reducing colon cancer risk. For decades, experts have recommended calcium supplements to prevent osteoporosis which is responsible for fractures that cause many elderly men and women to lose their independence — and sometimes their lives.

How too much can hurt: “More and more studies are showing increased risks for heart attack and stroke among men and women taking calcium 1,000 to 1,200 milligrams (mg) per day which was previously recommended,” says Dr. Young.

Researchers believe that without adequate vitamin D to help absorb it, the extra calcium settles in the arteries instead of the bones. There, it helps form plaques that threaten the heart and brain. Excess calcium can also cause muscle pain, mood disorders, abdominal pain and kidney stones.

What to do about it: “We recommend obtaining the majority your calcium needs from food,” says Dr. Young. “The body absorbs and utilizes calcium better from food than from supplements.”

If you are not sensitive to dairy, a good source of dietary calcium is grass fed, organic Greek yogurt. It gives you 450 mg of calcium per serving, plus vitamin D and protein. Two servings fulfill your calcium needs for a full day. Additional highly absorbable sources of calcium include:

- ◆ Leafy green veggies like spinach and kale.
- ◆ Legumes and beans.
- ◆ Sardines.
- ◆ Fortified foods, like soy and almond milk, orange juice.
- ◆ Salmon with soft bones.

- ◆ Sesame seeds.
- ◆ It is often not enough to obtain adequate intake of calcium for optimal bone health but to also prevent loss of calcium from the body. Don't forget to the following:
- ◆ Avoid excess sodium (salt) intake.
- ◆ Avoid smoking .
- ◆ Obtain a significant portion of your dietary intake of calcium from plant-based foods.

*My health insight*

*There's a New Bull in Town  
Three bulls heard the rancher  
was bringing another bull onto  
the ranch. First Bull: "I've been*



*here five years. I'm not giving this new bull any of my 100 cows." Second Bull: "I've been here three years and have earned my right to 50 cows. I'm keeping all my cows." Third Bull: "I've only been here a year, and so far, you guys have only let me have 10 cows. I may not be as big as you fellows, but I'm keeping all 10 of my cows." Just then an 18-wheeler pulls up in the pasture carrying the biggest bull they've ever seen. At 4,700 pounds, each step he takes strains the steel ramp. First Bull: "Ahhhh... actually I think I can spare a few cows for our new friend." Second Bull: "I.. I have too many cows to take care of. I can spare a few." They look over at the third bull and find him pawing the dirt, shaking his horns and snorting. First Bull: "Son, don't be foolish - let him have some of your cows and live to tell about it." Third Bull: "Hell, he can have all my cows. I'm just making sure he knows I'm a BULL."*

When people seeing you laying down with your eyes closed, they still ask “are you sleeping?”

“No, I’m training to die.”

# Finlayson & McKenzie Funeral Directors



*“Meeting your needs  
with quality and  
compassion”*

## QUICK PRE-ARRANGED FUNERAL PLAN

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- 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 Grant or Heather*

**Finlayson & McKenzie**

**56 William Street**

**Rockhampton**

**Telephone– 4922 1269**

Or email to [fmckfunerals@live.com.au](mailto: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](http://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.**

Computer Problems?



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



### UPCOMING EVENTS

#### Pilbeam Theatre Mama Mia

- ◆ Friday, 19 March 2021 | 07:30 PM - 10:00 PM
- ◆ Saturday, 20 March 2021 | 07:30 PM - 10:00 PM
- ◆ Sunday, 21 March 2021 | 01:30 PM - 04:00 PM
- ◆ Friday, 26 March 2021 | 07:30 PM - 10:00 PM
- ◆ Saturday, 27 March 2021 | 07:30 PM - 10:00 PM

**Saturday 29th May-** A Taste of Ireland 730 PM

**Monday 19th April Morning Melodies-** Gene & Judy- life, music and dance of Gene Kelly and Judy Garland.

**Monday 14th June Morning Melodies-** The Best of Buble-Rhydian Lewis and his three-piece band .

**Fitzroy River Cruise.**

Date Thursday 22nd April

Time 5 pm for 5.30 boarding.

Cost \$35.00



Enjoy a interesting & informative evening with a light snack on board.

You will board at the the new Northside Boat Ramp, located behind Callaghan Park.

Return time 7.30 (approximately)

Please book & pay by Thursday 15th April.

**Heritage Hotel Luncheon**

Date 27th May

Time Midday

Cost POD off the menu



Please join us for lunch at the Heritage Tavern, a great menu with plenty of meals to choose from. Please book by the 20th May 2021.



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

Postage  
Paid  
Australia

Funded by



**Queensland Government**  
Department of Communities

**Let's  
Celebrate**

**27 Years  
of fun & companionship!**

Venue The Allentown Hotel.

Date Wednesday 5th May.

Time 10.30 am.

Cost 20.00 per person.

Join us to celebrate another 60 & Better year. Morning tea & a baked lunch consisting of 2 meats chicken & beef, bread rolls, and trifle for dessert. A fun day with entertainment, raffles & lucky door prizes.

Please be sure to book & pay by the 28th April.