

The Seniors Sentinel

Dec 2021, January, February 2022

Volume 127



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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*

Management Committee

President- Stuart Thomasson
Vice President- Joyce Messer
Secretary- Lynn Hoskins
Treasurer- Chris Forrest
Ass/Treasurer- Joyce Holmes
Committee
Cliff Rawlings
Carolyn Lynch
Gary Fidler
Sheila Jones
Manager- Anita Griffiths
Assistant- Lisa Parnell
Accountant- Kelco Accountants.

Two idiots roam the woods looking for a nice Christmas tree. After hours of freezing and chasing away the odd wolf, one of the them  brings down the axe and says, "OK that's it. I'm taking the next right-sized tree we see and I don't give a dime if it's decorated or not!"

Merry Christmas

Happy New Year to all!

P residents Pen

Hi Folks!

Another year is almost over, and the events of this year have certainly made the world a different place to live in.

We have been very lucky residing here in Queensland as our lock downs have not been any where as severe as in other States.

Having been off the radar for an extended period of time following major heart surgery, it's good to finally be coming to the end of my "shut down period", allowing me to get out and about and be able to commence golf again shortly.

I also give a lot of thanks to all those who have in some small or big way given their time to assist with the 60 & Better Program when I was unable to.

To the office staff Anita & Lisa . What a wonderful job they have done during the year. Lisa has stepped up in a big way and with her happy attitude has fitted in well with the running of the office. As for Anita, what can I say but as usual you have ben the pillar of the program with your dedication to you position so many thanks from myself & the committee for a job well done.

From Clarice & myself, a very Merry Christmas and a Happy New Year. All the best, Stuart.



Anita's Antics

Hi all,
Yet another 3 months have passed and we are well on the way to Christmas.

This time of year I always like to show my appreciation to the Committee, Volunteers and Instructors for their dedication to the program. It has been wonderful to welcome Lisa to our team and also our newest committee member Sheila.

General office hours will be slightly different with Lisa & myself on holidays. Please read details on page 7.

As usual I am looking forward to another 60 & Better Year, but will also admit a break will be nice.

Have a wonderful Christmas and a Happy New Year.

Take care Anita.



Forever And A Day

If I had one Christmas wish
For family and friends this year,
We would take the opportunity to
strengthen values and beliefs
We hold so dear.

We would make time to sit at the table,
Break bread with those we love,
Fold our hands and bow our head,
Giving thanks to our Father above.

Read a book to the children,
Try to make the moments last.
Talk to them about family traditions,
Connecting with members of family past.

We would indulge in enjoyable stories,
Talk about our role models that paved the way,
Take comfort in the traditions that bring us together,
Creating a lasting bond, forever and a day.

Annette R. Hershey

"Gifts of time and love are surely the basic ingredients of a truly merry Christmas."

Peg Bracken

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 top of the hill on the grassed area in front of the Cenotaph</p>	<p>8-10 am Golf Croquet \$ 7.00 (7AM from 25th Jan.) & Includes M/T. Botanical Gardens. Phone 49140065. Please check in March for change of times.</p>	<p>10.30- 1 pm Coffee & Conversation \$20.00- pg. 4 for details The Victoria Tavern-1st Wednesday of the Month. Commencing back in February.</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 \$8.00. Includes M/T. Cap Silver Band Hall Diggers Lane. The Office Quay Street. Please call 49140065 for further information.</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 the office on 49140065</p>		<p>Craft with Esme 12-2.30 pm. Cost \$5.00 (extra if further materials required) The office Quay Street.</p>	
<p>8.30-12.30 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>FRIDAY in GRACEMERE 9-11.30 am. Friday Fun & Games with Alyson , cost \$5.00. Barry Street Community Centre . Proudly supported by R'ton Regional Council</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 24th February .</p>	<p>New Yoga session with Leesa 9-10 am Cost \$5.00 WWCA Hall Diggers Lane Robinson St North R'ton.</p>	<p>Be sure to wear comfortable shoes & 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. 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.

Now held at the **Victoria Tavern** in their new function room next door in little Musgrave Street. Morning tea, 2 course luncheon main meal off the menu and desserts of the day. **Cost \$20 per person.** Doors open at 10.15 am. Please choose **YOUR** meal from the menu on arrival.



1st December	Christmas Celebrations (see page 12)	
2nd February	Musical Bingo	
2nd March	Disaster Management RRC	Kirsten Bywater
6th April	Entertainment with Bevan & Joy	

Start Dates for Activities

Craft-Thursday- 3rd Feb.

Cards continues as usual.

Monday- Exercise -31st January.

Monday- Tai Chi -31st January.

Tuesday- Croquet -25th Jan at 7 am.

Ten Pin Bowling-1st Feb.

Gracemere-Cards continues.

Fun & Games Gracemere- 28th Jan.

Yoga- 11th &14th Jan.
new Venue details below.

Dance Health-4th Feb



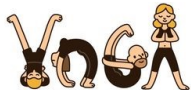
Rotary Rockhampton Fitzroy Emergency

Medical information booklet.

Rotary Fitzroy has donated these booklets to the program. Should you like one or would like to update you old booklet please let us know. If necessary we will mail them out. Gold coin donation would be appreciated.



In conjunction with The Council of Ambulance Authorities



With Leesa

New Venue & extra session.

Start dates Tuesday 11th January

Friday 14th January

Venue **YWCA Diggers Lane**
(off Robinson St Nth R'tn.)

Cost \$5 per person per session.

Please call the office for further details.

Fun & Games with Alyson



Gracemere Community Hall
Barry St.

Time: 8.45 am -10.15 am.

Cost \$5.00

Alyson starts the day with a drumming session. A great young man Chris has volunteered his time to add a Drum session to the morning from 8.45-9.15 am. Improvising with large plastic pots or 20 litre plastic containers. Drumsticks are supplied. Then it's on to "Fun & Games" with much laughter. Games include balloon volleyball, team ball games, balance and strength work out and finish the morning with relaxation and a cool down. For those interested please feel welcome to join the group for a coffee at a local establishment afterwards. Please call the office for further details.

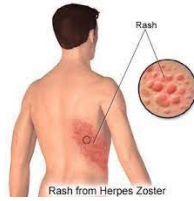


May the blue Bird of happiness follow your around all day... just not directly over your head.

Seven shingles myths busted

Despite how common shingles is, there's a lot of misinformation out there.

Approximately 95 per cent of Australian adults have been exposed to the chickenpox virus and are therefore at risk of developing shingles.



Myth: shingles is just adult chickenpox

It's true that shingles and chickenpox are caused by the same virus - varicella zoster - but the two are not the same. Chickenpox occurs after initial exposure to the virus and manifests as an itchy rash that can appear anywhere on the body. The virus doesn't disappear from the body once the rash has gone, instead, it lies dormant in the nerves. Sometimes, the virus can be reactivated, often decades later, causing shingles that presents in a painful, blistering rash in the area of skin served by the infected nerve. While it typically resolves in about a month for most people, it can also cause severe and long-lasting pain that is very difficult to treat.

Myth: only older people get shingles

While the infection is more common in people over 50, anyone who's had chickenpox can get shingles. Even children can get it, but the severity tends to be higher in older people. People who are immunocompromised are also at increased risk.

Myth: you can only get shingles once

Developing shingles does not result in immunity, meaning you can still have another attack in the future. Some individuals may experience two to three episodes during their life. New attacks usually appear on different parts of the body. Luckily, the shingles vaccine could lower your chances of a second infection, even if you get the shot after you've already had shingles.

Myth: the biggest problem is the rash

Though the rash is a defining sign of shingles, many sufferers report the accompanying pain to be the worst symptom. The pain can be severe and long lasting. It typically begins a few days before the rash appears and can last a long time after – sometimes even up to a year. The infection sits in a nerve beneath the skin's surface and the affected area is often tender, swollen and inflamed. Other symptoms include fever, headache, chills, upset stomach, muscle weakness, skin infection, scarring, and decrease or loss of vision or hearing.

Myth: you just have to wait it out

There is no cure for shingles, but antiviral medication may relieve the symptoms and help prevent complications. Treatment should be

started within three days of the rash appearing. Prescription and over-the-counter pain relievers, corticosteroids, and nerve block treatments may also help.

Myth: it's not contagious

Coming into contact with someone who has shingles will not reactivate the virus in your body. But the open blisters of the rash can spread the chickenpox virus to someone who's never had it. And that can lead to a later shingles outbreak.

Myth: shingles goes away after a few days

The rash frequently resolves within a few weeks. However, the effects on the nerve root may linger. A phenomenon called post-herpetic neuralgia can persist. This is described as pain that persists 30 days after the rash has resolved and it can last for months or even years and be debilitating.

Fact: Stress can worsen shingles

While stress may not directly cause or trigger shingles, there is a link between the two. Periods of extreme stress can wear away at the body's immune system, lowering its ability to defend against all sorts of viruses- shingles included.

Fact: it can cause vision loss

In 10 to 20 per cent of people with shingles, the rash appears in and around the eye. This can cause scarring, vision loss and other problems. If your eye or eyelid is red, swollen or painful from shingles, seek medical help as soon as possible. Ocular shingles could lead to glaucoma, scarring, or even blindness. Blisters on the tip of your nose can be an early warning sign.

Fact: the rash can get infected

The sores of shingles can become infected with bacteria, which can delay healing. If the pain and redness don't improve over a couple of weeks, see your GP to ensure there's no secondary infection.

Fact: vaccination can help

Since 2016, the Australian National Immunisation Program has provided shingles vaccination for all people aged 70. The shingles vaccine reduces the likelihood of shingles and of post-herpetic neuralgia. Shingles can still occur in vaccinated people, but the severity of symptoms is likely to be milder and symptoms will have a shorter duration. re why or why not in the comments section below.

Your Life Choices June 2021.

"Christmas is a bridge. We need bridges as the river of time flows past. Today's Christmas should mean creating happy hours for tomorrow and reliving those of yesterday." G Taber.

Weet-Bix Slice

*"quick and easien for
the Christmas season."*



Ingredients

- ☞ 1/2 x 395 g can condensed milk
 - ☞ 125 g butter
 - ☞ 1 tablespoon cocoa
 - ☞ 10 Weet-Bix biscuits, crushed
 - ☞ 1/2 cup desiccated coconut
 - ☞ 1 cup chopped mixed dried fruit (dates, nuts, ginger, etc)
- lemon icing

Method

Mix condensed milk, butter and cocoa in a saucepan. Heat gently until well blended and melted. Take off stove and add Weet-Bix, coconut and fruit. Mix thoroughly and place in a well-greased slice tin and set in the fridge.

Ice with lemon icing or icing of your choice.
CWA cookbook.



Computer Problems?

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

call

Michael O'Grady !!

0499760523



To all for donating both egg cartons, toilet and other cardboard rolls and novels & raffle prizes to the program. Your continued support is very much appreciated.

At a computer expo, Bill Gates reportedly compared the computer industry with the auto industry and stated:

"If Ford had kept up with technology like the computer industry has, we would all be driving \$25 cars that got 1000 miles to the litre."

In response to Bill's comments, Ford issued a press release. Here is what it said:

If Ford had developed technology like Microsoft, we would all be driving cars with the following characteristics:

1. For no reason whatsoever, your car would crash- twice a day.
2. Every time they repainted the lines in the road, you would have to buy a new car.
3. Occasionally your car would die on the freeway for no reason. You would have to pull to the side of the road, close all of the windows, shut off the car, restart it, and reopen the windows before you could continue. For some reason you would simply accept this.
4. Occasionally, executing a maneuver such as a left turn would cause your car to shut down and refuse to restart, in which case you would have to reinstall the engine.
5. Macintosh would make a car that was powered by the sun, was reliable, five times as fast and twice as easy to drive – but would run on only 5 per cent of the roads.
6. The oil, water temperature and alternator warning lights would all be replaced by a single "This Car Has Performed An Illegal Operation" warning light.
7. The airbag system would ask, "Are you sure?" before deploying.
8. Occasionally, for no reason whatsoever, your car would lock you out and refuse to let you in until you simultaneously lifted the door handle, turned the key and grabbed hold of the radio antenna.
9. Every time a new car was introduced, car buyers would have to learn how to drive all over again because none of the controls would operate in the same manner as the old car.
10. You'd have to press the 'Start' button to turn the engine off.

Management Committee

Contact numbers

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

Committee

Cliff Rawlings	49284201
Carolyn Lynch	49227928
Gary Fidler	0407759748
Sheila Jones	0427283013

Christmas Contact Details.

Please contact the Committee members on the numbers opposite.

The Office will be open on

☼ Monday & Fridays mornings 9 am-12 midday

☼ Tuesday 1-4 pm.

Alternately please phone and leave a message and we will get back to you.

Story Competition



We often speak with

members who tell as such amazing down to earth stories of their lives growing up, events that took place and the many different times had with work and also family.

We have decided to launch a competition with the hope we would have members interested and telling their stories.

It's a nice way to reminisce and share life events. As our newsletter reaches out widely in the community, it is sure to reach the younger generations, who probably know very little of the life and times of days gone by.

We are hoping members will take an interest and will certainly be publishing the winning stories in the Newsletter. There are gift vouchers for the lucky winners. Entries will close on the 31st March 2022. " Happy writing!"

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.

Soməhow not only for Christmas
But all the long year through,
The joy that you give others
Is the joy that comes back to you.

JG Whittér.



O'Dowd's Lunchon

Date 24th February

Time 12 midday

Cost P00



Why not join us for get together lunch to start off the New Year. There is a wide variety on the menu sure to please everyone. Please be sure to book and pay by the 17th February for catering purposes.



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

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Funded by



Queensland Government Department of Communities

Holiday 2022

Bundaberg Maryborough, Whale Watching and so much more! The costing includes accommodation at the Carriers Arms, with breakfast. All morning teas, lunches and afternoon teas included.

Dates 12th- 16th September.

Cost \$ 985.00 per person twin share.

\$ 1,170.00 Single . Based on Rail concession. (except evening meal)



Commencing in Bundaberg

☞ Bundaberg-rum distillery, Bundaberg Barrel (soft drink factory.)

Maryborough and surrounding areas:

☞ Hervey Bay Whale watch, Tin Can Bay Dolphin feeding, Rainbow Beach Museum, Childers winery tours, Mammino ice-cream (Yum!), Tiaro Christmas Cottage, Bauple Bopple Nut Museum.

Please call the office for a full itinerary and other costings as required. (Cost based on 30 members)