



# The Seniors Sentinel

Rockhampton, Cap Coast, Gracemere & Dee River Oldies-Mt Morgan

June, July August 2024

Volume 137

## Contact Details

📞 49 140065 📱 0437 398 990

E: [rocky60better@outlook.com](mailto:rocky60better@outlook.com)

[www.60andbetterrockhampton.com.au](http://www.60andbetterrockhampton.com.au)

1/248 Quay Street

Rockhampton 4700

ABN 19507683254



<https://www.facebook.com/Rockhampton60Better-20542552665574>

## 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*

"I was surprised when I started getting old. I always thought it was one of those things that would happen to someone else." - George Carlin

*Companionship,  
exercise & social activities.*

## Management Committee

President- Stuart Thomasson

Vice President- Joyce Messer

Secretary- Lynn Hoskins

Treasurer- Chris Forrest

### Committee

Cliff Rawlings

Bette Price

Janet Shields

### Staff

Manager- Anita Griffiths

**Accountant**- Checkmate Accounting

### Volunteer

Georgia Nunn

*"Be Proud Of Who You Are."*

*I come with no wrapping or pretty pink bows.*

*I am who I am, from my head to my toes.*

*I tend to get loud when speaking my mind.*

*Even a little crazy some of the time.*

*I'm not a size 5 and don't care to be.*

*You can be you and I can be me.*

*I try to stay strong when pain knocks me down.*

*And the times that I cry are when no one's around.*

*To error is human or so that's what they say.*

*Well, tell me who's perfect anyway.*

*S Raine.*

# P residents Pen



Hi Folks,

Welcome to the winter edition . The 60 & Better year has started off well with members enjoying their chosen services.

It hasn't been a great few months for Clarice and myself with continual health concerns all happening at once which I might add is the usual case with so many our age, however we battle on!

It appears we had yet another successful Beef Week, although the traffic was quite horrendous for many.

Well, as we have not been out and about very much of late there is little to report this time round.

Continue to enjoy your Program and stay happy and healthy.

Best wishes Stuart.

## Money Raised the Easy Way? (No Practice Required).

The local Preacher, was preoccupied with thoughts of how he was going to ask the congregation to come up with more money than they were expecting for repairs to the church building. Therefore, he was annoyed to find, that the regular organist was sick, and a substitute had been brought in at the last minute. The substitute wanted to know what to play. "Here's a copy of the service," he said impatiently. "But, you'll have to think of something to play, after I make the announcement, about the finances." During the service, the parish priest paused and said, "Brothers and Sisters, we are in great difficulty; the roof repairs cost twice as much as we expected, and, we need \$4,000 more. Any of you who can pledge \$100 or more, please stand up!"

At that moment, the substitute organist played "The National Anthem"

And that is how the substitute became the regular organist!

# Anita's Antic's

Hello readers,

One of the most exciting things about reaching 65 years of age is my very own Seniors Card! I am however a firm believer that every little bit helps. I have included a page in the Newsletter on what discounts are available. Should anyone know of any local businesses that honor the Seniors/Pension Cards with discounts please let me know as I had a great deal of difficulty trying to source updates on this information.

The Program is going well. The holiday is going ahead to the Carnival of Flowers and there are still vacancies available.

Inside you will find highlights of coming events and updates on all service provision.

We welcomed a new young volunteer to the Program recently, Georgia Nunn who will be working with us for 15 hours every week and is available to assist with your technical problems if required. Just give us a call to book a time.

To all members and readers who donate novels from time to time we thank you and all those well read and returned novels have now been picked up by LifeLine for their book fest, so please support them if you can. Be sure to enjoy the next 3 months, until next edition. Take care and keep smiling.

Regards Anita

## Rockhampton & District Local Ambulance Committee

Invites you to

# High Tea

Where Coco Brew William Street

When Sunday 14th July 2024

Time 12.30 pm

Cost \$50 per person.



4 lucky door prizes on the day & \$100 prize money wheel.

To reserve your table:

Phone 0402 566 146 or 0408 287 861

Please specify any dietary concerns at time of booking.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9-11 am Tai Chi with Lynn \$ 5.00 Botanical Gardens , on top of the hill on the grassed area in front of the Cenotaph . M/T (own cost ) at the kiosk. Contact the office on 49140065 for further information.</p>	<p>7.30-10 am (approx.) Golf Croquet Cost \$ 7.00 8am start from 18th April. &amp; Includes M/T. Botanical Gardens. Phone 49140065.</p>	<p>10.30- 1 pm Coffee &amp; Conversation \$25.00- page 4 for details The Rocky Sports Club.</p>	<p>Cards Gracemere Cost \$5.00 Gracemere Bowls Club, 30 Brooks Street Gracemere. For further information please call the office on 49140065.</p>	<p>Yoga session with Leesa 9-10 am Cost \$7.00 McNae's Martial Arts 6/35 Bridge St North Rocky. Phone the office on 49140065 for further information. Commencing Friday 1st March.</p>
<p>9-10 .30 am Line Dancing with Susan. Fred Fox Hall ( Rocky City Band Hall.) Cost \$5 per person. Call the Office on 49140065 information.</p>		<p>Yoga session with Leesa 9-10 am Cost \$7.00 McNae's Martial Arts 6/35 Bridge St North Rocky. Phone the office on 49140065 for further information. Commencing Wednesday 28th Feb.</p>		<p>Dance Health Alliance with Lindy 9.30-11.30am. Cost \$5.00 Held in the Activity room (office) Contact 49140065 for further details.</p>
	<p>12 noon-4 pm Cards \$5..00 afternoon tea included. Held in the Office 1/248 Quay St. Contact the Office on 49140064.</p>	<p>10.-12.30. Glass Mosaic with Sally. \$12.00 per session unless further materials are required . For further information phone the office on 49140065.</p>		<p>12 noon-4 pm. Cards \$5.00. afternoon tea included. Held in the office 1/248 Quay St. Contact the Office on 49140065.</p>
<p>9 am -12 noon Newsletter folding next date Thursday 29th August.</p>	<p>1.30-3.30 pm Ten Pin Bowling Cost \$10. Musgrave Street. Includes shoe hire and afternoon tea included. Contact the office on 49140065 for further information.</p>		<p>Please be SURE to personally sign the attendance book for insurance purposes.</p>	
<p>PLEASE CONSULT YOUR HEALTH PRACTITIONER BEFORE COMMENCING LOW IMPACT ACTIVITIES.</p>				

Coffee Conversation & Lunch.

Rocky Sports Club, Lion Creek Road. Morning tea, 2 course lunch. Choice of Roast of the day, or Fish, baked vegetables or salad and chips and dessert. Cost \$25 per person. Doors open at 10.15 am. Dates of lunches and guest speakers below.

5th June	Invasive plants	Peter MacCallum RRC
3rd July	Community Garden	Laura
7th August	RCC Waste Management	Kelly Smith

(Please bring any items to confirm they can be recycled.)

Technical support?

Needing help with computer or mobile phone. Please call and make an appointment with us for assistance.

**W**anted! Do you have any crockery you no longer need or use? We are seeking donations for our glass mosaic sessions, we can pick up if required. Please call the office on 49140065.

*Cardboard Cartons Suspended*

*The lady who volunteers to create the enrichments for the Zoo animals has requested no more rolls or egg cartons at this time as she has been inundated, her spare room is full! If you have room to save them for future notice please do. We will let you know when more are required. Thank you for your ongoing support.*



A rope walks into a bar. The bartender looks at it and immediately says, "Get out. We don't serve ropes here." The rope is understandably offended and says, "What? Why??" The bartender shakes his head. "I'm sorry, but your kind have been too much trouble in the past. One of our staff getting accidentally hanged was the last straw. It's nothing personal, but you have to leave." The rope complied, but felt very upset. He went home and talked to some friend ropes who encouraged him to stand up against the discrimination. Feeling emboldened, the rope tied himself up in various ways and pulled his ends apart until they were poufy. He was nearly unrecognizable. He walked back to the bar and confidently through the door. The bartender peered at him with narrowed eyes. "Hey," he said suspiciously, "aren't you a rope?" The rope replied, "Nope, I'm a frayed knot."

**Emu Park**

**Healthy Ageing Dancing**

(Old-time/New Vogue Sequence Dancing)

Emu Park Cultural Hall

Thursdays-1pm till 4pm

Entry Fee -\$5

Come along and enjoy a fun afternoon of dancing with Terry's great music.

For further information please phone

**Dell : 0400 583 955**

**Chair Yoga with Leesa**

◆ Leesa is now offering the choice of a chair yoga session.

Day & time to be decided if there is interest.

◆ Leesa also holds a chair yoga session held at Eureka Retirement Village Dean Street on Fridays commencing at 10.30 (approximately 40 minutes) Cost \$5

Please call to express your interest with either sessions.

1. I am taken from a mine, and shut up in a wooden case, from which I am never released, and yet I am used by almost everybody. What am I?
2. I am a box that holds keys without locks, yet they can unlock your soul. What am I?
3. Take one out and scratch my head, I am now black but once was red. What am I?

6 Day Toowoomba  
Carnival of Flowers 2024  
19th to 24th September



Bank details for direct deposit  
BOQ Holiday account BSB 124-046 Acc. 22551051  
Please use full name as a reference.  
Final Payment due Friday 9th August 2024.  
Places still available if your are interested.  
**Holiday 2023 Refunds.**  
Please let us know your bank account details for refunds from last years holiday.



**The Raindrop's Dirty Heart.**

We think of rainwater as pure, but there is a dark secret, that lies at the heart of every raindrop and even of every snowflake. It concerns the way rain is made. Evaporation sucks water vapour up into the sky where it becomes a cloud, made up of cloud droplets so small that they are invisible to the naked eye. They are also too small and light to fall back to earth. The sky itself is never empty, but contains countless billions of tiny specks of dust, dirt, soot from fires, organic and negative material, fern spores, bacteria, carbon, pollutants, pesticides and sea salt. Each of these too tiny cloud droplet attaches itself to one of these air-borne, pollutants, increasing its size and weight. Tumbled around as if in a washing machine, by wind and turbulence in towering storm clouds, the cloud droplets bump into one another and begin to stick together as drops too heavy to float in the sky. Eventually falling to earth as raindrops. Every single drop of rain and every snowflake that falls carries at its heart a speck of pollution. No raindrop can form, no snowflake can fall without that speck of dirt that provide the nucleus around which the first tiny droplet of mist clings. Still, rain that falls from the sky without touching anything else is still the closest to 'pure' earthly water that exists. Rainwater as we know is only as pure as the speck at its core, and the containers we store it in. Many of us were raised on tank water that flowed from roofs where rats, possums, flying foxes and birds defecated, regurgitated or urinated and where dust and pollutants gathered yet we survived, though sometimes one wonders how.

*Lakes Creek Railway Station.*

Lakes Creek is named after an early seaman who was named Captain Lake and a small fresh water creek that ran through the area. The Emu Park Rail Line opened in 1888 to service the Lakes Creek Meat Works and the sea side town of Emu Park.

The Lakes Creek railway station was originally situated across the road from where the heritage listed Lakes Creek Hotel stands today and when the new station was built, it was renamed Berserker Rail Station. A building contract for a new Lakes Creek Rail Station was awarded on 9 July 1900.

The stationmaster's house was located on the hill opposite the station.

Two Purrey Steam Trams – similar to the one at Archer Park Rail Museum – had a service fourteen times daily to the Station.

These trams were put into service between 1924 - 1925, transporting the meat workers and general public to and from town.

The tram service ceased in 1930 in favour of buses. The trams were able to carry 40 passengers in the main unit and 50 passengers in the trailer.

Bill Head was the last stationmaster from 1969 to 1992 and his father was stationmaster for 3 years prior to that.

A huge "thank you" goes to Peter for



**donating** a Christmas ham for our Christmas celebrations every year.

*Embrace Your Age*

*In every beat of time's unyielding song,  
Age weaves its threads, revealing where we belong.*

*Like whispered tales etched upon our face,  
Each passing year adds depth, a gentle trace.*

*For though our spirits dance with youth's sweet art,*

*Our years reveal the secrets of the heart.  
In graceful wisdom, our souls take flight,  
Embrace your age and live life's endless light.*

*C. A. Lynch*

# Gracemere News

## Gracemere Lunch Bunch

Held every 2nd Monday of the month. Commencing at 10 am. Held at the Gracemere Golfs Club. We start the day with morning tea followed by a guest speaker and then a 2 course lunch.



10th June Leland Barnett Driver safety.

8th July Yellow Paint Inc. Community Garden.

12th August Waste and Recycling

## Cards in Gracemere

Venue Gracemere Bowls Club.

Day Thursday's.

Time 9 am - Midday.

Cost \$5.00 and includes morning tea.

Come along and join a great group. Should you be interested in giving this social activity a go, please ring the office on 49140065 or Kevin (cards convener) on 49340776.

While sports fishing off the Florida coast in Key West, a tourist capsized his boat. He could swim, but his fear of alligators kept him clinging to the overturned craft. Spotting an old beachcomber walking on the shore, the tourist shouted, "There wouldn't by chance be any alligators in these waters?!" He asks in panic. "No," the old man hollered back, "haven't been any for years!" Feeling relieved, the tourist started swimming leisurely toward the shore. About halfway toward shore he asked the old man, "Say, how'd you get rid of the gators, anyway?" "We didn't do anything," the old man said. "The sharks got 'em."

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. Thank you!

## Lunch at the Kabra Hotel

Date 25th July

Time Noon

Pay on the day

Why not join us for lunch at the Kabra hotel? Please let us know if you like to attend by the 18th July.

## Obscure Body Facts.

### Wet Skeleton

You probably already heard that the human body is made up of mostly water (55 to 60 per cent for adult women and men, respectively). What you might be surprised to find out is that fluid isn't just in your skin, muscles, and organs, but your skeleton, too. In fact, water makes up nearly one-third of your bone mass.

### Bacteria

If you claim to be afraid of bacteria, better think again. A 2016 study found that a man weighing 70-kilos has about 38 trillion bacteria, which is roughly the same amount of human cells, the researchers say. What's more, the bacteria weigh nearly 250 grams in total.

### Sneezing

There was a long-standing stat that a sneeze travels 161 km/h, but newer research found it's not even close. Still, that achoo is rather impressive. A 2013 study in PLOS One found that a sneeze moves at the rate of about 16 km/h. Still, cover your mouth and nose to safeguard others from germs - and read this if you're tempted to hold in a sneeze.

### Hydrate

You exhale more than hot air: Exhaling is one way water leaves your body. And the amount that comes out quadruples when you exercise. When you're getting sweaty, you exhale about 60 to 70 millilitres per hour, research points out. Time to take an H2O break.

### Heartbreaks

The average human gets around three billion heartbeats in their lifetime. That's all the more reason to care for your ticker. Plant-based diets filled with veggies, sipping tea, and practicing yoga are among some of the smart ways to prevent heart disease.

# Dee River Oldies Mt Morgan.

*News from Dee River Oldies*

*Keeping a focus each day is so important in keeping our minds active.*

*Whatever your age, how your day runs it is up to you.*

*Getting those jobs done early in the day*

*that have to be done gives you more time to do what you enjoy. Catching up with family and friends and getting out to enjoy a cuppa makes a difference.*

*Our members are looking forward to our next bus trip on Wednesday, 12 June, 2024. We travel to Emu Park for morning tea then on to Yeppoon for lunch seeing the sights along the way. The cost is \$50. Please pay at our May Morning Tea on Wednesday 22 May, 2024 to secure your seat.*

*We have a mini cent sale planned for our May Morning Tea. Come along and enjoy the morning.*

*Check out when our Monthly Meetings and Morning Teas are on.*

*New members aged over 50 years are always welcome.*

*There is no cost for membership.*

*Regards,*

*The Steering Committee*

### **The Steering Committee**

President Carol Glover 49381995

Secretary Colleen Constable 0427161131

Correspondence:

Postal Address PO Box 170

Mount Morgan 4714

Secretary's Email:

constable54@bigpond.com

### **Meetings:**

Saint Mary's Church Hall- behind the Anglican Church.

Every 3rd Tuesday of the Month at 2 pm.

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

It's FREE To JOIN!

### Upcoming events.



Monthly meetings start at 2 pm and are held the 3rd Tuesday of each month and morning teas are held the 4th Wednesday of each month both held at Saint Mary's Church Hall behind the Anglican Church. (With December and January the exception).

Monthly Meetings commence at 2 pm.

★ 21 May 2024

★ 18 June 2024

★ 16 July 2024

★ 20 August 2024

Morning Teas commence at 10 am.

The cost is \$5. Raffle and lucky door prizes.

★ 22 May 2024 - Mini Cent Sale

★ 26 June 2024 - Musical

★ 24 July 2024 - Christmas in July

★ 28 August 2024 - Damper at the Hall

### Bus Trip

Wednesday 12 June, 2024 - Leaves Morgan Street bus stop at 8.30 am.

Travelling to Emu Park for Morning Tea then on to Yeppoon for lunch.

The cost is \$50.

Pay at the May Morning Tea to secure your seat.

### How walking affects the body

- 👉 3 minutes (walking) Blood pressure decreases.
- 👉 5 minutes (walking) outside Mood improves.
- 👉 5-10 minutes (walking) Creative thinking improves.
- 👉 15 minutes (walking) after meals blood sugar level decreases.
- 👉 30 minutes after meals (help to loose weight depending on walking speed.)
- 👉 40 minutes reduces the risk of coronary heart disease.
- 👉 90 minutes outside reduces the number of depressive thoughts.

## Seniors Card Discounts.

In addition to business discounts, holders of the Seniors Card and Seniors Card +go can access Queensland Government concessions. To apply: In most instances contact your supplier.

### Car registration

The Queensland Government offers a 20% subsidy capped at \$200 pa for rates and charges (excludes State Emergency and Management Levy (SEML)). The Queensland Fire and Emergency Services offers a 20% subsidy based on the SEML for an eligible pensioners principal place of residence.

### Electricity and gas rebates

Queensland pensioners and seniors may be eligible for: the Electricity Rebate-\$372.20 per year (GST inclusive). the Reticulated Natural Gas Rebate-\$86.75 per year (GST inclusive).

### Electricity

Contact your electricity retailer. You can apply over the phone or ask your retailer to send you an application form. Rebates are automatically deducted from your bill.

If you live in an apartment complex, residential park, retirement village or a granny flat contact the person/organisation sending your electricity bill. Find out more about rebates for rebates for residents of home park or multi-unit residential premises.

### Gas

Contact your gas retailer.

### Medical Cooling and Heating Electricity Concession Scheme

Assists with electricity costs for people who have a chronic medical condition. It currently provides \$479.03 (including GST) per year to eligible applicants (eligibility is reviewed every two years). If you are already receiving the Electricity Rebate or other energy concessions, you can apply for this concession. Your medical specialist must fill out the medical certification section.

### Renewing your eligibility

You must re-apply for the concession every two years. If you have a permanent medical condition: you won't need a new medical certification you will need to confirm that your concession card status or living arrangements haven't changed. If your original application indicated a temporary need for heating or cooling:

- ◆ you will need a new medical certification and
- ◆ you will need to confirm that your concession card status or living arrangements haven't changed.

If you hold a Seniors Card, you may be eligible for: Concession fares on public transport and long-distance rail services. Concessions on motor vehicle and recreational boat registration. Electricity and reticulated gas rebates.

To notify of changes:

Concession Services

Smart Service Queensland

PO Box 10817

Adelaide Street, Brisbane Qld 4000

Phone: 13QGOV (13 74 68)

Email: [concessions@smartservice.qld.gov.au](mailto:concessions@smartservice.qld.gov.au)

Shopping for goods and services

Ask the salesperson if they provide discounts to seniors.

Make the salesperson aware you are a card holder before:

- ◆ negotiating the price
- ◆ requesting a quote
- ◆ ordering goods and/or services
- ◆ paying for goods and/or services.

If you have difficulty obtaining a discount from a participating business, call Card Services at Smart Service Queensland on 13 QGOV (13 74 68).



**Management Committee**

Contact numbers

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

**Committee**

Janet Shields	0457477397
Cliff Rawlings	49284201
Bette Price	0409572708

**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.

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

Is there a word that uses all vowels including Y?

*Unquestionably.*

**Computer Problems?**

**For prompt reliable affordable service in YOUR Own Home.”**  
**call Michael O’Grady.**



**on 0499760523**

**M**ake the right call.....

Call 000

In a life-threatening emergency

Call 131 444

For non-urgent police assistance or visit [www.police.qld.com.au](http://www.police.qld.com.au)

Call 1800 333 000

To share information about non-urgent crime anonymously or visit [crimestoppersqld.com.au](http://crimestoppersqld.com.au)

**Digital Learning for Older Adults**

Be Connected is an Australian government initiative committed to building the confidence, digital skills and online safety of older Australians. Whether you want to pick up new skills or dive into a new topic, you can access our free learning resources online or join one of the thousands of community organisations running free computer classes across Australia.

Join a free online Be Connected presentation to develop your digital skills and keep safer online. Hosted by the eSafety Commissioner, Be Connected presentations cover a range of topics every month for older Australians, including how to use government websites, how to avoid scams, safer online shopping and banking and staying safe on Facebook.

All presentations are free, live streamed and delivered in an easy to understand format

Visit the Be Connected website for upcoming presentation topics and dates and information about how to register: [beconnected.esafety.gov.au/online-safety-presentations](http://beconnected.esafety.gov.au/online-safety-presentations).

# 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](mailto:fmckfunerals@live.com.au)

## Aged Care Packages.

In terms of annual dollar amounts, the changes are as follows:



- Level one package will increase from about \$9179 a year to \$10,271.
- Level two package will increase from about \$16,148 a year to about \$18,063 a year.
- Level three package will increase from about \$35,139 to about \$39,310 a year.
- Level four package will be \$59,594 a year, up from \$53,268.

It's important to note that these figures are before considering income-tested contributions, package provider administration fees, or case/care management charges, all of which are now capped.

These subsidy increases were calculated based on the amounts providers spent in 2021-22 on aged care workers and what was needed to ensure clients continued to receive the same hours of care starting July 1. The calculations also take into account that some care recipients use their home care subsidy for goods, equipment, home modifications, and allied health services, which are unaffected by the wage increase. If package recipients are dissatisfied with the level of service or the charges associated with their home care package, they have the freedom to switch providers at no cost, at any time.

However, it is essential to recognise that many home care packages often fall short of covering a person's care needs in their own home. This leaves individuals with the difficult choice of either paying for additional care privately (provided they can find and hire care workers) or transitioning into residential care.

For those on the highest package (level four), providers may be able to apply to the government to cover any financial gap in costs. If you are on a level 1-3 home care package and you are utilizing your entire budget on nursing and personal care, you may require a reassessment. Your provider can guide you through the process and determine if you need a reassessment by the Aged Care Assessment Team.

Another option for individuals looking to get better value from their package is to self-manage it. This means paying lower fees and negotiating pay rates directly with the care workers they hire themselves. However, it's worth noting that self-management may still require recipients to appoint a provider, which should not be charging more than the government-capped 15 percent of the package in administration fees.

Fortunately, the current home care system is under review, and the proposed Support at Home program is part of the responsibility of the recently established aged care task force. This task force is actively addressing various residential care issues with a focus on achieving faster solutions.

The Support at Home program, initially scheduled for a July 2025 start date, means that providers and package recipients, as well as existing and new workers, will continue to work with a system that does not fully meet the needs of aging Australians or care providers.

In the realm of residential care, the 15 percent wage increase for nurses, carers, activities officers, and cooks is a critical component of meeting the government's previously established minimum staffing standards and care minutes, all of which have become requirements this year.

Retaining existing staff, including vital roles such as administration, maintenance, and kitchen staff, who did not receive the special wage increase, remains a continuous challenge for facilities.

According to the UTS Ageing Research Collaborative (UARC) half-yearly report on the aged care sector, only one in 10 residential aged care homes surveyed currently have adequate direct care staff to meet the new 24/7 registered nurse requirements and mandatory care minute targets.

UARC estimates that an additional 12,520 full-time equivalent workers will be needed to meet the new standards, including 5911 registered nurses.

Starting from July 1, the minimum standard mandates that a registered nurse must be on-site and on duty 24 hours a day.

**Footlights Theatre Restaurant & Café 63 Lunch**



**Date** Thursday 18th July  
**Cost** \$80 per person  
**Depart** Central Park 8.30am  
 Stocklands bus stop Yaamba Rd 8.45am

*We travel to Footlights for morning tea and a hilarious theatre performance before heading on to Café 63 at Yeppoon Central. 3 meal choices have been chosen for easier service on the day. Before travelling home a scenic drive over the panoramic Wreck Point lookout. Please be sure to book & pay by the 11th July.*

1. Dali Pasta- Fettuccini sliced chicken breast ,spinach, tomatoes, onion cooked in creamy Haystacks tomato based topped with parmesan cheese.
2. BBBB Burger-Beef patty bacon, fried egg, grilled onion, fried egg, greens, tomatoes, fries and 1/2 salad.
3. Dresden-chicken schnitzel, house slaw top with creamy parmesan dressing, sweet chili mayo, fries.



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

**Postage Paid**  
**Australia**

Funded by



**Queensland Government**  
 Department of **Communities**

**East Street Buffet**

Thursday 22nd August  
**Cost** \$19.90 POD  
**Time** 12 pm  
 Join us for lunch at the  
*“all you can eat buffet.”*  
 Please book before the  
 15th August.

Fact: Dead skin cells are a main ingredient in household dust. According to researchers at Imperial College London, humans shed around 200 million skin cells each hour-and they have to go somewhere when we're indoors. If the idea of skin dust isn't sitting well with you, you should know that a report from the American Chemical Society found that a skin oil called squalene naturally helps reduce indoor ozone levels by up to 15 percent.

Fact: There's enough gold inside Earth to coat the planet. Turns out, there's quite a bit of gold on-or, really, in-our planet: 99 percent of the precious metal can be found in the Earth's core, Discover Magazine reports. How much is there? Enough to coat the entire surface of the Earth in 1.5 feet of gold.

Fact: Lemons float, but limes sink. Because limes are denser than lemons, they drop to the bottom of a glass, while lemons float at the top. Out of all these random fun facts, this one's been in front of our faces (or rather, in our glasses) this whole time! Check out these other things to wonder about that you likely never thought of before.