

Merry Christmas
The Seniors Sentinel

December, January, February 2016 /2017

Volume 107

Contact Details

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PO Box 211 Rockhampton 4700
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Office Hours

Monday-Thursday 9.00am-3.00 pm

Friday 9am-12.30 pm

Please phone the office if attending 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- Des Browne

Secretary- Pamela Bloxsom

Treasurer- Mary Greenhill

Ass/Treasurer- Joyce Holmes

Committee

Cliff Rawlings

Joyce Messer

Committee: contacts page 6

Manager- Anita Griffiths

Assistant –Bronwyn Tummon

Accountant-Knight Accountants



Over 50? Join now !!!
companionship, exercise and social activities.

Presidents
Pen



Hi Folks!

Here we are close to the end of 2016, which means another year has flown by and a new one around the corner.

2016 was a milestone in regards to our progress, 2017 is looking like being even bigger still!

I must offer my apologies for not being around for the last couple of months. Firstly Clarice & I holidayed in New Zealand with friends for 16 days, then after only being home for 3 days I ended up in hospital for 9 days. Needless to say I was extremely unwell, but now well & truly back on the mend & looking forward to catching up with you all.

My thanks goes out to the committee, you have done a wonderful job in 2016. On that note I will add a very big "thank you" to Anita & recently Bronwyn for doing an excellent job all year & progressing the program into the future.

On behalf of my wife Clarice & myself I will take this opportunity to wish you all a very Merry Christmas & a healthy & happy New Year.

Stuart

Anita's
Antics



Hello everyone from myself & Bronwyn!

Once again it has been a huge 3 months. To cap it off not only do we now have a great group in Mt Morgan, we recently set up exercise sessions in Yeppoon (Rumba Sa), Emu Park (Easy Chair Yoga), Gracemere (Strength & Balance), with more activities in the planning for the future. So if you do receive this Newsletter & live in the surrounding areas & have some ideas for either exercise & social activities be sure to let us know. Rockhampton is also going well with members enjoying their activities.

Some great news for us, we have moved again!, not far though we are now to be found at **Suite 1/ 248 Quay Street**. The move was instigated because our suite was just too small to cope with the activities & office work we do.

With the Christmas Season also comes the closure of the office. This year we will close from the **Friday 16th December** & reopen on **Monday 16th January**. On that note I will say a huge thank to the Management Committee, volunteers & members who make our program the success it is. Merry Christmas & Happy New Year. Take care Anita & Bronwyn.



Rockhampton 60 & Better Program Inc.

MONDAY	TUESDAY	WEDNESDAY	SUB BRANCH ACTIVITIES.	FRIDAY
<p>9.00-10.00 am Gentle Exercise with Pam \$5.00. Contact the office on 49140065 for info. Uniting Church Campbell St.</p>	<p>8-10.30 am Golf Croquet \$ 5.00 & Includes M/T. Botanical Gardens. Phone 49140065. 9.30-11.30 Computer Group no charge. R'ton Regional Library. Phone 49368212</p>	<p>10.30- 1 pm Coffee & Conversation \$15.00- pg. 4 for details The CQ Leagues Club Wandal.</p>	<p>YEPPON 9-10am Rumba Sa Friday cost \$5.00 held @ Keppel Bay Sailing Club (beachside) Commodore Room. EMU PARK- 930-10.30am Thursdays Easy Yoga \$5.00, Sunset Lodge Retirement Centre Rec room Zilzie</p>	<p>7.45-9 am Walking Program EVERY SECOND FRIDAY Details page 4. Contact the Office of 49140065 . Please see page 4 for further details.</p>
<p>10.30-11.30 am Tai Chi with Lynn \$5.00 Held at the Uniting Church Hall Campbell St.</p>	<p>1.30-3.30 pm Ten Pin Bowling Musgrave Street. Cost \$7.50 Includes shoe hire and afternoon tea. Contact Clarry on 49225048</p>	<p>Attention: Aqua will continue with Affinity Swim for information please call Sandy on 49262 882.</p>	<p>GRACEMERE 10.30-11.30am Friday, Strength & Balance, cost \$5.00</p>	<p>9.30-11.30am Sitting Dance with Betty \$3.00 Includes M/T. Contact Betty On 49286 421 for info. Community Health Bolsover St.</p>
<p>9-noon Cards . \$3.00 (per person) Contact Joyce On 49288417 for further info. The office 2/248 Quay St.</p>	<p>1-4 pm Cards \$3.00 afternoon tea included Contact the Office on 49140065 for further information. Held in the office 2/248 Quay St.</p>	<p>1.30-3.30 pm. Indoor Bowls \$3.00 Kent St Indoor Bowls cnr of Cambridge & Archer Sts. Includes A/T. Contact the office on 49140065 for further info.</p>	<p>THURSDAY REGULAR Rton Activities 9.30-11.30am Management Meeting 2nd THURSDAY of every month</p>	<p>Rumba-Sa with Pam Oak Tree Retirement Village, Glenmore Rd. Cost \$ 4.00 per person. Time 8.30-9.30am. 9am-10am. Yoga style Strength & Balance with Leesa. Cost \$5.00 Uniting</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>9am -12noon Newsletter folding Last Thursday of 3rd month Next date Thursday 23rd February. please phone for confirmation.</p>	<p>1-4 pm. Cards \$3.00. afternoon tea included. Contact the Office on 49140065 for further Info. Held in the office 2/248 Quay St.</p>
PLEASE CONSULT YOU HEALTH PRACTITIONER BEFORE COMMENCING LOW IMPACT ACTIVITES.				

Coffee & Conversation



Held at the CQ Leagues Club (on Lion Creek Road). The cost will be **\$15.00** per head. Morning tea and lunch included. Lunch will consist of Roast or Fish and vegetables, tea, coffee and post mix drinks, bread roll followed by dessert. It is essential for you to **BOOK and PAY with your MEAL preference 7days prior**. Doors will open at 10.00 a.m.

1st February	Umbrella Network	Shannon
1st March	Eco Sure	
5th April	House Call Doctor	Scott (article below)
4th May	Anniversary Celebrations	TBA

PLEASE BE AWARE OF THE CHANGE OF DAY.



*Come along
give it a go!
"Talk the Walk!"*

It's a great riverside to walk along, then have a cuppa & chat in the office social room.

Itinerary

Walks start at 7.45am. The start point is the front of our Office in Quay St. Phone 49140065 for further details.

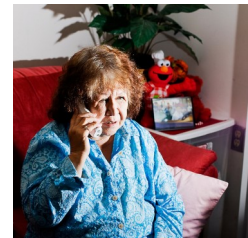
Walking Dates

Walking will resume Fridays, dates are 3rd, 18th Feb, 4th 18th March, 7th & 21st April.

House Call

Doctor phone

13 55 66



If you're sick & your GP is closed please call this number. This service is bulk billed. Scott Hooper CQ area manager will be present at C&C is April to answer all your questions. Please be sure to attend.

Start dates Activities 2017

Exercise / Tai Chi - 30th Jan

Rumba -20th Jan

Indoor Bowls -18th January

Sitting Dance -27th Jan

Ten Pin -17th Jan

Rumba Sa - 20th Jan

Walking -3rd Feb

Easy Yoga 2nd Dec-27th Jan

Croquet 6th Dec-17th Jan

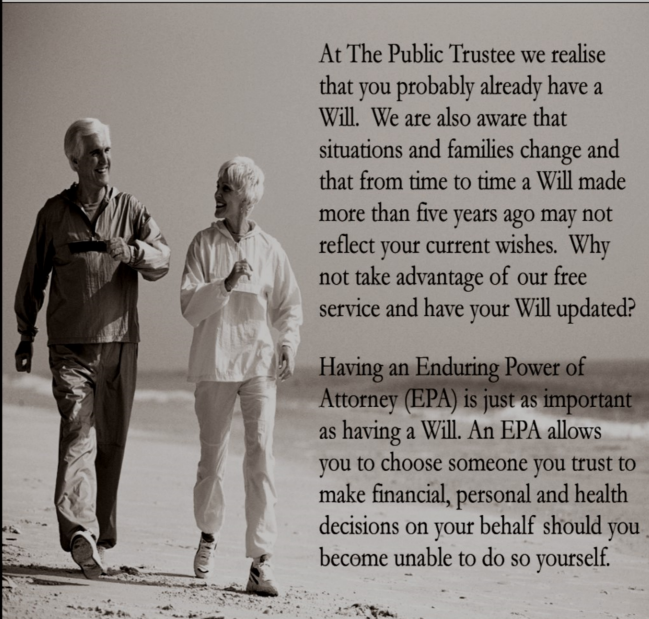


It's a romantic full moon, when Pedro said, "Hey, mamacita, let's do Weeweechu." Oh no, not now, let's look at the moon!" said Rosita. Oh, c'mon baby, let's you and I do Weeweechu. I love you and it's the perfect time," Pedro begged. "But I wanna just hold your hand and watch the moon." replied Rosita. Please, corazoncito, just once, do Weeweechu with me." Rosita looked at Pedro and said, "OK, one time, we'll do Weeweechu." Pedro grabbed his guitar and they both sang.....

"Weeweechu a Merry Christmas, Weeweechu a Merry Christmas, Weeweechu a Merry Christmas, and a Happy New Year."

What could be more important than having an up to date...

Will & Enduring Power of Attorney?



At The Public Trustee we realise that you probably already have a Will. We are also aware that situations and families change and that from time to time a Will made more than five years ago may not reflect your current wishes. Why not take advantage of our free service and have your Will updated?

Having an Enduring Power of Attorney (EPA) is just as important as having a Will. An EPA allows you to choose someone you trust to make financial, personal and health decisions on your behalf should you become unable to do so yourself.

For a FREE WILL or to make an EPA contact:

The Public Trustee of Queensland
69 East Street, Rockhampton
Telephone: 07 4999 3600
Email: pt_rockhampton@pt.qld.gov.au



plans for life
peace of mind



**60 & Better Name Badges
Cost \$ 12.00 each.**

Oxford Dictionary word of the Year 2016.

Post-truth

"...an adjective defined as 'relating to or denoting circumstances in which objective facts are less influential in shaping public opinion than appeals to emotion and personal belief.'"

Very timely.

One Pot Chicken Curry



Ingredients (serves four)

- 1 tablespoon cooking oil
- 750 g boneless chicken thighs, cubed
- 1 large brown onion, cut into wedges
- 1 teaspoon ground ginger
- 2 cloves garlic, minced
- 1 tablespoon curry powder
- 1/4 teaspoon ground cumin
- 250 ml chicken stock
- 2 carrots, peeled and sliced
- 2 large potatoes, washed and cubed
- 375 ml tin coconut milk (you can use the light variety)
- 500 g tin canned diced tomatoes, drained

Freshly ground salt and black pepper to taste

Method

Heat oil in a large pot over a medium to high setting. Add the chicken and salt and pepper to taste. Cook until browned, stirring occasionally. Add the onion and fry until slightly tender. Add the ginger, garlic, curry powder and cumin and fry for a further two minutes.

Pour over the stock and stir, ensuring you scrape all the brown tasty bits at the bottom of the pot.

Stir in the coconut milk and add the potatoes. Leave to simmer for five minutes, and then add the tomatoes and carrots. Simmer until vegetables are tender and season further if required.

It is difficult to live in the present, ridiculous to live in the future, and impossible to live in the past. Nothing is as far away as one minute ago."

— **Jim Bishop**, American Journalist & Author



For 2017/8

60 & Better has it all!

- Free to join
- Fun
- Companionship
- Exercise
- Information

(excludes catered functions)



Committee Contact details

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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.

Herpes-zoster (Shingles)



Herpes-zoster (Shingles) is a viral infection caused by reactivation of the varicella-zoster (chicken pox) virus, which is a member of the herpes group of viruses. It is usually a mild disease characterised by a painful skin rash with blisters involving a limited area. However, it can be severe in older adults and immunocompromised persons and may cause serious or even fatal complications.

Causes

Shingles is contagious and can spread through direct contact with the people who are infected. People who have not yet had chicken pox or are immunocompromised are more likely to contract the disease from an infected person.

Prevention

Shingles is a vaccine preventable disease and vaccination is recommended for adults 65 years and over. Immunisation against shingles is achieved via doses of the

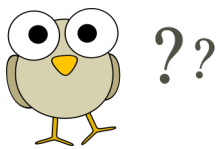
Zostavax® vaccine which can be given to adults of all ages and whose protection is known to last approximately 10 years.

As of 1 November 2016, the shingles vaccine will be provided free for people aged 70 years under the **National Immunisation Program Schedule**.

There will also be a five year catch-up program for people aged 71 – 79 years. To receive immunisation, visit your local health professional.

Your Life Choices 2016

English *is* a crazy language – with



plenty of leeway for laughs, especially when George Carlin has his way with it!

We'll begin with a box, and the plural is boxes,
But the plural of ox becomes oxen, not oxes?
One fowl is a goose, but two are called geese?
Yet the plural of moose should never be meese?.
You may find a lone mouse or a nest full of mice?
Yet the plural of house is houses, not hiee.
If the plural of man is always called men?
Why shouldn't the plural of pan be called pen??.
If I speak of my foot and show you my feet,?
And I give you a boot, would a pair be called beet??.
If one is a tooth and a whole set are teeth?
Why shouldn't the plural of booth be called beeth?
Then one may be that, and three would be those?
Yet hat in the plural would never be hose?
And the plural of cat is cats, not cose?
We speak of a brother and also of brethren?
But though we say mother, we never say methren?
Then the masculine pronouns are he, his and him?
But imagine the feminine: she, shis and shim!
Let's face it – English is a crazy language?
There is no egg in eggplant nor ham in hamburger ?
Neither apple nor pine in pineapple?
English muffins weren't invented in England.
We take English for granted, but if we explore its paradoxes?
We find that quicksand can work slowly, boxing rings are square,?
And a guinea pig is neither from Guinea nor is it a pig?
And why is it that writers write, but fingers don't fing?
Grocers don't groce and hammers don't ham?
Doesn't it seem crazy that you can make

amends but not one amend??.
If you have a bunch of odds and ends and get rid of all but one of them?
What do you call it?
If teachers taught, why didn't preachers praught??.
If a vegetarian eats vegetables, what does a humanitarian eat?
Sometimes I think all the folks who grew up speaking English should be committed to an asylum for the verbally insane. ?
In what other language do people recite at a play and play at a recital?
We ship by truck but send cargo by ship...?
We have noses that run and feet that smell?
We park in a driveway and drive in a parkway?
And how can a slim chance and a fat chance be the same?
While a wise man and a wise guy are opposites?
Well, if crime fighters fight crime and fire fighters fight fire, what do freedom fighters fight?
You have to marvel at the unique lunacy of a language?
In which your house can burn up as it burns down?
In which you fill in a form by filling it out,
And in which an alarm goes off by going on.
And in closing...
If Father is Pop, how come Mother's not Mop?
By and large, language is a tool for concealing the truth.



MedicAlert

A Personal alarm device is an

essential piece of equipment for those who are frail/living alone. They can be worn as a pendant or bracelet/watch. It is equipped with a button you press when assistance is required. A signal is sent from the pendant to a base unit, which in turn calls our response centre. There is no need to pick up your phone - our response operators will speak to you through the base unit, assess your needs and send help immediately if required. In the event of a fall, medical emergency or if you need assistance, no matter the time of day, help is at hand. There are numerous companies who offer this device, with a few variations to the emergency call set up. For further advice please contact your health professional.



Computer Problems?

*Having computer problems?
Michael O'Grady can help!!*

Reasonably priced and willing to come to you!

Contact Michael on **0499760523**

Since our last Newsletter, there have been quite a few members very happy with his work.



**Novels
Spectacals
Stamps
Thank you**

Loneliness can be a crushing experience. As humans, we crave connection and social interaction with others, so periods of isolation can cause significant distress. But you don't have to be physically isolated in order to be lonely – it's possible to feel disconnected even when surrounded by people. According to University of Chicago social neurologist John Cacioppo, co-author of *Loneliness: Human Nature and the Need for Social Connection*, the effects of isolation or rejection on the body are as legitimate as hunger, thirst or pain.

"For a social species, to be on the edge of social perimeter is to be in a dangerous position," Dr Cacioppo says.

"The brain goes into a self-preservation state that brings with it a lot of unwanted effects."

Distress can manifest itself in many ways, with physical symptoms including:

- ◆ **aches and pains**
- ◆ **susceptibility to illness and infection**

- ◆ **Lethargy/sleep problems**
- ◆ **decreased appetite**
- ◆ **high blood pressure**
- ◆ **increased pressure on the heart.**

There are many reasons why a person may feel lonely or isolated. According to Lifeline, these include:

- ◆ **losing a loved one or friend through death or relocation**
- ◆ **lack of close family ties/ living alone**
- ◆ **difficulties in meeting new people due to access issues or introverted personalities**
- ◆ **feelings of loss or grief**
- ◆ **a mental health condition such as depression or anxiety**
- ◆ **fear of rejection from others or feelings of being 'different' or stigmatised by society**
- ◆ **inability to participate in activities due to access issues, mobility, illness, lack of transport**
- ◆ **retirement from work, home relocation, starting out in a new role or community**
- ◆ **lack of purpose or meaning in life**
- ◆ **language or cultural barriers, or reduced connection with your culture of origin**
- ◆ **geographic isolation**
- ◆ **feeling lost in the crowd.**

So, what can you do for yourself or a loved one experiencing loneliness?

Connecting or reconnecting with family or friends is a good place to start. **Getting involved in local activities** can be a great way of making new friends and creating a sense of community and achievement. This could include volunteering, **taking a class or joining a club or team**. Even just spending time in a public space, such as a park, library or café, can foster a feeling of interaction and create opportunities for conversation. If you're lonely at home, consider adopting a pet. They make loyal, uplifting companions.

If loneliness is seriously affecting your health and you need support, talk to your health professional or contact Lifeline on 13 11 14.

Sausages.....

Racism?

Everyone seems to be in such a hurry to scream 'racism' these days.

A customer asked, "In what aisle could I find the Irish sausages?"

The assistant asks, "Are you Irish?"

The guy, clearly offended, says, "Yes I am, but let me ask you something...

If I had asked for Italian sausage, would you ask me if I was Italian?

Or if I had asked for German

Bratwurst, would you ask me if I was German?

Or if I asked for a kosher hot dog would you ask me if I was Jewish?

Or if I had asked for a Taco, would you ask if I was Mexican?

Or if I asked for Polish sausage, would you ask if I was Polish?"

The assistant says, "No, I probably wouldn't."

The guy says, "Well then, just because I asked for Irish sausage, why did you ask me if I'm Irish?"

The assistant replied, "Because you're in Bunnings."

Submitted by Bryan Graff



Bloating: causes and foods that can fix it.



While there are many explanations for bloating, none of them make it any less uncomfortable. Bloating can describe the sensation of trapped gas in your stomach, bowel or colon. It could also be related to your body retaining water.

Here are some of the potential causes:

- ✓ overeating
- ✓ being lactose intolerant (even mildly) and eating dairy
- ✓ swallowing too much air with your food
- ✓ eating high-sodium foods
- ✓ drinking through a straw
- ✓ chewing gum
- ✓ sucking on hard lollies
- ✓ eating foods high in oligosaccharides, such as beans and lentils
- ✓ eating cruciferous or brassica vegetables, such as Brussels sprouts, cabbage, cauliflower or carrots.

Before seeking solutions for your swollen stomach, you need to know which type of bloat you're experiencing.

If you're retaining water, you should seek foods high in potassium, such as:

Swiss chard, bananas, baked potatoes
sweet potatoes, spinach, salmon
edamame beans, halibut, coconut water.

If you're dealing with trapped gas, you'll need foods that will aid your digestion and relax your gastrointestinal tract, such as:

Papaya, mint, licorice, fennel seeds
caraway seeds, ginger.

If you're not sure which type of bloating you're experiencing, then opt for foods that have a high water content, such as:
Cantaloupe, cucumbers, celery, pineapple, grapes.

Bloating is uncomfortable, but with the right foods you can do away with distension.

Natural carpet Clean Recipe

2 tablespoons dishwashing liquid, 3 tablespoons white vinegar, 1/4 cup water (mixed in a spray bottle)

First, mop up the excess moisture as quickly as you can. The quicker you can attend to a mess, the better chance you have of getting it out! If you have some soda water on hand, dampen a cloth well and apply to the stain and sponge it up. If it's still there, make up the following mixture: 2 tablespoons dishwashing liquid, 3 tablespoons white vinegar, 1/4 cup water. Work the liquid into the stain and blot it dry with a clean towel. Leave for a least 5 minutes, vacuum when dry. .

Finlayson & McKenzie Funeral Directors



“Meeting your needs with quality and compassion”

Funerals can bring up all sorts of financial as well as emotional situations, which can be challenging for family members. But you can help dissipate such situations altogether. How? By preparing for your funeral beforehand. This may feel like a gloomy thing to prearrange but it's a clever deed in many ways.

Emotional benefits of prepaid funerals

You can state your needs and preferences to reflect and celebrate your life – and you can make it as personal as you wish, from the type of service, instructions for a certain theme or music you wish included, and your final place of rest.

Important decisions can be made without the emotional stress that usually accompanies death.

It gives you the time to plan and arrange the service you want, in your own time, and with the experienced care of a funeral professional by your side.

You are saving your nearest and dearest from the uncertainty and angst of having to make these important decisions in the days following your passing.

Your family will be supported by an experienced funeral professional

who'll know your wishes and be able to help and direct them during a time of grief.

Financial benefits of prepaid funerals

You pay today's price for the prepaid service you choose, which protects you and your family from inflation.

You are also taking care of an important future cost, which means loved ones won't be burdened with concerns about finances in the tumultuous time after you are gone.

The funds you pay for a prepaid funeral are held in trust, until the service is needed, and there is no risk of default.

The value of the funeral services you select are exempt from deeming under Age Pension assessment and you can even pay by instalments.

Once you have planned and prepaid for your funeral, you can tell your loved ones that they no longer have to worry should the worst happen. They can simply experience your care and love through the arrangements you have made in advance – and they can farewell and celebrate you through a funeral service you, yourself, have created.

Would you like more information on pre paying for your funeral?

Please contact Sandi

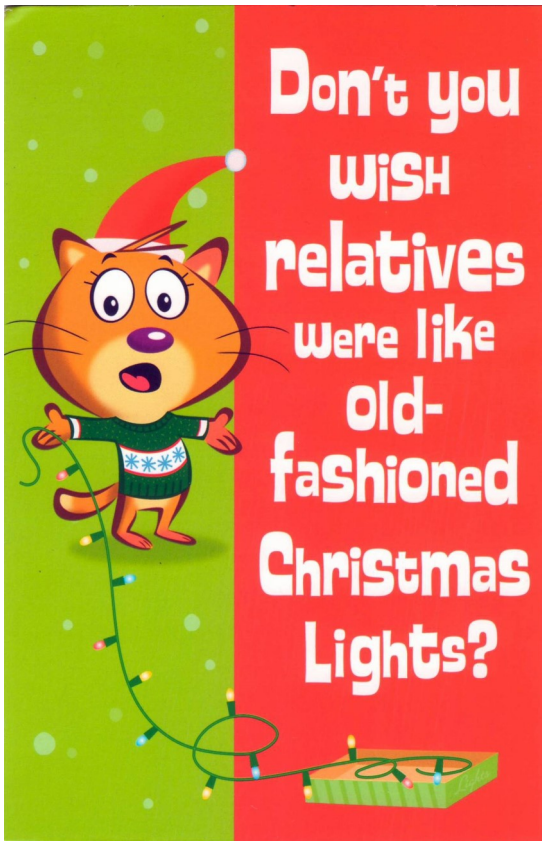
Finlayson & McKenzie

56 William Street

Rockhampton

Telephone– 4922 1269

Or email to fmckfunerals@live.com.au



Holiday 2017

Due to some scepticism regarding next years holiday destination, we have decided to put forward another option.



Option one

Coach Holiday s Australia-Parkes & the Golden West. 8th-15th October. Cost \$1,275.00 (single sup extra) airfare approx. \$580.00(flying into Sydney). All meals, transfers & tours included.

After a sightseeing tour of Sydney plus overnight stay the Coach will take you through the Blue Mountains, Lithgow, Orange, onto the Bushman's Comfort Inn where you will stay. Sightseeing will include ,Parkes & the Dish, Forbes, Canowindra, Cowra, Dubbo & the Western Plains Zoo.

Option 2

Terranova Tours & including the matinee- 10th-17th September Cost \$1249.00 (single sup extra) airfare approx. \$580.00 (flying into Newcastle.) . All meals, transfers & tours included.

“Beautiful- The Carol King Matinee.”

You will arrive at Forrester's Beach Resort. Your tours will include Roses to Go , The Northern District, Woongarra, Blue Mountains, Leura, **Carole King the Musical**, Hawksbury River, The Riverboat Postman, Australian Wildlife experience.

Comp days 2017!



What a great idea.

Member have come up with the suggestion of holding “comp days” at our various joint exercise activities being- croquet, ten pin/indoor bowls, and cards. Let us know if your thoughts.

Another fresh new year is here.

Another year to live!

To banish worry, doubt, and fear,

To love and laugh and give!

This bright new year is given me

To live each day with zest . . .

To daily grow and try to be

My highest and my best!



A Day at the Races !

Don you best outfit! Ladies wear your hats!

We are invited to a free day at the Callaghan Park Races, with a reserved area in the grandstand overlooking the track. Lunch can be purchased on the day with a bar open for drinks.

Date Thursday 16th February

Time 12 midday.

Please book by the 11th February.



If undeliverable please
return to
60 & Better
PO Box 211
Rockhampton 4700

Postage
Paid
Australia

Funded by



Queensland Government
Department of Communities

Korte's Resort Luncheon

Everyone enjoyed their time at Korte's last year so we have set another date.

Date Thursday 23rd March-book by 18th March

Time 12 midday

Your lunch choice consists of

Works Burger \$19

Pulled beef Burger \$17

Toasted Steak Sandwich \$17

Toasted Chicken Ciabatta \$17

BLT \$16- add chicken \$20

Panko Crumbed fish \$25

Salt & Pepper Calamari \$22

Seafood Basket \$26

Plas check menu at the office for specific inclusions for each meal.

