

Morning teas with guest speakers

Held at St Mary's Church hall commencing at 10am

Dates are:

Wednesday 26th July

Wednesday 20th September

Street Stall commencing at 8am

Date: Thursday 17th August



Doug's Mystery Tour

Who knows where you will end up!



Date Sunday 16th July

Cost \$50.00 per person

Departs at 8.30am from the Bus stop in Morgan Street.

The day includes morning tea & lunch.

Please pay when booking.

If undeliverable

Please return to

43 Pattison Street

Mt Morgan 4714

Please

affix

stamp

Funded by



Queensland Government
Department of Communities



Celebrate Seniors Week

with "Dee River Oldies!"

Venue "The Dam"

Date Thursday 30th August -11am-2pm

Cost "Gold Coin" donation

Please come along and celebrate Seniors week with us.

It's a great day out with lots of fun and laughter.

Please book for this event. ALL AGES WELCOME!

Pilbeam Theatre

"Little Pattie"

Senior Moments



Monday 31st
July

Cost \$50.00 per person

Pick up Morgan St Bus stop.

A day out at the theatre and lunch at the Grand Hotel in Mt Morgan before heading home.

Dee River Oldies Newsletter



July, August, September 2017

Volume 6

News from Dee River Oldies

Another few months has gone by, apologies for this late Newsletter. Time goes so fast you tend to think you are on a roller coaster! However we have had a few very enjoyable occasions.

April saw us enjoy an Easter Party with the long-term residents of the Hospital. We followed this with a morning tea, Gordon Luck from Mt Morgan Hospital (MPHS) was the guest speaker. Gordon was an excellent informative speaker, with everyone gaining some helpful information. Members also enjoyed a day trip to Gladstone to see a cruise liner at the port then went on to lunch at the markets which was enjoyed by all who attend.

Be sure to read on for future outings and adventures. Don't forget you do not have to be 60 to join our group, so please contact us for further details.

Stay happy & healthy. The Steering Committee.

Day trip to Gladstone.



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

The Steering Committee

Margaret & Doug Hoehne

☎ 49381 705

Carolyn Read

☎ 49381 720

Rosemary Izzard

☎ 49381 981

Veronica Clancy

☎ 49381 930

Betty Ware

☎ 49382 801

Ready for some fun & friendship? Join now its FREE! Please contact the "Steering Committee" on the numbers above.



Members joined Rockhampton group for the Opening Day celebrations & promotion of the program throughout the community.

Satan enters the Church.

A few minutes before the Church services started, the congregation was sitting in the pews, waiting.

Suddenly, Satan appeared at the front of the Church.

Everyone started screaming and running for the entrance, trampling each other in a frantic effort to get away from evil incarnated.

Soon the Church was empty except for one elderly gentleman who sat calmly in his pew without moving, seemingly oblivious to the fact that God's ultimate enemy was in his presence.

So Satan walked up to the man and said, "Do you know who I am?"

The man replied, "Yep, sure do."

"Aren't you afraid of me?" Satan asked.

"Nope, sure ain't." said the man.

"Don't you realise I can kill you with one word?" asked Satan.

"Don't doubt it for a minute," returned the old man, in an even tone.

"Did you know that I can cause you profound, horrifying AGONY for all eternity?" persisted Satan.

"Yep," was the calm reply.

"And you are still not afraid?" asked Satan.

"Nope," said the old man.

More than a little perturbed, Satan asked, "Why aren't you afraid of me?"

The man calmly replied, "Been married to your sister for 62 years."

Peter Oram



Meetings

Next meetings held at Saint Mary's Church Hall Tuesdays from 1pm.

All welcome!

July 17th.

August 15th.

September 19th.

October 17th.

OH HAPPY DAY

It's not important to hold all the good cards in life, but it's important how well you play with the cards you hold.

Better connecting Queensland's GPs and public hospitals



From June 2017, Queensland's general practitioners will have secure online access to patient healthcare information from Queensland's public hospitals.

This access will bridge the information gap between Queensland's general practitioners and public hospitals to help ensure you receive consistent, timely and better coordinated care.

- details of medication you received and have been prescribed; and
- details of your diagnoses.

If you would prefer that your treating general practitioner did not have online access to your public healthcare information, you have the right to opt-out. You can do this by calling 13 HEALTH (13 43 25 84). Translation and interpreter services can be arranged to assist with the opt-out process.

Need more information? Visit www.health.qld.gov.au/hp-portal

Will access to my public healthcare information be controlled?

Only registered Queensland general practitioners can access these records. General practitioners may only access these records for the purpose of providing care or treatment to you. Penalties apply to general practitioners for inappropriate access and use of information including possible deregistration.

What are the benefits for me?

Providing general practitioners with secure online access to patient healthcare information from Queensland's public hospitals will improve your treatment outcomes. Having access to more detailed recent information will enable your general practitioner to make better-informed medical decisions about your care. Sharing your hospital records with your general practitioner will:

- ensure your general practitioner and the Queensland Health clinical staff involved in your care have timely access to your public healthcare information;
 - lessen your likelihood of you being referred for duplicate tests or being re-admitted to hospital; and
 - reduce your need to recall and describe details of your recent treatments when visiting your general practitioner.
- Your general practitioner will be able to access information including:
- blood test results;
 - medical imaging results;

Cheese & Chive Scones



Ingredients

- 2 cups self-raising flour
- 1 teaspoon baking powder
- 40g butter
- salt and pepper
- 1/2 cup chopped chives
- 1 clove garlic, minced
- 1 large carrot, finely grated
- 1/2 cup finely chopped spinach leaves
- 1 cup (80g) finely grated reduced-fat tasty cheese
- 1/3 cup milk
- olive oil spray

Method

Heat oven to 200°C and line an oven tray with baking paper. In a large bowl combine the flour, baking powder, butter, salt and pepper, mixing with your hands until the mixture resembles breadcrumbs. Add in the chives, carrot, spinach and cheese, mixing to combine well. Add in the milk gradually to form the dough. Try not to over mix unless you like eating hockey pucks. Form dough into a circle on the lined oven tray. Score into eight wedges and bake in the preheated oven for approximately 40 minutes, until cooked through and browned on top. Remove from oven and cut into wedges. Serves: Eight, Time: One hour