



June, July, August 2017

Volume 109

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Office Hours

Office Hours

Monday-Thursday 9.00am-3.00 pm

Friday 9am-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

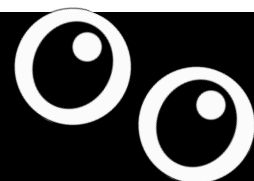


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Ass/Treasurer- Joyce Holmes
Committee
Cliff Rawlings
Joyce Messer
Committee: contacts page 7
Manager- Anita Griffiths
Assistant-Bronwyn Tummon
Accountant- Knight Accountants.

*I am supposed to respect my elders,
but it's getting harder and harder for
me to find one now.*

Winston Churchill

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



Presidents
Pen

WELCOME

Anita's
Antics



Notes
from the
Lily Pad

Hello all
This has been an exiting and eventful 3 months for the program with a flood thrown into the mix as well! I hope you all fared as well as possible during this time. Although the warning was for much higher than the actual event the office at no time was affected and it was business as usual.

I would also like to welcome our new Secretary Yvonne Franke to the Committee, I'm sure you will get to meet her over time at one of the activities. Sadly Pamela has retired from the Committee.

All activities are proceeding well, we would like to see some new faces from time to time. Don't forget to let friends and neighbours know of all the great activities we do, both social and active.

As usual there are some interesting activities over the next 3 months. Be sure to check out the details of our office "Open Day", we'd love to see you there. There's a luncheon and a day trip as well. I hope the day trip is well supported, because sadly if not, Anita will not be sourcing anymore due to the time taken organising and having to cancel due to lack of interest. Also make sure if you are going on the holiday we have all your details and you remember to pay the balance by the 16th August.

Until next time take care Stuart

Hello everyone!

What another great 3 months for the program!

I am pleased to let you all know we received a grant for our Seniors Week event. You will find the details on page 8, I do hope we see you there.

We are currently looking for a new venue for an activity group, it would be beneficial if it was air-conditioned. If you have any suggestions please let me know.

We now have 546 members in our program. This of course covers Rockhampton, Capricorn Coast, Mt Morgan and Gracemere. That's a lot of members! We endeavour to ring members randomly during the week to see how they are going and if they continue to enjoy the activities they attend and of course ask for new ideas which may interest other members. So don't be surprised if you get a call from either Bronwyn or myself.

Be sure to read on, catch up with all the news, changes and coming social gathering. Until next time take care.

Anita



60 & Better
"Open Day."

Come along for some super doopa nibblies & a cuppa to "christen" our new office.

Date Thursday 29th June

Time 10am-2pm

Please share this information to members and friends, we would love to see you on the day.

Rockhampton 60 & Better Program Inc.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8.45-9.45am Gentle Exercise with Pam \$5.00. Contact the office on 49140065 for info. Uniting Church Hall Campbell Street.	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	10.30- 1 pm Coffee & Conversation \$16.00- pg. 4 for details North R'ton Bowls Club, Glenmore Rd.	YEPOON 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	7.45-9 am Walking Program EVERY SECOND FRIDAY Details page 4. Contact Cliff a/h on 49284201 .
10.30-11.30 am Tai Chi with Lynn \$ 5.00 Contact the office On 49140065 for info. Uniting Church Hall Campbell Street.	1.30-3.30 pm Ten Pin Bowling \$7.00 Musgrave Street. Includes shoe hire and afternoon tea. Contact Clarry on 49225048	Attention: Aqua will continue with Affinity Swim for information please call Sandy on 49262 882.	GRACEMERE 10.30-11.30am Friday, Strength & Balance, cost \$5.00	9.30-11.30am Sitting Dance with Betty \$3.00 Includes M/T. Contact Betty On 49286 421 for info. Community Health Bolsover St.
9-noon Cards & Scrabble. \$3.00 (per person) Contact Joyce On 49288417 for further info. The office 2/248 Quay St.	1-4 pm Cards \$3.00 afternoon tea included Contact the Office on 49140065 further information. Held in the office 2/248 Quay St.	1.30-3.30 pm. Indoor Bowls \$3.00 Includes A/T. Contact the office on 49140065 for further info. Kent St. Indoor Bowls.		Rumba-Sa with Pam Oak Tree Retirement Village, Glenmore Road. cost \$4.00 per person. Time 8.30-9.30am
9am -12noon Newsletter folding Last Thursday of 3rd month Next date Thursday 27th July. Please phone for confirmation.	Be sure to wear comfortable shoes & clothing for all low impact exercise sessions. Don't forget your water bottle!	PLEASE BE SURE TO PERSONALLY SIGN THE ATTENDANCE BOOK FOR INSURANCE PURPOSES.		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.
PLEASE CONSULT YOU HEALTH PRACTITIONER BEFORE COMMENCING LOW IMPACT ACTIVITIES.				

Coffee Conversation & Lunch

North R'ton Bowls Club, Glenmore Rd. Cost \$16.00 per person. Includes morning tea on arrival and lunch choice of Roast or Fish with vegetables, tea & coffee & bread roll. Coffee & Conversation is held the 1st Wednesday of every month. Doors will open at 10.15am.



AS OF THE 6TH JULY C&C WILL BE HELD AT THE JOCKEY CLUB.

7th June	Trivia morning	
6th July	Australian Hearing	Linda.
2nd August	Envigor Home Help	Lynette. Article pg 9
6th September	RACQ Years ahead	to be confirmed.



Walking Group Itinerary

Walks start at 7.45am.
Please contact Cliff on
49284201 a/h for further
information.

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

Itinerary

- ◆ 2nd, 16th ,30th June
- ◆ 14th, 28th July
- ◆ 11th , 25th August
- ◆ 8th September



Coffee & Conversation is on the move!

A message to all members who enjoy or would enjoy Coffee & Conversation.

As of the 6th July we shall be relocating to "Grandstand" function room at the Rockhampton Jockey Club. The menu will be the same, as will the cost. For further information please contact the office.

**60 & Better Name
Badges available
for order.
Cost \$ 14.00 each.**



A Government agent walked through the lunatic asylum looking for the office. He notices a fellow chopping wood through a shed door. He walks into the shed thinking the fellow must be employed by the Government to chop the wood for the "inmates."



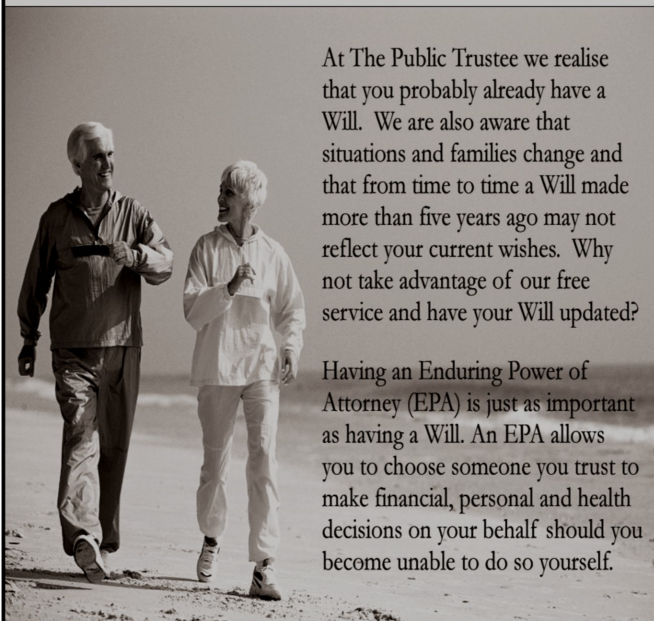
Something makes him look up and here's another fellow hanging by his feet from the rafters, he says to the fellow chopping wood "what's he doing?" Oh! he thinks he's a light bulb" the official asks the fellow "why don't you get him down from there?" and he says "What! and chop wood in the dark!?"

Submitted by Peter Strazzabosco

*I t is better to keep your mouth
shut and appear stupid than to
open it and remove all doubt.*
Mark Twain (1835-1910)

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

To qualify for a Low Income Health Care Card, you must meet residency requirements and your eight-week income must be less than the amount which applies to your circumstance on the day you lodge your claim, i.e. you cannot have earned more than the income limit in the previous eight weeks.

Qualifying income limits from 20 March 2017

Status	Weekly income	Eight-week period
Single, no children	\$543	\$4344
Couple, no children	\$939	\$7512

There is no asset test for the card but it is subject to a six monthly renewal. To renew your card your income must be no greater than quoted in the table above.

Once you have been granted a Low Income Health Care Card, your weekly income must not exceed the limits detailed below. If you exceed the limit, you lose the entitlement to use the card. You must advise Centrelink of any changes in your income and it will work out whether you still qualify to use the card.

Retaining income limits

Status	Weekly income	Eight-week period
Single, no children	\$678.75	\$5430
Couple, no children	\$1173.75	\$9390

Low Income Health Care Card ALERT

Even if you're not eligible for any benefits from Centrelink, you may qualify for a Low Income Health Care Card if your income falls below the qualifying limits.

Holders of a Low Income Health Care Card are entitled to cheaper medicines under the Pharmaceutical Benefits Scheme. You may also be entitled to concessions offered by private companies and concessions on energy bills, healthcare costs, public transport, water rates etc, but as these are issued by state, territory and local governments, they may vary depending on where you live.

Laughter
is an
instant
vacation 😊.

- Milton Berle

Update on
Home Care
packages.



ABC's Lateline has reported that the level of services being received by seniors as part of in-home care packages under Consumer Directed Care (CDC) is being eroded due to management fees.

It is claimed that not-for-profit providers are charging expensive administration and case management fees, which, in some cases, can account for between a third and half of the value of the care package.

In-home care packages are designed to help older people remain in the homes for longer, and an estimated 66,000 Australians rely on such services. Legislation changes mean that from 1 July 2015, these services are now delivered by CDC, which allows the client to have a greater say in the services they receive, resulting in a more personalised service for each individual.

The issue with the services appears to be that providers allocate a minimum number of hours for case management, whether they are required or not. Case management fees are often billed at \$80 or more per hour, which is higher than the rate charged for many services, such as personal care. From September 2017, consumers will be able to shop around for the best deal and move their care packages to a different provider, but this may be too late for many.

Former Assistant Minister for Social Services, Mitch Fifield oversaw the introduction of CDC packages two years ago, and agreed there is a problem. Although he also said that part of this was due to only the first stage of wholesale changes being under way. He told Lateline:

"Some of [the fees] do look beyond the pale. So I would encourage any individual who thinks that they're not reasonable to speak up about it.

"Ultimately, it will be consumers themselves who pass judgement as to whether fee levels are appropriate."

Article supplied.

Ernie Stephenson is on his death bed and knows the end is near. His nurse, his wife, his daughter, and two sons are with him.

Every
Laugh
Matters

He asks for 2 witnesses to be present, and a camcorder to be in place in order to recall his last wishes, and when all is ready he begins to speak.....

"My son Bernie, I want you to take the Mayfair houses."


"My daughter Sybil, you take the apartments over the East End."

"My son Jamie, I want you to take the offices over the City Centre."

"Sarah, my dear wife, please take all the residential buildings on the bank of the river."

The nurses witnesses are blown away as they did not realise his extensive holdings, and as Ernie slips away, the nurse says, "Mrs. Stephenson your husband must have been such a hard-working man to have accumulated all this property."

The wife replies, "He had a newspaper route." Wynnum Newsletter.



I went to the cemetery yesterday to lay some flowers on a grave. As I was standing there I noticed 4 grave diggers walking about with a coffin, 3 hours later and they're still walking about with it. I thought to myself they've lost the plot!!!

Committee Contact details

Stuart Thomasson	49277774
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Yvonne Franke	49289885
Cliff Rawlings	49284201
Joyce Holmes	49288417
Des Browne	49281191
Mary Greenhill	0428 380 141

Computer Problems?



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"IN YOUR OWN HOME"

Call Michael O'Grady !!

on 0499760523

Library Update



Monday Movies

Enjoy a selection of free classic films provided by the National Film and Sound Archive of Australia throughout the year, including a special screening of archival films from the local area in September.

All movies commence at 10.00am in the air conditioned Fitzroy Room at the Rockhampton Regional Library.

Lively Literary Trivia

Do you love books and reading? Are you a bit of a literary guru? Come along to the Lively Literary Trivia events at the libraries and have fun answering lots of questions about books. Gather together a team or make new friends on the day.

Mysteries and Thrillers (Seniors Week)
Friday 25 August, 10.00am – 11.30am,
North Rockhampton Library

Horror Trivia
Wednesday 25 October,
6.00pm – 8.00pm,
Rockhampton Regional Library
Bookings on 49368 043.

Apple Cider Vinegar



Do you have any apple cider vinegar sitting on the shelf in your pantry? Do you only use it as an ingredient in cooking or to add to salads and salad dressing? You may be surprised that the relatively innocuous ingredient has a number of health benefits that can help in all manner of ways.

Soothing stomach pain

Apple cider vinegar is a great way to treat an upset stomach or diarrhoea. If you are suffering from stomach pain or an irritable bowel, try mixing a couple of tablespoons of the vinegar in water and drinking. The alkalisng effect will eliminate any nasty bacteria in your digestive tract.

Relieving a sore throat

Gargling with apple cider vinegar can ease a sore throat. Germs will not be able to survive the coating that will form on your throat. Mix one tablespoon of apple cider vinegar with a teaspoon of salt in a glass of warm water and gargle.

Clearing a stuffy nose

As we enter cold and flu season, this trick is a beauty. Add one teaspoon of apple cider vinegar to a cup of warm, filtered water and stir through. Pour just a little of the mixture into the palm of your hand and sniff it up your nostrils one at a time. The potassium helps thin the mucus in your nose and will help prevent further germ growth.

While he was visiting, my father asked for the password to our wifi. "It's taped under the modem" I told him.

After three failed attempts to log on, he asked, "Am I spelling this right?"

T-A-P-E-D-U-N-D-E-R-T-H-E-M-O-D-E-M?"

"A Queensland for all ages!"



"Seniors Week 2017"

Join us for a Social Croquet Day at the Rockhampton Mallet Sports Club.

Date Tuesday 22nd August

Time 9am- 2pm

Cost \$10.00 per person

Come along and have some fun.

Meet new people in your community. This day includes a great game of croquet, morning tea and lunch.

Bring your family, bring your friends & neighbor's. All ages welcome.

Proudly supported by :



Five strange foods from around the world..



Airag, Mongolia

Airag, also known as kumis, is an alcoholic spirit which is said to have a mild, carbonated, slightly acidic flavour, and is made from fermented mare's milk. The horse milk is filtered through a cloth into a cow's stomach and hung just outside the entrance of a family's yurt, or nomadic tent. It is left to ferment until it reaches around five per cent alcoholic content. The Mongolian's passion for drinking airag means they have the highest prevalence of cirrhosis of the liver in the world. We'll stick with water.

Trung vit lon, Vietnam

Eaten for its aphrodisiac powers, *trung vit lon* is fertilised duck egg with a nearly developed embryo inside. This popular Vietnamese dish varies between regions, with northerners typically preferring their eggs developed enough for the embryo to have a beak and claws. Inside, the unborn chick's bones are firm but tender. *Trung vit lon* is made by boiling the egg and eating the contents straight from the shell. No, thank you.

Boshintang, North and South Korea

On the Korean peninsula, man's best friend is also man's best-tasting friend. Made with *noranke* (yellow dog), *boshintang* is the most common dish involving dog meat. The *noranke* dogs are raised specifically for human consumption. The meat is boiled with green onion, dropwort, perilla leaves and perilla seed powder to make a soup. The dish is served at more than 6000 restaurants in South Korea, despite pressure from international animal rights groups. Numbers in North Korea are unknown.

Muktuk, Greenland

Muktuk is a delicacy made from the frozen blubber and raw skin of the bowhead whale, although the beluga and the narwhal are also used. Greenland's Inuits traditionally ate the dish raw, though today it is sometimes diced, breaded, deep fried and served with soy sauce. When eaten raw, the skin and fat are textured and rubbery, with a nutty flavour. Yum, a real treat. "Your Life Choices"

Tuna Fritters



- 1 185g can tuna in water, drained
- 1 egg
- 2/3 cup cooking oats
- 2 tablespoons barbeque sauce
- 1/2 teaspoon chilli sauce
- 3 tablespoons green onion, chopped
- salt
- 2 tablespoons vegetable oil

Method

In a medium bowl, mix the tuna, egg and oats until blended. Stir in the barbeque sauce, green onion, chilli sauce and salt. Heat the oil in a large pan over medium heat. Spoon the tuna mixture into the pan about the size of a tablespoon, and flatten slightly. Cook until browned on each side and serve with a green salad.

UPDATE
Terranova
Holiday 2017!



Balance is due by the 16th
August 2017

A message from Envigor

Envigor, offers an amazing service to the community, helping people to stay in their own homes. This can be as simple as getting some *personal services assistance* to cope with day-to-day activities around the house and garden.



Envigor Home Care will work with the client and consult with them to determine which activities they can safely continue to do themselves and encourage them to do them with as little or as much assistance as they need.

We offer:

Domestic Assistance, Transport, Personal Care, Home Garden & Maintenance, Social Support & Companionship and Home Safe.

In a nutshell:

We offer a wide range of in-home care and nursing services. Our very experienced and highly trained staff always provide first class service. You can receive care from 1 hour to 24 hours; it is up to you.

Envigor Home Care is a Department of Health and Ageing and Department of Veterans Affairs (DVA) approved provider. This means you can access care that is government subsidised OR you can pay us privately. Looking forward to speaking with you in August. Looking forward to meeting with you in August. *Lynette Fletcher*

you've just come out of the shower or bath.

You may also wish to do the TSE in front of a mirror, so you can see what you're doing. Ensure that you can reach all parts, and check one testicle thoroughly before moving onto the other.

Support your scrotum with the palm of your hand and gently roll the first testicle between your thumb and fingers. Feel for any lumps or swelling and then move onto the second testicle. If there's pain, try to be a little gentler. If the pain persists, you should see your GP. The testes should feel firm and smooth. Any lumps, swelling or abnormalities should be referred to your GP. Next, feel along the bottom of the scrotum and locate the epididymis that sits at the back of the testicles. You should feel a small bunch of tightly curled tubes. If it feels loose or tender, then you should check with your GP.

What's normal?

As with breast, every man's testicles will be different and it's important to regularly check yours so you can quickly gauge what is normal and what is not. Generally though, healthy testicles:

- feel like a smooth, firm egg
- range in size from a small bird egg to a chicken egg
- one testicle can be bigger than the other
- often one testicle hangs lower than the other.

There should be no pain or discomfort in your testicles. If you feel pain, or your testicles become tender or you feel them particularly heavy, then it's important that you don't panic, but have them checked by your GP.

How regularly should I check?

As regularly as you wish! However, once a month is usually enough.

If I feel a lump, should I be worried?

There's no denying that finding a lump or abnormality will set your mind racing, however, it's important to note that the sooner you seek help, the better the outcome is likely to be. A lump doesn't necessarily mean cancer, it could simply be a cyst. But if it is indicative of something more serious, bear in mind that testicular cancer is one of the most treatable forms of cancer.

Article "Your Life Choices May 17.

Testicular health: carrying out a self examination.

Testicular self examination (TSE) shouldn't be painful, so it's important that you're relaxed and that you use gentle hands.



Firstly, make sure your scrotum is warm and relaxed, consider doing the TSE check when

Finlayson & McKenzie Funeral Directors



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QUICK PRE-ARRANGED FUNERAL PLAN

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- 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:.....

Marital 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

Fountain Coins



Wish upon a coin and throw it into the fountain and all your dreams will come true. Well, so they say. But have you ever wondered what *really* happens to those coins?

Thousands of people throw coins into the Trevi fountain in Rome each day. There's an age-old custom that if you stand with your back to the fountain and throw a coin over your left shoulder, you ensure that the prophet (or you) will one day return to Rome. Interestingly, the Trevi makes so much money each day that it could probably afford to foot the bill for a few return tickets.

The Trevi turns over around US\$15,000 in coins each week. So many are thrown in that it requires an hour each day to sweep them up. Some of the money is used for fountain restoration, with the bulk being taken by Caritas – a Roman charity that redistributes the money to those who truly need the well wishes.

The lake at Bellagio in Las Vegas clears about US\$12,000 per year. Coin collectors use a giant vacuum to suck the booty off the bottom of the lake. The collected coins are then put into a cement mixer with towels inside for cleaning and once they are nice and shiny they are donated to Habitat for Humanity.

Minnesota's Mall of America collects around US\$2000 per month, which is donated to various charitable organisations. Fountains at a chain of cafés called Rainforest Café raise around US\$25,000 per year, which is donated to environmental causes. Disney World's fountains raise around US\$20,000 per year, which goes towards helping kids in foster homes.

Back home in Australia, the National Gallery of Victoria (NGV) collects its coins twice a year from the 3200 square metres of moat outside the building, with proceeds going

towards buying new artwork for the collection, as well as other worthy causes. Many shopping centres around Australia have smaller fountains and wishing wells located inside that receive coins to be donated to various charities and non-profit organisations. And all coins thrown into the Parliament House fountains go straight to UNICEF.

So whilst your wish may not come true (or maybe it will, who knows?) your coins certainly go to a worthy cause and may well help the wishes of those less fortunate come true.

DISCLAIMER:

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Grandad was reminiscing about the good old days.....

"When I were a lad, Momma would send me down to t' corner store wi' a dollar, and I'd come back wi' five pounds o' potatoes, two loaves o' bread, three pints o' milk, a pound o' cheese, a packet o' tea, an' 'alf a dozen eggs. Yer can't do that now. Too many dammm security cameras! Peter Oram



Humans are born with evil already in them

Good Company Luncheon

Red Hill Centre Nth Rocky.

Date Thursday 20th July

Cost pay on the day

With such a wide variety of meals available we have decided to have a "pay on the day luncheon." However please remember to book before the 13th July.(menu available in the office for perusal.)



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

Postage
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Queensland Government
Department of Communities

Rainforest Ranch Day Trip

Date Thursday 31st August

Cost \$50.00

Depart Central Park 9am

Stocklands Yaamba Rd entrance 9.15am

Travelling outside of Yeppoon we will stop on the Beachfront at the Bluff for morning tea (supplied) before heading to Byfield for a relaxing day and great 2 course lunch at the Rain Forest Ranch. On our home return, a stop at the Byfield store for a browse. Approximate time home 3.30pm Please book and pay by the 24th August. Please note this price is based on 30 members & friends attending.

