



The Seniors Sentinel

March, April, May 2017

Volume 108

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Office Hours

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.

"A society grows great when old men plant trees whose shade they know they'll never sit in." Greek Proverb.



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



Happy New Year to every 60 & Better member. How quick did 2016 go, just like a flash and we are now looking at another beautiful, eventful year ahead in 2017. A timely reminder to get in and do those things you would like to do whilst you can.

We also shifted into the office next door (same building) which is much larger which is a great asset for Anita and Bronwyn, as well as the many volunteers who help on a regular basis and of course the card players!

On another more exciting note we have finally arranged and booked a great holiday for 2017. We are once again off with Terranova Tours where I can assure you we will be well looked after by Sam who organises and oversees the tours. I have had the pleasure of a trip with him and you could not wish for better.

We have had to make a rather rapid change to our Coffee & Conversation venue due to unforeseen circumstances. We are now meeting at the North Rockhampton Bowls Club. We met there for the first time in February, and although there was a few slight teething problems I believe you will all be happy with the new venue.

The work continues to increase for Anita and Bronwyn, I give credit to them and the volunteers for the excellent job they do.

*Until next time, "keep on keeping on!"
Stuart.*

Anita's Antics



Well I don't really mean that, I actually enjoy the different facets of my work, (even on a Monday!) It really is a matter of knowing where to start on a Monday morning, but then again as with all plans things do tend to go "pear shape" when other more important things greet you as you walk in the door.

First & foremost we try to keep in touch with members having difficult times. This at times can be challenging along with everything else we endeavour to achieve for members, however we do put our utmost into our work very day. In saying this as Stuart pointed out the work load has increased triple fold and there is no way I could achieve this without Bronwyn, the committee and the many volunteers we have.

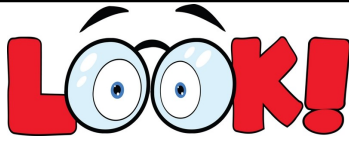
Our new office area with the extra space, it is working out really well. Should you have any ideas for another group gathering here please let us know.

On an entirely different note, it never ceases to amaze me to hear the backgrounds of members younger days, what they did and achieved along the way. Whilst chatting with a certain member I have known for awhile, (mind you no names mentioned I was sworn to secrecy!) can you recall "**The Embers**" mid sixties folk singing quartet? If you do recall, I would be happy hear from you.

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

Rockhampton 60 & Better Program Inc.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8.45-9.45am Gentle Exercise with Pam \$5.00. Contact the office on 49140065 for info. Uniting Church Hall Campbell Street.</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 North R'ton Bowls Club, Glenmore Rd.</p>	<p>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</p>	<p>7.45-9 am Walking Program EVERY SECOND FRIDAY Details page 4. Contact Cliff a/h on 49284201 .</p>
<p>10.30-11.30 am Tai Chi with Lynn \$4.00 Contact the office On 49140065 for info. Uniting Church Hall Campbell Street.</p>	<p>1.30-3.30 pm Ten Pin Bowling \$7.00 Musgrave Street. 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 & Scrabble. \$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 further information. Held in the office 2/248 Quay St.</p>	<p>1.30-3.30 pm. Indoor Bowls \$3.00 Includes A/T. Contact the office on 49140065 for further info. Kent St. Indoor Bowls.</p>		<p>Rumba-Sa with Pam Oak Tree Retirement Village, Glenmore Road. cost \$4.00 per person. Time 8.30-9.30am</p>
<p>9am -12noon Newsletter folding Last Thursday of 3rd month Next date Thursday 26th May. Please phone for confirmation.</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>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 ACTIVITIES.				



New Venue!!!! Coffee Conversation & Lunch

North R'ton Bowls Club, Glenmore Rd. Cost \$15.00 per person. Includes morning tea on arrival and Meat or Fish dish 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. Self serve tea coffee and biscuits on arrival.

1st March	Eco Sure	
5th April	House Call Doctor	Scott
4th May	Anniversary Celebrations	North Rockhampton Bowls Club
7th June	Trivia morning	

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

- *18th March
- *7th & 21st April
- *5th, 19th May
- *9th ,21st June

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.

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



Don't complicate life.

Missing someone? CALL

Want to met up? INVITE

Want to be understood? EXPLAIN

Have questions? ASK

Don't like something SAY

Like something? STATE

Want something ASK

Love someone? TELL THEM.



Life is an echo

What you send out, comes back.

What you sow, you reap.

What you give you get.

What you give, you sent.

What you see in others exists in you.

Remember, life is an echo .

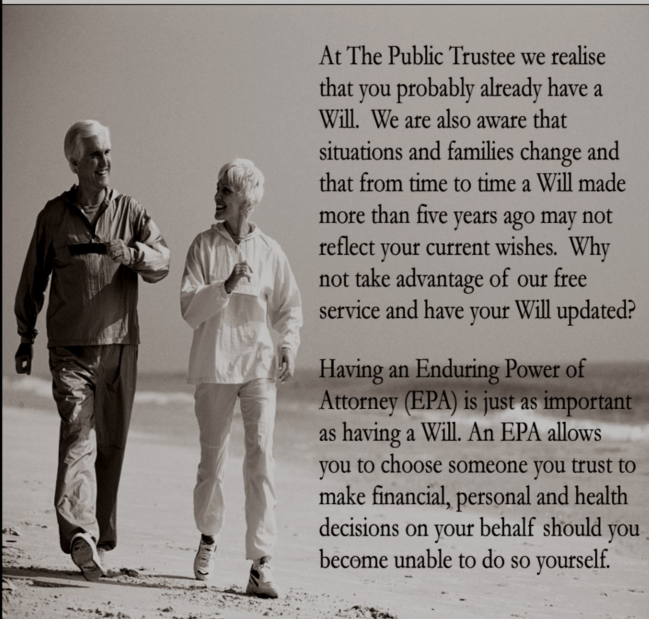
It is always sent back to you.

So give Gooness— Zig Ziglar.

Thank you Blackall Program.

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

As you get older, your skin loses its protective layers of fat, becoming thinner; thin skin is more susceptible to bruising, you could lack vitamin c – which is vital both for the production of collagen in the skin and for healing wounds.

Certain skin conditions – such as purpuric dermatosis – can lead to greater bruising. Having pale skin means that bruises are more visible.

It is possible that genetics and family history have a part to play, too

If you are taking blood-thinning medicine, for example warfarin or another anticoagulant for anti-clotting, bruising is a common side effect.

Certain steroids (e.g. corticosteroids, prednisone and prednisolone), and antibiotics, can also make you more prone to bruising.

Natural-based remedies for bruises

There are a few natural-based remedies for a bruise, including:

Apply an ice cold compress: you can use a pack of frozen vegetables, wrapped in a towel. Place the compress onto the affected area for 10 minutes to reduce inflammation. rub some arnica gel or ointment containing arnica on the bruise

Aloe vera gel can help to reduce the pain of a bruise and repair broken blood vessels; apply the gel to the bruised area.

Finally, to prevent bruising in future you can ensure you have enough vitamin c. The body cannot store vitamin c so you can keep this topped up by eating fruit and vegetables or by taking a supplement (45mg) daily.

A bruise should start to fade after about two weeks. If it hasn't gone away after three or four weeks, you should seek a bruise that does not heal could signify a more serious condition, such as haemophilia, leukaemia and aplastic anaemia. Dark skin discolorations, sometimes mistaken for bruises, can indicate intolerance for insulin so could be a sign of diabetes.

Why are you bruising so easily?

Do you find that you bruise as easily as a ripe peach? If so, it could be down to a number of factors and it's often not something to be concerned about. So, what is a bruise? A bruise is a contusion, usually a bluish-purple patch, which shows under the skin when internal blood vessels are damaged by some form of physical trauma. This trauma could be the result of you injuring yourself after bumping into something, or something bumping into you. Sometimes bruising occurs deep in your tissues, organs and bones, causing swelling and pain.

Here are some of the reasons that you could bruise more easily:

Scientists at Air New

Zealand built a gun specifically to launch dead chickens at the windshields of airliners travelling at maximum velocity. The idea is to simulate the frequent incidents of collisions with airborne fowl to test the strength of the windshields.



Australian engineers heard about the gun and were eager to test it on the windshields of their new Qantas A380 aircraft. Arrangements were made, and a gun was sent to the Australian engineers.

When the gun was fired, the engineers stood shocked as the chicken hurled out of the barrel, crashed into the shatterproof shield, smashed it to smithereens, blasted through the control console, snapped the engineer's back rest in two and embedded itself in the back wall of the cabin like an arrow shot from a bow.

The horrified Aussies sent Air New Zealand the disastrous results of the experiment, along with the designs of the windshield and begged the Kiwi scientists for suggestions.

Air New Zealand responded with a one-line memo: "Defrost the chicken ..."

Committee Contact details

Stuart Thomasson	49277774
Joyce Messer	49283688
Pamela Bloxsom	49272718
Cliff Rawlings	49284201
Joyce Holmes	49288417
Des Browne	49281191
Mary Greenhill	0428 380 141

At the end of the day life should ask us "Are you sure you want to save the changes?" anon

Terranova Holiday 2017!

The decision has finally been made regarding this years holiday.

Dates Sunday 8th October -Saturday 14th October.

Cost (itemised)

- ◆ Flights \$466.00 (flying Qantas)
- ◆ Holiday (all inclusive) 1,249.00
- ◆ Administration \$10.00 per person
- ◆ Single Supplement \$300.00 per person.



Deposits due by 15th March Insurance highly recommended.

A brief description of the holiday- Flying into **Newcastle** we head for the resort at Forrester's Beach.

A brief description:-

Day 1 Flights , arrival, resort time.

Day 2 Northern district, Rose 2 Go, Crowne Plaza Casino.

Day 3 Blue Mountains, Leura.

Day 4 **"Beautiful" Carole King –The Musical.** Dinner at the Central Coast leagues Club.

Day 5 Riverboat Postman. Live show at the Resort.

Day 6 Australian Wildlife Experience

Day 7 Farwell & home.

A complete itinerary is available through the office. When you pay your deposits we will need your information. This will include full name, date of birth, next of kin. The final payment for the holiday will August 16th.

Please be aware we need 30 members to travel at this price, or it will increase.



The Umbrella Network
"Families supporting families"

Disability Yard Care

"Disability Yard Care is a service provided by young adults with a disability."

This is an outcome driver program for the "Young Adults" learning daily living skills, contributing to the community, gaining friendships, self pride and a reason to get up every day and put on a work uniform and be part of a successful team.

Your support of this program would be a extremely appreciated for these young people.



**For further information please call
49286550**



At the Cheltenham jumps racing festival last March, Murphy leaned over and whispered to his fiend Seamus, 'Now would you be wanting the winner of the next race?' 'Oh, no thanks, Murphy,' uttered Seamus, 'I've only got a small garden.'



Expression of Interest.



Are you interested in commencing any new activities?

We have had a few members ask about a mah-jong group. Should you be interested please let us know.

The Tech Savvy Seniors (TSS) courses are running at the Rockhampton Regional Library every:

Tuesday (10.00am-12noon)

Introduction to iPad

(1.30pm-3.30pm)

Online Shopping and Banking

Wednesday (10.00am-12.00pm)

Android Tablets

(1.30pm-3.30pm)

Intermediate Social Media

Thursday (10.00am-12noon) Smart phones

North Rockhampton Library every second Friday from (10.00am-12noon) Introduction to Social Media. Please contact the Libraries' Administration office on **49368 043** for more information.

Chewy Oatmeal Slice



Ingredients

- 1 cup butter, softened
- 1 cup firmly pack light brown sugar
- 1/2 cup white sugar
- 2 eggs
- 2 teaspoons vanilla extract
- 1/2 teaspoon salt
- 1 teaspoon baking soda
- 1 1/2 cups flour
- 2 cups rolled oats
- Chocolate chips (optional)
- Raisins (optional)
- Chopped walnuts (optional)

Method

Preheat oven to 175° C. Grease and flour a baking pan. In a large bowl, beat the butter, brown sugar, and white sugar until thoroughly mixed. Beat in the eggs, one at a time, mix well. Stir in the vanilla extract until well mixed, and mix in salt, baking soda, baking powder, flour, rolled oats, plus chocolate chips, raisins, and chopped nuts if desired. Mix well to moisten all ingredients, and spread into the prepared baking pan. Bake in the preheated oven until golden brown, 20 to 25 minutes. Let cool in the pan for about five minutes before cutting into slices

Serves: 12. Time: 45 minutes

Here are 6 curious facts about your brain.



The human brain is like a supercomputer; it informs everything about your consciousness, from your personality to your emotions. Scientists and philosophers have been studying the human mind for centuries. There is still a lot to learn about the complex mass of cells and fibres in your head. Here are 10 curious facts about your mind:

1. Your brain is a machine, consisting of billions of cells called neurons that communicate with each other via neural pathways. These enable you to make decisions and perform actions.
2. Neuroplasticity describes the unique ability of the brain to change and grow continually throughout a person's life. Every time you learn something new, your brain's neural pathways change.
3. How you think about things also changes your brain. If you tend to worry a lot, the 'worry' pathways grow stronger and become easier to trigger. Alternatively, it's possible to train your brain to think more positively and develop certain habits.
4. The amygdala, located in the centre of the brain, is also known as the 'fear centre'. The more you experience long bouts of stress or worry, the larger it becomes. Consequently, other areas, such as the frontal lobe, where attention, memory and planning occur, get smaller.
5. You're hardwired to be negative in order to protect yourself. Your brain has an inbuilt 'negativity bias' that enables you to detect and avoid danger.
6. As a result of the 'negativity bias', you're more likely to be critical, as well as be on the watch for dangerous events more often than positive ones.

Just once,
I would like to
read a
medication



label that says:

WARNING, may cause permanent weight loss, remove wrinkles & increase energy !

No Regrets...

No Regrets .

I generally loath wise and witty sayings – they tend to be full of aspiration and little help on activation.

But, for older people, here is one I do like – *"if you don't invest a little bit of time and money in yourself, you're a bad judge of a good investment."*

It's a perfect ditty for retirement when we are released (generally) from grown up obligations and responsibilities and afforded the opportunity to pursue some irresponsibility, hair letting-down experiences or hair raising adventures we were too timid to do before taking some measured risks.

However, with the understandable urgings of financial advisers, so much of this anticipation is repressed by a prevailing and precautionary sense of preservation – we go into maintenance mode. The wisdom goes like this – you don't know how long you will live or how much it will cost. Consequently, prudence dictates that you err on the side of caution and you become a 'don't' or worse, an 'I don't think so.'

Saving your pennies is good advice for the young and middle aged but I often ask my wealthier, self-funded, financially conservative, retired older clients – 'What are you saving for?' Their answers are halting and reflect a lack of conviction and more the appeasing of others expectations. While the answers can vary, they generally involve a desire for financial security or, to pass on their pennies to their family – the legacy syndrome.

The pathos and poignancy of this position is no better demonstrated, however, than in



'the top five regrets of the dying'. This was the title of a book by an Australian nurse, Bonnie Ware, who spent some years working in palliative care and recording the views of many of her dying patients. Here are those top 5 regrets:

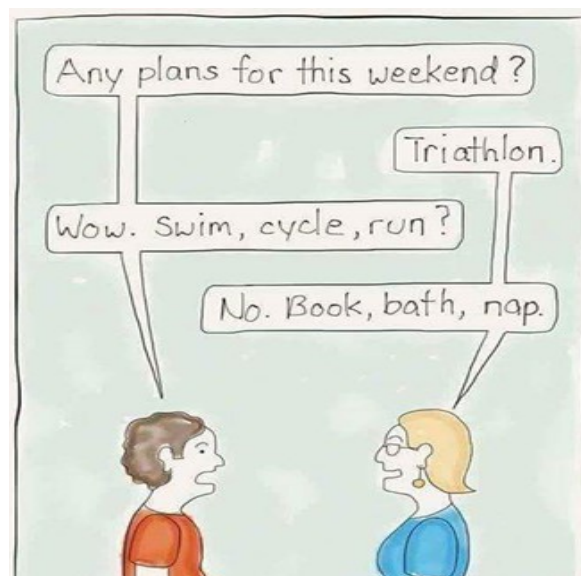
1. **I wish I'd had the courage to live a true life to myself and not the life that others expected of me;**
2. **I wish I hadn't worked so hard;**
3. **I wish I'd had the courage to express my feelings;**
4. **I wish I had stayed in touch with my friends; and**
5. **I wish I had let myself be happier.**

Which of those might apply to you on your death bed?

The antidote to these regrets requires us to do something and to spend money on ourselves. Retirement is a great time to start living with a view to dying with no regrets.

published with permission from Brian Herd CRH Law –

About the author: Recognised as one of the leading experts in Australia on elder law, aged care, retirement, estate planning and disability and a regular author, broadcaster and popular presenter on many elder law subjects and issues.



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:.....

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



Easy Yoga Sessions

A huge thank you to the Rockhampton Jockey Club for allowing us to continue these sessions in beautiful air conditioned comfort free of charge. Easy Yoga is held every Thursday mornings from 9-10am, costing \$5.00 per session. Quite few members stay following their session to enjoy a great morning tea for \$6.00, allowing time for social interaction. I also offer my sincere apologies to those members who attend, for not alerting them to the change of venue. Regards Anita

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.

A young pet monkey had an accident and needed a brain transplant. The veterinarian told the monkey's human family, "Brains are very expensive, and you will have to pay the cost yourselves."



"Well, how much does a brain cost?" asked the family. "For a male brain, \$500,000. For a female brain, \$200,000," replied the vet.

All the men in the family nodded because they thought they understood. But the mother was unsatisfied and asked, "Why the difference in price between male and female brains?"

"Standard pricing practice," said the vet. "The female brains have to be marked down because they've actually been used!"

Kortes Resort Luncheon

Date 23 March

Time 12 midday



Please be sure to ask us about your menu options when you book .

Works Burger \$19.

Pulled Beef Burger \$17

Toasted Steak Sandwich \$17

BLT \$16

Salt & Pepper Calamari \$22

Toasted Chicken Ciabatta \$17

Panko Crumbed Fish \$25

Please be sure to ask us about your menu options when you book .

I like holding the door for people who are far away, you know, so they have to run a little. ~ Bill Murray

Thai Taste 2 Restaurant

Venue Rockhampton Leagues Club

Date Thursday 24th April

Cost on ordering



This venue looks very appealing. With such an extensive menu it was decided to make it a "book and pay" on the day. Please alert all your friends to this social date. Book by the 17th April



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

Postage
Paid
Australia

Funded by



Queensland Government
Department of Communities

Anniversary Celebrations!

Date Thursday 4th May

Time 11am

Venue Nth R'ton Bowls Club

Cost \$15.00 per person.



Join us in celebrating another great 60 & Better year.

A 2 course luncheon (all the trimmings!) with table service .

Entertainment, lucky door and raffle prizes. Please book & pay by 27th April. **REMEMBER** this is a **THURSDAY** this year.