



# The Seniors Sentinel

September, October, November 2017

Volume 110

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PO Box 211 Rockhampton 4700  
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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



President- Stuart Thomasson  
Vice President- Des Browne  
Secretary- Yvonne Franke  
Treasurer- Mary Greenhill  
Ass/Treasurer- Joyce Holmes  
Committee  
Cliff Rawlings  
Joyce Messer  
Committee: contacts page 7  
Manager- Anita Griffiths  
Assistant-Bronwyn Tummon  
Accountant- Knight Accountants.

*Your Dreams are a Gift to You,  
what You do with them is a Gift to  
Others. P Oram.*

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



**P** residents Pen



Hi Folks!

Here we are another 3 months of the year gone with only 4 months to go. Time goes by so quickly when there is just so much to do!

Clarice and I have just returned after 3 great weeks visiting her home town of Isisford for the official opening of the Old Isisford Hospital which is heritage listed. It was to be opened by the Minister for Health Cameron Dick, and Clarice's role (due to her work at the Old Hospital) was to take people on a tour through the hospital, however it was not finished on time. We did however get to stay in the old maternity section which has been converted into a bedroom flat with 3 bedrooms, kitchen, bathroom, toilet/laundry facilities, dining room and last but not least the lounge room which in it's day was the labour ward. Funnily enough Clarice sat in a lounge chair watching T.V. in the very corner she was born! We will be returning next year to complete our original task.

I hope you all enjoyed the program over the past 3 months. I take this opportunity to thank Anita & Bronwyn for their great work . Till next time when I fill you all in on "the great Isisford fishing comp!"

Stuart.

**A**nita's Antics



*Hello everyone!*

*Welcome to another 3 months of things to do with 60 & Better! Read on to be kept up to date with our social & exercise activities.*

*This newsletter comes asking for your comments and suggestions regarding activities; any ideas, or concerns would be appreciated.*

*It was great to see 46 members enjoy the last day trip, ideas for future day trips would be appreciated.*

*Don't forget our Christmas Celebrations this year, should be a great day for all!*

*Until next time Anita*

Rockhampton 60 & Better Program Inc

**Annual General Meeting**

**Date Wednesday 4th October**

**Time 10.30am**

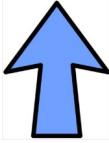
**Venue Rockhampton Jockey Club.**

**Nomination are called for the following positions:**

- ☛ **President**
- ☛ **Vice President**
- ☛ **Secretary**
- ☛ **Treasurer**
- ☛ **Assistant Treasurer**
- ☛ **2 committee members**

All nominees MUST be current members of the program. Nomination & Proxy forms are available through the office or can be posted/emailed on request. Nominations close at 10.30 am on the 20th September .

# Rockhampton 60 & Better Program Inc.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9-10am Gentle Exercise with Pam \$5.00. Contact the office on 49140065 for info. Kent Street indoor Bowls Hall.</p>	<p>8-10.30 am Golf Croquet \$ 5.00 &amp; 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 &amp; Conversation \$16.00- pg. 4 for details Rockhampton Jockey Club. 1st Wednesday of the Month</p>	<p>YEPOON 9-10am Rumba Sa Friday cost \$5.00 held @ Oak Tree Village 3 Kookaburra Drive.</p>	<p>7.45-9 am Walking Program Details page 4. Contact Cliff a/h on 49284201 . 9-10am Yoga R' ton Jockey Club. Cost \$5.00 contact 49140065. No Yoga 14 Sep-3rd Oct. School Hols.</p>
<p>10.30-11.30 am Tai Chi with Lynn \$ 5.00 Contact the office On 49140065 for info. Kent Street Indoor Bowls Hall</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><b>New exercise session</b> </p>	<p>9.30-11.30am pg. 13 / details. Dance Alliance (Sitting Dance) with Lindy \$5.00. Includes M/T. Community Health Bolsover ST. Contact the Office on 49140065.</p>
<p>9-noon Cards . \$3.00 (per person ) Held at the office 1/248 Quay St. Contact Joyce On 49288417 for further info.</p>	<p>1-4 pm Cards \$3.00 afternoon tea included. Held in the Office 1/248 Quay St. Contact the Office on 49140065 further information</p>	<p>1.30-3.30 pm. Indoor Bowls \$3.00 Includes A/T. Contact the office on 49140065 for further info. Kent St.</p>	<p>Rumba-Sa with Pam Oak Tree Retirement Village, Glenmore Road. cost \$4.00 per person. Time 8.30-9.30am</p>	<p>1-4 pm. Cards \$3.00. afternoon tea included. Held in the office 1/248 Quay St. Contact the Office 49140065.</p>
<p>9am -12noon Newsletter folding next date 30th November.</p>	<p>Be sure to wear comfortable shoes &amp; 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><b>FRIDAY at GRACEMERE</b> 10.30-11.30am Friday, Strength &amp; Balance, cost \$5.00</p>	
<p><b>PLEASE CONSULT YOUR HEALTH PRACTITIONER BEFORE COMMENCING LOW IMPACT ACTIVITIES.</b></p>				

## Coffee Conversation & Lunch

Is now held at the Rockhampton Jockey Club. There is an elevator available. Cost \$16.00 per person. Includes morning tea on arrival and lunch with a choice of Roast or Fish with vegetables, tea & coffee & bread roll. Doors will open at 10.15am.



<b>6th September</b>	<b>Envigor Home Care</b>	<b>Lynette</b>
<b>4th October</b>	<b>Rental Tenancy</b>	<b>Raelene Martin &amp; Keith Ireland</b>
<b>1st November</b>	<b>Public Trustee</b>	<b>Jody Hollett</b>
<b>6th Dec</b>	<b>Christmas Celebrations</b>	<b>Jockey Club with entertainment</b>
<b>7th February</b>	<b>Bob Blair</b>	

**JOIN the Walking Group**  
Walks start at 7.45am.  
Please contact Cliff on 49284201 a/h for further information.



*The walking group is growing in size! Why not join them for the River front walk and a cuppa and chat at the office. It's a great way to exercise and meet new people.*

**Meet: in front of the office 1/248 Quay Street.**

### Dates

- ◆ 8th and 22nd September
- ◆ 6th and 20th October
- ◆ 3rd and 17th November
- ◆ 1st December Christmas break up at the Office Please bring a plate to share.

*Search for a good heart, but don't search for a beautiful face, coz beautiful things are not always good, but good things are always beautiful.*

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



### Donations for Lucky door Raffle

Have you any unwanted gifts at home we could use for our Raffles and Lucky door prizes?



Any donations would be greatly appreciated. Thank you



### Break up/ Start dates for Exercise Activities.

Activity	End	Start
Exercise /Tai Chi	27th Nov	5th Feb
Cards all days continue (except for public holidays.)		
Croquet	14th Dec	13th Feb
Ten Pin Bowling	5th Dec	17th Jan
Indoor Bowls	12 Dec	21 st Jan
Dance Alliance	12th Dec	2nd Feb
Rumba Sa	15th Dec	19th Dec
Yoga	15th Dec	2nd Feb
Strength & Balance (Gracemere)	1st Dec	2nd Feb



### Adult dental services

#### Adult patient eligibility - public sector dental clinics

For adults to be eligible for publicly funded oral health care they must be a Queensland resident and where applicable, in receipt of benefits from either a:

- Pensioner Concession Card issued by the Department of Veteran's Affairs
- Pensioner Concession Card issued by Centrelink
- \* Health Care Card
- \* Commonwealth Seniors Health Card
- \* Queensland Seniors Card

For residents issued with these cards and currently receiving benefits, eligibility is extended to their dependents named on the card.

Also eligible is any child who is in the guardianship of the Director-General, Department of Families, Youth and Community Care.

Persons not fitting the criteria listed above should seek dental care from a private dental practitioner.

### Cost

Public sector oral health services are funded by the government and are provided at no charge to eligible clients. Transport to and from dental clinics is the responsibility of each individual client.

**Contact** Rockhampton Community Dental Clinic  
07 4920 6212



### Who does what??

A man and his wife were having an argument about

who should brew the coffee each morning. The wife said, 'You should do it because you get up first, and then we don't have to wait as long to get our coffee.'

The husband said, 'You are in charge of cooking around here and you should do it, because that is your job, and I can just wait for my coffee.'

Wife replies, 'No, you should do it, and besides, it is in the Bible that the man should do the coffee.'

Husband replies, 'I can't believe that, show me.' So she fetched the Bible, and opened the New Testament and showed him at the top of several pages, that it indeed

says '**HEBREWS**' Peter Oram

### For Sale



King Single Electric Bed. This bed (Flexopedic Brand) comes with an 8 year warranty. The bed is under 2 years old and has a lambs wool topper in excellent condition. Cost new \$4500.00 sell for \$2000.00 (ONO.)

Please call Judith on  
0404070087

### *A note from Joy Watts.....*

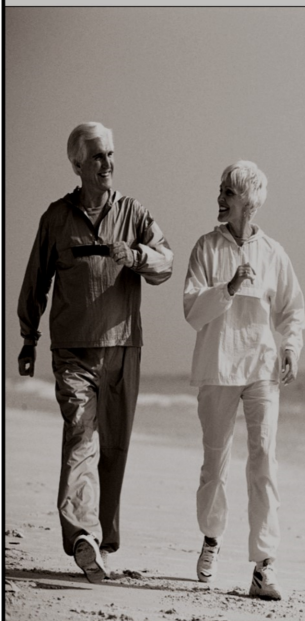


*Joyce asked me to put this note in for all those who attended Morry's service : Along with flowers & cards sent , your support and condolences were truly appreciated. Morry enjoyed the holidays and activities with 60 & Better and made many friends. He is at peace now with no more pain.*

*Joyce.*

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](mailto:pt_rockhampton@pt.qld.gov.au)



plans for life  
peace of mind



**I**t's the day of the Grand Final, and a man makes his way to his seat right next to the action. He notices that the seat next to him is empty. Leaning over, he asks his neighbour if someone will be sitting there. "No," says the neighbour. "The seat is empty."

**"This is incredible,"** said the man. **"Who in their right mind would have a seat like this for the final and not use it?"**

**The neighbour says: "Well actually the seat belongs to me. I was supposed to come with my wife, but she passed away. This is the first Grand Final we haven't been to together since we got married."**

**"Oh, I'm so sorry to hear that. That's terrible ... But couldn't you find someone else, a friend, relative or even a neighbour to take her seat?"**

**The man shakes his head. "No," he says. "They're all at the funeral."**

*Submitted by P Oram.*



Joyce gets into the swing for the Seniors Week "Mad Hatters Tea Party" Find out next Newsletter if she "bagged a prize" for her creation.

We hope you all enjoyed your week!

# Seniors Week 2017

## Farewell Betty!

*"Rocky's Sitting Dance Legend"*

Betty has devoted 18 years to leading Sitting Dance for 60 & Better and the greater

community. Sadly we farewelled Betty to Sydney to be closer to her family, and a well deserved rest! Have fun & take care Betty, we will miss you.



## Loneliness

*There are so many of us who have or are trying their best to cope with loneliness.*



*Finding yourself alone can happen for many reasons. Perhaps some of the ideas below might help, even though its hard to take the first step in most instances you will be glad you did!*

**Here are some ideas for you to try.....**

- ☞ Be brave, open that address book and phone a different friend each day.
- ☞ Buy a lottery ticket. You need just one in the wallet all the time. (unless you win of course!)
- ☞ Don't shop aimlessly - its depressing. Shop at the same bakery, coffee shop, clothes shop, post office, pharmacy etc and talk to them very BRIEFLY each day. You'll be surprised how good a smile from someone who recognises feels.
- ☞ Try not to talk to anyone for too long. They will avoid you. They have jobs, family and are very busy.
- ☞ Admire someone's garden on your walk and mention the weather.
- ☞ Ask a friend or neighbour around for a cup of tea.
- ☞ Write down a few facts about the people you meet so you won't forget their names or situation next time.
- ☞ Always smile and say hello on your morning walk. Doesn't matter if they don't - you will soon find the ones who will. ...and since I talk to just about everyone on my walks they usually take all morning! You will be surprised how many other people feel rather lost in retirement.
- ☞ Plan a trip with a group. Start with something small just in case you don't like it.
- ☞ Sport - golf, bowling, croquette, tai chi, aqua aerobics, swimming, fishing
- ☞ Join a club. **60 & Better might be just what you are looking for**



## 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.

### **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;
- ☐ 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 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](http://www.health.qld.gov.au/hp-portal)



**Committee Contact details**

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

**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.

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

**Ten Most Wanted Criminals**



Larry's kindergarten class was on a field trip to their local police station where they saw pictures tacked to a bulletin board of the 10 most wanted criminals. One of the youngsters pointed to a picture and asked if it really was the photo of a wanted person. 'Yes,' said the policeman. 'The detectives want to capture him very badly.' Larry asked, "Why didn't you keep him when you took his picture?" *Peter Oram*



**Computer Problems?**

For prompt reliable affordable service  
"IN YOUR OWN HOME"

**Call Michael O'Grady !!**

**on 0499760523**

**HELP is available.**

***Come & meet Donna!***

We now have a new volunteer in the office on a regular basis to assist you with your technology! Whether this be your **phone, tablet/IPAD or lap top** Donna will be available to help you.



This will be **one on one assistance (in our office)** to guide you through any problem solving you need to comfortably operate your device.

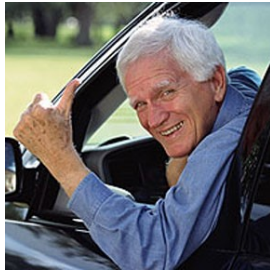
**Should you be interested please ring the office to book your space.**

Over the next few months you will get to know Donna, as she will be also answering the phone, giving out general information and taking your bookings, please make her welcome as she will be a great asset to our team.

thankful  
heart  
is a  
happy  
heart

### Driving and dementia: Take away the keys?

Caring for a person with dementia or Alzheimer's disease presents a range of challenges. Spouses, family members, and friends must deal with



feelings of loss as the person they know seems to slip away. Supporting a loved one with basic activities of daily living can be time consuming and exhausting. And it is difficult to balance protecting the person you're caring for and preserving what independence remains.

One of the trickiest problems for caregivers to negotiate with people with dementia is driving. The consequences of a misstep behind the wheel can be deadly.

Whether or not it is safe to drive can be complicated, particularly when the person is only mildly impaired. Some believe that driving privileges should not be taken away until a person is clearly an unsafe driver.

But can you identify an unsafe driver before an accident occurs?

Driving requires amazing coordination — the eyes, brain, and muscles must process information and respond to it quickly. Driving skills may seem sufficient until an unexpected situation occurs when a person with dementia can panic or freeze with indecision.

One way to gauge the risk is to observe the person's general behaviour. If friends and family see their loved one exhibit poor judgment, inattentiveness to what's going on around him or her, clumsiness, and slow or inappropriate reactions, then that person should not get behind the wheel.

Ideally, a tactful and respectful approach will preserve the person's self-esteem while getting them off the road. Some people may agree to stop driving for other reasons — for instance, the car needs repair or the license or registration has expired. You can also opt for a road test with a driver's rehabilitation specialist, who can offer an independent assessment of safety. People with Alzheimer's disease sometimes take seriously a written prescription from a physician that says, "Do not drive."

A health professional can assess the fitness and ability to drive. If you hold a Queensland driver licence, or are applying for a Queensland driver licence, you have a legal obligation to notify the department as soon as you become aware of any permanent, or long-term medical condition that is likely to adversely affect your ability to drive safely. The department can legally require you to give medical evidence (i.e. a current Medical Certificate for Motor Vehicle Driver (form F3712) completed by your treating doctor) about whether you meet the medical criteria for the class of driver licence you hold, or the class of driver licence you are applying for. Sources: [www.health.harvard.edu](http://www.health.harvard.edu)  
[www.tmr.qld.gov.au](http://www.tmr.qld.gov.au)

### One-Minute Quiche in a Mug

#### Ingredients:

1 teaspoon butter

1 egg

1 1/2 tablespoons of milk

Pinch of salt & pepper

One-eighth slice of bread (torn into small pieces)

2 tablespoons grated cheddar cheese

4 cherry tomatoes, quartered, or a rasher of bacon, chopped

1 teaspoon of fresh herbs

#### Method

Melt the butter in a large, microwave-safe mug (or soup mug). Add the egg, milk salt and pepper and whisk until thoroughly mixed. Add the tomatoes or bacon and bread pieces. Top with the grated cheese and half the chopped herbs, but do NOT stir again.

Microwave on high for one minute, or just until the egg is completely cooked and the quiche is slightly puffed. Be careful when removing the mug from the microwave, as it will be hot.

Serve with a side salad, enjoy!





**PETER BOODLES**  
**QUALITY MEATS**  
[www.boodlesmeats.com.au](http://www.boodlesmeats.com.au)

Retail Market Supermarket  
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 T. 07 4928 4069 F. 07 4928 0563  
 M. 0418 794 450 E. [accounts@boodlesmeats.com.au](mailto:accounts@boodlesmeats.com.au)  
 188 Berserker St, North Rockhampton Qld 4701

A huge  
 "Thank You"

to Peter Boodle who has donated a  
 Christmas ham for 60 & Betters  
 Christmas Celebration's for many years.

## Advanced Health Directive

**This form deals with your future health care.**

The time may come when you cannot speak for yourself. By completing this form, you can give directions about your medical treatment at such a time. This document can be used by non-English-speakers if a qualified Interpreter/translator reads it to the person in the person's own language and a signed Statement of Interpreter/Translator is attached. Blank statements are available from Go Print offices, WC Penfold Stationers and most newsagents throughout Queensland.

### Explanatory Notes:

Every competent adult has the legal right to accept or refuse any recommended health care. This is relatively easy when people are well and can speak for themselves. Unfortunately, during severe illness people are often unconscious or otherwise unable to communicate their wishes—at the very time when many critical decisions need to be made. By completing this Advance Health Directive, you can make your wishes known before this happens.

### What is an Advance Health Directive?

An Advance Health Directive is a document that states your wishes or directions regarding your future health care for various medical conditions. It comes into effect only if you are unable to make your own decisions.

You may wish your directive to apply at any time

when you are unable to decide for yourself, or you may want it to apply only if you are terminally ill.

### Can anyone make an Advance Health Directive?

Yes, anyone who is over eighteen years of age and is capable of understanding the nature of their directions and foreseeing the effects of those directions can generally make an Advance Health Directive.

### What do I need to consider before making an Advance Health Directive?

You should think clearly about what you would want your medical treatment to achieve if you become ill. For example:

- If treatment could prolong your life, what level of quality of life would be acceptable to you?
- How important is it to you to be able to communicate with family and friends?
- How will you know what technology is available for use in certain conditions?

It is strongly recommended that you discuss this form with your doctor before completing it. In addition, a doctor must complete Section 5 of the form. The purpose of an Advance Health Directive is to give you confidence that your wishes regarding health care will be carried out if you cannot speak for yourself. However, a request for euthanasia would not be followed, as this would be in breach of the law. Under the Queensland Criminal Code, it is a criminal offence to accelerate the death of a person by an act or omission. It is also an offence to assist another person to commit suicide.

*Please note a copy of the Advanced Health Directive is available through the office if requested.*

## 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 in to our feedback box in the office.





# Finlayson & McKenzie Funeral Directors



*“Meeting your needs  
with quality and com-  
passion”*

## 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**

## Scientists uncover Ancient Roman recipe for world's most durable concrete

Ancient Roman concrete marine structures built thousands of years ago are stronger now than when they were first built. So how has Roman concrete outlasted the empire, while modern concrete mixtures erode within decades of being exposed to seawater? Scientists have uncovered the chemistry behind how Roman sea walls and harbour piers resisted the elements, and what modern engineers could learn from it. Romans built their sea walls from a mixture of lime (calcium oxide), volcanic rocks and volcanic ash, a study, published in the journal American Mineralogist, found. Elements within the volcanic material reacted with sea water to strengthen the concrete structure and prevent cracks from growing over time.

"It's the most durable building material in human history, and I say that as an engineer not prone to hyperbole," Roman monument expert Phillip Brune told the Washington Post.

Nowadays, we create concrete from a mixture of limestone, sandstone, ash, chalk, iron and clay. Modern sea walls require steel reinforcements, and the concrete is designed not to change after it sets. On the other hand, the Roman recipe was designed to reinforce itself over time.

Scientists previously discovered Roman concrete contained aluminous tobermorite, a rare mineral that is hard to produce. The tobermorite formed within the Roman concrete early on, as seawater reacted with the mixture to generate heat.

Now a more detailed examination of the chemistry of the concrete showed significant amounts of that rare mineral growing out of another mineral naturally found in volcanic rock called phillipsite. The long-term exposure of the concrete to seawater caused both the tobermorite and phillipsite to crystallise throughout the concrete. These prevented cracks from forming, therefore reinforcing the concrete over time.

The researchers said this could lead to more environmentally friendly ways of modern concrete construction, but warned it may take years before the precise Roman mixture was discovered.

"I think [the research] opens up a completely new perspective for how concrete can be made," Dr Jackson (a researcher) said.

"That what we consider corrosion processes can actually produce extremely beneficial mineral cement and lead to continued resilience, in fact, enhanced perhaps resilience over time."

Source: <http://www.abc.net.au/> Barcardine News

## Gracemere Lunch

Interested in joining members from Gracemere for lunch occasionally?



We meet in Gracemere on the 2nd Monday of every month to enjoy morning tea & lunch with a guest speaker. The cost is \$15.00. Members from Rockhampton are welcome to attend. Please let us know if you are interested.

*Don't limit your challenges -  
challenge your limits*

### 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.

"Look! new activity!"



**M**OST people love to dance and singing is scientifically proven to make us happy, so what better way to keep fit and dementia at bay than participating in the new state of the art program launching at 60 & Better in Rockhampton.

The Dance Health Alliance organization launch in Australia at the Sydney Dance Company just over two years ago, since then the program has been embraced by care homes across NSW, Queensland, and WA.

The program facilitates a therapeutic and innovative dance class for retirees, to stimulate neuroplasticity and regain freedom through movement. The program originally designed for individuals living with movement restrictions focuses on the aesthetic movement of dance asking participants to approach movement like dancers rather than as patients. Every class and playlist is unique and draws from various dance styles in order to personalize classes based on dancers specific needs and requirements to facilitate healing that is fun, energetic and transformative.

The Dance Health Alliance recognize that dance is an inclusive, social activity that functions holistically: on a physical, mental and emotional level to engage individuals of all ages in life-giving activity, improving general levels of health, immune function, brain health, neuroplasticity, confidence and social

Recent studies out of the UK have shown that Dance helps reduce the risk of Dementia by 76% and the teachers at the Dance Health Alliance believe that prevention is better than cure! The Dance health Alliance was featured in the July edition of Australian Journal of Dementia Care, where they discussed the scientific benefits of the program.

All classes are seated and no dance experience necessary - Open to all ages and levels of mobility!

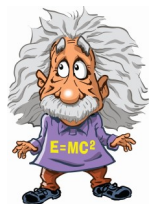
For more information check out the website [www.dancehealthalliance.org.au](http://www.dancehealthalliance.org.au)

**Dance Alliance commences on Friday the 25th August at Community Health. Come along & meet Lindy**

**Time: 9-11 am**

**Cost \$5.00 per person morning tea included.**

**Einstein** is scheduled to speak at an important science conference. On the way there, he tells his driver who happens to look a bit like him: "I'm sick of all these conferences. I always say the same things over and over!"



The driver agrees: "You're right. As your driver, I attended all of them, and even though I don't know anything about science, I could give the talk in your place." "That's a great idea!" says Einstein. "Let's switch places then!"

So they switch clothes and as soon as they arrive, the driver dressed as Einstein goes on stage and starts giving the usual speech, while the real Einstein, dressed as the car driver, attends it.

But in the crowd, there is one scientist who wants to impress everyone and thinks of a very difficult question to ask Einstein, hoping he won't be able to respond. So this guy stands up and interrupts the conference by posing his very difficult question. The entire room is silent, with the audience holding their breath, waiting for the response.

The driver looks at him, dead in the eye, and says:

"Sir, your question is so easy that I'm going to let my driver answer it for me."

## The Smoke Alarm Scheme

is a Government funded subsidy providing specialised smoke alarms to Deaf and hard of hearing community members living in Queensland.



The Smoke Alarm alerts the resident to a fire hazard through sight (flashing light) and feel (vibrating pad), giving them the time to evacuate the home safely.

**To be eligible for the subsidy you must be:**

- Deaf or hard of hearing
- Living in Queensland

The Smoke Alarm normally sells for \$400, however with the Queensland Government subsidy it is available to eligible community members for just \$50, or \$20 with a Concession Card.

To apply for the subsidy please complete the application form and return it to a Deaf Services Queensland office, or email it to [smokealarms@deafsq.org.au](mailto:smokealarms@deafsq.org.au)

## Good at his Job

One day, at a local cafe, a man suddenly calls out: "Help! My son's choking! He's swallowed a dollar coin. Help! Please, anyone! Help!"

A man from a nearby table stands up and announces that he's quite experienced at this sort of thing. He steps over with almost no look of concern at all, digs his arms into the boy's jeans, then wraps his hands around the boy's testicles and squeezes.

The boy screams in pain, but out pops the coin.

The man then goes back to his table as though nothing has happened.

"Thank you! Thank you!" the father cries. "Are you a paramedic?"

"No," replies the man. "I work for the Tax Office." *P Oram*



## Cheese and Chive Scones



### Ingredients

- 2 cups (300g) self-raising flour (can use wholemeal 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

*A problem isn't a problem if it has an answer. If there is no answer it is not a problem it is a fact and we have to learn to live with that fact!*  
*Ipswich 60 Better*



Are you interested to joining a cinema group?



Read on.....

Must be a current member of the Cinebuzz for Seniors Rewards Club and present card when picking up your tickets to receive the special \$9 ticket price. Cinebuzz for Seniors Rewards Club is valid for anyone over the age of 65yrs. & you may be asked for photo ID. Online booking fee applies.

Based on the reward benefit for a standard admission. Rewards points cannot be redeemed for Special **Screenings & Events.**

**DATE:** Wednesday 2 August

**TIME:** 10:00am free morning tea, film commences at 10:30am.

**TICKETS:** Senior Members Tickets \$9\*  
Non-members pay full price.

**Please let us know if you are interested in joining a movie group with 60 & Better.**

A man and a woman on their way to get married are involved in a car crash and killed instantly. They then find themselves standing in front of St Peter at the pearly gates.



St Peter says:, "Welcome! You have both lived good lives and are welcome into heaven!"

The man says: "That's wonderful, but we were on our way to our wedding to be betrothed, is it possible to still get married in heaven?"

St Peter says: "I've never been asked that before, wait here and I'll check."

St. Peter leaves and is gone for a really long time.

He finally returns saying, "Good news! You can indeed get married in heaven!"

The man replies: "That's great news, but while you were gone we were discussing if it doesn't work out, could we still get a divorce?"

St Peter takes his clipboard and slams it on the podium exclaiming, "I just spent 10 hours looking for a priest, do you know how long it's going to take to find a lawyer?!?"

### What may cause fatigue?

Fatigue in older adults is linked to lead to a range of problems, including anaemia, aching joints and arthritis, urinary incontinence, hearing impairments, depression and social isolation. It may also effect the circulatory and pulmonary systems (that is, heart, lungs, and associated vessels and organs).



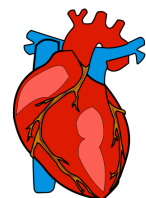
### What can I do?

"Healthy habits are the key to maintaining a satisfying quality of life well into one's golden years." A healthy daily routine also helps! Here are some ideas to increase your energy levels:

- ✓ Engage in physical activity (strength training is great!)
- ✓ Eat a variety of nutritious foods
- ✓ Drink 2 litres (or more if required) of water
- ✓ Quit smoking
- ✓ Have 7-9 hours of restful sleep

### Did you know?

**Yawning-** A study has shown that yawning is good for oxygenating your blood and cooling your brain. So how can that be a bad thing? It's not yawning, per se, that's the culprit here, it's continuous yawning. Yawning constantly usually means that your body's internal cooling mechanism is not working as it should. This could translate as issues with your circulatory system or your heart.



### Wrinkled earlobes

A wrinkled earlobe could indicate heart trouble and, although this may sound strange, there are a few studies that back up this correlation. It's known as 'Frank's sign' after the scientist who discovered it. A diagonal crease in your earlobe may indicate arterial blockage and is believed to be a symptom of heart trouble.

**The Ranch Bar & Grill**

(old Post Office East St.)



**Date Thursday 19th October**

**Cost Pay on the Day**

**Time 12 midday**

The Ranch has an extensive menu starting from approximately \$15 for a main meal.. Please be sure to book and pay by the 12th October to reserve your spot.

Melbourne Cup 2017.

Date Tuesday 7th November

Time 11am

Cost to be confirmed

Join us for fun & excitement with "the race that stops the Nation!" Details and price to be confirmed mid September.

Please book to secure your place.



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

Postage  
Paid  
Australia

Funded by



Queensland Government  
Department of Communities

**Christmas Lunch 2017!**

It's getting close to that time of year again, we hope you can join us for celebrations!

Venue The Rockhampton Jockey Club

Date Wednesday 6th December

Cost \$20.00 per person

Time 11am

A great day with a delicious lunch consisting of baked ham/roast chicken, baked vegetables, side salad, bread roll. Dessert will be a choice of Pavlova, Christmas Pudding, Christmas Trifle. Tea & coffee with rum & apricot balls. Great entertainment, raffles, lucky door prizes galore. Please book & pay by the 30th November.

