



# The Seniors Sentinel

March, April, May 2016

Volume 104

## Contact Details

Phone . 49140065(M) 0437398990

Email [better60inc@optusnet.com.au](mailto:better60inc@optusnet.com.au)

2/248 Quay Street Rockhampton 4700

PO Box 211 Rockhampton 4700

ABN 19507683254

## 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 5

Manager- Anita Griffiths

Accountant-Len

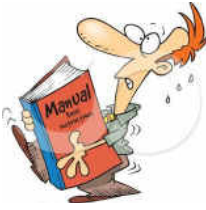
Timms



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

## Presidents Pen

It's already the second month of the year, half gone. Hasn't the heat been unbearable? Like Clarice and myself, I bet you are all looking forward to Winter!



Our 1st Coffee & Conversation for the year went off very well with a very good roll up. I must express to you all who are attending, where possible please phone Anita and advise her how many are attending with the meal preference. It is most important for the caterer to know the numbers for preparation.

Thinking about the holidays we have, the committee would welcome any fresh ideas. The holidays today are getting more expensive, numbers are dropping off due to this, we have to cancel. This means a lot of Anita's time is spent organizing same and then having to cancel. Perhaps we should be looking at one trip per year instead of two?

Opening day at the office was a huge success, with up to 55 attending and some dropping by for morning tea to say hello. Thank you Anita and the members of the committee who worked so hard to make the day a success. In particular Joyce Holmes, Joyce Messer, and Mary Greenhill for a great job preparing and serving the meal.

Please be sure to read page 7 & 8 regarding a new membership form and changes of reporting to the Department of Communities. Anita will tell you more in her column. To all in sundry, keep healthy.

All the best,

Stuart.

## Anita's Antics

Open day was a huge success! What a nice surprise I had when Stuart turned up with one of my favourite plants. (anthurium.) I will endeavour to make it flourish! Thank you Stuart & Clarice.



The New Year has once again brought many changes to our program. With the new funding agreement, changes have had to be adjusted for our quarterly reports. In saying this all members new, as well as current, will be required to fill in a membership form. Please remember there is no joining fee, however \$5.00 would be appreciated for newsletter mail out.

As Stuart mentioned the Warwick holiday sadly had to be cancelled. There was an expression of interest to return to Terranova for a different holiday, unfortunately, they have ceased their tours for the current time. Don't be disappointed though read on to page 9 for the details of our intended holiday for 2016.

There are updates on activities as well as an expression of interest for a new low impact exercise class. Please read page 4 for changes to the venue for C&C as well as details for our 22nd anniversary on page 12.

Until next time, please contact me with any concerns or information I may be of assistance with.  
Take care Anita

### Subscription for mail out

Due to the rising costs with mail out please be sure to pay \$5.00 for the 2016 Newsletter, if you would like it emailed please confirm your address. Thank you



# 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. New venue: Kent St Indoor Bowls cnr Kent & Cambridge Streets	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 \$13.00- pg. 4 for details The Masonic Club William Street Rockhampton.	7.30-8.30 am Learn to Swim \$5.00 Contact 492140065 Indoor Aqua Leisure (under Stockland's)	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. New Venue ( see above)	1.30-3.30 pm Ten Pin Bowling Musgrave Street. Cost \$7.50 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.	9am-10am Steady Steps with Noni. Cost \$5.00 Community Health Bolsover Street. PLEASE CONTACT THE OFFICE for confirmation BEFORE ATTENDING on 49140065.	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 . \$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 for further information. Held in the office 2/248 Quay St.	1.30-3.30 pm. Indoor Bowls \$3.00 Kent St Indoor Bowls cnr of Cambridge & Archer Sts. Includes A/T. Contact the office on 49140065 for further info.	9.30-11.30am Management Meeting 2 <sup>nd</sup> THURSDAY of every month	Rumba-Sa with Pam Oak Tree Retirement Village, Glenmore Rd. Cost \$4.00 per person. Time 8.30-9.30am
9am -12noon Newsletter folding Last Thursday of 3rd month Next date Thursday 26th May. 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 "change of venue!"



As of the 6th April, C&C will be held at the CQ Leagues Club (on Lion Creek Road). The cost will be \$15.00 per head. Morning tea and lunch included. Lunch will consist of Roast or Fish and vegetables, tea, coffee and post mix drinks, bread roll followed by dessert. This will still be held on 1st Wednesday of every month.

It is essential for you to BOOK and PAY with your MEAL preference 7days prior. Doors will open at 10.30 a.m.

**2nd March** QLD Ambulance Service

**Update**

**6th April** Trivia morning

**4th May** Birthday Celebrations

**CQ Leagues Club**

**1st June** Entertainment with Eddie Olsson.

### Walking Group Itinerary



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

**4th March** Norbridge Park, meet @ last Soccer field club area. BYO m/tea  
**18th March** Kershaw Gardens. Knight St car park.

**1st April** Frenchville Road carpark on right over Beasley Street. BYO m/t.

**15th April** River front walk. Meet in front of our office m/t provided.

**29th April** Norbridge park meet @ last soccer field area. BYO m/t.

**13th May** River walk North Side. Car park adjacent Alexandra bridge. BYO m/t.

**27th May** Huish drive. Meet @ Car park opposite pool entrance. BYO m/t.

**10th June** Botanical Gardens meet @ kiosk. BYO or purchase m/t from kiosk

Two Glaswegians, Archie and Jimmy, are sitting in the pub discussing Jimmy's forthcoming wedding:

"Och, it's all goin' pure brilliant,"

says Jimmy. "A've goat

everythin' organised awready, the fluers, the church, the caurs, the reception, the rings, the Minister, even ma stag night."

Archie nods approvingly.

"A've even boat a kilt to be married in!" continues Jimmy.

"A kilt?" exclaims Archie, "That's magic, you'll look pure smart in tha. Wha's the tartan?"

"Och," says Jimmy, "A'd imagine she'll be in white!"



*Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon.* Doug Larson.

*Unwanted novels, spectacles and stamps always appreciated. Thank you.*

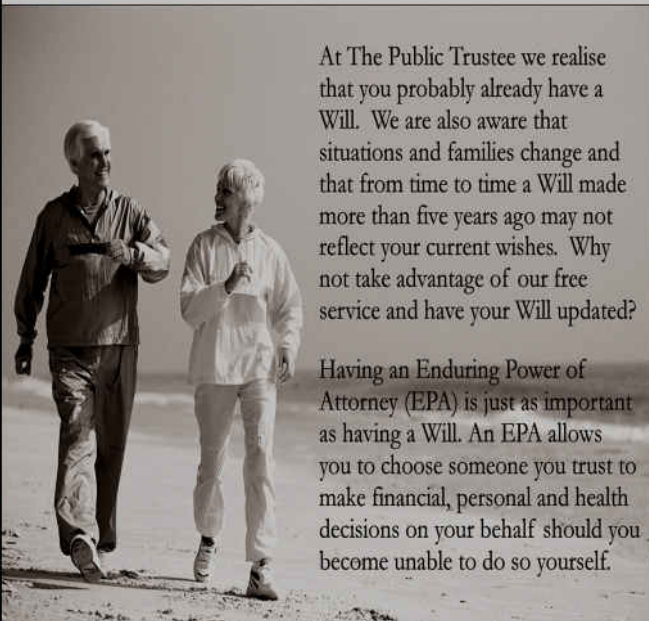


60 & Better Name Badges  
available for order.

Cost \$ 12.00 each.

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

***D**o you ever feel so hungry that some days you could eat a horse? If you feel this way, chances are you're not eating the right kinds of foods to sustain you throughout the day. If you're attempting to shed a few kilos, eating the wrong foods or going hungry is actually counterproductive because it prevents your metabolism from performing optimally. Here's a list of nine sustaining foods.*



**Eggs** A high-protein breakfast, such as eggs on toast, can keep you full until your next meal. Hard-boiled eggs also make a great snack for afternoon tea.

**Berries** Low in calories, berries also contain belly-filling fibre. Packed with antioxidants, take your pick of strawberries, blueberries, blackberries or raspberries for a satisfying snack.

**Spinach** Full of fibre, spinach is a voluminous vegetable that helps to fill the stomach. Extremely versatile, spinach can be enjoyed fresh or cooked, as a side at breakfast, dinner or lunch.

**Apples** When mid-meal hunger pangs strike, an apple contains enough water and fibre to make you feel full until your next meal.

**Oatmeal** It's the insoluble fibre in oatmeal that you have to thank for its filling properties. An added bonus is that the soluble fibre it also contains helps to keep cholesterol levels in check.

**Avocado** Avocados are full of good fat and fibre. Eating half an avocado on toast for breakfast will keep you feeling satiated until lunchtime. You could also include it in a salad for a more satisfying meal.

#### **Legumes (dried beans and lentils)**

Protein-rich and packed with fibre, antioxidants, B vitamins, and iron, these little guys can help to regulate your appetite – and provide you with a plethora of other health benefits.

**Dark chocolate** Dark chocolate is perfect for when you're craving something sweet but a piece of fruit just won't do. It can help to curb cravings for both sweet and salty foods, and may help to reduce blood pressure and protect the heart and brain.

**Nuts** Nuts are a superb high-protein snack because they contain large amounts of fibre to help keep you feeling full. Nuts are nutrient-dense, and contain healthy unsaturated fats that may help to lower cholesterol levels. *Amelia Theodorakis*



Milk..

There's a debate going on as to whether low fat milk is as healthy as major health organisations claim it to be.



Actually – and surprisingly – there is little evidence to prove that low fat milk is healthier than its full-cream counterpart. It most likely came about not because of scientific back up, but because of the move against saturated fats in the 1960s, with the belief that saturated fats lead to weight gain and heart disease.

Now, recent research is challenging this age-old, healthy-eating belief. According to *The Guardian*, "several recent studies in the *European Journal of Nutrition* and *Scandinavian Journal of Primary Health Care* have shown that consumption of high-fat dairy foods are inversely associated with obesity."

Also, other research has found that because fat is more satisfying (filling), eating foods with a high fat content may lead to a lower overall calorie intake, and that the saturated fat in dairy can protect against certain diseases and is not linked to heart disease.

In the end, the choice of milk depends on what are each individual person's health needs and taste. Nevertheless, Marion Nestle, a leading US professor of nutrition says, "I don't think the kind of milk, or milk at all, matters if the overall diet is reasonable. Everything in moderation." Now, that's some sage advice. *YLC newsletter*

## 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
Anita Griffiths	(O) 49 140065
	(M) 0437 398 990

My mother was rushed to the hospital following a serious tumble. There the staff placed a band around her wrist with large letters warning: Fall Risk.



Unimpressed, Mom said to me, "I'll have them know I'm a winter, spring, and summer risk too." *Betty Heim-Campbell*

**N**ever be in a hurry to terminate a marriage. You may need this person to finish the sentence. *Erma Bombeck*

Again the Easter season's here  
Bringing with it to  
Happy thoughts of those who mean  
So much the whole year through.  
And this comes to wish you all the joy  
That Easter ever brought  
And then to let you know again  
You're very close in thought.



May you enjoy relaxing on  
Mother's Day And may it  
be nicer than ever before  
May your best dreams be  
fulfilled  
And your happiness grow ever more





# Rockhampton 60 & Better Program Inc.

Application for Membership

## Rockhampton 60 & Better Program Inc

"Rockhampton 60 & Better Program Inc" welcomes your application for membership. Rockhampton 60 & Better Program Inc. abides by our Code of Conduct, our Rights and Responsibilities, Privacy/Confidentiality & Complaints policies. Where possible all activities have disabled access and facilities. Your application form will be destroyed when you are no longer a Member of the association.

### Client Charter

*Rockhampton 60 & Better Program Inc aims to enable older people at a local community level to participate in informed decisions and activities that positively affect their health and well being.*

Name of Applicant ..... Gender ☐ F ☐ M

Date joined..... (Signature) ..... Phone.....

Address ..... P/C.....

Emergency contact name..... Phone.....

Age (please tick) ☐ 50-60 ☐ 60-70 ☐ 70-75 ☐ 75-85 ☐ 85over

Aboriginal &/or Torres Strait Islander Origin? Yes ☐ No ☐

Do you have a Multi-Cultural Background? Yes ☐ No ☐

Privacy Notice: I understand that information collected is for the purpose of data collection for the Rockhampton 60 & Better Program. Also reporting to the Queensland Government as required. Any personal information that is used to report to the Queensland Government will be de-identified and none of this personal information will be shared with any other party without my knowledge.

Also that I can request access to the information kept about me at any time.

Are there any topics you would like information on? For example: (please tick)

Social activities ☐ health ☐ housing ☐ transport ☐ improving physical mobility

☐ Home assistance ☐ Other (please indicate).....

What activities are you interested in? .....

Are there any health issues you would like us to know about? .....

### Rockhampton 60 & Better Program Inc Contact Details

Postal: PO Box 211 Rockhampton QLD 4700

Phone 49140065

Physical Suite 2/248 Quay Street Rockhampton QLD 4700

Signed by the Management Committee- Date.....

Proposer (print) ..... Signature .....

Seconder (print)..... Signature .....

Please cut out complete and return thank you.

## Rockhampton 60 & Better Program Inc.

### Important update to all members and perspective members of The Rockhampton 60 & Better Program Inc.



As of the 1st of January, the program entered a new service agreement with the Department of Communities. This service agreement will remain in place up to and including the 31 December 2018.

Our focus remains the same, increasing older peoples awareness of healthy lifestyle options, reducing social isolation with more emphasis on improving links with other agencies in the community. Therefore it is important to utilise this simple questionnaire/assessment form to fully understand any needs and concerns or assistance you may have/require. The updated membership form outlines what aspects (if any) are concerns for you. This will also allow us to assist and support you with activities through the program or refer you to other community based organisations to assist with your needs. The focus on social isolation is extremely important, as we get older circumstances change and different needs arise.

On behalf of the program I would appreciate you all taking time to complete the new form on **page 7 ( please cut this out and return)**. Please do not hesitate to contact myself or one of the committee should you have any concerns or information.

Funded by



Queensland Government  
Department of Communities

#### Significant issues

Are any on the following significant for you or loved ones/friend?

- ☐ Access to services
- ☐ Access to community
- ☐ Transport
- ☐ Social network
- ☐ Activities

Should you have any questions or concerns regarding the above or any not listed please call, we are sure that if we can not help we will be able to get you in touch with a service that will be able to assist you.

#### Further information.

For those uncertain as to whether or not you will need to complete an updated form. The answer is **yes**, due to the requirements from Department of Communities it is now part of our service agreement to keep updated on our members health and well-being. There is only one membership form in the Newsletter, **( one member per application form)** Should you require another please let us know. *Thank you for your assistance with this . Anita on behalf of the Management Committee.*



### Computer Lessons

Interested in updating your computer skills?



We have a member willing to instruct one on one in our new office. Please contact the office if you would like to attend. During the move I feel I may have misplaced some names of members interested in this, please ring and confirm your interest, before I make any further plans.

### **T**ravelling to Brisbane for medical concerns?

**Burnie Brae Transport Services offer affordable transport.**

✱**Low cost fares when travelling within serviced suburbs.**

✱**Available for Hospitals and Medical Centres.**

✱**Operate between Monday to Friday 8am-4pm.**

**For further information please contact Burnie Brae on 07 3624 2131. It is important to contact them to make arrangements on the WORKING day prior to travel by 12 NOON. Thank you Stuart & Pat McTaggart for this info.**



***I don't need a hair stylist, my pillow gives me a new hairstyle every morning.***

### How to locate YOUR mobile phone serial number.



In February, Constable Shields attended Coffee & Conversation to update members on the subject of theft and safety. As a result of this Mary (treasurer) gave me the information you need to obtain your mobile phones serial number.

#### **Instructions below:**

#### **Press STAR HASH 0 SIX HASH (\*#06#)**

A 15 digit code will appear on the screen. This number is unique to your handset. Write it down and keep it somewhere safe. Should your phone be stolen, contact your service provider and give them this code. They will then be able to block your handset so even if the thief changes the SIM card on your phone, it will be totally useless. You probably won't get your phone back, but you will know whoever stole it, can't use it or sell it either. Thank you Mary for this information.

**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.

## **F**inlayson & McKenzie Funeral Directors



*"Meeting your needs with  
quality and compassion"*

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

### **Emotional benefits of prepaid funerals**

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

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

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

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

Your family will be supported by an experienced funeral professional

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

### **Financial benefits of prepaid funerals**

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

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

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

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

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

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

**Please contact Sandi**

**Finlayson & McKenzie**

**56 William Street**

**Rockhampton**

**Telephone– 4922 1269**

**Or email to [fmckfunerals@live.com.au](mailto:fmckfunerals@live.com.au)**



**Expression of interest  
New Exercise Class**

Are you interested in a new exercise trial?  
This class will be concentrating on Strength & Balance (suitable for seniors.)  
Leesa Olive is an accredited teacher in various aspects of exercise for mind & body. (including Vinyasa yoga and meditation teacher. Leesa currently instructs classes with the CqUni. Gym and various other places.  
We have another larger (air-cooled) venue we can utilise for the activity.  
Please contact the office should you be interested.

**Please Note :**

**Our Thursday Steady Steps class has been cancelled due to instructors other commitments.**

**Dreamtime & Caves  
Pub day trip.**



**Date Thursday 31st March**

**Cost \$40.00 per person**

**Time Central Park 9 am**

**Stocklands 9.15am**

Today we will be having a tour, talk & morning tea at Dreamtime. Following this we will move on to The Caves Pub for lunch with a choice of either rissoles or fish & vegetables. Please book & pay by the 24th March.

**\* PLEASE NOTE** In future all members attending day trips will be checked on & off the coach, contact the office for updated information.



**Expression of interest—  
"Special Luncheon."**

**Date Wednesday 11th May**

**Time Midday**

**Cost \$15.00 per person**

**Join us for a 2 course lunch. Bookings and payment essential 2 week prior to the day (27th April) Please let me know any special requirements.**

**Holiday 2016!**

**How's this for an idea?**



**Cairns Townsville Discovery**

**Cost \$ 1089.00 plus rail fair**

**Dates 29th August-5th September.**

A great get-a-way sightseeing Cairns, Kuranda, Port Douglas, Daintree, Innisfail & surrounds, Townsville, Magnetic Island, Castle Hill & The Strand.. Price includes all entires and most meals. For a full itinerary please phone or call into the office. Please be sure to book and pay your \$200.00 deposit by the Monday 4th April.

## Rockhampton 60 & Better Program Inc.

### Malaysian House Luncheon

Address 50 Bolsover Street  
Date Thursday 28th April  
Time Midday  
Cost Varies- Pay on the day



Today will be dining at one of the newest venues in Rockhampton. The menu is quite extensive with both Malay & Chinese meals. Come along and enjoy the day with friends. Please be sure to book and pay by the 21st April. Should you wish to peruse the menu they are available at the office.



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

Postage  
Paid  
Australia

Funded by



Queensland Government  
Department of Communities

### Anniversary Celebrations

Venue CQ Leagues Club Lion Ck. Rd

Date Wednesday 4th May

Cost \$17.00 per person



Come celebrate with us! Buffet lunch will consist of roast pork with vegetable, chicken and salad or perhaps a combination of both, along with tea/coffee/free post mix soft drink, bread roll. Dessert will be a trifle. Please be sure to book & pay by the 27th April.