



# The Seniors Sentinel

June, July, August 2016

Volume 105

## Contact Details

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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

Hi Folks!



Another 3 months have gone by since I last wrote a report. My point being— how time fly's! Over the last 3 months we have gotten bigger and better, just ask Anita the changes and new reporting requirements have taken us all quite awhile to try and get our heads around. I would like to thank Anita for holding it all together and doing a marvellous job.

Last month saw us celebrate our 23rd Anniversary, who would have dreamed we would have made such progress. Paul Broome entertained on the day, what a fun filled morning with music we could all relate to and sing with. It's a pity more members don't join us for this special occasion.

I have asked a very good friend of mine to come along to Coffee & Conversation in June, and give a talk on his life experiences, he is a chap who has completed a few stints overseas with the army, and by all accounts a very interesting man.

We as a committee are finding it difficult to find holiday destinations as all travel and accommodation have increased in price, it seems the \$1000.00 thousand holiday is a thing of the past, however we have a holiday idea in this Newsletter for your expression of interest. Please be sure to ring the office if you are interested.

Last but definitely not least our AGM is coming up, please be sure to let us know if you are interested in a position. New faces and new ideas are always welcome.

Until next time try to keep healthy. Stuart.

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**Life is short.  
Smile while you  
still have teeth.**

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# Anita's Antics

Winter is here..



Not only is winter on our doorstep, it's AGM time again. Should you wish to Nominate or know of a member you would like to nominate for a position please let me know.

It's been another incredibly busy 3 months for the program, I hope you all enjoyed partaking in our activities. We have another new exercise activity for those interested. We held a trial on the 13th of May and it was very well received, please let me know if you would like further information on this. All of our other activities are proceeding well. We try to include any activities we receive "an expression of interest for."

It is also extremely **IMPORTANT** to ensure you have completed a new membership form this year. For those who haven't there is one included in this Newsletter, please let us know if you require another one.

The mailing list is growing and to be honest I am not sure you have all paid the **\$5.00 annual fee** for this, if you have please let me know, if you haven't please be sure to do so as we will be recommencing a new "mail out data base" before the next newsletter.

This newsletter contains updates for the walking program and our Exercise & Tai Chi classes **be sure to read page 4** for change of details.

Until next time stay happy & healthy  
Anita.

# 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. PLEASE SEE PAGE 4 for FURTHER CHANGES.	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 49140065 Indoor Aquas Leisure (under land's)	7.45-9 am Walking Program EVERY SECOND FRIDAY Details page 4. Contact the Office of 49140065 . The walking program will now c take place in front of our office on Quay Street. Please see page 4 for further details.
10.30-11.30 am Tai Chi with Lynn \$5.00 Contact the office On 49140065 for info. PLEASE SEE PAGE 4 for FURTHER CHANGES.	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.		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-10am. Yoga style Strength & Balance with Leesa. Cost \$5.00 next door to the Office in Quay St.
	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.	9am -12noon Newsletter folding Last Thursday of 3rd month Next date Thursday 25th August. Please phone for confirmation.	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!"



Our new venue is 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. 00 a m.

<b>1st June</b>	<b>Bobby Blair's "life's journey".</b>	
<b>6th July</b>	<b>Regional Assessment Services (please read article below.)</b>	
<b>3rd August</b>	<b>Seniors Centrelink update.</b>	<b>Margaret Thackeray.</b>
<b>7th September</b>	<b>Centenary of Racing at Callaghan Park.</b>	<b>John Day.</b>
<b>5th October</b>	<b>Entertainment with Eddie Olsson.</b>	
<b>2nd November</b>	<b>AFS Pharmacy - "Independent Living"</b>	<b>Daryl Schneider</b>

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



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

As of the 24th June the walking program will  
commence in front of our office on Quay Street,  
where you can enjoy a lovely walk along the riv-  
er front and come back to the office for morning  
tea.

### **Walking Dates**

**24 June, 8th July, 22nd July, 5th August,**  
**19th August, 2nd September.**

# ATTENTION!

As of the 13th June Exercise & Tai  
Chi will recommence at the  
Uniting Church Hall in Campbell  
Street as their renovations will be  
completed. For further information  
please contact the office on  
49140065.

Life is too short to  
worry about what  
others say  
or think  
about you.  
So have fun,  
enjoy and  
give them  
something to talk about.



# WANTED

Please donate

Novels

Spectacals

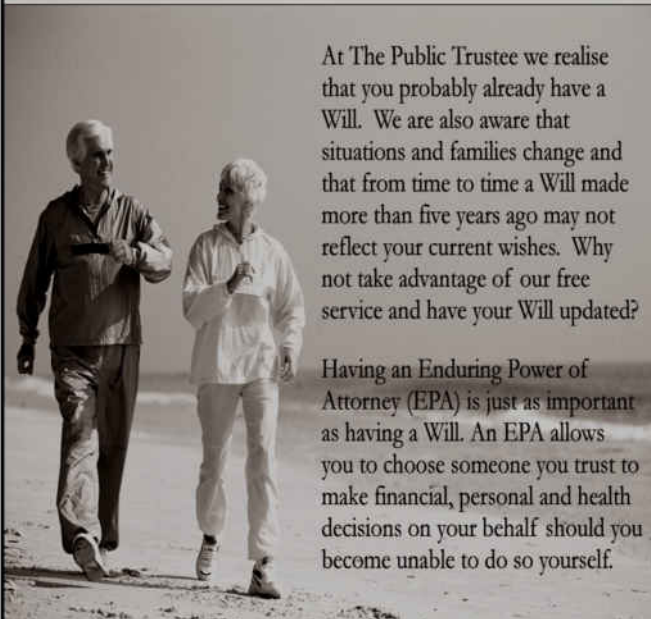
Stamps

Thank you



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

### MOTOR VEHICLE ACCIDENT GUIDE

#### Always obtain the following details.

- Name/Address of the other driver & owner.
- Make & Registration number of the Other Vehicle.
- Exact time & date of the accident .
- Names & Addresses of any Injured Parties.
- Names & Addresses of WITNESSES.
- Name & number of the OFFICER in attendance & the STATION to which he/she is attached.

*If you would like a copy for your wallet/  
purse please let us know & we will  
laminate one for you.*

*Submitted by Des Browne*

A very elderly couple is having an elegant dinner to celebrate their 75th wedding anniversary. The old man leans forward and says softly to his wife, "Dear, there is something that I must ask you. It has always bothered me that our tenth child never quite looked like the rest of our children. Now I want to assure you that these 75 years have been the most wonderful experience I could have ever hoped for, and your answer cannot take all that away. But, I must know, did he have a different father?" The wife drops her head, unable to look her husband in the eye, she paused for a moment and then confessed. "Yes. Yes he did." The old man is very shaken, the reality of what his wife was admitting hit him harder than he had expected. With a tear in his eye he asks "Who? Who was he? Who was the father?" Again the old woman drops her head, saying nothing at first as she tried to muster the courage to tell the truth to her husband. Then, finally, she says, "You."



**BADGE**

60 & Better Name Badges  
available for order. Cost \$ 12.00



## Health & Wellness

### Health Alert

While a few of these signs and symptoms may be obviously serious, some people just simply wait too long before they address them – and, unfortunately, that's sometimes a little too late. So if you experience any of these symptoms, you may need to call 000; it's always better to be safe than sorry.

#### 1. Chest pain

If you have chest pain or pressure along with sweating, shortness of breath or nausea, it's best to get help right away, especially if the pain or heaviness lasts more than a few minutes or goes away and comes back again. It could be a sign of a heart disease or heart attack, particularly after you've been exercising.

#### 2. Weakness in your arms and legs

If your arm, leg, or face, becomes weak or numb, it could be a sign of a stroke, especially if it's only along one side of the body. Not being able to keep your balance, feeling dizzy or trouble with walking are also potential signs of experiencing a stroke.

#### 3. Lower leg pain or tenderness

Lower leg pain and tenderness can be caused by blood clots known as deep vein thrombosis, or DVT. DVT can develop after you've been stationary for extended periods, such as sitting on a long plane trip, or lying in bed for a long time if you've been unwell.

If it's a DVT, you are likely to feel the pain most when you stand or walk. There may also be some swelling. If a blood clot is not diagnosed early on, there is a risk of it breaking off and blocking blood vessels, increasing the risk of heart attack, stroke and other complications.

#### 4. Blood in your pee

Haematuria, or blood in your urine, is a sign

that there is damage to your kidneys. It could be caused by kidney stones, especially if you are feeling a lot of pain on the side of your body or in your lower back; a severe bladder or kidney infection, which can present with the increased urge to pee, peeing often or a burning sensation when you urinate; or kidney or bladder cancer. So don't wait to see your doctor if you see blood in your pee.

#### 5. Wheezing

Wheezing, or a whistling sound when you breathe, should be seen to immediately, because it can quickly worsen and become life-threatening. It can be caused by asthma, a lung disease, a severe allergy or breathing in chemicals. Wheezing can also be caused by pneumonia or bronchitis.

### 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

### Stu & Pat McTaggart's Handy Hints

Gecko's a problem? place  
camphor around your house  
to deter them.



Can't get your toes wet? Use a surgical  
glove when showering to protect them.

# 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**.....

**New member** ☐

**Existing member** ☐

**Returning member** ☐

**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 .....

### Daphne's Poem

Everyone comes to a time in their lives when their lives feel empty; maybe you have lost retired, lost your partners or your last chick has moved out. You look around, and what are you going to do? You have always been too busy to notice your friends moving on. Now you are alone.



I was in this position, then I read this seniors paper. I rang a lovely lady called Anita, who is the manager.

That was one of the best decisions I have ever made! She made me feel so welcome, explained the program and helped me to become a member of this great family!

I go on holidays, and trips that I couldn't have done by myself. I meet my new friends for cards, "which they taught me", lunches and movies. My life is now interesting and busy. If you have any friends or relations in a similar position, tell them to do what I did and ring that lovely lady Anita our Manager.

*Daphne Bridson.*

Footnote: Daphne certainly surprised me with this poem, her thoughts and appreciation totally overwhelmed me at our Anniversary Celebration in May!

### Computer Problems?



*Having computer problems? Michael O'Grady can help you.*

**Reasonably priced and willing to come to YOU!**

**Contact Michael on  
0499760523.**

*60 & Better can certainly vouch for him he's been looking after our equipment for well over 10 years!*

### Did you Know???

Be sure to check with your dentist following major surgery (for



example knee replacement) before making an appointment.) Dentists will NOT consider dental works prior to 6 weeks post operatively.

*Information given by Pamela Bloxson.*

### Understanding Engineers

To the optimist, the glass is half-full.  
To the pessimist, the glass is half-empty.

To the engineer, the glass is twice as big as it needs to be.

Submitted by Lynn Zelmer



A minister dies and is waiting in line at the Pearly Gates.



Ahead of him is a guy who's dressed in sunglasses, a loud shirt, leather jacket, and jeans.

Saint Peter addresses this guy, "Who are you, so that I may know whether or not to admit you to the Kingdom of Heaven?" The guy replies, "I'm Joe Cohen, taxi driver, of Noo Yawk City." St. Peter consults his list. He smiles and says to the taxi driver, "Take this silken robe and golden staff and enter the Kingdom of Heaven." The taxi driver goes into Heaven with his robe and staff, and it's the minister's turn. He stands erect and booms out, "I am Joseph Snow, pastor of Calvary for the last forty-three years." St. Peter consults his list. He says to the minister, "Take this cotton robe and wooden staff and enter the Kingdom of Heaven." "Just a minute," says the minister. "That man was a taxi driver, and he gets a silken robe and golden staff. How can this be?!" "Up here, we work by results," says Saint Peter. "While you preached, people slept; while he drove, people prayed."



*I told the doctor I  
broke my leg in 2  
places.*

*He told me to quit  
going to those places.*

*Henry Youngman*

## Willby's

Expression of interest.

ON the 11th May 36 members attended a fantastic luncheon provided by the TAFE restaurant. It was to say the least a fantastic time, with excellent service, great food and of course an awesome atmosphere. Everyone liked it so much we have decided to return! However Willbys hasn't completed the roster for the next term so we are asking for an expression of interest should you like to join us next time.

Please keep this in mind and contact the office **AFTER** the 8th of July to find out the date and the cost.

### 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)**

# "Glamour & Glitz Ball"



Seniors Week 2016.

**Date** Saturday 20th August  
**Venue** Frenchville Sports Club  
**Time** 5.30-9pm  
**Cost** \$10.00 per person

★ An event not to be missed. Join us for a great evening to celebrate Seniors Week. This fantastic night will include live entertainment as well as a light supper. Ticket sales will commence on the **27th June and close on the 5th August** (for catering purposes.)

60 & Better would enjoy the company of members on this occasion. Members, relatives and friends are most welcome and tickets can be purchased through the office.

★ Proudly organised by

**WE  
LIFE WITHOUT BARRIERS  
VE**

supported by  
"The Rockhampton 60 & Better Program Inc."

## Holiday 2016!

Cost \$ 1089.00 plus rail fare.

Please NOTE:

**The balance for this holiday is due by the 22nd June.**



## Holiday 2017



Expression of interest

Here are 2 ideas for next year. We know it's early but we wanted to gauge your reaction!

1. New South Wales 7 days :

Flying into Sydney , a day at your leisure , overnight stay, coach pick to start your holiday to the following areas. Mudgee, Dubbo, Gulgong Forbes. Forbes, Blue Mountains Cost approximately \$1,700, airfares included.

2. Pacific Island 7 day cruise. this includes your airfares, cost approx.

1,500. You will need a current passport.

Both holidays are planned for early October.

## Annual General Meeting

The Rockhampton 60 & Better Program Inc. will hold the AGM on the 5th October commencing at 10am.

Positions vacant:

- President
- Vice President
- Secretary
- Treasurer
- Assistant treasurer
- 4 Committee members

All nominees **MUST** be current members of the program. Nomination forms must be returned no later than Wednesday 28th September. Nomination/Proxy forms are available from office or by mail on request.

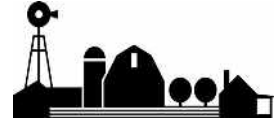
## Rockhampton 60 & Better Program Inc.

### Myella Farm Stay

Date Thursday 23rd June

Cost \$70.00

Time Pick up Stocklands @ 8.45am Central Park 9am.



What day we have planned! First stop the awesome Mt Morgan Bakery for M/T (BYO or purchase from bakery.) Onto Myella farm stay for a tour, talk, whip cracking, and bush poetry as well a country style lunch. Then it's off to Baralaba for a look at the Heritage Museum, and the all new "Baralaba Hospital." Then its on to the Old Cap Highway through Dululu, and home via Westwood. Approx. return time 3 pm. This cost is based on 30 members enjoy the day. Please book & pay by Thursday 16th June.



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

Postage  
Paid  
Australia

Funded by



**Queensland Government**  
Department of Communities

### Kortes Resort Luncheon

Date Thursday 21st July

Time Noon

Cost \$19.00 per person please **REMEMBER** to tell us your meal preference



Today we dine at one of the areas newest restaurants. The menu choice is:

- ☞ Panko Crumbed Fish w/ garden salad & chips.
- ☞ Chicken Melt on Ciabatta-Chicken, mushrooms, spinach, red onion & brie, topped with hollandaise, served w/ garden salad & chips
- ☞ 250g Rump Steak w/ garden salad & chips. Sauces include gravy, dienne, garlic, pepper & mushroom. **Please book & pay by the 14th July.**