

# Dee River Oldies Newsletter



April , May, June 2019

Volume 9



News from Dee River Oldies.

Late 2018 brought many changes to "Dee River Oldies." Most importantly the resignation of Doug & Margaret Hoehne & Caroline Read from their positions, however they will continue as members of our group. Our heartfelt appreciation goes to them all for the time, effort and energy used over the years to allow so many to attend activities gain friendship & have some fun. It was sad time & not without some upheaval. However we are very fortunate to have a new committee ( please see opposite for details)

There are some changes to the usual activities. The original street stall has ceased, with an introduction of monthly morning teas. (please see page 2 for details.) Morning teas will alternate with entertainment & information sharing on topics relevant to seniors.

Those fabulous day trips you all enjoy will continue thanks to Doug Hoehne continuing to source great places to visit (he's sure to have the trusty camera with him!) Please see the back page for further details.

Enjoy the next three months with Dee River Oldies

The steering committee.

**Dee River Oldies is a sub group of the Rockhampton 60 & Better Program Inc.**

## The Steering Committee

* President	Carol Glover	49381995
* Treasurer	Melray McNamara	0411144316
* Secretary	Colleen Constable	0427161131

### Correspondence:

Postal Address PO Box 170  
Mount Morgan 4710

### Email:

Secretary [Colleen-constable54@bigpond.com](mailto:Colleen-constable54@bigpond.com)

### Meeting:

All welcome to attend:

Saint Mary's Church Hall (behind the Anglican Church.

Every 3rd Tuesday of the Month.

Next meeting 16th April.

Join  
US!

It's free! Are you ready for some fun & friendship?

Please contact the "Steering Committee" on the numbers above.

### Regular Events:

Meetings commence at p.m. ST Mary Church Hall.

#### Dates:

- 16th April
- 21st May
- 18th June

Morning teas

Held at St Mary's Church Hall  
commencing at 10.am Cost  
\$5.00 (includes morning tea)

#### Dates

- 24th April
- 22nd May
- 26th June.

Please contact the steering committee  
to confirm your booking.

### Register for My Aged Care.

Whilst you may feel you do not require assistance in the immediate future, it is important for all seniors to register with MY Aged Care. Registering identifies you as an individual for future assistance if required. It is important to realise no one is certain what their future may bring. Please read on & considering registering a priority. Call 1800 003 095 for further details.



### Staying at home

Most of us want to stay in our own home for as long as possible. But we need to ensure we will be safe in our homes, so understanding on an ongoing basis what services are available will ensure we make the right choices. A range of community care programs are available to help us remain at home-although home care may only be suitable if we employ the support of friends or family. Some of the home care packages replicate the care received in a residential care service. The Government funds and encourages a range of community care (at-home) programs and sets the maximum fee that can be charged for those approved for government support.

### Home support

The Commonwealth Home Support Program (CHSP) Program provides a range of home care services which can meet the needs of an individual. These services can enable older Australians to live independently in their own homes for as long as possible. CHSP services include: home help - cooking, cleaning, washing and ironing, home modifications and maintenance, social support - such as banking and transport, food services - Meals on Wheels, help with shopping, centre-based meals, personal care - help with bathing and dressing, community respite - to give carers a break or for people living, alone, health services - such as home and community nursing, physiotherapy and podiatry. You may be required to pay a small fee for the services you access, depending on the fees set by the service providers. You can enquire about CHSP services through [myaged-care.gov.au](http://myaged-care.gov.au) and arrange for a Regional Assessment Service (RAS) assessment to determine your suitability.

*Lest we forget....*

*As many generations live on today*

*We remember them of World War 1*

*Where as we know the Poppy grows*

*In Flanders Fields*

*Our Brave Anzac shields*

*Fought together*

*Side by side.*

**ANZAC DAY 25TH APRIL 2019**



*The spirit of Easter is all about  
hope, love, and joyful living.*

**"Life doesn't have any  
hands, but it can sure  
give you a slap  
sometimes."**

WD 40 did you know?

### Removing Stickers

There is no way we can deny how cool stickers can be. Do you have a "Green Peace" sticker on your bumper? Maybe you have some sports stickers there too. When the time comes to remove them, don't forget to use WD-40.

### Protecting Shower Heads

Even though showering is important, it is true that it can get a little boring sometimes. Perhaps you've even tried counting the pores on the shower head. Don't be alarmed to find that not all of them are letting water through. WD-40 the clog away!



### Easy Ways to get rid of Spiders

Believe it or not, spiders don't always come inside. In fact, only 5% of house spiders have ever been outside. House spiders grow in numbers when egg sacs are carried in on furniture or building materials. From there they mate, and generally live in or under the same house throughout their entire life.

Why not try these deterrents:

**Vinegar**- Grab a spray bottle and mix white vinegar and water together. Go around the house and spray your mixture into all the little crevices around your home to deter spiders - it'll work a treat.

**Peppermint** If you're really worried about the smell of vinegar, try peppermint! Fill up a spray bottle with water and add 20 drops of peppermint essential oils. Head to the cracks and corners of your house and spray the mixture into them to get rid of spiders without killing them. Another option is using a peppermint tea bag. Once you've brewed the tea, leave the squeezed bag in the room that's prone to spiders to deter them.

**Lavender** - Lavender might smell lovely to us, but spiders aren't such fans! Fill a spray bottle almost full with warm water, then add 7 drops of lavender essential oils and 1 tbsp washing up liquid. Shake to combine, then spray into areas spiders are a problem (windows, doors and the base of walls are usually a good place to start).

*From Expert Home Tips (Life Choices newsletter)*



### Slow and Steady

A woman is preparing a French dinner for her parents and sends her husband out to buy some fresh snails. The husband buys the snails then pops into the pub for a quick drink. One thing leads to another and he stays for a few rounds, so many in fact, that by the time he leaves it's nine in the evening. Realising he's extremely late the husband runs home, pours the snails over the path leading to his house, then he rings the bell. His furious wife opens the door. "Where the hell have you been?" she screams. The husband waves back to the snails, "Come on, lads!" he shouts "We're nearly there!"



### Five Dollars .

Stumpy and his wife Martha went to the State Fair every year. Every year Stumpy would say, "Martha, I'd like to ride in that there airplane." And every year Martha would say, "I know, Stumpy, but that airplane ride costs five dollars, and five dollars is five dollars." This one year Stumpy and Martha went to the fair and Stumpy said, "Martha, I'm 71 years old. If I don't ride that airplane this year I may never get another chance." Martha replied, "Stumpy, that there airplane ride costs five dollars, and five dollars is five dollars." The pilot overheard them and said, "Folks, I'll make you a deal. I'll take you both up for a ride. If you can stay quiet for the entire ride and not say one word, I won't charge you, but if you say one word it's five dollars." Stumpy and Martha agreed and up they go. The pilot does all kinds of twists and turns, rolls and dives, but not a word or a squeal is heard. He does all his tricks over again, but still not a word or a sound. They land and the pilot turns to Stumpy, "By golly, I did everything I could think of to get you to yell out, but you didn't. I can't charge you the five dollars. The ride is free". Stumpy replied, "Well, I was gonna say something when Martha fell out, but five dollars is five dollars."

## Morning teas with guest speakers

Held at St Mary's Church Hall commencing at 10 am. Cost \$5.00 per person.

Dates are:

Wednesday 27th March– Lyn Anstey & singers.

Wednesday 24th April– Home Assist Secure.

Wednesday 29th May– Robert Cahill & Freda McDougall.

Wednesday 26th June– Australian Hearing Linda Busbridge.



If undeliverable

Please return to

Dee River Oldies

PO Box 170

Mount Morgan 4710

Please  
affix  
stamp

Funded by



**Queensland Government**  
Department of Communities

Join us for Doug's  
"Mystery tour!"

Date Wednesday 3rd April

Time 8.00 am Bus stop Morgan St

Cost \$50.00

Another one of Doug's mystery tours for you all to enjoy. All inclusive with morning tea & lunch. Please book and pay by 27th March.



## Expressions of Interest

↪ Cards group

↪ Swimming pool sessions

↪ Walking group

We can assist in organising any of the above should you express your interest.

