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## BMPHS Morning Melodies

In October, Baralaba Hospital hosted another wonderful morning melodies. There were even special young guests from Baralaba State School who sang and showed us their best dance moves. Thank you to everyone who participated and attended.



|                             |                  |
|-----------------------------|------------------|
| <b>President</b>            | <b>J Austin</b>  |
| <b>Secretary /Treasurer</b> | <b>W Hoadley</b> |

|                      |                                   |
|----------------------|-----------------------------------|
| <b>Co-ordinators</b> | <b>J Pierce &amp; C Sainsbury</b> |
| <b>Nurse</b>         | <b>J Hochmuth</b>                 |

# Client Satisfaction Survey

## 2019

Thank you to those who completed and returned the Client Satisfaction Survey. We received some very positive feedback and we appreciate your lovely comments.

Through analysing these surveys, we learnt that some clients do not always feel like they participate in making decisions about what services they receive.

We feel that it is extremely important that you decide not only what services you receive, but also the time and day you receive them.

However these are subject to staff availability and for us to work within the Government funded program guidelines.

### The services we offer include:

- **Domestic Assistance** (*fees apply*)  
This includes cleaning, dishwashing, washing clothes and unaccompanied shopping.
- **Home Maintenance** (*fees apply*)  
We can help you with minor repairs such as changing light bulbs, fixing leaking taps, etc.
- **Garden Maintenance** (*fees apply*)  
This includes lawn mowing, weeding and removal of rubbish.
- **Social Support** (*group and individual*)  
You can join in the various activities we offer. These may include group activities, outings and information workshops.
- **Nursing Care** We offer professional nursing care from a Registered or Enrolled nurse in your home.

- **Transport** We can provide local transport during the week helping you get out and about to appointments, shopping or to our activities centre. Out of town transport may be provided subject to staff availability.  
(*Fees apply outside the local area.*)
- **Meals on Wheels** (*fees apply*) We arrange for Meals on Wheels to deliver nutritious and balanced meals for individuals who can no longer cook for themselves.

If there are any services listed above that you would like to receive, or if there are any changes you would like to make to your current services, please give our office a call on **4998 1122** for assistance.



**Happy birthday, Elinor!**  
**We hope you had a fantastic day celebrating your birthday at Hoy!**





## CPR Course

Every year, our staff and community members receive CPR training. The CPR course provides our staff with the knowledge and skills necessary to maintain breathing and circulation in an adult, child or infant following cardiac arrest. Vaughan instructed our course again this year, and as usual, it was informative and important education.



## Bruce's Apple Slice



### **Ingredients**

- 340g buttercake cake mix
- 125g butter melted
- 300g light sour cream
- 1 cup coconut
- 2 eggs beaten
- 440g canned pie apple
- 1 tsp ground cinnamon

### **Method**

- Combine cake mix, coconut and butter and press into greased 30cm x 20cm slice tin.
- Bake at 180 degrees celcius for 10-15 minutes or until golden brown.
- Spread apple over base while still warm. Combine sour cream and beaten eggs then pour mix over base, sprinkle with cinnamon.
- Bake a further 15-20 minutes.
- Stand for 15 minutes until set. Keep refrigerated.

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Barbie enjoying a picnic and some art, with inspiration from the beautiful surroundings at the river, with Ros our diversional therapist.



# Get Ready Queensland



Natural disasters disrupt thousands of Queenslanders' lives every year and each disaster has lasting effects to people, their property and their possessions.

Households that are well prepared before a natural disaster occurs are more resilient and are able to recover faster. Being prepared can save lives, save money and can speed up recovery.

Queenslanders are susceptible to a wide range of natural disasters. We can face catastrophic bushfires one month and unprecedented flooding the next. Since 2011, Queensland has been hit by more than 70 significant natural disasters resulting in devastating loss of life and leaving a recovery and reconstruction bill of more than \$15.5 billion.

Some natural disasters such as cyclones, floods and fire are largely determined by your location. Other hazards such as pandemic and heatwave can happen to anyone at any time.

## **What you can do to protect your home and contents**

Every home is different but there are always tasks you can do to maintain your home so it's ready for the next natural disaster. If you notice something that

needs rectifying, you need to talk to someone about getting it fixed.

It's important to look out for things such as overhanging branches, roof condition, ensuring gutters and downpipes are clean and checking window seals are watertight.

During storm season, it's important to ensure that you secure outdoor items, identify where and how to turn off the mains supply for water, power and gas, pack your emergency and evacuation kits and identify where to take shelter.

## **Home preparation for cyclones, storms and flooding**

When a cyclone, severe storm or flooding is predicted by authorities, a severe weather warning will be issued to affected residents via free to air TV stations, local radio, app and website notifications that you have subscribed to on your phone. Once issued, take the steps below to prepare your home for severe weather approaching.

- Disconnect electrical items.
- Move outdoor equipment, garbage, chemicals and poisons to a higher location.
- Have your emergency kit on hand.
- Fill buckets and bath with clean water in case of interruptions to main supply.
- Close windows with shutters or draw curtains.
- Move livestock, plant and feed to higher ground.
- Protect vehicles under cover, away from trees, powerlines and waterways

or secure with firmly tied blankets to minimise hail damage.

- Take shelter. Check all household members are safe (including your pets) and are in the strongest room in the house e.g. bathroom or laundry.

### **Home preparation for bushfires**

Bushfires can cause serious property and infrastructure damage. The fire itself is only one element of the danger. Fire embers can spread many kilometres from the location of a large bushfire, causing smaller spot fires to break out. Also, radiant heat can be felt more than 100m away from a large bushfire and has the potential to melt or fracture objects including parts of cars, glass windows, etc. Due to the unpredictable nature of fast moving fires, people are likely to be encouraged to evacuate from their homes as quickly as possible to ensure they are able to reach safety. However, if you live in a bushfire prone area, make sure you have a plan of action that will help reduce your risk around the home.

- Never dump garden waste and other flammables in adjoining bushland areas.
- Remove vegetation overhanging your house.
- Clear debris from the house. Clean decks, gutters and roof valleys.
- Clear firewood, other flammables and rubbish from under and around the house.
- Remove door mats or flammable materials.
- Have good access to water around your house e.g. tanks, swimming pools. Don't rely on electric pumps and town water as these services may

be unavailable during fire emergencies.

- Make sure your property has clear access for fire trucks.

### **Insurance**

Queensland is the most natural disaster impacted state in Australia, exposing our homes to repeated damage from devastating cyclones, floods and other disaster events such as bushfires. Many people have found out too late that they did not have enough home and contents insurance cover for their property and assets. Regardless if you are a homeowner or renter, this can be extremely costly and stressful. To find out more information about what you should be checking on your policy and questions to ask your insurer to ensure you are covered, go to:

<http://www.getreadyqld.gov.au> or contact the Aged Care office on **4998 1122**.

### ***Save the Date!***

#### **MOURA SCHOOL OF BALLET**

Annual dress rehearsal will be held on Wednesday 27 November, 2019.

Contact Aged Care for further information.

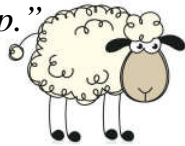




# Just for Laughs

(Thanks Elsie for sharing!)

A farmer wants to know how many sheep he has in his paddock, so he asks his border collie Buddy to count them. The dog runs into the field, counts them and runs back to the farmer. The farmer says, "How many, Buddy?" Buddy barks back, "40." The farmer is surprised and says, "How can there be 40 – I only bought 38!" Buddy barks back, "I rounded them up."



**THAT MOMENT WHEN  
YOUR STEAK IS ON  
THE GRILL AND YOU  
CAN ALREADY FEEL  
YOUR MOUTH  
WATERING!**

**DO YOU VEGANS FEEL  
THE SAME WHEN  
MOWING THE LAWN?**



## The Church Gossip

Mildred, the church gossip, and self-appointed monitor of the church's morals, kept sticking her nose into other people's business.

Several members did not approve of her extra-curricular activities, but feared her enough to maintain their silence.

She made a mistake however, when she accused George, a new member, of being an alcoholic after she saw his old pickup parked in the front of the town's only bar one afternoon.

She emphatically told George and several others that everyone seeing it there would know what he was doing. George, a man of few words, stared at her for a moment and just turned and walked away. He didn't explain, defend or deny. He said nothing.

Later that evening, George quietly parked his pickup in front of Mildred's house... and left it there all night.



My boss told me  
to have a good day..

..so I went home.

**What's the best  
thing about  
Switzerland?**

**I don't know, but the  
flag is a big plus.**

**Why did the  
scarecrow win an  
award?**

**Because he was  
outstanding in his field.**

**What did the bald man  
exclaim when he received a  
comb for a present?**

**Thanks— I'll  
never part  
with it!**

**I invented a  
new word!**

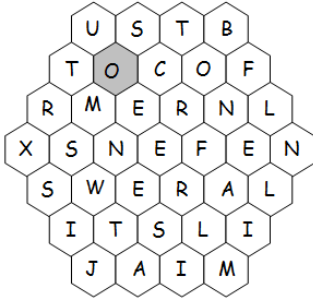
**Plagiarism!**

**Why did the  
nurse need a red  
pen at work?**

**In case she needed  
to draw blood.**

## October Game Answers

### Buzzword

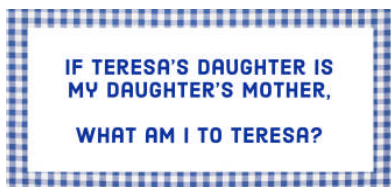


1. Special set of clothes = **costume (o)**
2. Soft cotton cloth = **flannel (e)**
3. Opposite of eastern = **western (e)**
4. Alike = **similar (l)**
5. Wheeled toy with footboard = **scooter (c)**
6. Observer = **witness (w)**
7. Ugly, terrifying creature = **monster (m)**

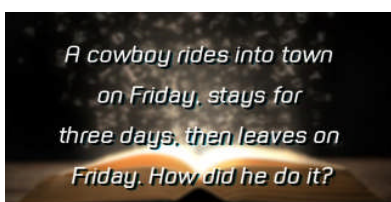
Buzzword = **WELCOME**

### Fruit and Veggie Frenzy Word List Answers

1. noon = **onion**
2. page = **grape**
3. chains = **spinach**
4. ump = **plum**
5. rap = **pear**
6. chap = **peach**
7. if = **fig**
8. moan = **mango**
9. raids = **radish**
10. nor = **corn**



Answer = **Teresa's daughter**

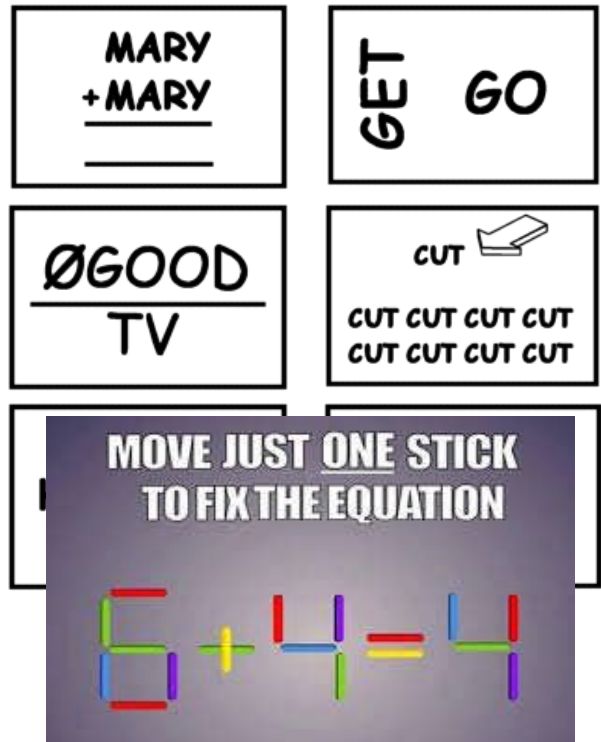


Answer = **The cowboy's horse is named Friday.**

## November Games

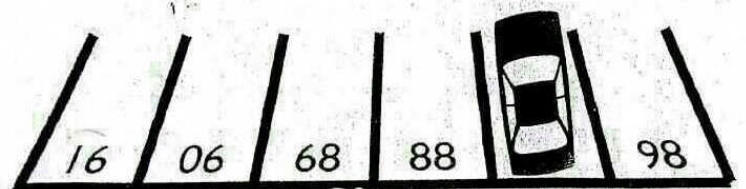
**A WOMAN GAVE BIRTH TO TWO SONS WHO WERE BORN IN THE SAME HOUR OF THE SAME DAY OF THE SAME YEAR. THEY WERE NOT TWINS. HOW COULD THIS BE?**

### Rebus Puzzles (extra tricky!)



### A Lot of Thought

What is the number of the parking space containing the car?





### What is it?

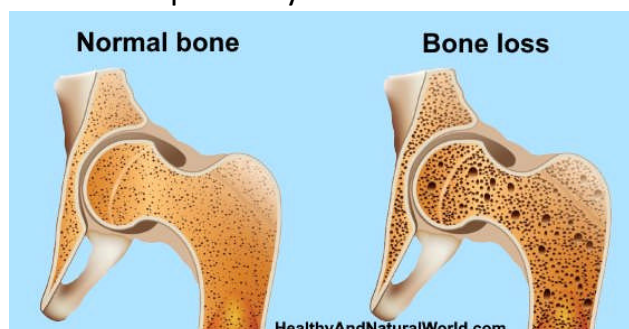
Osteoporosis is a common disease affecting over 1 million Australians. This disease makes bones brittle leading to a higher risk of breaks than in normal bone. Osteoporosis occurs when bones lose minerals, such as calcium, more quickly than the body can replace them, causing a loss of bone thickness (bone density or mass.)

### Who gets osteoporosis? Can it be treated?

Osteoporosis affects both men and women and is most common in adults over 50. Osteoporosis can be treated and there are a range of medications available in Australia. It is most important that osteoporosis is detected as early as possible to ensure bone health is managed to prevent fractures.

### Can osteoporosis be prevented?

Yes, in many cases by looking after your bones as part of your general health. Your bones require calcium, vitamin D and exercise on a regular basis. Habits like smoking and excessive alcohol intake are bad for bones. It is also important to be aware of particular risk factors for low bone density. Risk factors include: family history of osteoporosis, low calcium and vitamin D levels and some conditions or medications. If you have any of the risk factors speak to your doctor.



## *Good-for-your-bones foods*

The food that you eat can affect your bones. Learning about the foods that are rich in calcium, vitamin D and other nutrients that are important to your bone health and overall health will help you make healthier food choices every day.

| Food  | Nutrient  |
|---|-----------|
| Dairy products such as low-fat and non-fat milk, yogurt and cheese  | Calcium   |
| <b>Fish</b>   |           |
| Canned sardines and salmon (with bones)   | Calcium   |
| Fatty varieties such as salmon, mackerel, tuna and sardines   | Vitamin D |
| <b>Fruits and Vegetables</b>  |           |
| Collard greens, turnip greens, kale, okra, Chinese cabbage, dandelion greens, mustard greens and broccoli                 | Calcium   |
| Spinach, beet greens, okra, tomato products, artichokes, plantains, potatoes, sweet potatoes, collard greens and raisins  | Magnesium |
| Tomato products, raisins, potatoes, spinach, sweet potatoes, papaya, oranges, orange juice, bananas, plantains and prunes | Potassium |
| Red peppers, green peppers, oranges, grapefruits, broccoli, strawberries, Brussel sprouts, papaya and pineapples          | Vitamin C |
| Dark green leafy vegetables such as kale, collard greens, spinach, mustard greens, turnip greens and Brussel sprouts      | Vitamin K |

