



Healthy Ageing Program **Skylarkers** The newsletter for people over 50

Covering the postcode 4077 which includes Doolandella, Durack, Ellen Grove, Forest lake, Inala and Richlands

Volume 17, Issue 6

November December 2010.

Skylarkers Healthy Ageing Program



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Please take me I'm Free



Merry Christmas

Important Notice below



We will open Wednesday 29 December at 9 am for exercises, relaxation and a shared meal. Bring something to share for lunch. There will be no charge.

Play it Safe

Greater fire risk in the kitchen:



The kitchen, the heart of the home, can become an area of potential fire risk. In fact, Queensland Fire and Rescue Service reports that one third of all house fires begin in the kitchen.

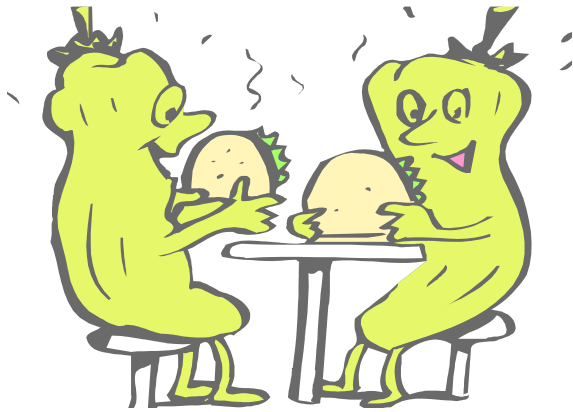
However, there are some simple solutions to minimise the risk of both fire and injury - check these safety tips:

- Plan a clutter-free kitchen - make sure frequently-used items are within easy reach
- Do not allow curtains, blinds or other combustibles near cooking appliances
- When cooking, avoid wearing garments with long, loose-fitting sleeves
- Make sure frying pan/saucepan handles are turned away from the stove's front edge
- Turn off hotplates when you leave the kitchen or when the phone rings. When all cooking is finished, turn off the stove safety switch (where fitted)
- Wipe up spilt water and food immediately to avoid slipping
- Turn off electrical appliances at the wall before cleaning
- Make sure you have a fully stocked and regularly maintained first aid kit
- Have a fire blanket and extinguisher available and know how to use them
- In case of fire, ALWAYS have a clear escape route.

See Page 4 for the First Aid Kit



Let's meet and eat for health and enjoyment



Melbourne cup lunch

2nd November at 11am

Bring something to share and join in the fun. Sweeps, games and watch the race with friends.

Usual \$3 a day charge.

Christmas Gathering for everyone in the program

Join with us in the last opportunity for the year to gather with people from all the groups. Meet people you didn't know attended Skylarkers.

Tuesday 30th November at noon

Richlands Tavern. (Cost under \$20)

Pay your own way unless you have a special ticket but please book with Diana



HO

HO

HO

Merry Christmas

and

Happy New Year



to all our Skylarkers family

For our closing dates and restart dates see page 4

Remember we will open Wednesday 29th December from 9 am til 3 pm.



First Aid Kit

A general-purpose first aid kit should contain the following items which your pharmacist will be able to identify and supply.

- 1 packet of plastic strips
- 1 roll of non-allergenic tape
- 2 sterile eye pads
- 4 triangular bandages
- 1 conforming gauze bandage (10cm)
- 1 conforming gauze bandage (7.5cm)
- 1 conforming gauze bandage (5cm)
- 1 hospital crepe bandage (10cm)
- 1 sterile combine dressing (9x10cm)
- 1 sterile combine dressing (10x20cm)
- 1 sterile combine dressing (#14)
- 2 non-adhesive dressings (5x7.5cm)
- 1 non-adhesive dressing (10x7.5cm)
- 1 pair stainless steel scissors (sharp/blunt)
- 2 square gauze swabs
- 1 pair forceps
- 1 pack (10) latex gloves
- 1 resuscitation mask
- 2 bottles eye irrigation (15ml)
- 1 bottle antiseptic cream (50g)
- 1 wound closure steri-strip
- 1 stainless steel splinter remover
- 1 bottle antiseptic solution (30ml)
- 5 alcohol swabs
- 1 first aid hints booklet



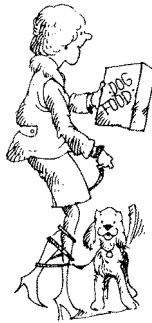
The Queensland Ambulance Service (QAS) encourages you to be prepared in an emergency. Enrol in a QAS first aid course to learn vital life saving first aid skills. Visit www.ambulance.qld.gov.au and book online today or call 1300 369 003

Christmas Activity Dates	Closes	Resumes
Exercise	22/12/2010	5/01/2011
Craft	20/12/2010	10/01/2011
Computer lessons	14/12/2010	4/01/2011
Men's Group	22/12/2010	5/01/2011
Card Playing Group	16/12/2010	6/01/2011
Card Making	18/11/2010	3/02/2011
Relaxation Group	17/12/2010	7/01/2011
Mahjong	10/12/2010	7/01/2011
Computer Access	22/12/2010	5/01/2011
Shared Meals	7/12/2010	12/01/2011
Centre closes	23/12/2010	4/1/2011
Remember we will open Wednesday 29th December from 9 am til 3 pm		

Laugh at a few funnies

I pulled into the crowded parking lot at the Super K-Mart Shopping Centre and rolled down the car windows to make sure my Labrador Retriever Pup had fresh air. She was stretched full-out on the back seat and I wanted to impress upon her that she must remain there.

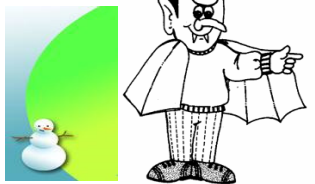
I walked to the curb backward, pointing my finger at the car and saying emphatically, "Now you stay. Do you hear me?" "Stay! Stay!"



The driver of a nearby car, a pretty blonde young lady, gave me a strange look and said, "Why don't you just put it into park".

Q. What do you get when you cross a vampire and a snowman?

A. Frostbite.



Maybe it's true that life begins at fifty ... but everything else starts to wear out, fall out, or spread out. -- Phyllis Diller



Drawbacks of working in a cubicle -

- * Not being able to check E-mail attachments without first seeing who's behind you.
- * The walls are too close together for the hammock to work right.
- * Prison cells are not only bigger, they have beds.
- * When you quit and walk out, there's no door to slam.
- * Being told to "think outside the box" when you're in a rotten box all day long.
- * 23 power cords - 1 outlet.
- * If you talk to yourself it causes all the surrounding cubicle inhabitants to pop their heads over the wall and say "What? I didn't hear you."
- * You always have the feeling that someone is watching you, but by the time you turn to look they're gone.



Remember we will open Wednesday 29th December from 9 am til 3 pm

Loneliness/Belonging

A Basque proverb reminds us, "Mountains don't need mountains, but humans need humans". Our need for each other is a birthday present given to each newborn child, for keeps. As we embrace this greatest of gifts, we learn to move gracefully in a dance of kinship.

Then why are we sometimes lonely? Whenever we forget our given kinship, loneliness arises. Loneliness is a poignant homing instinct, like that of migratory birds. It guides us back towards this assurance: We are not meant to live cut off from each other, from ourselves, or from the Universal Reality which gives us life.



We are meant to dwell in love, which is a wholehearted "yes" to belonging.

We may be tempted to feel that our bond of belonging has shredded or snapped after a



painful rejection or a loved one's death. Our heart breaks. Through that break, we feel ourselves falling into a vastness too frightening for our small selves to enter.

Little do we know that we are falling into safe arms. After all, what breaks when our heart breaks? Only a narrow fear which deludes us into believing that love comes solely from a limited source. When we let go of this anxiety, we tumble into an expansive truth: We have always belonged to something infinitely greater than our small selves. Each sorrow and each joy gratefully accepted opens our heart further, until we come to know that we are fully loved at all times and in all places, and even beyond time and space. Gratitude then knows no bounds.

Test your knowledge:

What was the name of the cyclone that preceded the 1974 floods?

Answer: Page 10



**Men's Social Morning
Tea at 10:15 Wednesdays
Please Join Them**

Celebrate Grandparents Day



Queensland will lead the nation by holding the country's first official Grandparents Day on Sunday 7th November. This should not be treated as a day for presents, but a day for loved ones to show their appreciation for the wonderful contribution that grandparents make to their family. It is also an opportunity to recognise the important role that grandparents play in both their families and the broader community.

You are invited to support Grandparents Day by making you family, friends and colleagues aware of the event and encouraging them to say thank you to

their grandparents on 7th November.

Electronic cards and certificates of recognition for grandparents can be downloaded from www.communities.qld.gov.au for more information about this day please contact the Office for Seniors on 07 3224 2625 or visit the web address.

Grandparents Day is one of the actions in the *Positively Ageless Queensland Seniors Strategy 2010-20*, which outlines the Queensland Governments vision over the next decade for building an age-friendly state.

Please help to make this day a successful celebration of the positive contribution that grandparents make to our community, hopefully this will become a regular event well past the next decade.



**Remember we will
open Wednesday
29th December from
9 am til 3 pm.**

Tip of the day:

Put mushrooms into a brown paper bag and place onto the lower shelf of the fridge - this keeps them longer.

Christmas

holy

fruitcake

santa

snow

presents

tree

turkey

chicken

pudding

food

games

friends

family

toys

cards

bbq

nativity

carols

By Alito

h	o	l	y	t	s	e	q	n	t	o	a	o	m	b
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n	j	n	t	j	o	z	a	y	n	s	l	s	t	i
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s	n	o	w	o	w	n	h	t	s	c	s	q	n	f

White Christmas cups**Ingredients**

- 1/2 cup Slivered Almonds
- 400g white chocolate, chopped
- 1/2 cup thickened cream
- 200g packet Dried Paw Paw, chopped
- 1 cup mini marshmallows
- 1 1/2 cups rice bubbles

**Method**

1. Place 24 paper cases onto a tray. Cook almonds, stirring, in a non-stick frying pan over medium heat for 3 minutes or until golden. Set aside to cool.
2. Microwave chocolate and cream in a heatproof microwave-safe bowl, uncovered, for 2 to 3 minutes on MEDIUM-HIGH (70%) power, stirring every minute with a metal spoon, or until smooth. Cool for 10 minutes.
3. Add almonds, paw paw, marshmallows and rice bubbles to chocolate. Mix well. Spoon mixture into paper cases. Refrigerate until set.

[Our Activities for 2010](#)

Most of our activities are available at **\$3 a day**. If you attend more than one activity you only pay once. The **exceptions** are those with costs noted in the details column.

All activities at 20 Skylark Street unless otherwise stated.

Activity	Day and time	Details
BBQ	<i>Ad hoc—check with office or web</i>	Bookings essential. Cost \$7.50
Card Playing	Thursday at 9am to noon	The most popular canasta, samba and Bolivia.
Card making – day	1 st and 3 rd Thurs day at 1 pm	Learn to make beautiful hand made cards \$6 <i>Bookings essential.</i>
Social Craft	Mondays 10:30 am	The emphasis on social, bring your craft.
Computer Lessons	Individual bookings	\$5 individual lessons with various tutors. <i>Bookings essential</i>
Exercise Practice	Monday Wednesday and Friday at 9 am	Practice your exercises with us. All levels catered for.
Family History	On hold	Teacher not available at the moment
Relaxation	Fridays 10.15 am	Visual imagery after exercise
Forum	1st Monday each Month 12.30 pm	Your opportunity to have your say in what the program does and how.
Mah-jong	Every 2 nd Friday 1 pm	Check with Irene on 3279 9043 if unsure which Friday
Men's Social Morning	Wednesdays 10.30 am	Join the men for a cuppa and chat
Weigh in	Any time	Check and record your weight
Computer Trouble Shooting	<i>We want to start this again.</i>	Discuss your computer problems with other computer users.

Other activities run in Inala and suitable for Older People

Craft Inala Community House	Thursday 10 am	Ph 3372 1711 for more details
Line Dancing	Wednesday 1 pm	Inala Community Hall near library
Musical Morning Tea— Inala Community House	Monday 10 am	Ph 3372 1711 for more details
Tai Chi—Hub	Monday 10 am	Ph 3372 3770 for more details

How to recognise a stroke

Susie is recouping at an incredible pace for someone who suffered a massive stroke. And all because Sherry saw Susie stumble and then she asked Susie 3 questions.

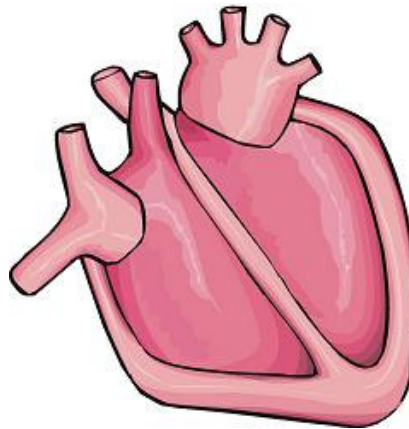
So simple. These 3 questions literally saved Susie's life. Susie failed all three so "000" was called. Even though she had normal blood pressure readings, and did not appear to be having a stroke as she could converse to some extent with the Paramedics. They took her to the hospital right away.

Sometimes symptoms of a stroke are difficult to identify. Unfortunately lack of public awareness can spell disaster. The

stroke victim may suffer brain damage when people nearby fail to recognize the symptoms. Now doctors say a bystander can recognize a stroke by asking three simple questions:

Ask the individual to SMILE.

Ask him or her to RAISE BOTH ARMS.



Ask the person to SPEAK A SIMPLE SENTENCE (Coherently) (i.e.. It is sunny out today)

If he or she has trouble with ANY of these tasks, call 000 immediately and describe the symptoms to the dispatcher. After discovering that a group of non-medical volunteers could identify facial weakness, arm weakness and speech problems, researchers urged the general public to learn the three questions. They presented their conclusions at the American Stroke Association's annual meeting last February. Widespread use of this test could result in prompt diagnosis and treatment of the stroke and prevent brain damage.

Test Your Knowledge: Answer from Page 6.

Cyclone Wanda



**Card Players meet
Thursdays at 9am.
Everyone Welcome**

IMPORTANT: The absolute deadline for articles and other items to appear in the January/February 2011 issue of the Skylarkers newsletter is:

Second last Friday in November 2010

Margaret's Mutterings

Hi Folks,

As the year draws to a close I have to say thank you for attending the centre and the pleasure of your company.

This year I have had the support of some wonderful volunteers and I have to say thanks to them. They help make the program a friendly welcoming place and their ideas, and the help they give are very welcome.

The forum has helped direct the program and I have welcomed the input and support of the forum members. We would like some men on the forum and are looking for some younger members to make the forum truly representational of the people over 50. I would also like to see some people from other cultures involved in the forum, as the program is for all people over 50 in the area.

And to the participants, thanks for coming, and thanks for being so welcoming of all who come to the centre. Your friendliness is vital to the success of the program and I thank you for it.

Have a great festive season, take time to remember those who are no longer round but don't let that stop you from enjoying special

1	4	6	2	8	5	7	3	9
5	9	2	7	1	3	6	8	4
8	3	7	9	6	4	1	2	5
9	6	4	3	2	1	8	5	7
2	5	3	8	7	6	9	4	1
7	1	8	5	4	9	3	6	2
4	2	1	6	3	7	5	9	8
3	8	9	1	5	2	4	7	6
6	7	5	4	9	8	2	1	3

time with family and friends.

Take care,
Margaret



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Disclaimer: Although the newsletter workshop tries to keep submissions intact, it reserves the right to edit all submissions and articles as deemed appropriate and necessary.

Opinions expressed in this publication do not necessarily reflect those of the Skylarkers Healthy Ageing Program.

Funded by



Queensland Government
 Department of Communities



Support:
 Skylarkers Healthy Ageing Program receives funding from Department of Communities and is managed by Inala Community House.

Decisions about our activities are made at our Forum of older people of the area. All Welcome.

This newsletter was produced with the assistance of Participants and Volunteers.

Solution to puzzle below is on page 11

1		6					3	9
		2		1			6	8
8				6			1	2
			3	2			5	7
	5			7			9	4
	1	8	5		9		3	
4	2			3			5	
3		9			2		4	7
6		5	4	9			2	1

Got something to say about your program?

Come to the Forum Group Meeting and help us make the program relevant to all who wish to participate.

Bring your ideas and a willingness to help make them come true.

1st Monday of Month
at 12.30pm

No cost to you but time.

**Don't forget to join us at Skylarkers.
Everyone over 50 years welcome.**

Did you know our newsletter is available on-line at <http://skylarkers.net>

The web edition has a page on computing not available in the printed edition.

Large print newsletters are available by special order through the office.

**Remember we will open Wednesday 29th
December from 9 am til 3 pm**

If you want to be reminded every two months that a new newsletter is available, just let us know by email. Please put 'Newsletter Reminder' in the subject line.