



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 5

September October 2010.

Skylarkers Healthy Ageing Program



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Please take me I'm Free

SPRING

Our Auction

Check out page 3 for details



Don't forget to check out our Web Page

Spring

into life with our upcoming activities - see inside for details



Play it Safe



Entry to your home:

While a security door may keep intruders out, it can also trap occupants during an emergency and prevent access by emergency services. Check these safety tips:

- Make sure the location of security door key is known and accessible to all occupants so people inside can leave quickly or allow swift access by emergency services
- Check that steps to the house are in good order with handrails on both sides. Fix non-slip strips to the steps to reduce the risk of falls
- Minimise clutter on the front verandah, patio or porch for ease of access or exit.

In the entry area, shiny, slippery floors, wrinkled carpet runners or dim lighting can cause a fall. Therefore, consider your family, emergency services personnel and others who make regular house calls, such as Meals on Wheels and Blue Care, so they are not at risk.

Skylarkers is part of that wonderful, local organisation called Inala Community House. Please come to the Annual General Meeting and see more about the organisation and the great work it performs in the community.

Margaret

Inala Community House Annual General Meeting

20th September
Between 1 and 3pm
Afternoon Tea
at "Our Place"
Japonica Street, Inala

Tip of the day:

Put mushrooms into a brown paper bag and place onto the lower shelf of the fridge - this keeps them longer. And if they dry out don't worry. Just keep them until winter and use them in soups and stews.

Our auction

Recently one of our participants donated a lot of handmade dolls and teddies and some shop bought items. They were too good just to give away and there are nearly 100 items. After discussion it was decided to auction these items to raise money for Skylarkers and Project love and care.

So that many more people in the community have access to the auction Trevor has set up an online auction site for us. If you don't have access to the internet just talk to Margaret and she will put a bid on the item for you.

The auction opens on 1st September and Closes 1st October. Successful buyers will be able to collect the items from Monday 4th October on presentation of cash to the amount of the bid. No items will be delivered and the terms are cash only.



The items for auction are available in a “*as is*” condition. There are photos on the auction site. All are ‘second-hand’ and most made by the donor. Some may be suitable for children, others are decorator items.

Anyone, including members of the community, friends and relatives can bid on the items, but they must make arrangements to pay and pick up the items at Skylarkers.

<http://skylarkers.net/auction/>

Let's meet and eat for health and enjoyment

Everyone is welcome *but please book.*

1) Restaurant Meal

Tuesday, 21st September

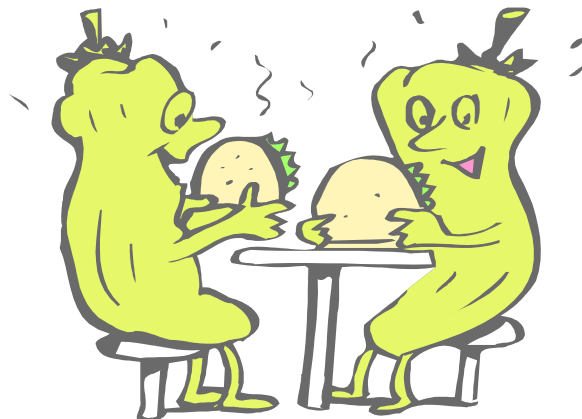
at 12 noon

Place: T.C.B.,
146 Blunder Road,
Oxley (Shopping Centre)

Please book before Friday,
17th September.

*Is someone we know
turning 60?*

*Could there be a birthday
cake?*



2) Catered BBQ

all welcome

Cost \$7.50

Wednesday, 6th October

At 12:30 pm

Please book and pay before
01/10/10



**HUB Neighbourhood Centre
would like to advise the
dates for their Upcoming
Dances for 2010:**

Spring dance 23rd October
Christmas dance 11th Dec.

Venue: HUB

Cost: \$10.00 per person

Refreshments provided
Bus Transport available, Cost:
Gold Coin

If you wish to attend please
contact HUB on 3372 3770

Men's Social

Morning Tea at

10:15 Wednesdays

Please Join Them

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

**Mahjong Players
meet every 2nd
Friday at 1pm.
Everyone Welcome**

Tip of the day:

Don't throw your leaves away after raking. Place them, old potting mix and any other sort of garden rubbish into an old bin (with a lid) and start a compost bin. Fill your new pot equally with this mix and new potting mix. You will save money by not having to buy so much pot mix. A great tip from our friend Morna.



Test your knowledge -

Name the Aboriginal athlete and Olympic champion runner born in Mackay?



(answer on

page 6)

Spices for High Blood Pressure

Earlier, doctors used to advise blood pressure patients to not take herbs and spices. But, now you can do away with this advice as it has now been proved that herbs and spices help to bring down your blood pressure. Spices not only improve the taste of your meal but also the overall health. According to the latest research led by Suzanna Zick of University of Michigan, spices such as garlic, allspices, pepper, nutmeg, rosemary, cinnamon, ginger and cayenne pepper help in lowering down your blood pressure.

Let's have a look at some of these spices and how they help control your blood pressure.

Swap sugar with cinnamon- The commonly used spice cinnamon could lower blood pressure in hypertensive people, researchers report for the first time, results that have been heralded by industry. Cinnamon is known to

reduce blood glucose level, but now it is also used for high blood pressure. Cinnamon can replace sugar in your diet. It tastes like sugar and helps lower down blood pressure. Warm spices like cinnamon, allspice and cayenne pepper assist in controlling blood circulation throughout the body. They also help transport the blood from the



center of the body to the skin.

The use of garlic- Garlic plays a very important role in lowering blood pressure and cholesterol levels. You can take up to three medium sized cloves of garlic everyday. For maximum benefits, use only fresh garlic as dried garlic is devoid of its important healthy components.

Eat ginger- When you chew ginger, the substance called gingerols comes out of it. Gingerols decreases the oxidant substance in your digestive system and keeps you away from nausea and high blood pressure.

Swap salt with rosemary- Rosemary plays multiple roles. It helps to improve the memory and also adds natural flavor to your meal. At the same time, it also helps lower down the blood pressure in your body.

Eat curry- Use curry in order to fight high blood pressure.

Some other spices and herbs which are useful in high blood pressure are as under.

Oregano: Use in soups, salads, vegetables, meats, and chicken.

Parsley: Use in salads, vegetables, fish, and meats.

Sage: Use in soups, salads, vegetables, meats, and chicken.

And the list goes on but we have run out of space!!

**If you see someone
without a smile,
give them yours.
It's free and catchy.**



Test your knowledge
(answer from page 5)

The athlete was
Cathy Freeman.

Have a Laugh at this one.

A busload of politicians were driving down a country road when, all of a sudden, the bus ran off the road and crashed into a tree in an old farmer's field. The old farmer, after seeing what happened, went over to investigate.

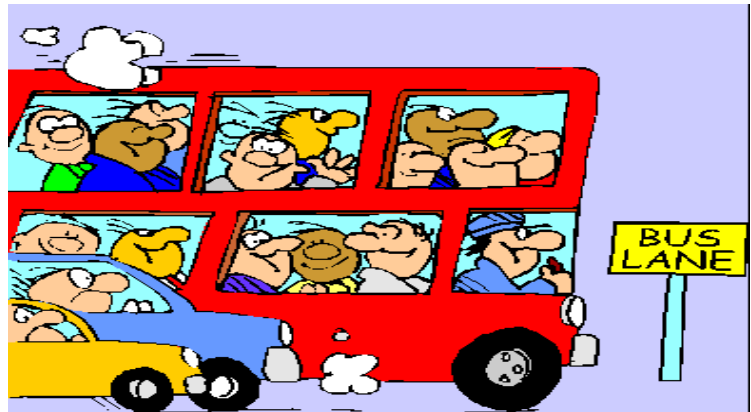
He then proceeded to dig a hole and bury the politicians. A few days later, the local sheriff came out, saw the crashed bus and asked the old farmer where all the politicians had gone.

The old farmer said, "I buried 'em."

The sheriff asked the old farmer, "They were ALL dead?"



The old farmer replied, "Well, some of them said they weren't, but you know how them politicians lie."



Master Recipe for White-Flour dough

3 cups lukewarm water

1 teaspoon granulated yeast

1 teaspoon coarse salt

6 1/2 cups unbleached all-purpose flour

And then, you know the drill. Mix with a spoon in a food-safe bucket, let it rise at room temperature for 2 to 5 hours, then into the fridge for up to two weeks. Tear off chunks, shape, rest, and bake as needed.

On the bread demo day we used 4 cups plain flour, 1 1/4 to 1 1/2 cups of lukewarm water, 1 teaspoon of yeast and salt, as you get used to making it, you will sort this out for yourself.



Spring	G	P	Z	G	Y	L	C	B	E	A	C	H	W	Y	T
SPRING	N	G	A	M	S	Z	W	I	B	T	O	R	H	Z	E
BIRDSNEST	I	N	Z	Y	O	N	W	R	Q	Q	F	V	L	Q	E
BUTTERFLY	N	E	B	B	N	S	J	D	P	D	F	R	V	O	S
FLOWERS	E	M	N	F	P	H	L	S	G	S	E	D	V	Y	H
BEEES	D	R	W	R	I	O	V	N	V	D	E	A	E	D	I
SUNSHINE	R	E	I	I	C	P	B	E	E	S	S	T	N	S	R
BBQ	A	N	O	E	N	P	U	S	H	L	H	G	I	V	T
BEACH	G	L	S	N	I	I	T	T	Y	Q	O	R	H	N	S
COFFESHOP	Z	V	N	D	C	N	T	N	O	B	P	Z	S	M	A
GARDENING	D	N	C	S	S	G	E	P	V	E	G	O	N	W	L
SHOPPING	P	B	Z	P	H	Y	R	L	W	E	Y	W	U	L	H
PICNICS	L	S	O	G	Y	B	F	L	O	W	E	R	S	D	E
SPORT	E	R	S	M	A	O	L	S	G	N	I	T	T	U	O
SWIMMING	T	H	O	N	G	S	Y	G	N	I	M	M	I	W	S
TEESHIRTS															
THONGS															
FRIENDS															
OUTTINGS															

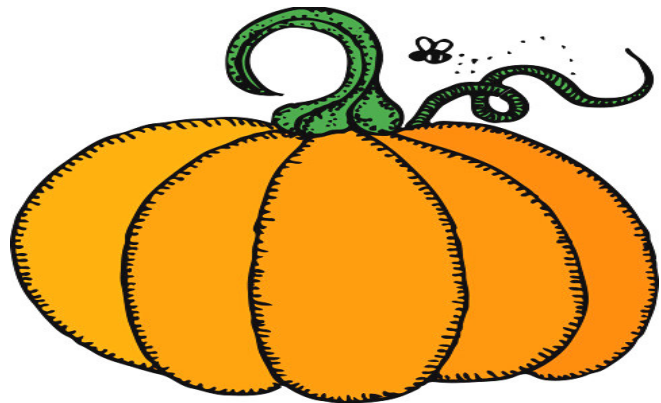
By Margaret T.

Pumpkin Fruit Cake

2ozs butter, 1 cup sugar, 2 eggs, 2 tablespoons golden syrup, 1 cup cold cooked mashed pumpkin, 2 cups plain flour, 2 tablespoons baking powder, pinch salt, 1 tablespoon vanilla essence, 10ozs mixed fruit.

Cream butter and sugar, add lightly beaten eggs, golden syrup and mashed pumpkin and essence.

Fold in sifted dry ingredients and lastly mixed fruit. Put into a greased 9 x 5 loaf tin or 8" ring tin and bake in moderate oven for 1 ½ hours.



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

The absolute deadline for articles and other items to appear in the **November/December 2010** issue of the Skylarkers newsletter is:

Second last Friday in September 2010

Incontinence management to help you become continent!

Incontinence has always been a taboo subject. The person who suffers incontinence may never discuss this with family members, their local medical office or hospital staff. Leakage of urine or leakage of faeces can be an embarrassing subject for anyone to talk about and incontinence mismanagement can lead to isolation. Instead of the correct products, the use of towels, nappies, pilchers and even newspaper or anything else with absorbent properties is used. Men who suffer from urine incontinence have been known to use cloths with rubber bands attached to catch the dribbles.

Disposable sanitary pads appeared in Germany as early as the 1880s but were widely unavailable until the invention of cellucotton during WWI.

Women would use sanitary pads to help with their leakage of urine and even today clinicians are amazed that people still use this product to manage their incontinence.

Urinary incontinence affects 3.8 million Australians. A persistent myth is that incontinence is a natural part of the ageing process, or that nothing can be done to fix the problem.

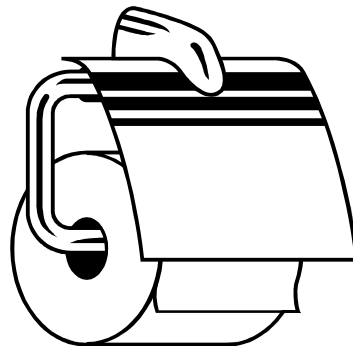
Insufficient knowledge of urinary and faecal incontinence, the reluctance of people to discuss it, and inadequate individualised care can add to the mismanagement of incontinence.

There may be medical or health related influences that can cause urinary or faecal

incontinence. These may be treatable or even reversible. (Fonda, 2005)

Medical problems such as urinary tract infection; atrophic urethritis or vaginitis; increased urine production caused by metabolic conditions such as hyperglycemia and hypercalcemia; and faecal impaction can be classed as transient.

Decreased fluid intake;



certain medications, including diuretics, anticholinergic agents, antidepressants, sedatives, hypnotics, calcium channel blockers and adrenergic agonists and blockers can be the cause. If the cause is not treated the incontinence problem can become worse.

A thorough continence assessment can be very helpful when a person presents with either a urinary or bowel problem.

In some cases a multidisciplinary approach may be necessary and can consist of the primary care doctor, social worker, speech therapist, occupational therapist and physiotherapists; neurologists or developmental paediatricians in the case of childhood diseases, psychologists and nutritionists.

Together with the support of the family or carer, the clinician can then develop a comprehensive, individualised program.

Recording a person's incontinence history is essential as incorrect information can lead to mismanagement.

Identifying the type of incontinence is also important for the development of management strategies to alleviate and improve the incontinence and to choose the correct product.

Management strategies must be tailored to the individual person and trial of products for the appropriate aid for the person is helpful before ordering the product. Dexterity, cognitive function, and compliance must be taken into consideration.

Pelvic muscle exercises can be beneficial for people with stress, urge, and mixed incontinence. If these are performed incorrectly it may cause more damage on the pelvic floor. Therefore a qualified health clinician who specialises in the area of pelvic floor rehabilitation is recommended.

Mismanagement can lead to further problems. Education, awareness, referral and promotion of continence will help to provide care that prevents and treats incontinence. Incontinence can be better managed or even cured in some cases.

Margaret's Mutterings

Thanks, thanks, thanks. That's what I seem to be saying a lot these days. I have so much to be thankful for. In particular I would like to thank the participants and volunteers for the way they supported Skylarkers during my recent unexpected absence. You all did a great job and from what I hear had a lot of fun.

OH, did you know there is a vaccine to help prevent you getting shingles. It's worth thinking about—shingles is pretty nasty. Talk to your doctor.

This newsletter comes out just as we open our online auction. If you don't have access to the internet please ask me to help you see the items on sale. There are some wonderful items available.

The 60 and Better Conference is on in October, and this year community workers funded by the Dept of Communities will gather to learn and to share their knowledge and skills. Hopefully I will come back bursting with energy and new ideas to put to you.

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

Be well everyone.

Margaret Redsell



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20 Skylark Street
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Thank you contributors.

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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

Bernie this one is for you

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

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.

Special “internet extra” page

No page 13 this time.

If you like having this page
please email us with some
ideas for future pages.