

Welcome to another month with OPAP.

We celebrate Adult Learners Week on the 5th of September from 10 am to 12 pm and the theme is: 'Learning Stories—What are you waiting for?' Please join us to hear a number of interesting stories including from the two students currently doing their work placement at ECCC, one is from a CALD background.

As we are heading towards the last trimester of 2019 and the gardens are starting to look colourful, we are booked to drive through Queens Park and Laurel Bank Park on September 10th, as part of the Carnival of Flowers activities. Please see page two for more details and RSVP date. The Carnival of Flowers garden competition will be judged about a week before the parade, which is on Saturday the 21st September between 3pm-4pm. The Hanging Basket competition at the Cobb & Co Museum will be judged on the 18th September and we are excited to be part of that competition as well. We are having a morning tea for the Stroke Awareness Week on October 3rd. Please refer to page two for more details.



https://wikiclipart.com/watering-can-clip-art_31924/

Whatever we read today we are confronted by a stream of acronyms or abbreviations, especially on the mobile phones using SMS shortenings. Below is a selection of acronyms of a more serious nature referring to our state of health.

List of acronyms and abbreviations:

- ACD Advanced Care Directives
- ACVR Absolute Cardiovascular Risk assessment
- AHPC Australian Health Policy Collaboration
- AIHW Australian Institute of Health and Welfare
- CALD Culturally and linguistically Diverse
- COP Chronic Obstructive Pulmonary Disease
- CVD Cardiovascular Disease
- FINGER Finnish Geriatric Intervention Study to Prevent Cognitive Impairment and Disability
- NCD Non-Communicable Disease
- NESB Non-English Speaking Backgrounds
- MCI Mild Cognitive Impairment
- COLD Chronic Obstructive Lung Disease

There are some less serious abbreviations like the following two:

- OTL Out to lunch
- ANI Age not important

To spell out these long words might take time but it makes any conversation a lot more interesting and personal.



Thursday 12th September at The Strand

DOWNTON ABBEY

One trip can change everything.

The UK TV series' original cast is joined by a host of newcomers in this feature adaptation written by the show's creator, Julian Fellowes. The show followed the Crawley family who lived in an Edwardian English country house with their servants at the turn of the 20th century.

Time: ? TBA; Screening time: min; Price \$6.
Please book early as ticket numbers are limited to 25.



Every Tuesday 10 am – 12 pm



Cuppa & Card Game

Come along and join our enthusiastic group of card players. We provide a light lunch to help you celebrate the results. Playing cards is like a 'brain-gym' it keeps you flexible in more ways than one and you meet some new people.



Eating with Friends 2019 in September

Places we visit are:

11th September: The Federal Hotel

25th September: Gowrie Road



Tuesday 10th September

Toowoomba Carnival Park drive through.

Once again I have booked a drive through Queens Park at 10 am and Laurel Bank Park at 11 am. This is a great opportunity for anyone to view the stunning floral displays from the comfort of the bus. In the past the park wardens who accompanied the bus, provided us with interesting information and were happy to answer any questions. Please book your seat by 9th September. Thank you.

Date claimer: 3rd October

To celebrate **Stroke Awareness Week** we are holding a morning tea on Thursday 3rd October between 10 am and 12 pm. This is a great occasion to learn more about the latest research conducted around 'A Stroke' as well as to socialize and enjoy a cuppa and a raffle.
 RSVP please by 1st October.

Thursday 26th September 9:30am

Morning With the Stars, Guest: Fortunato (Free Show)

Come along with OPAP and enjoy lunch and a show at the City Golf Club.

This is another free show and you are welcome to stay for lunch as there are some reasonably priced meals available.

East Creek Community Bus is available for those without transport, but seats are limited to 10 people.

Every Tuesday 8:45 am Start

Departs: 8:45 am from East Creek Community Centre

Medium paced walking, pets welcome.

Get fit, make new friends and enjoy the Spring gardens along the way.



Exercise info for September

This exercise, which strengthens your abdomen and thighs, will make it easier to get in and out of the car. If you have knee or back problems, talk with your doctor before trying this exercise.

1. Sit toward the front of a sturdy, armless chair with knees bent and feet flat on floor, shoulder-width apart.
2. Lean back with your hands crossed over your chest. Keep your back and shoulders straight throughout exercise. Breathe in slowly.
3. Breathe out and bring your upper body forward until sitting upright.
4. Extend your arms so they are parallel to the floor and slowly stand up.
5. Breathe in as you slowly sit down.
6. Repeat 10-15 times.
7. Rest; then repeat 10-15 more times.

<https://go4life.nia.nih.gov/exercise/chair-stand/>



Older Persons Action Program (OPAP) Coordinator: Bea Kraessig

East Creek Community Centre, 43 Kitchener Street

PO Box 4859 Toowoomba East 4350 Phone: 4639 2755/0468 79 2755

Email: olderpersons@eastcreek.com.au

Funded by



Queensland
Government

The bus is available for those who do not have transport, however seating is limited so please book early to avoid any disappointment. Phone: 4639 2755/0468 79 2755

Healthy pasta primavera

<https://www.bbcgoodfood.com/recipes/healthy-pasta-primavera>

Prep time: 10 min, Cooking time: about 20 min, Makes: 4 portions

Ingredients:

- 75g young broad beans (use frozen if you can't get fresh)
- 2 x 100g pack asparagus tips
- 170g peas (use frozen if you can't get fresh)
- 350g spaghetti or tagliatelle
- 175g pack baby leeks, trimmed and sliced
- 1 tbsp. olive oil, plus extra to serve
- 1 tbsp. butter
- 200ml tub fromage frais or crème fraiche
- handful fresh chopped herbs (we used mint, parsley and chives)
- parmesan (or vegetarian alternative), shaved, to serve



Method:

1. Bring a pan of salted water to the boil and put a steamer (or colander) over the water. Steam the beans, asparagus and peas until just tender, then set aside. Boil the pasta following pack instructions.
2. Meanwhile, fry the leeks gently in the oil and butter for 5 min or until soft. Add the fromage frais to the leeks and very gently warm through, stirring constantly to ensure it doesn't split. Add the herbs and steamed vegetables with a splash of pasta water to loosen.
3. Drain the pasta and stir into the sauce. Adjust the seasoning, then serve scattered with the cheese and drizzled with a little extra olive oil. Bon appetite.

We have some bread and bags of buns available for 25 cents, sweet buns 50 cent and fresh free range eggs for \$3.50 per dozen.

On Thursday we get a delivery of vegetables, fruits + other food from **OZHARVEST**, all to be given away. OZHARVEST helps to reduce the mountain of food that is wasted every day due to the consumers request for a perfect product.

A big Thank You to Burstows for the printing of our newsletter.

Pioneers Room
A quiet and private space to relax after the ceremony and appreciate the value of reunion.

The Burstow Family
(A fifth generation family firm)

BURSTOWS
Funeral Care Since 1900

24 freecall 1800 803 196
www.burstows.com.au

TOOWOOMBA OAKEY DALBY WARWICK GATTON

PHOTO: J. MILLER

Here are some useful hints in regards to talking about 'Pain' to help people suffering from pain, chronic or temporary, to feel better understood, respected and positive.

<https://www.painaustralia.org.au/static/uploads/files/talking-about-pain-igfcp-16-07-2019-wfsumqrbtavy.pdf>

Appropriate language must be:

Words are important. The language we use and the stories we tell have great significance to those involved. They may carry a sense of hope and possibility or be associated with a sense of pessimism and low expectations – both of which can influence a person's outcomes.

This means the words used to talk or write about chronic and persistent pain can have a significant impact on how people living with chronic and persistent pain are viewed and treated in our community. It's important to recognise that the words used in speech and writing can influence others' mood, self-esteem, and feelings of happiness or depression, in fact, the words we use can influence pain itself

The use of language can not only affect the person with pain but their family, friends, carers and wider society as well – which may increase stereotypes, stigma and discrimination.

Empowering *The terms we use and the conversations we have should emphasise enablement and empowerment, giving people with persistent pain mastery over their situation, not implying theirs is a problem that only others can solve. It is important to use language that focuses on the abilities (not deficits) of people living with chronic and persistent pain to help people stay positively and meaningfully engaged and retain feelings of self-worth.*

Accurate *Talking about persistent pain using outdated or incorrect terms, diagnoses or hearsay, can be offensive and, critically, makes the problem worse. Be accurate and where possible precise. It is important to avoid talking about someone's pain in terms of an injury.*

Respectful *Respectful language recognises that chronic and persistent pain is not the defining aspect of anyone's life. It is important to respect others' preferences in words used about them. It is important to remember that chronic and persistent pain can affect anyone, at any age and is something everyone experiences differently.*

Inclusive *People with persistent pain are a part of many communities, and there are many within our networks silently living with chronic pain. Be mindful of not reinforcing stereotypes or myths about chronic and persistent pain.*

When talking about a carer, family member or friend of a person with chronic and persistent pain. *It is not accurate to describe them as 'living with persistent pain' themselves. Instead, use 'living alongside, or caring for, supporting etc. This is important because only a person with chronic and persistent pain can truly understand what it is like to live with chronic and persistent pain. Similarly, only a carer knows what it is like to care for a person with chronic and persistent pain. It is important when referring to someone else in a caring role that you use terms that are emotionally neutral. Everyone has a different experience as a carer and using terms such as 'burden' assumes the role is entirely negative, or that caring for the person with chronic and persistent pain is difficult. Emotionally neutral terms do not make assumptions that the role of the carer is either negative or positive*

Appropriate language is a vital component in communicating a sense of self-determination because feeling powerless can be overwhelming, especially when decisions seem to be, or are, in the hands of others.

East Creek Calendar September 2019

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2  Crochet Group 10 - 12  Blankets for the Homeless 1:00pm – 3:00pm	3  Walking Group 8:45am Cuppa & card game 9:30am – 12pm 2. – 8. Stroke Awareness Week	4  Art-Ability 12-1pm Art Group 1- 3pm 1. – 8. Adult Learners Week	5 Stroke Support Group 9.30-11.30am Adult Learners Week Celebration 10am-12pm	6  Craft Group 10am – 12pm	7 
8	9  Crochet Group 10 - 12  Blankets for the Homeless 1:00pm – 3:30pm	10  Walking Group 8:45am Cuppa & card game 9:30am – 12pm	11  Art-Ability 12-1pm Art Group 1- 3pm  Eating with Friends 12pm The Federal Hotel	12 Stroke Support Group 9.30-11.30am Morning Tea @ The Movie	13  Craft Group 10am – 12pm	14
15	16  Crochet Group 10 - 12  Blankets for the Homeless 1:00pm – 3:30pm	17  Walking Group 8:45am Cuppa & card game 9:30am – 12pm	18  Art-Ability 12-1pm Art Group 1- 3pm	19 Stroke Support Group 9.30-11.30am Committee Meeting 2.00pm-3.00pm	20  Craft Group 10am – 12pm	21
22	23  Crochet Group 10 - 12  Blankets for the Homeless 1:00pm – 3:30pm	24  Walking Group 8:45am Cuppa & card game 9:30am – 12pm	25  Art-Ability 12-1pm Art Group 1- 3pm  Eating with Friends 12pm Gowrie Road Hotel	26 Stroke Support Group 9.30-11.30am UP Morning with the Stars City Golf Club Morning Tea 9:30am Show Starts 10:00am	27  Craft Group 10am – 12pm  Nelly's Group 10-11 am	28
29	30  Crochet Group 10 - 12  Blankets for the Homeless 1:00pm – 3:30pm					

 Produce Swap 9am-11am

 – Dr Who Group 10:00am – 3:00pm

 Nelly's singing group, 1-3pm

 Thank you to TRC for the printing

Community Literacy Program – by appointment for details call 4639 2755 Bread, some Fruit and Vegetable available – just call in to the Centre
 Fresh free range Eggs \$3.50 per dozen Computer classes – by appointment Monday, Wednesday & Friday 4639 2755