

June 2021

Your Newsletter

We would like to ensure that Snippets is discussing topics that are important to you. If there are specific topics or themes you would like added, please contact Seniors Enquiry Line and we will try our best to address them in future issues.

Seniors Enquiry Line

Seniors Enquiry Line is an information and referral service for Queensland Seniors, proudly sponsored by the Queensland Government and operated by UnitingCare.

Contact Details

Phone: 1300 135 500

Email: sel@uccommunity.org.au

Website: www.seniorsenquiryline.com.au

Helplines

COVID-19 Helpline – 1800 020 080

National Debt Helpline – 1800 007 007

Access Financial Support - 3412 8222

Superannuation Hotline – 13 10 20

ATO Tax Help Program – 13 28 61

Mental Health Support & Counselling Services:

Lifeline - 13 11 14

Beyond Blue - 1300 224 636

MensLine Australia - 1300 789 978



SENIOR NEWS

2021 Census overview

Australia's next national Census will be held on Tuesday 10 August 2021.

The Census is a snapshot of who we are and tells the story of how we are changing.

Census data is used to inform important decisions about transport, schools, health care, infrastructure and business. It also helps plan local services for individuals, families and communities.

Your participation is important

The Census provides data on important topics such as populations, rents, mortgages, incomes, religion, languages, housing and more. It helps governments, businesses, researchers, not for profit and community organisations make informed decisions. For example:

- the Royal Flying Doctor Service uses Census population data to determine what health services are required in rural and remote areas
- the Council of the Ageing (COTA) uses Census data to help understand issues affecting older Australians
- Crime Stoppers uses Census data to deliver prevention campaigns that help keep communities safe
- the Wheatbelt Business Network uses Census data to guide how it supports women in business. These services help develop enterprise, support towns and contribute to the economic growth of metro and rural regions.

SNIPPETS

Influenza in Residential Care Facilities

Influenza is a serious issue in residential care facilities both because of the vulnerability of residents and the environment of communal living which facilitates the spread of respiratory viruses. Influenza season is generally during the winter months, however outbreaks can and do occur outside the season, particularly in tropical Queensland.

From 30 May 2021 everyone entering a residential aged care facility needs to be vaccinated against influenza. This applies to staff, visitors, health practitioners, volunteers and others such as cleaners, tradesman, gardeners and maintenance staff. Influenza vaccination protects staff and provides an additional layer of protection for high-risk residents.

Residents have the right to refuse vaccination.

Promote good hygiene

Influenza virus is primarily transmitted by respiratory droplets and by hand. At the beginning of the season educate staff, residents, volunteers and visiting family members about preventing the spread of influenza:

- adopt regular hand hygiene using alcohol-based hand rub, or soap and water
- if using soap and water, dry hands thoroughly with a single-use towel
- encourage residents to cover their cough or sneeze with a tissue
- dispose of used tissues in the bin and wash hands immediately after use.

Senior Transport Assistance

1. Taxi Subsidy Scheme

The Taxi Subsidy Scheme (TSS) subsidises taxi travel—half of the total fare, up to a maximum of \$25 per trip—for people with severe disabilities.

To find out more about the **Taxi Subsidy Scheme and Lift Payment**, call the Department of Transport and Main Roads on **1300 134 755**.

2. Non-emergency Medical Transport

If you need to travel to a medical facility for an appointment, you may be able to travel by ambulance providing you meet at least 1 of the following criteria:

- you need stretcher transport
- you need active management or monitoring while travelling
- you have a condition that would cause you embarrassment or be of serious concern to other people on public transport.

You or your doctor may request this transport; however, you must have a **medically authorised transport request***, signed by your doctor.

For further enquiries, please feel free to contact **Seniors Enquiry Line** on **1300 135 500**.

3. Council Cabs

These services provide subsidised transport from your home to the nearest shopping centre (specified) and return to you home.

For further enquiries, please feel free to contact **Seniors Enquiry Line** on **1300 135 500**.

Recipes

Curried Carrot Soup



Ingredients

- 1 teaspoon vegetable oil
- 1 medium onion, sliced
- 2 teaspoons mild curry powder
- 5 cups vegetable stock*, reduced-salt
- 5 large carrots, washed and chopped
- 1 large potato, peeled and chopped

Method

1. Heat oil in a large pot and cook onion until translucent.
2. Stir through curry powder and cook for 1 minute.
3. Add remaining ingredients and bring to the boil.
4. Cover, reduce heat and simmer for 10 minutes or until vegetables are tender. Remove from heat.
5. Puree in a blender until smooth, adding a little extra water if required.
6. Return to the saucepan and reheat.

Orange loaf



Ingredients

- olive or canola oil spray
- 2 cups self-raising flour
- ½ cup caster sugar
- ½ cup sultanas
- rind of 2 oranges, grated
- 1/3 cup freshly-squeezed orange juice
- 2 eggs
- ¼ cup low-fat milk
- 1 tablespoon margarine, melted

Topping

- 125g reduced-fat ricotta
- rind of 1 small orange, grated
- 2 teaspoons freshly-squeezed orange juice

Method

1. Preheat oven to 180°C.
2. Lightly spray a loaf tin. Combine flour, sugar and sultanas in a mixing bowl.
3. In another bowl mix remaining ingredients.
4. Add wet ingredients to dry, stir and spoon into tin.
5. Bake for 35-40 minutes until cooked and golden.
6. Turn onto wire cooling rack.
7. When cool, spread with ricotta topping.
8. Store in refrigerator.

SNIPPETS

Top Tip to Prevent Scams: Stop and Verify



You receive a call from someone claiming to be with your bank. They say that there is a suspicious transaction on your account and that they want to flag. They ask you to provide your bank card details to confirm your identity. The call appears professional but how do you know that the Caller is who they say they are?

My top tip for preventing being caught in a scam is to STOP and VERIFY the information presented to you. In the case of an incoming call, let the caller know you cannot speak at this time and end the call. Next, find the number of where they claim to be calling from. In this example - the bank - the number is often on the back of your bank card.

Contact them directly, if they had tried to contact you there will be notes on file. They will be able to review your account to ensure you have not had any information changed or unauthorised transactions.

By taking this extra precaution, you may be able to prevent being caught by a scam. For further information, you can contact the Seniors Enquiry Line on 1300 135 500 between 9am-5pm Monday to Friday.

The Seniors Enquiry Line has the ability to provide information sessions around scams and consumer issues to social clubs and service providers. If you're in the Greater Brisbane Region and would like to organise a session, please contact the **Seniors Enquiry Line on 1300 135 500.**

What's on?

1. Lifeline Bookfest Brisbane

Where: Brisbane Convention and Exhibition Centre, South Bank

When: June 26-July 4, 2021

Times:

Saturday, June 26, 7.30am to 6pm

Sunday, June 27 to Thursday July 1, 8.30am to 6pm

Friday, July 2, 8.30am to 9pm

Saturday, July 3 & Sunday July 4, 8.30am to 6pm

2. Free Guided Tours Mt Coot-tha

Where: Brisbane Botanic Gardens Mt Coot-tha,

152 Mt Coot-tha Road, Toowong

When: Monday 21st June 2021

Times: 1:00pm to 2:00pm

Bookings: No bookings required. For more information call 07 3403 8888

For more events information, please log on to our new Seniors Enquiry Line website:

<https://seniorsenquiryline.com.au/new-s-and-events/events/>

