



September 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



How to find **Seniors Computer Classes**?

How confident are you with computers and technology? Do you need to learn the basics? Or do you want to improve on current knowledge?

The Seniors Enquiry Line receives many calls from people seeking to learn more about computers. Where can you go to for support? How do you find a class near you?

Here are a few options. Some may be free; some may have a cost. Not all are in person supports. Some may be a group learning environment; some may be one-on-one supports. Hopefully we can find the right supports for you.

- What's in your local area? - try Googling "computer class" with your suburb or region *ie. "computer classes Brisbane"*
- Visit your local library - libraries not only have books on computers but often host basic computer workshops.
- [U3A](#) - The University of the Third Age provides a variety of leisure and educational courses to Seniors. They have branches across Queensland and operate virtually as well.
- [Australian Seniors Computer Club Association](#) - many computer clubs are registered with the ASCCA and they are listed on their website.
- [Be Connected](#) - developed by the eSafety commission, Be Connected has online resources and partners with local services to provide hands on support.

If you would like further help, please call **Seniors Enquiry Line** on **1300135500**



Scams: Who to Reach Out for Support

If you are concerned that you have been scammed, you can call the Seniors Enquiry Line to discuss your concerns and we can provide you with the information you need and refer you to the appropriate services. Services could include:

- **Your bank or financial institutions** - If you have been scammed, the first organisation you should contact is your bank. They will inform you of the steps to take to protect your finances or whether there is the possibility to recover any lost money.
- **Police** - If your identity has been used without your consent or you have lost a significant monetary value, you may need to report to the Police. We recommend contacting PoliceLink on 131 444 or visiting your local police station.
- **IDCare** - you may be eligible for support from an Identity & Cyber Security Case Managers whose role is to respond to data breaches, scams, identity theft, and cyber security concerns. IDCare are contactable on 1800 595 160 or you can submit an online enquiry at <https://www.idcare.org/>
- **Scamwatch** - is a fantastic resource for information about different categories of scams and alerts of current scams. You can submit a report online at <https://www.scamwatch.gov.au/> which helps to track scam trends.
- **Australian Cyber Security Centre** - operates a Cyber Security Hotline (1300 292 371) for any queries around online safety or cyber threats.
- **Call the Seniors Enquiry Line:** If you aren't sure whether something is a scam or not, you can call through to the Seniors Enquiry Line to discuss your concerns.

Seniors Month 2021

For the first time, Seniors Day will take place over the entire month of October!

The month opens with **United Nations International Day of Older Persons** on the 1st October and ends with the **National Grandparents Day** on 31st October.

Throughout October, services across the state will be hosting events to celebrate.

There are events focused around cooking, craft, social connections, exercise or sharing information. You can find in person or virtual events by visiting the COTA Queensland Seniors Month website -

<https://qldseniorsmonth.org.au/>

Can't find the type of event you are looking for? Why not host one yourself!?

If you want some help to find Seniors Month events in your area, you can call the **Seniors Enquiry Line** on **1300 135 500**.





Recipes

Tasty Tomato Tart



Ingredients

- 1 sheet frozen puff pastry, thawed
- 1 onion, thinly sliced
- 1 teaspoon olive oil
- 2-3 large tomatoes (multiple colors make a beautiful tart, but red works just as well)
- 1 cup of your favorite cheese (such as blue cheese, mozzarella, feta, or Parmesan)
- 1 tablespoon Italian seasoning, or chopped fresh herbs like basil and oregano

Instructions

1. Preheat the oven to 425 F and line a baking sheet with parchment paper or non-stick aluminum foil.
2. Stretch out the puff pastry on the lined baking sheet. With a fork, poke small holes along the bottom.
3. Add onions and olive oil to a skillet over medium heat. Sauté, stirring frequently, until soft — about 5 minutes.
4. Sprinkle cooked onions over the pastry dough, then top with tomato slices so they don't overlap.
5. Sprinkle with cheese and half of your seasoning or herbs. Season with salt (or salt replacement, if you're avoiding sodium) and pepper to your tastes.
6. Bake for 25 minutes, until the crust is golden.
7. Sprinkle with the remaining herbs, cut into squares, and enjoy!

Dan's Fantastic Fudge



Ingredients

- 500 g CADBURY Baking Dark Chocolate
- 75 g butter
- 400 ml condensed milk
- 1 tsp vanilla essence

Method

1. Melt chocolate, butter and milk on very low heat. Don't let it boil.
2. Add vanilla essence and stir until mixed well.
3. Pour into a baking paper lined slice tray and refrigerate to cool.
4. Cut into squares and eat cold.

Equipment

- 1 baking paper
- 1 18cm x 28cm slice pan

If you have a delicious recipe that you would like to share with other seniors, please email to SEL@uccommunity.org.au or alternatively you can mail:
Seniors Enquiry Line
1/766 Gympie Rd,
Chermside QLD 4032



Events

Seniors Enquiry Line is involved with two events, listed below.

If you would more information regarding these events, please contact Seniors Enquiry Line on 1300 135 500.

1. STAR's Tech Smart Seniors Expo is a free community event showcasing technology products and services for seniors in Redlands. Live demonstrations, expert advice and giveaways!
9:30am-12:00pm on Thursday 21st October 2021

Alexandra Hills Hotel For more info call Neha Shukla on (07) 3821 6699 or email startech@starct.org.au

2. Protection from Scams is a UnitingCare's Seniors Enquiry Line information session held at Picabeen Community Centre **on Tuesday 12th October at 10am-12pm.**

Learn about how scammers convince us and what you can do to protect yourself.

This information session will be held virtually as well. Contact Picabeen on (07) 3354 2555 or student1@picabeen.org.au for more information.

Other events...

1. Logan Central Respite Centre is hosting an event to demonstrate not only LCRC activities and programs but also craft items made by clients throughout the year.

10am-3pm Saturday 2nd October 2021

Logan Central Respite Centre is located at 280A Kingston Rd Slacks Creek. RSVP to (07) 3208 6666

2. CommUnity Seniors Event is a big multicultural event for senior's month organised by Inala Community House.

Roast Buffet | Live Music | Latin Dance Performances

10am-2pm on Monday 11th October 2021
Our Place Hall - Cnr of Japonica and Robinia St Inala

RSVP by Friday 8th October on (07) 3372 1711

3. **Tablelands Ageing Well Expo** is hosted by Tablelands Regional Council.

The Tablelands Ageing Well Expo will empower older Tablelanders to live active and healthy lives with improved physical and mental wellbeing.

9:30am-2pm on Saturday 9th October
Merriland Hall Atherton

