



SNIPPETS

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Seniors Enquiry Line

Linking Seniors with
Community Information

In this Issue:

- Home Library Service
- Pension Increase
- Computer Classes for Seniors
- New Radio Service for Seniors
- Seniors Info Chat
- 'Connections Matter'
- What's On

Quote of the Month:

*Minds are like parachutes -
they only function when open.*

Thomas Dewar

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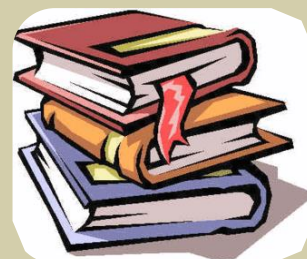
Seniors Enquiry Line is an information and referral service for Queensland seniors, proudly sponsored by the Queensland Government Department of Communities and operated by UnitingCare Community.

Home Library Service

If you love to read but are unable to visit the library due to ill-health, disability or long term illness, your local council library may be able to deliver books, audiobooks, magazines or DVD's to your home as part of their home library service.

Some of the councils around Queensland providing the home library service are: Brisbane, Gold Coast, Sunshine Coast, Gympie, Noosa, Logan, Gladstone, Cairns and Townsville. To access the home library service, you need to meet the individual council's eligibility criteria, which generally requires either a letter from your doctor or for the doctor to complete a form.

If you are interested in finding out more about the home library service, contact your local library or Seniors Enquiry Line on 1300 135 500.



Pension Increase

The rate of the Aged Pension increased on September 20th. Single pensioners will receive an extra \$3.20 per fortnight, while couples will receive an additional \$2.50 each per fortnight.



The rates of pensions and allowances are adjusted in March and September in line with changes to the Consumer Price Index or Pensioner and Beneficiary Living Cost Index (whichever is greater). If you would like further information about the increase, contact Centrelink on 13 23 00.

Computer Classes for Seniors

Low cost or free computer classes are available to seniors in many areas of Queensland.

Thirty-eight local governments are participating in a free program called Tech Savvy Seniors which is run in partnership with Telstra and the State Library of Queensland. Tech Savvy Seniors provides digital awareness, training and information to seniors through public libraries or online. Different classes cover topics such as: Introduction to computers, the internet, cyber safety, online shopping and banking, social media and smart phones or tablets.

Another program to support seniors in using computers and accessing the internet is Broadband for Seniors. This program is available at a vast number of kiosks throughout Queensland and covers internet browsing, emails and word processing.

Other options for learning to use computers may include: local computer clubs, community centres and local branches of the University of the 3rd Age. For help to find classes in your area; contact Seniors Enquiry Line on 1300 135 500.



'Connections Matter'

Beyondblue produces a booklet called 'Connections Matter' that provides practical and evidence-based suggestions for older adults, their families and friends to help them strengthen and maintain their social networks. As we get older, changes in our personal circumstances and lifestyle can result in us feeling less connected to others, and increase the risk of us becoming lonely. Being connected to others is important for mental and physical wellbeing, and can be a protective factor against anxiety and depression.

The booklet can be downloaded by going to www.beyondblue.org.au and typing 'connections matter' in the search box. To receive a paper copy, contact Seniors Enquiry Line on 1300 135 500.

What's On

Free Seniors Movie - Robina

16th October 10:30am – 12:30pm

You are invited to attend a free Seniors Cinema movie screening of 'Grand Budapest Hotel' at Robina Community Centre. Doors open at 10am. Free entry, no bookings or tickets required.

Venue: Robina Community Centre, 196 Robina Town Centre Drive, Robina

Phone: 5582 8255

Murphys Creek Chilli Festival

16th October 10am – 5pm

Come along to sample everything from chilli chocolate to 10/10 tacos to mild & savoury sauces & chutneys, even loaded slushies.

Venue: Murphys Creek Community Hall, Odin Street, Murphys Creek

Phone: 0403 320 427

Moranbah Rotary Home and Leisure Expo

8th – 9th October 2016

Immerse yourself in wine tasting, entertainment, workshops, street theatre, and food stalls.

Venue: Moranbah Community Centre and Ted Rolfe Oval, Moranbah

Phone: 0408 963 062

Other events on Seniors Enquiry Line's 'Events' page include: Assets Test Changes Seminars; Retirement Living Options Information Sessions; Blackall Heartland Festival; Buderim Garden Festival; Grey Know-mads Seminar; SANDBAG Wellbeing Day and many more.

New Seniors Radio Service

Radio COTA is a weekly podcast focused on topical and relevant information for older Queenslanders. A podcast is a digital audio file which is made available on the Internet for downloading to a computer or mobile device. The Radio COTA podcasts cover topics such as: seniors and travel, age discrimination, housing, and transport to seniors.

Listen to the podcasts today through Soundcloud (https://soundcloud.com/radio_cota) or iTunes.

Seniors Info Chat

Info Chat is a service provided by Seniors Enquiry Line that provides regular phone updates to seniors and other interested people across Queensland. About once a month, our friendly staff will call seniors about current scams, government and community announcements and other information relevant to seniors.

To register for Info Chat, phone 1300 135 500.