



SNIPPETS

September 2018 | Edition 198

Seniors Enquiry Line

No question is too big or too small

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.

Quote

"If you cannot do great things, do small things in a great way."
Napoleon Hill

Contact Details:

Phone: 1300 135 500

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www.seniorsenquiryline.com.au

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



safehome

Safe Home Visit

Are you looking to improve safety in your home? Then the Safehome Program may be just the thing for you! The Safehome program is an initiative of the Queensland Fire and Emergency Services designed to assist all householders in recognising fire and safety hazards in and around your home. A safe home visit is a valuable addition to improving safety in your home because once hazards are identified you can then take steps to eliminate them. Firefighters will visit you upon request at a time that is convenient for you. If you live in an area serviced by volunteer firefighters, they will be unable to come to your home to conduct a Safehome visit, however, you will receive both a Safehome kit and a Bushfire Preparedness package which will assist you make your home safer.

To book a Safehome visit you can book:

Online: <https://www.qld.gov.au/emergency/safety/safehome-booking>

Phone: 13 74 68 (13QGOV)

Email: qfes.communityed@qfes.qld.gov.au

Further details regarding QFES Safehome can be located on the QFES website <https://www.qfes.qld.gov.au/community-safety/freeprograms/Pages/safehome.aspx> or by calling Seniors Enquiry Line on 1300 135 500

This initiative is completely **free** to Queenslanders. If you are asked to pay a fee then you may be speaking to a service that is not Queensland Fire and Emergency Services.

Your Brain Matters

Dementia Australia's "Brain Matters" program is designed to help Australian's maximise their brain health. Attached to this edition of the Snippets is 5 Simple Steps to maximise your brain health which includes looking after your heart, doing physical activity and mental challenges, following a healthy diet and keeping socially active.

What's on

11th - 14th September Winds of Zenadth Cultural Festival, Thursday Island

This festival presents the Torres Strait Islands' rich cultural diversity and supports the practice, preservation, maintenance and revitalisation of traditional dance, song, art and ceremony. The festival offers the opportunity for visitors to learn more about Aboriginal and Torres Strait Island culture and engage with emerging and established artists.

14th - 23rd September SWELL Sculpture Festival, Currumbin, Gold Coast Area

Free public exhibition open all hours with a selection of sculptures displayed in a magnificent outdoor gallery.

21st - 30th September Toowoomba Carnival of Flowers, Toowoomba

This carnival is a cultural party featuring a floral parade, local food and produce, regional wine, entertainment and all things spring! Features include a huge street parade, residential and commercial garden competitions, sideshow alley, free entertainment, the Food and Wine festival and live concerts.

Other events can be accessed on our Seniors Enquiry Line Events page <https://seniorsenquiryline.com.au/events/> or by contacting Seniors Enquiry Line on 1300 135 500 to look up events for you.

R U OK? Day

R U OK? Day, on 10th September 2018, is a national day to remind all Australians to regularly check in with family and friends, asking "are you OK?". It is suggested that you: Ask – Listen – Encourage – Follow up. Research shows that people with strong relationships are more likely to cope with life's ups and downs. For more information, go to www.ruok.org.au or call Seniors Enquiry Line on 1300 135 500.

ACCC Warning About Investment Scams

ACCC is warning Australians to be wary of investment Scams. According to data collected by the ACCC's Scamwatch website, more than \$26 million has been reported as have been lost to these scams. This is already 84 percent of the total losses reported to Scamwatch in 2017.

Scammers are highly sophisticated and very convincing. They use the right technical language and often have professional looking websites as well as documents. They will also spend a great deal of time and effort grooming their victims.

Some steps you can take to help protect yourself against Investment Scams:

- ◆ Don't give any details to any unsolicited contact either over the phone or by email – hang up or delete the email.
- Any business or person that offers or advises you about financial products must be an Australian Financial Services (AFS) licence holder. You can check if their licenced via the ASIC website.
- Check ASIC's list of "Companies you should not deal with" which is a list of unlicensed companies known by AISC to have made unsolicited contacts.
- Obtain independent financial advice from an advisor holding an Australian Financial Services Licence.

Further steps on how to keep your investments safe can be found on ASIC's Moneysmart website <https://www.moneysmart.gov.au>.

My Health Record Opt Out Reminder

By the end of this year an online My Health Record will be created unless you opt out. If you do want to opt out this is a reminder that you can opt out up until the 15th October 2018. To do this and for any other queries please call the my health helpline on 1800 723 471 or go online www.myhealthrecord.gov.au

5 SIMPLE STEPS TO MAXIMISE YOUR BRAIN HEALTH

There are small steps that you can take in your everyday life that will make a real difference to the health of your brain and help reduce your risk of developing dementia later in life. These steps are also good for your general health, and can help lower your risk of other chronic diseases like diabetes, heart disease and cancer.

Looking after the health of your brain is important at any age, but it is particularly important once you reach middle age (around 40 to 65 years of age). The **5 Simple Steps to Maximise Your Brain Health** will help you keep your brain healthy and lower your risk of dementia.

STEP 1 LOOK AFTER YOUR HEART



What is good for your heart is good for your brain.

Conditions that affect the heart or blood vessels, such as high blood pressure, high cholesterol, diabetes and obesity, can increase the risk of developing dementia, especially if these occur at middle age.

What you can do

- Have regular health checks to check your blood pressure, cholesterol, blood sugar and weight. Follow the advice of your health professional
- Seek help to quit smoking.

STEP 2 DO SOME KIND OF PHYSICAL ACTIVITY

Being physically active gives our brains a healthy boost.



Regular physical activity increases blood flow to the brain and stimulates the growth of new brain cells and the connections between them.

Being active is also good for your heart and body.

What you can do

- Doing any physical activity is better than doing none
- If you are currently not doing any physical activity, start by doing some, and gradually increase the amount you do. Speak to your doctor before you start any new exercise routine
- Build up to at least 30 minutes of moderate-intensity activity on most – preferably all – days. This can be done in 10 minute blocks.

STEP 3 MENTALLY CHALLENGE YOUR BRAIN

It is important to keep your brain active.

Scientists have found activities that involve thinking and learning, that are new or challenge the brain, help to build new brain cells and strengthen the connections between them.

What you can do

- Take up a new sport
- Learn a new language
- Have a go at a new hobby
- Start a course in something you've always wanted to do
- Anything really, as long as it's new, complex, and done often.



STEP 4 FOLLOW A HEALTHY DIET



What you eat can affect your brain health.

Our brain needs a variety of nutrients to function properly.

What you can do

For good brain health, choose:

- Lots of vegetables and some fruit
- Healthy fats and oils (polyunsaturated and monounsaturated fats), such as olive oil, canola oil, instead of butter or coconut and palm oil (saturated fats)
- Fish
- Low-fat or fat-free (skim) milk, yoghurt and cheese
- Lean or low fat cuts of meat.

Eat less:

- Full fat milk, yoghurt and cheese
- Fried food and desserts, deep fried foods and takeaway food (high in saturated fats)
- Pies, pastries, cakes, biscuits and buns (trans fats).

If you drink alcohol, try and limit it to no more than 2 'standard' drinks on any day.

STEP 5 ENJOY SOCIAL ACTIVITY



Spending time with friends and family, or people whose company you enjoy, in ways that interest you, is good for our brain health.

Mixing with other people helps to build new brain cells and strengthen the connections between them, which can protect you against dementia.

Activities that combine being physically active, social interaction, and are mentally challenging, such as dancing, provide even greater benefit.

What you can do

- Be part of a club or social group
- Join a team, book club, walking group, or choir
- Volunteer in your local community
- Take up dance classes.

WHAT ELSE?



Brain health also means looking after your mental health. See your health professional for advice on treating depression.

It's also important to avoid serious head injury, so be sure to protect your head.

FURTHER INFORMATION

For more information on living a brain healthy lifestyle visit Dementia Australia's yourbrainmatters.org.au
Or call the National Dementia Helpline

1800 100 500



Interpreter

For language assistance phone the
Translating and Interpreting Service on
131 450