Seniors Enquiry Line
Snippets

SEPTEMBER 2022

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.

Helplines

COVID-19 Helpline - 1800 171 866

National Debt Helpline - 1800 007 007

ATO Superannuation Hotline - 13 10 20

ATO Tax Help Program - 13 28 61

Elder Abuse Helpline - 1800 651 192

Mental Health Support & Counselling Services:

Lifeline - 13 11 14

Beyond Blue - 1300 224 636

1800RESPECT - 1800 737 732

MensLine Australia - 1300 789 978

Contact us

📱 **1300 135 500**

✈ sel@uccommunity.org.au

seniorsenquiryline.com.au

In this issue

InfoChat is Back!

The Seniors Enquiry Line operates a free, telephone helpline which provides information and referral support. Queensland Seniors contact our helpline when they have a question or a concern. We provide the information they need and link in with supports available to help.

InfoChat aims to contact Queensland Seniors directly to provide information and updates on supports available to them.

By subscribing for this service, you will receive a call monthly from one of our friendly helpline staff to check in and have a discussion around the topic of the month. These calls are a great way to remain up to date on issues which impact Queensland Seniors.

If you would like to find out more about InfoChat, please contact the Seniors Enquiry Line on 1300 135 500.

If you would like to sign up for this service, please use the email box below and we will be in contact.

Disclaimer: The materials and information included in this edition of Snippets newsletter are provided as a service to you and do not necessarily reflect endorsement by the Seniors Enquiry Line Program. The Seniors Enquiry Line Program is not responsible for the accuracy of information provided from outside sources. Groups and workshops detailed in this flyer are for your information and are not coordinated by or connected to Seniors Enquiry Line in any way unless specified.

Recipe

A massive thank you to the Woody Point Older Women's Network branch for providing the Seniors Enquiry Line with this month's recipe. The Older Women's Network provides a space for women to connect and build friendships.
The Older Women's Network has eleven branches across Queensland. To find more information about the Older Women's Network head to their website - https://www.ownqld.org.au/

Lime Cheesecake

Ingredients:

Your favourite pie crust
4 egg yolks
1 egg white, lightly beaten
¾ cup lime juice
1 ½ tsp lime zest
395ml sweetened condensed milk
½ cup sour cream
Whipped cream (optional)

Method:

1. Preheat oven to 190ºC
2. *If the pie crust has not been pre-cooked.* Brush the pie crust with lightly beaten egg white, then bake for 5 minutes.
3. Reduce oven to 175ºC
4. Combine egg yolks, lime juice, lime zest, sweetened condensed milk and sour cream in a medium bowl. Whisk until smooth.
5. Pour mixture into the prepared crust.
6. Bake for 15 minutes then remove from oven and let cool to room temp.
7. Chill in fridge for at least three hours.
8. Serve with whipped cream, if desired.

What is Malware?

Malware refers to malicious software which is intended to impact functionality, damage or spy on the device.

Malware allows scammers to steal your personal information such as passwords, location history or contact list. Malware allows scammers the ability to steal your documents and photos. As we store a lot of personal information on our devices, it is important to be vigilant.

Examples of common malware includes viruses, worms, Trojan viruses, spyware, adware, and ransomware.

How do Scammers Convince us to Download Malware?
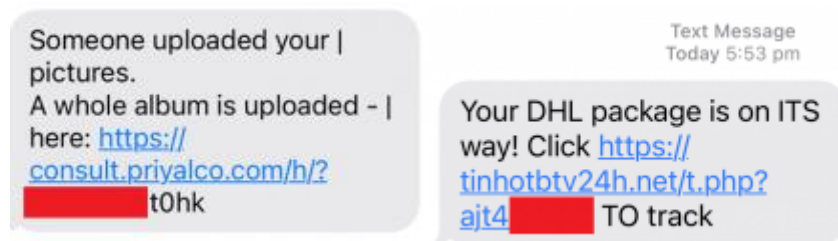
Scammers can be incredibly convincing and they are good at what they do. The number one way they trick us to download malicious software by opening hyperlinks or open an attachment. Hyperlinks

If you aren't 100% certain the hyperlink or attachment is safe, it's not worth the risk.

What to do if your phone has Malware

If your phone has been infected with malware, it is important to act fast. Do not enter any personal information such as passwords or log in information. Contact an IT professional and organise for your phone to be cleaned and factory reset. Unfortunately, you are likely to lose a lot of information, contact list and photos however this is important that your personal information does not fall into the hands of scammers.

More Information

For more information, we recommend the Scamwatch website. If you are concerned you have been affected by a scam, please contact the Seniors Enquiry Line on 1300 135 500 for information and referral support.

Seniors Enquiry Line's Scams Awareness Project

Some scams, you can immediately identity as a scam. You end the call, delete the text message or email and don't give it a second thought. Some scams though, are so convincing and plausible that you may not know what you are supposed to do. In these moments, you can contact Emily at the Seniors Enquiry Line to discuss your concerns and receive information and referral support.   We are also able to facilitate in person or virtual information sessions which provide understanding to how scammers convince us and how we can protect ourselves from scams.

If you need someone to talk to or would like us to attend your Seniors group, community centre or retirement village, call us on 1300 135 500.

Queensland Seniors Month

For the second year in a row, Seniors Day will take place over the entire month of October.

The month opens with **United Nations International Day of Older Persons** on Saturday the 1 October and ends with the **National Grandparents Day** on Sunday 30 October.

The theme of this month this year's Seniors Month is Social Connections.

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. There will be events of all sizes from large expos to small morning teas.

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.

DID YOU KNOW?
Australian Scams Statistics

Have you seen the ACCC's Targeting Scams Report for 2021? It is estimated that Australian's lost $2 billion to scammers in 2021.

People over the age of 65 made more reports of scams and amount lost than any other age group.

Queensland Mental Health Week

Queensland Mental Health Week will take place between Saturday 8 - Sunday 16 October 2022 and this year's theme is "Awareness, Belonging, Connection".

You can host an event or join an event at your local senior's club or community centre.

You can find events by visiting the Queensland Mental Health Week website at: https://www.qldmentalhealthweek.org.au/search-events/

Are you hosting an event? Make sure you let us know!!

Upcoming Events

Positive Ageing Expo
When: Friday 16 September 9:30am-1pm
Where: Cairns Performing Arts Centre, 9-11 Florence St, Cairns City QLD 4870
This is a free, one-stop event where seniors can meet service providers, businesses and community groups that focus on seniors.

Poona & Surrounds Lifestyle Expo
When: Saturday 1 October 2022 9am-5pm
Where: Poona Community Hall on Snapper Drive, Poona QLD 4650
Along with information stalls; there will be demonstrations on activities held in the hall and in the area - tai chi, line dancing, yoga, art and craft, game nights, tennis, ukulele and Garden Club.

Ageing Well Expo
When: Thursday 6 October 2022 9am-1pm
Where: Merriland Hall, Mazlin Street, Atherton QLD 4883
No cost
Tablelands Regional Council is hosting an expo to provide an opportunity for Older Australians gain information about services and supports in the area as well as participate in interactive activities.

Logan Loves Seniors Day
When: Friday 7 October 2022 9am-3pm
Where: Logan Entertainment Centre, 170 Wembley Road, Logan Central QLD 4114
The day will be a whirlwind of activities including a 'Sip n Paint', alcohol tasting, laughter yoga, crafts, entertainment, free pampering, creative workshops, and so much more!

Seniors Festival 2022
When: Thursday 13 October 2022 9am-2pm
Where: Sunshine Coast Turf Club, 170 Pierce Avenue, Corbould Park, Caloundra QLD 4551
I Age Well is hosting Sunshine Coast's largest over 60's Festival/Expo.The festival will showcase the best the Sunshine Coast has to offer it's over 60 community covering a wide range of exhibits, market stalls, workshops, live entertainment, senior talent show, along with great food.

Moreton Bay Mental Health Expo
When: Friday 14 October 2022 10am-2pm
Where: Redcliffe Youth Space, 440 Oxley Avenue, Redcliffe QLD 4020

Brisbane Mental Health Expo
When: Friday 14 October 10:30am-2:30pm
Where: The Plaza, Brisbane Powerhouse, 119 Lamington St, New Farm QLD 4005

Toowoomba Seniors Expo
When: Thursday 20 October 8:30am-3pm
Where: Founders Pavilion at Toowoomba Showgrounds, Glenvale Road, Toowoomba QLD 4350

Ageing: Everybody is Doing It!
When: Thursday 3 November 2022
Where: Ipswich Showgrounds, Warwick Road, Ipswich QLD 4305

Grandparents Day

Grandparents Day is Sunday 30 October 2022.

The relationship a child shares with their grandparents is incredibly special. This day acknowledges this relationship and also the support grandparents provide to the child and their family.

Many libraries will be hosting events such as Storytime or fun activities such as arts and crafts or even 'build a marble maze'.

We encourage you to contact your local library to ask if they have any Grandparents Day activities.

We would love to learn more about you!

Do you have a recipe, event, story or joke that you would like to share with other readers?
We want to hear from you!

Seniors Enquiry Line might feature these in our future newsletters.

Please forward to:
Seniors Enquiry Line
PO Box 2376
Chermside Central QLD 4032

Alternatively, you can email us at
sel@uccommunity.org.au

Don't forget to check out **seniorsenquiryline.com.au** for events we are participating in