



SNIPPETS

May 2013 Edition 138

Seniors Enquiry Line

*Linking Seniors with
Community Information*

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Quote for the Month:

A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.

~ James Dent

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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.

Reminder - SE Qld Digital TV

On 28th May 2013, analog TV signals will be switched off and replaced by digital-only TV in Brisbane, Ipswich, the Gold Coast, and the Sunshine Coast as far north as Gympie.

If you don't have a digital TV or a set-top box, **you will not have any TV reception after this date.** If you have any queries, phone Seniors Enquiry Line on 1300 135 500 or go to www.digitalready.gov.au

National Television and Computer Recycling Scheme

The National Television and Computer Recycling Scheme is a free recycling service for televisions, computers and computer products. The scheme is funded and run by the television & computer industry, and regulated by the Australian Government.

Services may be operated through a local council or resource management centre. For a list of current drop-off points go to www.environment.gov.au and type 'drop off' in the site's search box, or call Seniors Enquiry Line on 1300 135 500.



Seniors Card in NZ

If you have a Queensland Seniors Card or a Seniors Business Discount Card, it can be used to obtain discounts and special offers from businesses in New Zealand, the same discounts as seniors in NZ who have SuperGold Cards. Look

for the gold 'SuperGold Cards Welcome' stickers.

If you don't have a Seniors Card but are aged 55 or older, you can pay for a different NZ Seniors Card (\$39), which is useful for accommodation costs and more. To obtain this card, go to www.seniorscard.co.nz or phone +64 3 520 8000 in NZ.

Social media decreases loneliness

Social media can decrease loneliness for older Australians, according to research at the University of Sydney. Participants in the research, mostly over 65 years old, were provided with brief training in Twitter, Facebook and Skype, prior to a six month trial period.

Results showed a highly statistically significant decrease in loneliness and the majority of participants also reported being more connected and engaged with the community. About 80% of respondents indicated they would continue to use the social media technologies after the end of the trial, and about 65% agreed or strongly agreed that the technologies were easy to use

Over 90% agreed or strongly agreed that the technologies were affordable to use, and even a majority indicated that they considered the use of the social media technologies would be a factor in enabling them to live independently at home for longer.

Before the trial, Facebook was viewed negatively by some participants, but Facebook emerged to be the most frequently used by the largest number of participants, followed by Skype, and with Twitter being the least used technology.

Do Not Call Register (time extended)

Are you still covered on the 'Do Not Call Register'? Is your mobile registered with the Do Not Call Register? Are you registered at all? Do you want to limit telemarketing calls?



The Do Not Call Register is a free service where you can list Australian numbers (mobiles as well as landlines) that are used primarily for private or domestic purposes, to opt out of receiving most unsolicited telemarketing calls. Some public interest organisations, such as charities, are still allowed to contact numbers on the register.

Your registration is now valid for 8 years. Originally, the register was only for a shorter period, 3 years or less, so if you registered some years ago, your number may have slipped off the list. However, all numbers currently registered will automatically be extended to eight years.

To re-register, or to register for the first time, visit www.donotcall.gov.au or call 1300 792 958.

What's On

Positive Ageing Event & Expo - Chermiside

27th May 9am – 4:30pm

A fun educational event with expert advice on getting the most out of your life. Cost: \$20, includes lunch, morning and afternoon tea.

Venue: Kedron-Wavell Services Club, 375 Hamilton Rd, Chermiside.

Phone: 07 3352 9000 **Web:** www.lifetec.org.au

Opera in the Caves - Rockhampton

24th – 26th May

Opera Underground in the Cathedral Cave is a unique intimate opera and light opera concert. Cost: Adult \$70, Concession \$60.

Venue: 30 Olsens Caves Road, The Caves.

Phone: 13 6100

Web: www.undergroundopera.com.au

Other events on Seniors Enquiry Line's 'Events' pages include: Introduction to Dementia and Services – Gold Coast, Warwick Picnic Races, The "Wheelbarrow Way" Race in Mareeba, Symphony by the Sea at Coolum, Paniyiri Greek Festival.

Queensland Multicultural Award

Honour a person or organisation for their positive contribution by nominating them for a Queensland Multicultural Award. There are ten award categories which include volunteers, community and other organisations, media and more.

Nominations close Friday 17 May 2013. For more information and to download a nomination form visit www.multicultural.qld.gov.au or phone Seniors Enquiry Line on 1300 135 500.



Queensland Carers Advisory Council

Community members with a broad awareness and understanding of the challenges faced by carers and with strong links to carer organisations and networks are encouraged to nominate for the Queensland Carers Advisory Council. The Council provides advice to the Minister for Communities, Child Safety and Disability Services.

Nominations close on Wed 29 May 2013. For nomination forms and more information: phone 13 74 68 or go to www.communities.qld.gov.au/communityservices