



SNIPPETS

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Seniors Enquiry Line
*Linking Seniors with
Community Information*

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Joke for the Month

A stockbroker urged me to buy a stock that would triple its value every year. I told him, "At my age, I don't even buy green bananas."

~ Claude Pepper

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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.

Seniors Business Discount Directories

Business Discount Directories for Seniors and Carers for 2013-2014 are available.

The Directories give holders of a Seniors Card, Seniors Business Discount Card or Carer Business Discount Card access to savings on a wide range of products and services: retailers such as gift, electrical, jewellery and home furnishing stores, as well as services including mechanical, cleaning and home improvements.

You can pick up a copy of the directory at any library, government service centre, Centrelink office, Salvation Army Service Centre, or local members' electorate offices. Otherwise you can phone Seniors Enquiry Line for a copy: phone 1300 135 500.

Broadband for Seniors

Broadband for Seniors is funded by the Australian Government to provide senior Australians, aged 50 years and over, with free access to computers, Internet and basic training to help build their confidence in using new technology.

Since it was announced in 2008, around 2,000 Broadband for Seniors kiosks have opened across Australia, with approximately 250,000 seniors enjoying the benefits. Different types of community-based organisations who host a kiosk include community centres, libraries, bowls clubs, seniors organisations, retirement villages and residential aged care facilities.

For more information or to find a kiosk near you, phone 1300 795 897 or go to www.necseniors.net.au



What's On

Conservation Clinic – Brisbane

20th February 1:00pm – 3:00pm

The professional conservation staff from the State Library and QLD Museum provide free 1-on-1 consultations and advice on conserving your personal treasures (e.g. rare book, family heirloom, photograph).

Venue: State Library of QLD, Southbank.

Phone: 07 3840 7779

Pirates to Pinafore - Ayr

19th February 7:30pm – 9:30pm

All the Gilbert & Sullivan Musicals in one show - great duets, trios, solos as seen through the eyes of the men who wrote them. Cost: \$25.00, Conc \$22.00.

Venue: Burdekin Theatre, 161 Queen Street, Ayr.

Phone: 07 4783 9880

Wills & Powers of Attorney - Maroochydore

7th February 10:00am – 11:30am

Led by a local legal representative, this free seminar looks at the law around wills and other end of life matters.

Venue: Maroochy Library, 44 Sixth Avenue, Cotton Tree

Phone: 1300 542 727

Other events on Seniors Enquiry Line's 'Events' pages include: An Edible Landscape – Holland Park, Sunshine Coast Pride Festival, Agnes Water Blues and Roots Festival, Discover Sailing – Maroochydore, Have a Go Festival – Toowoomba, Broadband for Seniors – Logan North.

Energy Efficiency

Community groups may be interested in participating in a program called Green Heart Wisdom, a two-year research project to trial approaches to improving energy efficiency in households of low income seniors. It is being organised by the Brisbane City Council (BCC) and community organisations.

The program aims to help senior residents of Brisbane improve household energy efficiency, manage power bills, and stay healthy and comfortable in their homes for longer.

The Council is seeking existing community groups of 8 to 12 people to participate in the program. Participants must be aged over 60, live in the BCC area, have a pension card, and live in their own home which doesn't have a solar power system.

For more information, phone 07 3403 8888 or email greenheart@brisbane.qld.gov.au



Are you living on your own?



If you are living alone, it is important, perhaps life-saving, to have a plan in case you have an accident or a health problem. Several options you might consider:

1. One option is to make an arrangement with a friend or family member to phone each other each day: you can use the 'ring-ring' system where one person rings the other at a certain time of the day, letting the phone ring twice, then the other person responds by phoning back and letting the phone ring twice. This is free, doesn't take up time – and you can let the phone ring if you want to chat!
2. If you don't have someone to do this with, you can organise to have security calls each day where a volunteer phones at a time convenient to both of you. This service is offered for free by the Red Cross service Telecross (Ph 1300 885 698) and for a fee by St John Ambulance's Silver Cord (Ph 1800 758 273).
3. Another option is to obtain a medical alerting system, either a pendant or wristwatch which you wear at all times, pressing a button to obtain help if you need it. These systems are either monitored ones where you pay a monthly monitoring fee, or automated ones which you buy outright. Seniors Enquiry Line can give you information about these.

For more information, phone Seniors Enquiry Line on 1300 135 500.

Improve your Wellbeing – Volunteer!

According to international research, volunteering can improve wellbeing to such an extent that doctors should recommend it to patients!

Volunteering has positive impacts on happiness, physical and mental health, mood, self-esteem and longevity. By volunteering, you can gain increased personal satisfaction, develop social networks, and develop a new skill or interest.

There are numerous volunteering options, from helping out in local museums, hospitals or libraries, to visiting the elderly, gardening, providing legal or IT advice, doing office work for a community organisation, working with animals, and much more.

Volunteering Queensland can help you find interesting, meaningful options in non-profit groups throughout the state. Information is available at www.volunteeringqld.org.au/dotnet/Volunteer or phone: Brisbane 3002 7600, Gold Coast 5526 2811, Logan 3805 6490, Sunshine Coast 5443 8256, Wide Bay 4151 6644, North Qld 4725 5990, or Far North Qld 4041 7400. For other areas, phone Seniors Enquiry Line on 1300 135 500.