



# SNIPPETS

April 2019 | Edition 204

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

"I didn't get there by wishing for it or hoping for it, but by working for it."

Estee Lauder

### Contact Details:

Phone: 1300 135 500

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[www.seniorsenquiryline.com.au](http://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 Uniting Care.

## Your Medical Alarm and the NBN network

The NBN network will replace most existing phone and internet networks and involves new technologies that may not be compatible with your medical alarm device. If you have a medical alarm, its important that you register it with the NBN and call the medical alarm provider for advice. Make sure you do this well before the existing land line is replaced and the NBN comes in. You may be eligible an upgrade at a reduced cost for an unmonitored alarm but criteria applies. For details call the NBN 1800227300 or checkout this website <https://www.nbnco.com.au/residential/learn/device-compatibility/medical-alarms/upgrade-offer>

## Assisting ex-Australian Defence Force Members and their Families !

A new portal is on trial for current or ex ADF members, carers and workers. The aim of the portal is to allow easy access to find support services and information. The portal is Queensland specific, it is an on-line portal and can be found at :- <https://www.qld.gov.au/community/getting-support-health-social-issue/veterans>

You can also give feedback on the portal at the same website. If you do not have access to a website or computer then feel free to call us so we can search for you!

The portal is a oneplace search function, where you can enter your location and search term, so for example:- veteran housing—Townsville,

<http://www.health.gov.au/internet/ministers/publishing.nsf/Content/health-mediarel-yr2019-wyatt009.htm>

## April Funny

Life may not be the party we hoped for but while we are here we should dance (Anon)



## Pocket Profile

### Medication list in an emergency ?

AVAILABLE from pharmacies and small enough to fit in a wallet or purse, the Pocket Profile is an invaluable tool which contains details of the medications you are taking.

The card, which is prepared by your local pharmacist, can prove to be vital to your wellbeing if you find yourself in strife at home, near home, interstate or even overseas.

It contains your current medication profile, an emergency contact number, your doctor's name and pharmacy contact details.

The information is printed by the pharmacist on an A5 sized document which, with its perforations, folds into a business sized card.

The card is given to patients when they have a Webster pack but can be requested by your pharmacist even if you don't use the Webster pack system.



## Native Plants QLD

Did you know that Queensland has more than 8000 Native flowering plants and species and more than

1400 non flowering plant species. In fact new species are being documented at a rate of 20 per year in QLD!! The most recognisable are the wattle, eucalyptus,



lily pillies and melaleuca

species. There is a group called "Native Plants Queensland" and their aim is to preserve Australian native flora by promoting its introduction into gardens, improve existing species through breeding and selection as well as encouraging nurseries to propagate and supply natives to the public. They have over 20 local branches in QLD and welcome new members. Their calendar is located on their website which is :-

<https://www.npq.org.au/whats-on/calendar/year.listevents/2019/03/13/>

You can call us if you do not have internet access for more details.

What's great about native plants is the can be used for privacy, perfume, attracting birds, bees, butterflies and habitat. They grow in shrubs, groundcovers and vines. Why not plant one today ?

## Computer Lesson—Free

The Australian Pensioner and Superannuation League (ASPL) is offering free computer lessons at West End. Call today if you would like more details or to book a time. Call 3844 5878.

## New Website to Combat Loneliness

A great website set up for combating loneliness and run by Anglicare is OLDMATE—get on board today to help or to enrol!

<https://oldmateqld.org.au/about>

## What's on this April

- ◆ Neighbour Day, Stanthorpe 7.30—8.30am Monday 1 April, contact: 07 4681 3777 RSVP by 18.3.2019
- ◆ Senior Safety Sessions, Southport Community Centre, 5th April, 10-12.30pm contact: 5581 6642
- ◆ Music and Mayhem on the Marburg Express (Ipswich seniors Concert group), Ipswich 16 April, contact: 07 3810 6100
- ◆ Charley Pride, Mackay MECC. 5-6 April, contact: 4961 9777
- ◆ Easter in the country Festival, Roma. 18 Apr, contact: 0459 521 196
- ◆ Grow it, Cook it, Compost it, Brisbane Botanic Gardens 23rd April 9.30-1pm. Contact: 3403 8888
- ◆ Morning Melodies, Cairns Performing Arts Centre. 3rd April 1.30—4.30pm, contact: 0427 132 306

More events can be accessed on our Events page.

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