



# SNIPPETS

August 2015 Edition 163

Seniors Enquiry Line  
*Linking Seniors with  
Community Information*

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### Quote for the Month:

My goal in life is to be as good a person as my dog already thinks I am.

~ Author unknown

## Win \$1000 - OPSO Media Awards

The volunteer group Older People Speak Out (OPSO), organises Media Awards each year for media items with positive coverage of Seniors and their issues.

Members of the public can nominate items published or broadcast between 15th September 2014 and 2nd October 2015. The items may be print or online articles or TV items or photographs illustrating positive ageing.

You can win \$1000 for nominating the best item, or for explaining in 50 words or less why you believe a particular media item is an excellent example of positive ageing. Entries close on 2nd October, 2015.

For more information, go to [www.opso.com.au/media-awards](http://www.opso.com.au/media-awards) or phone 0412 185 500.



## DonateLife Week 2015

DonateLife Week is an awareness week to promote organ and tissue donation in Australia, and is held this year from **2nd to 9th August**.

DonateLife Week provides a timely reminder to all Australians of the need to discuss their donation decision with loved ones, and to know their donation decisions. Information about the week is available at [www.donatelife.gov.au](http://www.donatelife.gov.au)



The Australian Organ Donor Register is the only national register for people to record their decision about becoming an organ and tissue donor for transplantation after death.

To register, go to [www.donorregister.gov.au](http://www.donorregister.gov.au) or phone 1800 777 203.

## My Aged Care

My Aged Care is the government contact centre which helps you find the information you need about aged care services for when you find it difficult to manage day-to-day living activities.



My Aged Care provides you with information about:

- different types of aged care services: e.g. help in your own home, after-hospital (transition) care, respite care for carers, and residential aged care homes
- eligibility for services
- help to find local services to meet your needs (you are able to select your own service provider)
- costs of your aged care services, including fee estimators.

The contact centre will ask for your consent to create a personalised client record. This record will reduce the need for you to retell your story to the contact centre, assessors and service providers.

For information go to [www.myagedcare.gov.au](http://www.myagedcare.gov.au) or phone 1800 200 422 from 8am to 8pm Mon-Fri or 10am to 2pm on Saturdays.

## Seniors Supplement

If you are a senior who does **not** qualify for a pension but who qualifies for the Commonwealth Seniors Health Card (CSHC), then you will no longer receive the Senior Supplement of \$223.60 per quarter (or \$168.35 for each member of a couple). The last payment was received after 20 June 2015.

The Energy Supplement will however continue to be paid: quarterly rates are \$91.65 for a single person and \$68.90 for each member of a couple.

## Tenants Advisory Service

An interim telephone advice service for Queensland tenants has been set up to provide Queensland tenants with independent help and advice. The interim service will be available until the government's new statewide Tenant Advice Program has been developed.

For tenancy advice, please call 1300 744 263, Mon-Fri 9am-4pm, with extended hours to 7pm on Tues & Wed.

## Seniors Week

Seniors Week, 15–23 August, is an opportunity for Queenslanders of all ages to join together and celebrate the valuable contribution of older people.

The aims of Seniors Week include improving community attitudes towards older people and ageing, and facilitating community participation and activity by older people.

Seniors Week is coordinated by the Council on the Ageing (COTA) Qld. For details of events, go to [www.cotaqlld.org.au/event/seniors-week-2](http://www.cotaqlld.org.au/event/seniors-week-2) or phone either 1300 738 348 or Seniors Enquiry Line on 1300 135 500.

## What's On

### Brisbane Seniors Gala Cabaret Concert

16th August 2:00pm - 3:30pm

Enjoy a concert by Brisbane's talented seniors and celebrity guests. Cost: \$5, bookings required.

**Venue:** Brisbane City Hall, 64 Ann St, Brisbane.

**Phone:** QTIX on 136 246 for bookings.

### Family History Open Day – Caloundra

15th August 9:30am - 12:30am

Celebrate Seniors Week with free advice on beginning family history research. Morning tea provided.

**Venue:** Sunshine Coast Turf Club, Pierce Ave, Little Mountain, Caloundra.

**Phone:** Valerie Thornton on 5437 3879

### Seniors Music Day – Magnetic Island

16th August 12:30pm - 3:30pm

Enjoy a live entertainment program and free afternoon tea at Alma Bay.

**Venue:** Alma Bay, Magnetic Island

**Contact:** 1300 878 001

### Toowoomba Choral Society's Evita

28th – 30th August 1:30pm or 7:30pm

The musical of the life story of Eva Peron, the first lady of Argentina. Cost: \$40 concession, \$45 adult.

**Venue:** Empire Theatre, Neil St, Toowoomba.

**Phone:** 1300 655 299

**Other events on Seniors Enquiry Line's 'Events' pages include:** Seniors Week Variety Day – Ipswich; Active Living Seniors Expo – Newmarket; Australian Army Band Concert - Robina; Multicultural Festival – Rockhampton; Mind, Body and Soul for Seniors at Cooroy; Seniors Week Bus Tour - Caboolture; Dalby's Delicious & DeLIGHTful Festival.