



SNIPPETS

December 2014 Edition 156

Seniors Enquiry Line

*Linking Seniors with
Community Information*

In this Issue:

- Energy Savings Tips
- Free Hearing Aids
- Scams at Christmas
- Low Vision Support Groups
- Australians Living Longer and Healthier
- What's On

Quote for the Month

I am the wisest man alive, for I know one thing, and that is that I know nothing.

— Plato, 'The Republic'

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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.



Christmas Greetings

Best wishes from the staff at Seniors Enquiry Line. May this Christmas bring you comfort, joy, peace and happiness to last throughout the coming year!

(Please note: Our service will be closed from Christmas Eve and will open again on Monday, 5th January, 2015.)

Energy Saving Tips

The Queensland Government's Department of Energy and Water Supply has a list of many tips to save energy. There are tips about appliances, keeping cool, staying warm, lighting, standby power, tips for the kitchen, for the bathroom and laundry, and for outdoors.

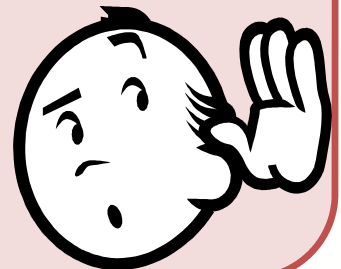
The list is available at www.dews.qld.gov.au or phone Seniors Enquiry Line on 1300 135 500 and we can post you a copy.

Free Hearing Aids

The Australian Government Hearing Services Program provides pensioners and other eligible people with access to a range of free and subsidised hearing services, including a full assessment, hearing aids and other devices, support and maintenance.

You can now apply for the program online at www.hearingservices.gov.au or otherwise phone 1800 500 726.

For tips about hearing aids, call Seniors Enquiry Line on 1300 135 500 for a copy of an information sheet.



What's On

Stable on the Strand: Townsville

Dates: 18th - 22nd December 5.30pm – 9.30pm

Townsville's ocean-front will be transformed into the historic town of Bethlehem with camels, sheep, shepherds and more, as well as entertainment.

Location: Strand Park, Townsville

Phone: 07 4774 4542

Website: www.stableonthestrand.com.au

Maleny Arts & Crafts Christmas Fair

Dates: 5th - 7th December 9am - 4pm

All items at this annual Fair are handmade by local artisans and include fine art, woodcraft, jewellery, pottery, sculpture, quilting, preserves and more. Free entry.

Venue: Maleny Showgrounds, Maleny

Phone: 07 5494 3394

Logan City Mayor's Christmas Carols

Date: 13th December 4pm – 8pm

Celebrate with top entertainers and fun for all, in a setting transformed by candles, lanterns and night markets.

Address: Logan Gardens, Civic Pde, Logan Central

Phone: 07 3412 4535

Website: www.logan.qld.gov.au

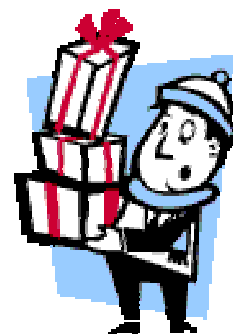
Other events on Seniors Enquiry Line's 'Events'

pages include: Woodford Folk Festival, Gateway Christmas Spectacular – Goodna, Handmade Expo – Rockhampton, Christmas in the Park at Pacific Pines, New Year's Eve at Jondaryn Woolshed, Lou Derry Changing Seasons Exhibition - Cairns.



Scams at Christmas

With Christmas just around the corner, SCAMwatch is reminding consumers to watch out for scammers taking advantage of the Christmas rush. Some scams are:



- Online shopping: scammers set up fake websites which offer popular items at great prices. These websites can be easily mistaken for legitimate online retailers, with sophisticated designs that look just like the real thing.
- Fake parcel delivery scams, where scammers pretend, either by phone or email, to be from a legitimate parcel delivery service such as Australia Post or FedEx. They may want to deliver the parcel at a cost. Or they may attach files to an email - If you open the files, you may find your computer locks up and/or loses data.

Protect yourself:

- Remember, if you come across a website with an offer that sounds too good to be true, it probably is.
- If you are suspicious about a 'missed' parcel delivery, call the company directly to verify that the correspondence is genuine.
- If a shopping site only offers you to pay by money order or wire transfer, steer clear - it's rare to recover money sent this way. Only pay via secure payment methods – look for a web address starting with 'https' and a closed padlock symbol.
- Find the contact details through an internet search or phone book – do not rely on numbers provided.

You can report scams to the ACCC on www.scamwatch.gov.au or by calling 1300 795 995.

Australians living longer and healthier

Australians can now expect to enjoy longer lives with more years free of disability, according to a report released by the Australian Institute of Health and Welfare.

Between 1998 and 2012, male life expectancy at birth rose from 75.9 years to 79.9 years - a gain of 4 extra years. For females it rose from 81.5 years to 84.3 years - an extra 2.8 years.

Australians can also expect to live more of these extra years free of disability and severe or profound core activity limitation (that is, sometimes or always needing personal help with activities of self-care, mobility or communication).

The full report, 'Healthy life expectancy in Australia: patterns and trends 1998 to 2012', is available at www.aihw.gov.au

Low Vision Support Groups

If you have vision loss or have been newly diagnosed as blind or having low vision, you may wish to attend a Low Vision Support Group. There are about 30 groups throughout Queensland, and they enable people to meet with others who may be experiencing similar feelings.

Groups often have interesting guest speakers, outings and other social activities that allow social interaction and the sharing of experiences.

To find a support group in your area, phone Seniors Enquiry Line on 1300 135 500.

