



SNIPPETS

December 2018 | Edition 201 

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

"My idea of Christmas, whether old fashioned or modern, is very simple: loving others."

Bob Hope

Contact Details:

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Seniors Enquiry Line is an information and referral service for Queensland seniors, proudly sponsored by the Queensland Government and operated by UnitingCare.

Christmas Fun Fact

Though Santa Claus has worn blue and white and green in the past, his traditional red suit came from a 1930's ad by Coca Cola.



My Health Record Opt-Out Period Extended

Following the Senate vote, the Minister for Health has announced that the opt-out period will be extended until 31 January 2019. The opt-out website and the Helpline will be available until 31 January 2019. People can also choose to register for a My Health Record or cancel at any time. For people who do not opt out, their My Health Record will be created after 31 January. You can either opt out online: <https://www.myhealthrecord.gov.au/for-your-family/opt-out-my-health-record> or by phone: **1800 723 471**



Christmas Greetings

All of us here at Seniors Enquiry Line would like to wish you all the very best for Christmas and the New Year.

We would also like to take this opportunity to let you know that this office will be closed from Monday 24 December 2018 and will re-open on Wednesday, 2 January 2019. If you need any urgent assistance during this time, please call Lifeline on **13 11 14**.



Food parcel support:

Christmas is meant to be a time of celebration, however, if times are tough it can be especially difficult. If you are going through challenging times this year, enquire at these listed services as you may be eligible for food parcel assistance.

Nexus Care - Everton Park Phone: 07 3353 7230

Offers a membership program for \$7 which entitles people to one parcel of food a month for three months.

Salvation Army: 1300 371 288

If you need help with food parcels or gifts and are going through tough times this year you may be eligible for assistance. To enquire contact your local Salvos via the Salvos Assistance Line.

St Vincent De Paul Society: 1800 846 643

May be able to offer the provision of food.

Fake Charities

During the festive season we are often seeking opportunities to give back to the community. Scammers know this and can prey on your generosity and compassion. Scammers have been known to pose as a fake charity or even impersonate well known legitimate organisations. A Scammer operating a fake charity may contact you in a number of different ways for example, you may be approached on the street or they may knock on your front door collecting money. They may also call or email you and some will set up fake websites.

**SCAM
ALERT!**

If you are considering donating to charity ensure your donation is going where you are wanting it to go. You can approach your chosen charity directly to make an offer of support. Be careful of donation requests sent via email or on social media, don't click on a link provided by someone you don't know. You can also confirm if a charity is registered and their contact details on the Australian Charities and Not-for-profits Commission (ACNC) website <https://www.acnc.gov.au/for-public>.

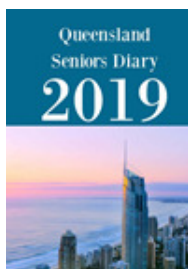
More information or further tips on avoiding fake charities can be found on ACNC's website: <https://www.acnc.gov.au/for-public/helping-charity/making-sure-your-donation-gets-where-it-needs> or you can call ACNC on **13 22 62**.

New ADA Australia Diary

ADA Australia have produced their **2019 Queensland Seniors Diary**.

The topics covered in this diary include: Discrimination Rights Ageism, Aged Care and Retirement Villages, On The Road, Finances, Pensions and Benefits, Future Planning and Funerals and Wills, Elder Abuse, Aboriginal and Torres Strait Islander Information, Consumer Issues and Scams, Carers, Adult Children and Grandchildren, Mental Health, Neighbours and Housing, NDIS, Medical.

The diary is A5 size and available for purchase at the cost of \$10.00 (plus postage). It can be ordered online at <https://adaaustralia.com.au/product/2019-diary/> or by phoning **1800 818 338**.

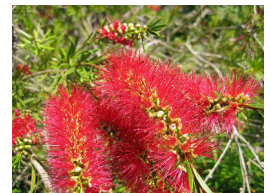


Free Council Native Plants

It has been predicted that this year's summer is going to be particularly dry and hot. Unfortunately the gardens will be taking a toll with these conditions. It is a good idea to make sure we have drought tolerant plants in our gardens. Many councils across Queensland offer free native plants to help residents establish hardy flora in their backyard and support local wildlife with providing food and shelter.

Each council has their own eligibility requirements, the number of plants you can receive, and the process on how to access and receive free plants. However, *generally* the only requirements are that: you have to be a resident of the local council and be a residential ratepayer. Make sure to check with your local council to see if they offer free native plants, however the councils below already participate in the scheme:

- Brisbane CC
- Ipswich CC
- Toowoomba CC
- Gold Coast CC
- Sunshine Coast CC
- Rockhampton CC
- Gympie CC



What's on this December

- ♦ The Australian Army Band Christmas Show, Redcliffe. 9th Dec, contact: 07 3283 0407
- ♦ Country Community Carols, Beerwah. 15th Dec, contact: 0419 217 042
- ♦ Mayor's Christmas Carols, Southport. 1st Dec, contact: 07 5581 7539
- ♦ Carols by Candlelight, Toowoomba. 9th Dec, contact: 07 4528 2073
- ♦ Pageant of Lights, Bundaberg. 6th Dec, contact: 1300 883 699
- ♦ Christmas Markets on Quay, Rockhampton. 9th Dec, contact: 0411 598 947
- ♦ Carols by Candlelight, Cairns. 9th Dec, contact: 07 4067 2900

More events can be accessed on our Events [page](#) or by contacting Seniors Enquiry Line on 1300 135 500 to look up events for you.