

December 2020

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.

Seniors Enquiry Line

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

Contact Details

Phone: 1300 135 500

Email: sel@ucommunity.org.au

Website: www.seniorsenquiryline.com.au

Helplines

COVID-19 Helpline – 1800 020 080

National Debt Helpline – 1800 007 007

Access Financial Support - 3412 8222

Superannuation Hotline – 13 10 20

ATO Tax Help Program – 13 28 61

Mental Health Support & Counselling Services:

Lifeline - 13 11 14

Beyond Blue - 1300 224 636

MensLine Australia - 1300 789 978



Be Wary of Online Shopping Scams this Christmas

Unfortunately, scammers take advantage of people on special days and Christmas is no exception. This holiday season, we encourage you to be aware of the risk of scams and be cautious when purchasing items online.



Online Shopping Scams

An online shopping scam could be a fake store or fake listing on well-known marketplaces such as Gumtree or Facebook. In this scam, people lose their money to fake items or services that never get delivered.

Here are a few tips on how to protect yourself:

- Search for independent reviews instead of relying on reviews left on the website as they could be fake
- Does the Seller or store have a returns policy?
- To ensure that it is a secured website, look for a URL starting with 'https' and a closed padlock symbol
- Is the item you want to purchase suspiciously cheap? This could be a sign it is a fake listing
- How does the Seller request payment? Payment methods such as cryptocurrency or money order should be immediate red flags. PayPal offers protections to buyers in the event that an item is not delivered or does not match the item description.

Don't let the risk of online scams scare you from purchasing presents online. Especially this year, when we are being extra cautious of going out and about, purchasing items online is a fantastic way to get on top of your Christmas list. If you want some help to research a Seller or store, the Seniors Enquiry Line is just a phone call away.

For more information, we recommend the Scamwatch website or you can call the Seniors Enquiry Line on 1300 135 500.



Join in the Festivities

Christmas Carols
Rotary club of Mount Gravatt Christmas Market
Saturday 21st November
Mt Gravatt show grounds
4pm-9pm

A Christmas Song
Logan Entertainment Centre
Logan Central
10am-12.30pm
Friday 27th November

Jingle all the Bay 2020 / Sandgate
Einbunpin Lagoon, Sandgate
4th December, 6pm-9pm.

Christmas in the paddock / Redland Bay
88 German Church Road Redland Bay
3pm-7pm, 19th December.

Caboolture Christmas Carols
24th November – 3pm-8pm
Centenary Lakes Pak,
Caboolture

Community Christmas party / Taigum
Salvation Army Taigum
Dec 8th, 4pm-8pm



Traditional Christmas Cake Recipe

Ingredients

1kg pkt mixed fruit
1/2 cup glacé cherries
300ml rum
250g butter, softened
1 cup brown sugar
4 free range eggs
3/4 cup plain flour
3/4 cup self-raising flour
1 tsp mixed spice
1 tsp ground nutmeg
2 tsp ground cinnamon
rosemary sprigs, to decorate



Royal Icing

2 free range egg whites
1 tsp lemon juice
3 cups pure icing sugar, sifted

Method

1. Place mixed fruit and cherries in a large bowl. Reserve 1/4 cup rum, then add remaining rum to fruit mixture, stirring to combine. Cover and stand for 2 days, stirring occasionally.
2. Preheat oven to 150°C/130°C fan-forced. Grease a 25cm (7cm deep) round cake pan. Line base and side with 2 layers of baking paper.
3. Using an electric mixer, beat butter and sugar until light and fluffy. Add eggs, one at a time, beating well between each addition.
4. Sift flours and spices over butter mixture. Beat until combined. Stir in fruit mixture.
5. Spread mixture evenly into cake pan. Bake for 2 hours (cover with foil if overbrowning) or until a knife inserted in centre of cake comes out clean. Remove pan from oven. Drizzle over reserved rum.
6. To make the royal icing, lightly whisk egg whites and lemon juice together in a bowl. Gradually add icing sugar, whisking until smooth and combined. Spread icing over cake, then stand for 1 hour or until set. Decorate with rosemary and serve.



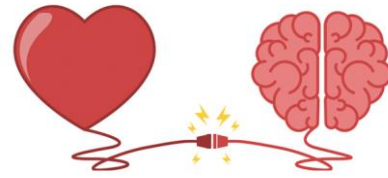
Ways to connect and build meaningful relationships during a time of social distancing

The Queensland Government have suggested some ways to look after your mental health during a time of social distancing. Feeling connected to people, groups, places and culture plays an important part in your mental wellbeing. Humans evolved to live in tight bands or family groups, with a need for constant social interaction hardwired into our DNA. Now that we live more independently, this means many of us may feel disconnected or lonely.

There are plenty of ways to make meaningful connections with people. This includes spending time with family and friends, inviting co-workers or classmates for lunch, joining a team or club, or even having a friendly chat with the guy serving you at the bakery.

Why?

Regular positive interactions stimulate the production of a feel-good chemical in your brain, boosting your mood. Fostering stronger relationships and connections to your community will also strengthen your social networks for the times you might need extra support.



Some Suggestions

Call instead of texting

Having a real conversation can have a much more positive effect on your wellbeing than sending a text.

Offer support

Reach out to a friend or relative who may need support or company. A little human kindness can go a long way.

Discover your family history

Researching your family history is a great way to activate your mind, spend more time talking to your relatives and connect with your roots. Get started at the State Library of Queensland

Send a handwritten letter

You might send a letter to say thank you, to celebrate a birthday, to accept an invitation, or even with a holiday card.

Have a day off social media

Turn off Facebook and Instagram for a day and find other ways to really connect with people.

Be sure to visit the new
Seniors Enquiry Line website
www.seniorenquiryline.com.au.
You'll find the same helpful
information in a fresh new
design.





Start a gratitude jar

Write down something you're grateful for each day and place it in an empty jar or container to reflect on at a later time. Get your whole family or workplace involved.

Catch up with old friends

Make contact with an old friend you haven't seen for a while to arrange a catch up.

Schedule a regular video chat catch-up

Build a regular catch-up with friends into your routine - weekly, monthly or more. Setting a regular date is great way to see more of your friends.

Do something nice

Try performing a random act of kindness for someone and notice how that makes you feel.

Share your gratitude

Try sharing something you are grateful for in conversation. Not only will you feel good, but you'll share your positivity with others too.

Ask 'how are you'?

Really listen to someone's response when you ask "how are you?". You may make a huge difference in their day.



Say thank you

Say "thank you" to someone for something they've done for you. It could be in the moment, or for a kind deed in the past.

For more information call the Seniors Enquiry Line on 1300 135 500.

QUEENSLAND

Year 1862

By Eva Mary O'Doherty

Thou are, in sooth, a lovely land,
As far as ever fancy painted,
In virgin freshness calm and bland
By shadows dark untainted.
But, ah! upon that bright expanse,
The glory of a clime Elysian,
'Tis but a cold and soulless glance
That meets the gazer's vision.

No poet fancies o'er thy skies
Spread tints that hallow live for ever;
No old tradition's magic lies
On mountain, vale and river;
There is no heart within thy breast,
No classic charm of memories hoary,
No footprint hath old Time impressed
On thee of song or story.

O barren land! O blank, bright sky!
Methinks it were a noble duty
To kindle in that vacant eye
The light of spirit-beauty –
To fill with airy shapes divine
Thy lonely plains and mountains,
The orange grove, the bower of vine,
The silvery lakes and fountains.

To wake thy voiceless, silent air
To soft, melodious numbers;
To raise thy lifeless form, so fair,
From those deep, spell-bound slumbers.
Oh, whose shall be the potent hand
To give that touch informing,
And make thee rise, O southern land,
To life and poesy warming?

