



SNIPPETS

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Seniors Enquiry Line

Linking Seniors with
Community Information

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Quote of the Month:

"It is never too late to be what
you might have been."

George Eliot

Contact Details:

Phone : 1300 135 500

TTY : (07) 3867 2591

Email : sel@uccommunity.org.au

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 UnitingCare Community.

Did You Know?

Your backyard moves up and down by
40 centimetres every day

Electricity Rebate Reminder



If you are not receiving your electricity rebate and have a Seniors Card or a Commonwealth Health Care Card, you need to apply by 31 December 2017 to possibly receive the back-dated electricity rebate payment from 1 January 2017. Contact your electricity retailer for the rebate. If you apply after this date, you may still be eligible for the rebate, however it will not be backdated.

Home Assist Secure

The Home Assist Secure program is for Queenslanders aged 60 years and over, or people of any age with a disability, which provides safety related information, referrals and subsidised assistance to eligible clients unable to undertake or pay for critical maintenance services without assistance. To be eligible you must hold a current Pensioner Concession Card; and do not possess the appropriate skills to undertake the work or your health or safety would be at risk if you undertook the work yourself; and are unable to make use of alternative forms of assistance, such as Commonwealth Home Support Programme (CHSP) Queensland Community Care (QCC) or Veterans Affairs.

The type of work that can be subsidised includes, basic handyman work, qualified trades work, lawn mowing and whipper snipping, yard and outside maintenance and minor modifications that assist in you being able to continue to live and move safely in your home. They can also assist with smoke alarm battery changing, installation and cleaning, and work for security installation purposes.

For more information, please contact **Seniors Enquiry Line** on **1300 135 500** and we will provide the phone number for Home Assist Secure in your region.

WHATS ON

To find what is happening in your part of Queensland, go to the **Seniors Enquiry Line** website and click on the **EVENTS** page at:

<https://seniorsenquiryline.com.au/events/> or give us a call on **1300 135 500** and we will be happy to source some activities or events for you.

JANUARY THROUGH HISTORY

- 1797** The Top Hat makes its first appearance, causing a riot
- 1854** The accordion is patented.
- 1885** The roller coaster is invented
- 1888** The drinking straw is patented
- 1891** Basketball is invented
- 1922** The Eskimo Pie is invented
- 1924** The first Winter Olympics opens.
- 1927** The Harlem Globetrotters play their first game.
- 1955** The board game Scrabble is invented
- 1955** Rowan Atkinson (Mr.Bean) is born
- 1957** The first Frisbee is produced.
- 1972** A Japanese soldier, unaware that World War II ended almost thirty years earlier, is discovered hiding on Guam.
- 1974** Happy Days premieres on TV.
- 1976** The first episode of "The Sullivans" is broadcast.
- 1984** The first Apple Macintosh goes on sale.
- 1986** The first known computer virus for PCs is released
- 1986** The Space Shuttle 'Challenger' explodes
- 1990** The first McDonald's opens in Russia.
- 1999** The Euro currency is introduced.

CAR ACCIDENT SCAM

Have you received a call stating that you have recently been in a car accident and that it was your fault although you might not even be aware of it? **Seniors Enquiry Line** has been receiving calls about this scam from several seniors and it was even tried on one of our staff members a couple of times. The rest of the story from the scammers is a bit fuzzy with them asking leading questions trying to garnish information out of you. As per every other scam, if in doubt, hang up. Do not offer any information, no matter how insignificant it may seem. They want your details or your money or both and sometimes they get this information a little bit at a time. If you are in any doubt, call **Seniors Enquiry Line** on **1300 135 500** and we will assist you in determining if it is a scam.

HEAD LICE



Given that school will be back soon, a story on head lice seemed appropriate. There are many myths and treatments that have been passed on through generations, most of which are ill-informed. People tend

to associate head lice and nits in the same category as fleas and ticks.

Firstly, head lice and nits are not the same. Head lice are the things that run around on your head whilst nits are their eggs.

Head lice cannot jump or fly. To get from one person to another they must literally crawl from head to head. Younger kids are more prone to getting head lice as they have more contact with each other. There is a rise in head lice amongst tweenies and teenagers that has coincided with group selfies being taken.

Head lice have no preference for clean or dirty hair, any particular colour hair or any length of hair, be it down your back or a number one clippers. Longer or thicker hair simply means you have more hair for head lice to attach to. Keeping long hair tied back tightly will assist in stopping them.

The only place on the planet that head lice can survive is on your head. The chances of you catching head lice from bedding or hats is low. If you want to boil the bedding and clothing you can, but this is only for your own piece of mind. There is no need.

The biggest health risk around head lice and nits in the vast majority of cases is the stress it causes in parents, knowing that their child has head lice and nits.

WHAT NOT TO DO

Don't use kerosene like people did back in the day. Also, there is no need to shave or clipper the child's head unless that is the preferred haircut, as it makes no difference.

WHAT TO DO

Most methods require the dreaded head lice comb. This is used in conjunction with the treatment to remove the head lice from the hair and head. It is also important that a repeat treatment happen a week later to ensure that any nits that may have hatched can be gotten quickly without fear of another reinfestation. It is recommended that you set aside the same day twice in a row (EG: Sunday) and simply watch a movie whilst combing the treatment through. This offers a distraction from the comb which can be painful at times.

There are store bought chemical treatments that you can buy. These are generally around the \$15.00 - \$35.00 range. They are effective but head lice can develop a resistance.

The same active ingredient can be found in standard hair conditioner. This can cost less than \$2.00. Try and get one that is pale in colour.

Tea tree oil has been proven to be somewhat effective, but no more effective than the store bought or basic conditioner and comb method.

FACT: Most people will have scratched their head at some point in reading this story.