

March 2020 Edition 214

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

Quote of the month

"Never, ever underestimate the importance of having fun" - Randy Pausch

Fun Fact

The last letter added to the alphabet wasn't **Z** – it was **J** <https://www.dictionary.com/e/j/>

Stay Connected Classes for Brisbane Seniors

The Stay Connected Project is a pilot study linked with universities and small businesses. It will incorporate free activity and information programs on cooking and nutrition, exercise, mindfulness and driver awareness training.

This program is part of a pilot study funded by the Federal Government's Department of Health to research the benefits of social activities among Brisbane seniors. To register call 3871 3220.

Animals and Older Adults

Research has shown that animals can have a positive impact on our lives. It has been said that dogs keep people connected to their communities and keep people on the move, a vital part of staying healthy into the later years. Having a dog promotes walking which is considered the best form of exercise for people 50 years and older.



Trained guide, hearing and assistance animals perform a range of tasks to help Queenslanders in their everyday lives. Guide animals can help people who are blind or vision-impaired to move freely in the community.

Hearing animals alert their deaf or hearing-impaired handlers to specific sounds, such as a phone ringing, an alarm sounding, or even a baby crying.

Assistance animals help people with a disability, or specific medical conditions, which reduce their capacity to have independent access to the community. They may help to open and close doors, pick up items or help with balance for people with mobility impairments, or alert and support people with medical conditions to a change in blood sugar levels, an oncoming seizure, or with psychiatric disorders e.g. a pending panic attack. Ph: 13 74 68.

Funded by

Airbag Recall Update

The ACCC has added 78,000 additional vehicles to the airbag recall list. Some Takata airbags fitted to vehicles from around 1997 to 2018 have a fault that caused deaths. A faulty part in the firing mechanism can cause shrapnel to launch at the occupant when the airbag is engaged. Aging of the airbag increases the likelihood of the malfunction.

There has been an ongoing recall for a long time, with some replaced airbags also being recalled. People may have checked their vehicle previously and not been on the list but over time their car may have been added since that time.

It is advised that people check their car; note the make, model, year range and PRA number. You may ring the Seniors Enquiry Line to check whether your car is on the Takata Airbag Recall list or ring your local car dealer.

Bits and Bobs

- **Gold Coast Music for Dementia.**
At Lions Haven for the Aged, Hope Island. Sponsored by the Runaway Bay Lions Club Ph: 0403 049 535
- **Mens Shed.** Opportunities for men to interact socially and learn new skills.
Ph: 1300 550 009
- **Volunteer with Birdlife Australia.**
Volunteers of all ages and backgrounds with a wide variety of experience. To find your local branch call 03 9347 0757.
- **Research your Family History.** The National Library of Australia can get you started. Ph: 02 6262 1111
- **Mental Health Support & Counselling Services.**
Lifeline - 13 11 14
Beyond Blue - 1300 224 636
MensLine Australia - 1300 789 978
Salvation Army Care Line - 1300 363 622

The Power of Music

A compelling body of research demonstrates that music continues to offer powerful potential for enhancing health and wellbeing in old age. Active music-making has been found to provide a source of enhanced social cohesion, enjoyment, personal development, and empowerment, and to contribute to recovery from depression and maintenance of personal wellbeing throughout these later stages of adult life.



Research has shown that music shares neural networks with memory, attention, motor movement, language and executive functioning.

All of this helps us understand the way our brain processes music as we age; even if we have a disease or lesion in the brain that affects our motor movements, memory, speech etc., we can still process music and use it as a tool to rewire our non-musical neural networks. It is virtually impossible to completely lose music perception and production processes in our brain.

Events: What's on in March?

- **Eumundi Markets** - 80 Memorial Drive, Sunshine Coast, QLD 4562. Wednesdays & Saturdays until 2pm. \$5 Parking. Ph: 07 5442 7106
- **St Patrick's Day Parade.** 14 March at 10.30am. 175 Elizabeth Street, Brisbane City.
- **Vector Health Rockhampton.** Fitness classes for Seniors. Weekday mornings. Membership for \$50p/m. Casual rates \$7.50. Ph: 4927 8190