

# SNIPPETS

March 2021

## 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@uccommunity.org.au](mailto:sel@uccommunity.org.au)

Website: [www.seniorsenquiryline.com.au](http://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



## 2021 Economic Support Payment

The Economic Support Payment is an extra payment to support people impacted by coronavirus (COVID-19).

If you're eligible, you'll get another \$250 payment during March 2021.

You need to be getting an eligible payment or concession card on 26 February 2021 to get the \$250 payment during March.

You don't need to claim the payment. Payments will be made automatically.

## Technology Training Program for Seniors

The STAR Tech program offers new devices and full training for seniors to become confident users of technology.

Support your residents and members become digitally independent. For groups of five or more, training can be organised in-house. Available in Ipswich and Redlands. Call STAR to book now.

For more information, please call STAR 07 3821 6699 or email [startech@starct](mailto:startech@starct)



# Recipes

## Pumpkin, leek and feta mini frittata

### Ingredients

- olive or canola oil spray
- 1 leek, white part only, cut lengthways and finely sliced
- 600g peeled pumpkin, cut into 1cm cubes
- 6 eggs, lightly beaten
- 1/3 cup low-fat milk
- 95g reduced-fat feta cheese, cut into 5mm cubes
- 3/4 cup chopped basil leaves
- small green salad, to serve

### Method

1. Preheat oven to 200°C (180°C fan forced).
2. Spray a 12-hole, 1/2-cup capacity muffin pan with oil, set aside. Spray a non-stick frying pan with oil and place on medium heat.
3. Add leek and cook for 3 minutes, stirring occasionally, until softened.
4. Add pumpkin, spray with oil and stir to coat vegetables. Add 1/2 cup water, cover pan and steam for 10 minutes until just tender.
5. In a medium sized jug, whisk together eggs and milk. Season with black pepper.
6. Remove pumpkin mixture from heat and stir through feta and basil.
7. Place muffin pan on a flat baking tray then spoon pumpkin mixture evenly into 12 holes. Carefully pour over egg mixture to almost fill muffin holes. Bake for 25 minutes, or until firm and golden.
8. Cool in the pan for 5 minutes before turning on a wire rack.
9. Serve warm or cold with a green salad or wrap and pack into a lunchbox

## Fruit berry jellies

### Ingredients

- 2 cups 100% unsweetened apple and blackcurrant juice
- 3 teaspoons powdered gelatine
- 1/2 teaspoon rosewater essence (optional)
- 250g punnet strawberries, quartered

### Method

1. Place 1/2 cup juice and gelatine into a 1-litre microwave safe jug. Microwave on high for 1 minute to boil and dissolve gelatine.
2. Mix well while pouring in remaining juice and essence.
3. Divide fruit among four 250ml (1-cup) capacity serving glasses.
4. Pour juice over fruit and carefully stir with a teaspoon to distribute fruit through jelly.
5. Cover each glass with plastic wrap and refrigerate for 4 hours or overnight until set.



## seniors

### Be Aware of Scammers Claiming to be from Amazon

Many Seniors have informed the Seniors Enquiry Line that they have recently received calls from Scammers claiming to be from Amazon. The aim of this scam is to gain your personal details such as banking details or charge you for items that you have not been purchased. This scam is not new. Scammers like this scam because it works!



#### What can you do to protect yourself?

- If you receive a call that you believe is a scam call, end the call and if you have the ability to, block the number.
- Verify all contacts. Are you certain that the person is who they say they are?
- Be cautious whenever providing any personal information - especially banking details.

Are you interested in learning more about scams and how you can protect yourself from the risk scams? Our helpline operators may be able to provide you with the information and referral pathways if you have been affected by scams.

If you are in South East Queensland, a representative from the Seniors Enquiry Line may be able to provide scams awareness community education to your local Seniors group or community service. Contact the Seniors Enquiry Line on 1300 135 500 for more information.

### Feel stronger – Get Active!

If you want simple ways to maintain good health, increase your physical activity and Stay on Your Feet®, you can:

- participate in a healthy active ageing program for seniors
- find local physical activity providers by contacting your local council.
- find out some physical activity options for seniors by visiting other websites.



Once you start exercising and becoming more physically active, you'll begin to see results in just a few weeks — you'll feel stronger and more energetic. Whatever your starting point, add new physical activities, review your goals and do the activities more often but don't push yourself too hard.

#### Physical activity programs

Some local governments also offer a range of sport and recreation programs and facilities specifically for older residents (usually low cost or free). Some examples include:

- [Brisbane City Council's GOLD! program](#) (Growing Old and Living Dangerously!) for people over 50 years
- [Get Active Gold Coast](#) - lists community activities for seniors
- [Townsville Active and Healthy Seniors](#)

Why not contact your local council to find out what programs they have on offer?