



# SNIPPETS

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Seniors Enquiry Line

Linking Seniors with  
Community Information

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### Joke for the Month

I have come to the conclusion that politics is too serious a matter to be left to the politicians.

~ Charles de Gaulle

### Contact Details:

Phone: 1300 135 500

TTY: (07) 3867 2591

Email: [sel@uccommunity.org.au](mailto:sel@uccommunity.org.au)

Web:

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

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

## Keep Safe in Winter

Heating products pose safety risks if faulty or not used properly, causing problems such as burns, electric shock, overheating and fire.

Some tips to stay safe when warming up this winter:

- Never use boiling water to fill your hot water bottle, examine it for leaks, and replace it as soon as it starts to look cracked or worn (or every 2 years as hot water bottles can perish from the inside out).
- Only buy wheat bags or other heat packs that come with clear heating instructions, and never overheat your bag as this could cause the bag to ignite and start a fire
- Check that your electric blanket is in good condition, doesn't have a scorch mark, and doesn't seem too hot in one area. Turn your electric blanket off before you sleep, and store it flat. Replace if 10 years old – most fires are caused by blankets over 10 years old.
- Many faulty electric blankets and heaters have been recalled – to make sure yours isn't one of them, check your model number, then go to Recalls Australia at [www.recalls.gov.au](http://www.recalls.gov.au) or call 1300 302 502.

## Financial Decisions at Retirement

Seniors Enquiry Line has copies of the booklet *'Financial Decisions at Retirement: How to make the most of your money and avoid costly mistakes'*.

The booklet was issued by the Commonwealth Government, and covers such topics as Centrelink benefits, accessing superannuation, transition to retirement, income streams and investments. To obtain a copy, phone 1300 135 500.



## What's On

### Law Week

12 - 18 May 2014

There are events throughout Queensland for Law Week, which can be found at [www.lawweek.com.au](http://www.lawweek.com.au) or phone Seniors Enquiry Line at 1300 135 500. Events include tours of courts and displays.

This year's major Law Week event will be held in Brisbane's Queen Street Mall on May 16 from 9am-2pm. There will be free presentations, information and entertainment, including a lunchtime mock trial which will put Alice on the stand for murder in Wonderland, and demonstrations from Queensland Police dogs and corrective services drug detection dogs.

Information will include issues such as finding a solicitor, resolving a dispute with a neighbour, looking for legal advice, returning faulty goods, avoiding scams and researching your family history.

#### Seniors Health and Lifestyle Expo – Runaway Bay

15th May 9am to 1pm

**Venue:** Community Centre, Lae Drive, Runaway Bay.

**Phone:** 07 5525 0512 or 0409 277 430

#### Carers of Someone with Dementia

**Brisbane** - 12th & 13th May 10am to 2pm

**Sunshine Coast** - 15th & 16th May 10am to 2pm

A 2-day program, 'Living with Change', to support carers and friends of those with dementia. FREE.

**Phone** 1800 100 500 for details.

#### Other events on Seniors Enquiry Line's 'Events'

**pages include:** Living with Memory Loss – Mt Isa, 102 Tips for Seniors – Tweed Heads, Positive Ageing Journey & Expo – Coorparoo, Sunshine Coast Healthy Lifestyle Expo, Mackay Home Show & Caravan, Camping Expo, iPad Information Session – Logan.

## Copying Snippets Articles

Organisations are welcome to copy this whole newsletter at any time. However, If you wish to copy any articles from the newsletter, we would appreciate it if you could acknowledge this by including the following below the article:

*This article is from Seniors Enquiry Line's Snippets newsletter: see [www.seniorsenquiryline.com.au](http://www.seniorsenquiryline.com.au) or phone 1300 135 500.*

## Parkinson's Passport

If you have Parkinson's, getting your medicines on time when going to hospital or a care facility can be a challenge.



The Parkinson's Passport toolkit is a pack of materials, including a compact booklet with a plastic card stating that you need your Parkinson's medicine on time, as well as other checklists, facts, tips and a medicines list.

The toolkit helps you to remind health professionals that your symptoms get worse if you don't have your medicines on time, and includes other tips for your care.

The toolkit can be downloaded from [www.nps.org.au](http://www.nps.org.au) (type 'Parkinson's Passport' in the box at the top right), or if you are a member of Parkinson's Australia you can phone 1800 644 189 for a printed copy of the booklet.

Seniors Enquiry Line can also download information if necessary – phone 1300 135 500.

## Energy Billing Scams

A new email pretending to be from reputable energy companies is currently circulating, which claims you owe money for an outstanding gas or electricity bill.



The email will ask you to click on a link to view or update your account and arrange payment via money transfer. If you click on the link, you risk infecting your computer and having your personal information stolen. If you pay this 'bill' via money transfer, you will never see your money again.

Also, reports have been received about scammers approaching consumers via phone, SMS and post. Other current scams are: you receive a call out of the blue from a) someone claiming there is a problem with your internet connection or computer, or b) 'Qantas staff' claiming that you've won a credit towards your next holiday.

The warnings come from the government's SCAMwatch. You can report scams at [www.scamwatch.gov.au/reportascam](http://www.scamwatch.gov.au/reportascam) or by calling 1300 795 995.

## Gold Coast Public Transport

The trial for eligible Gold Coast seniors to travel for free on Gold Coast Surfside buses has been extended to August. If you already have a sticker it needs to be updated, as it has an expiry date of 30 April 2014. For further details, phone Seniors Enquiry Line on 1300 135 500.