



# SNIPPETS

November 2014 Edition 155

Seniors Enquiry Line

Linking Seniors with  
Community Information

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### Quote for the Month

Death does not concern us, because as long as we exist, death is not here. And when it does come, we no longer exist.

~ Epicurus

### Contact Details:

Phone: 1300 135 500

TTY: (07) 3867 2591

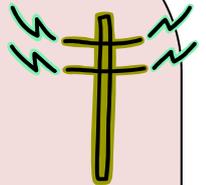
Email: [sel@ucommunity.org.au](mailto:sel@ucommunity.org.au)

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.

## Medical Alarms



Medical alarms provide security and safety for people living alone, or who have a medical or physical condition that may prevent them from calling for help or making a phone call at times of emergency. This life saving equipment ensures you always have access to help at the press of a button.

When you press the button on the alarm's pendant, contact is made with a neighbour, family or friend, or an emergency service. The systems are either monitored ones where you pay a monthly fee, or automated ones which you buy outright. For information on alarms, phone Seniors Enquiry Line on 1300 135 500.

**North Queensland** - Monitored medical alarms are available from UnitingCare Community, a state-wide community service, for people living in North Qld from Mackay to Thursday Island and west to Mt Isa. These waterproof Safe Alert alarms work around the house or garden. Most of them work with the existing phone line, but there is also one that uses a GSM sim card and doesn't need a landline.

If you or someone you know would benefit from this service, please call 07 4775 9134 or email [safealert.nq@ucommunity.org.au](mailto:safealert.nq@ucommunity.org.au)

## Support Lifeline

Lifeline's 24 hour crisis support phone line is 13 11 14, and as the date 13/11/14 is coming up, Lifeline is marking it as an opportunity to raise awareness of and funds for their Crisis Support service. They are inviting the community to show their support, with a decimal point where it suits them best: - even a gift of \$13.11 can make a difference (although \$131,114 is better!).

The Crisis Line is self-funded primarily through the Lifeline Shops and requires additional funding so that workers can continue answering a record number of calls and get closer to meeting demand.

To donate, go to <https://www.mycause.com.au/events/131114lifeline> or phone 07 3250 1850.



## Don't Sign That Paper!



Major life events leave us vulnerable. That is why it's so important to allow yourself time to process that change and return to a form of equilibrium after

a major life change (such as getting a diagnosis or losing a spouse/partner or getting remarried). Ironically this also seems to be the time when people ask you to make big decisions regarding how you will cope with these changes.

In these circumstances, it is especially important to gather as much information about our options as possible before making any decision. Some good places to start to gather this information could include independent legal and financial advice, and relevant government departments such as the Department of Human Services (Centrelink), as changes may impact on your pension amount or eligibility.

If you feel you are being pressured to sign documents or do things that you are not ready to commit to, you can call Uniting Care Community's **Elder Abuse Helpline on 1300 651 192** for support and options, Monday to Friday 9am to 5pm. Elder abuse can be very subtle and damaging. You may know someone being abused or pressured by a family member or someone close to them. Callers may remain anonymous.

## G20 Traffic and Transport

Due to the G20 Leaders' Summit, changes to Brisbane's traffic and transport network are required from 10 to 17 November 2014, and particularly over the days of 14, 15 and 16 Nov. Impacts will be greatest in the Brisbane CBD, South Brisbane and routes to and from the airport & the city.

People travelling across the Brisbane CBD and South Brisbane can expect significant changes, with increased journey times for motorists, and changes to parking and public transport.



**Free tolls on bridges:** Tolls will be free for all motorists on the Go Between Bridge on 14-16 November, and on the Gateway Bridges on Sat 15 Nov from 6.00am to midnight.

For details of road closures and parking changes, go to [www.g20.org](http://www.g20.org) or phone Seniors Enquiry Line on 1300 135 500.

## Fitness for free

With few of us in perfect shape, the Queensland Government has launched a series of free online fitness videos to help get on track.

The workouts, including a specific one for Over 60's, have been designed by an exercise physiologist and guide viewers through basic cardio, upper and lower body exercises and abdominal work.



There's a choice of workout videos so you can choose the one that best suits your needs. There is also a printable program for each workout, explaining correct exercise techniques.

To view the videos or download the printable programs go to <http://healthier.qld.gov.au/fitness/fitness-videos> If you can't access computers, call **Seniors Enquiry Line on 1300 135 500**: we can print out the worksheets and post them to you.

## What's On

### Redlands Seniors Expo

20th November 9.00am to 1.00pm

Free event organised by the Redland City Council, with lots of information, entertainment & free refreshments.

**Venue:** Redlands Performing Arts Centre, 2-16 Middle St, Cleveland.

**Phone:** 07 3829 8937

**Email:** [jenette.blake@redland.qld.gov.au](mailto:jenette.blake@redland.qld.gov.au)

### Seniors Health and Lifestyle Expo – Southport

20th November 9:00am to 1.00pm

Free expo with advice, information, displays and products, as well as hearing & sight checks.

**Venue:** Community Centre, 6 Lawson St, Southport.

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

**Web:** [www.goldcoastseniorshealthandlifestylexpos.com](http://www.goldcoastseniorshealthandlifestylexpos.com)

### Morning Melodies with Kamahl – Cairns

24th November 11am

Enjoy some of Kamahl's most popular ballads in this special show. Cost:\$17-\$19.

**Venue:** Cairns Civic Theatre, Florence St, Cairns

**Web:** [www.cairnscivictheatre.com.au](http://www.cairnscivictheatre.com.au)

**Phone:** 1300 855 835

**Other events on Seniors Enquiry Line's 'Events' pages include:** Alzheimer's Support Groups in SE Qld, Opera in the Caves near Rockhampton, Christmas in the Country at Gatton, Gem of the Coral Coast Festival in Bowen, Gem Show at Mooloolaba.