

November 2019 Edition 211

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.

November Funny

**DID YOU KNOW THAT THEY
HAVE TAKEN THE WORD
“GULLIBLE “ OUT OF THE
LATEST DICTIONARY ?**

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

November Fun Facts

The youngest winning jockey was only 13 in 1876!

Australians drink the equivalent of 25 million swimming pools of alcohol between breakfast and dinner on Cup day!

Funded by



The Magic of Children

You may have been able to watch the TV series “Old People’s Home for 4 Year Olds” which aired recently (Aug / Sep on ABC).

If you did not get a chance to see the series, the overall theme was about a social experiment. Four year old children were brought into an aged care facility to mix and socialise with aged residents. Each child was linked with a specific resident and the program included physical, social, learning and happiness interactions.

Overall the experiment demonstrated that the inter-generational contact improved the health and wellbeing of the older people, both physically and psychologically. What a wonderful outcome! Observing the lives and hearing the stories of the older people was inspiring and very moving. I know I cried watching the last episode when the experiment was over. Let’s hope this program leads to more of the same. It’s a ‘win win’ for everyone!

Rural Health

Every day we see pictures and read the news on how tough life is for our rural and remote farmers. It can be heartbreaking seeing pictures of drought-stricken animals and the suffering our farmers are going through. There are charities supporting our farmers. Here are just a few that you may be able to help support even if it’s just through spreading the word. **Rural Minds** run workshops on mental wellbeing for farming and agricultural communities (see below for some workshops coming up). **Buy a Bale** provides bales of hay to drought-stricken farms to keep their cattle, sheep and horses alive. **The QLD Government** also offers a Rural Financial Counselling program. Please call us for more details on any of these programs.

Classified Scams

Gift Cards – it's that time of the year!

A gift card can be a great way of giving a gift to someone, while still allowing them the freedom to choose what they would like. However, before purchasing a gift card / voucher, make sure you read and understand the terms and conditions. All conditions and restrictions on how you can use the gift card or voucher should be clearly stated by the business, including what stores it cannot be used in, whether or not the card can be topped up, as well as whether it can be returned or exchanged. Make sure you are also aware of the expiry date of the gift card or voucher, including the activation expiry date if applicable, as a business is not required to honour them after this date.



For further information and tips please see the **Office of Fair Trading** website:

<https://www.qld.gov.au/law/your-rights/consumer-rights-complaints-and-scams/buying-products-and-services/buying-products/buying-gift-cards>

Bits and Bobs

- Did you know some libraries in QLD will order a book if they don't have it and you would like to read it. Check with your local library to see if this is a service available to you!
- Free one on one help is available in Wynnum for learning about the internet, emails, smartphones and laptops. Call 3002 7600.

Mushrooms

Mushrooms are high in Vitamin B and a great compliment to a hearty breakfast, salad or yummy sauce. They are an excellent source of protein if you don't eat meat, are low in calories and high in fibre. Some people call them a superfood!



If you are looking to grow mushrooms, the commercial kits make it easy and have instructions on the box, but in general they require high humidity and a temperature of 15–18 degrees. They don't need complete darkness, but prefer a well shaded area with still fresh air. It's good to keep the soil damp, but not wet. All being well, you should get a crop every 10 days for three months. When no mushrooms appear for several weeks the kit is over, but you can pop it in the compost!

Events: What's on in November?

- Grow it, Cook it, Compost it. Brisbane Botanic Gardens, Mt Cootha Toowong. FREE. 12 November 9.30am – 1.00pm. Ph 3403 2535.
- Diabetes Support Group. Ipswich Health Plaza, Ipswich. 14 November 9.00am – 10.30am. Ph 3281 4859.
- Charity Cocktail Party (Melbourne Cup event). The Cotton Club, Cairns. 5 November 12.00pm – 5.00pm. Tickets \$50.00. Ph 4041 1400.
- Rural Minds Workshops (Mental wellbeing for rural families). 7 November. FREE. 9.00am – 1.00pm, Atherton Showgrounds. Ph 1300 515 951. 6.00pm – 9.00pm, Malanda Showgrounds. Ph 1300 515 951.