

September 2020

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

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



Queensland's Telehealth Program

Queensland's Telehealth Program enables patients to receive quality care closer to home via telecommunication technology, improving access to specialist healthcare for people in regional communities and reducing the need to travel for specialist advice. Your doctor or treating health professional will determine if telehealth is an appropriate and available option for you based on your individual circumstances.

Queensland Health has one of the largest managed telehealth networks in Australia with videoconferencing systems currently available in more than 200 hospitals and community facilities across the state. Telehealth services are delivered by Hospital and Health Services and a number of external providers. The Telehealth Support Unit, Clinical Excellence Division, partners with a range of stakeholders to continually improve access to safe, quality healthcare using digital technologies.

To find out whether you can access a telehealth service, ask your GP or specialist when booking or confirming your next appointment or alternatively, please contact the Telehealth Support Unit: telehealth@health.qld.gov.au

Videoconferencing Support:

telehealthservicesdesk@health.qld.gov.au

Phone: 1800 066 888

Plant Nutrients at a Glance

Not all potting mixes are the same. Buy the best quality potting mix that you can afford. Look for those that display the Australian Standard certification ticks. This way you're ensuring that your money is being well spent on a quality product. Poor quality potting mixes contain less beneficial organic matter, will have poor water holding capability and will require the addition of fertilisers and compost. Plants require a mixture of macronutrients and trace elements for optimum growth and health.

Primary macronutrients are the main source of elements required for sustained and healthy plants.

Nitrogen (N) is important to plants as this helps produce chlorophyll (for green leaves) and build amino acids.

Phosphorus (P) is the most widely used of the main elements as it promotes growth in plants and their root systems, and helps with flowering, fruiting and seed development.

Potassium (K) assists plants to produce chlorophyll by making cells stronger. This helps plants fend off disease and pests, and maintain water levels within the cells.

Secondary macronutrients are required in much smaller amounts.

Calcium (Ca) helps build strong cell walls and roots.

Magnesium (Mg) is important for photosynthesis and keeping your plants green.

Sulphur (S) helps produce plant proteins and chlorophyll and is responsible for some of the flavours that our vegetables have.



Trace elements are required in minute amounts.

Iron (Fe) is good for growth.

Manganese (Mn) is important for the formation of plant proteins.

Boron (B) assists with cell formation for shoots, flowers, roots and fruit.



Housing Chats

Thinking About Your Housing Future?

No time is too soon to consider your housing future. In fact, if you plan early you will have a better chance to achieve your goals and it may take the stress out of what can be an overwhelming task.

Where are you currently living? How has this been for you? Do you want to stay in your current home? Are you having difficulties maintaining the upkeep of your house and garden? Would you prefer to be closer to transport or social network? Do you want to travel more?

First step is to think about how you want to spend your retirement and explore your options. How do your financial circumstances affect your housing options? Is your current home accessible and adaptable to your potential future needs? Are you entitled to supports through MyAgedCare to assist you in the home?

Once you have an idea of your goals, the second step is to get the appropriate specific advice from experts in the financial, legal, real estate or aged care fields.

When you are ready to discuss your housing future, you can have a "Housing Chat" with the Seniors Enquiry Line on 1300 135 500. We can provide you with the information and resources so you are able to make an informed decision.