

Community News & Views Ipswich

April 2018
Vol: 25 No:4

A Free Magazine!
Published Monthly

Mission Statement: To enable older people at a local community level to participate in decisions and activities which affect their health and well-being.



Good Stuff in this Issue

- ☺ ANZAC Day
- ☺ Decluttering
- ☺ The Scrumptious Vintage High Tea
- ☺ Home Security
- ☺ Quirky Events
- ☺ World Immunisation Week



**IPSWICH 60
AND BETTER
PROGRAM Inc.**

Funded by



A PROGRESSIVE PROGRAM FOR THE OVER 50'S
You can't turn the clock back but you can wind it up again!

Supported by Ipswich City Council and Ipswich Hospital Foundation



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Annual Membership Fee \$15.00 (including GST) pro rata

Contributions to the newsletter are welcome and should be in the office by the **5th day of the month** for consideration by the editing committee. Please provide name of source and date of printing.

Convenor updates required by 20th day of the month



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Website: www.60andbetteripswich.com.au; **email:** ips60bp@gil.com.au

Office Hours

Monday 9am - 5pm; Tuesday 9 am - 5 pm; Wednesday 9 am - 12pm

Thursday - CLOSED; Volunteer - Friday 9am - 2.30pm

Please call 3282 8644 first to ensure there is someone to attend to your needs.

Community News and Views Advertising Rates:

(*includes GST) Full Page: \$55* Half Page: \$33*

Business Card Size: \$22* Strip \$16.50*

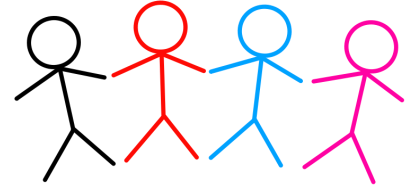
1000+newsletters are printed each month and distributed through 104 outlets.

Also available at www.60andbetteripswich.com.au

Deadlines for advertisements – 1st day of the month

DISCLAIMER: Community News and Views Editing Committee reserves the right to edit all articles as necessary. While all care has been taken in the preparation of this material, no responsibility is accepted by the publisher i.e. Ipswich 60 and Better Program Inc., its staff or volunteers, for any errors omissions or inaccuracies. The material contained in this newsletter has been prepared to provide general information only. It is not intended to be relied upon or be a substitute for legal, health or any other professional advice. No responsibility can be accepted by Ipswich 60 and Better Program Inc. for any known or unknown consequences that may result from reliance on any information provided in this publication.

President's Words



One, two, Buckle my shoe;
 Three, four, Knock at the door;
 Five, six, Pick up sticks;
 Seven, eight, Lay them straight;
 Nine, ten, A big fat hen;
 Eleven, twelve, Dig and delve;
 Thirteen, fourteen, Maids a-courting;
 Fifteen, sixteen; Maids in the kitchen;
 Seventeen, eighteen, Maids in waiting;
 Nineteen, twenty, My plate's empty.

And in the sweetness of friendship
 Let there be laughter
 &
 Sharing of pleasures
 For in the dew of little things
 The heart finds its morning
 And is refreshed.

- Khalil Gibran



The nursery rhyme is from our early days when we were learning to count. For nearly all of us this is a real memory trip. Remembering the simple things in life can be the most rewarding. Learning to do!

Then we look to the friendships from the whole duration of our lives and we are again flooded with fabulous thoughts. Making new ones along the way each time we meet up and try something new makes our daily life all the more worthwhile.



Taking the time of day to do for someone who is in need can be most gratifying and for those who receive and perhaps can't get out and about anymore helps to make their daily hours not so long.



Cheers Ethel

Welcome to new member Valmai Bottle. Welcome participants!

April Birthdays

1st Lori Patrick; 3rd Lorraine Deas; 4th Marino Cerrato;
 6th Kerry Lowe; 7th Elsie Johns; 8th Glenys Trausheim; 9th
 Dennis Boothby; 12th Sinikka Vesterberg & Sandra Mole; 19th
 Pamela Womersley; 22nd Cavan Sibson; 23rd Sue Strange; 27th
 Paul Blackburne; 29th Margaret Chatman

Happy Birthday to you all!





On the 25th of April every year we celebrate **ANZAC Day**. ANZAC Day is not only the anniversary of the landing on the shores of Gallipoli 103 years ago but is also a day in which to remember all those who served and did in the war whilst on service.



In 1930 the Parliament of Australia officially legislated 25th April as a national day of commemoration. Rituals we now associate with the day such as marches, gunfire breakfasts and two-up games are established with marches now opened to all veterans.

The tradition of the dawn service remains a strong feature of ANZAC Day commemorations. Gathering quietly before sunrise in the half-light recalls the pre-dawn timing of the Gallipoli landing. The Ode, a minute's silence and the playing of the Last Post gives us all time to reflect on what a grand country Australia is.



Information on ANZAC Day local events such as dawn services, breakfasts, and similar will be outlined on

https://www.ipswich.qld.gov.au/about_ipswich/news_and_events/anzac-day-parade

in early April.



The Enemy Within

Thanks Di Wooldridge

“In the warm yellow smile of the morning
She stands at the window pane”,
Are the opening lines of a poem
That I’ve read and read again.

It tells of a mother’s anguish,
At the loss of her only son.
How she thinks she hears him calling,
While she waits for him to come home.

And I think of all those mothers
Whose children have tragically died
From gunshot wounds and knife fights;
Cut down while still in their pride.

And everyone wants to do something,
But we don’t know what to do,
And we’d better do it quickly,
Before earth’s time is through.

We have to come together
If we’re ever going to win,
And most of all we have to fight
the enemy within.

Decluttering your *life* makes room for what is important

It's a known fact: **Clutter causes stress; order creates a haven from it.**

It's so easy for clutter to build up in the home.

The definition of decluttering is: *remove unnecessary items from (an untidy or overcrowded place).*

The idea of living a simplified, uncluttered life with less stuff sounds attractive to most of us and the decluttering journey doesn't need to be painful.

Before commencing we need to have a technique already in place in our mind. We must be prepared for honesty in our answering our own questions.



Lavender is known as a calming and relaxing herb is frequently used for natural stress relief. Rubbing a couple of drops of lavender oil in your palms and then a little on the temples or wrists before you commence might help you be a little more relaxed before embarking on your decluttering journey.

When deciding to declutter, take some time to list the tasks that you wish to tackle. There is absolutely no reason for you to expect or need to do it all in one day. Having a set of tasks can minimize the anxiety and stress that can come with the decluttering process.



Setting smaller decluttering jobs can make a difference; help you to feel less overwhelmed and in the long run, more committed to the achieve the result you wish.



Clearing your home of unwanted clutter will help you to create a clearer view of your lifestyle and help you

to focus on the more important aspects of your life.



Our first question must be does it have value, either in its usefulness to me or someone else—

if YES, then you ask, do you really need it? If yes, then keep it or if NO then donate it.



If your item has NO value then your question is, can it be recycled? If not, then you need to add it to the rubbish pile immediately.

Special attention needs to be taken when discarding paperwork with the full name and address (don't forget the junk mail we receive almost every day). The first option is to shred, add to our compost bin or put in the recycle bin. If you do not have a shredder, there is an ink stamp called "guard your id" that is available from your local stationery shop. This stamp has a unique roller style, which allows you to quickly and easily cover areas of private, confidential or otherwise sensitive information before

recycling the paper.

Keep physical copies of important documents in a safe place, such as a safe deposit box or a fire-proof safe -- one location that's easy to grab in case you need to evacuate. You could also make digital copies for off-site backup. Keep track of your valuable information and share this with your loved ones.

Taking your first step to decluttering will lead to a beautiful world of freedom hiding behind the clutter.

Sometimes a person will hold onto material belongings for security and comfort, but decluttering can allow you to free your feelings, letting go of any emotional baggage. This release can clear your mind of stress and give you a change to begin to appreciate your space, creating a sense of serenity and calmness in your mind.

Take your time to declutter and do not expect to complete everything at one time. The clutter did not happen in one day and you must not expect to complete your task the first time you decide to start your journey.

The Filing Cabinet



This is the most likely your last task, after you are satisfied with the wonderful job you have done decluttering your clothes closets and rooms.

Do we need to keep copies of every monthly or quarterly account? Replace the old accounts with the most recent and relevant. Financial papers are not usually included in the decluttering as they need to be kept for a period of three to seven years. Almost every manufacturer posts their owner's manuals on the Internet. Check the internet for the manuals and place the original copies you have into the recycle bin.

If you follow the rule of one in, one out you will never have to do a major declutter again.

People rarely succeed unless they have fun in what they are doing."

Dale Carnegie

**PREPAY TODAY.
NOTHING TO PAY TOMORROW.**

A prepaid funeral means no extra costs*. It's a simple choice.
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* Any services required in addition to the original agreement may incur extra costs.

Reed & Bottcher

A Simplicity Funeral service

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Surely you've heard of Jamie Oliver and his healthy food programs around the world? Did you know that there's a Jamie's Ministry of Food right here in Ipswich? Ever wanted to learn to cook, refresh your recipe bank or to simply try something new?

Each week participants attend one 90 minute class where they enjoy the social element and hands on approach to learning to cook different recipes. At the end of the class participants sit down and share a meal with their classmates, as well as taking all they have made home to share with their friends and family. Jamie's recipes are healthy, delicious and simple to prepare, and great for any skill level.

The 7-week course is open to everyone over the age of 12. For concession-card holders, it costs a mere \$10 per class— that's \$70 for the whole course! This competitive fee includes all ingredients, equipment and training.



Would you like to make up a 60 and Better group to enjoy these classes? Phone us on 3282 8644 to register your interest.



Vintage High Tea
Queens Park Café
14th March

We had 21 people join us for the Vintage High Tea at the beautiful Queens Park on the 14th of March. The weather was pleasant and we were consumed by the songs of



birds and kiddies playing, as well as the gorgeous views of the park lands. The food provided was delightful as always—sandwiches were divine and so fresh, plain, fruit-filled and pumpkin scones were moist, and the sweet treats were just that, sweet and a treat! We'd like to thank the Queens Park staff for their wonderful hospitality. It's always a pleasure.

If you'd like to join us on our next social outing, call us on 3282 8644. In April, we're touring the Ipswich Hospital Museum and finish up with lunch at Zac's Café.

Ipswich Orchid Society Inc Ipswich & District Bromeliad Society Inc

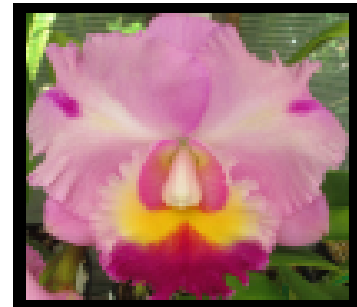
Presents

Ipswich Garden Spectacular

Silkstone State School, Prospect Street Silkstone.

Magnificent Display of Orchids and Bromeliads

14th April 2018 8.30am – 3.00pm **Admission**
15th April 9.00am - 2.00pm **\$4.00**



- *Plants available to be purchased include*
- *Large variety of Orchids and Bromeliads* *Hoyas*
- *Aust. Native Plants* *Cactus & Succulents*
- *Geranium* *Pelargonium* *African Violets*



Don't know how to grow Orchids or Bromeliads!

Join in a Cultural Lecture from one of the more experienced growers. Ask as many questions as you wish, from the Amateur to the Professional.

*** Enjoy Morning Tea, Lunch and Afternoon Tea
in the pleasant surrounds of our Coffee Shop**

Floral Arrangements

Beautiful Display of Floral Arrangements, small and large are available for sale.

Raffles

A number of Raffles with excellent prizes are on going.

Bus Trips & Groups Especially Welcome

***Wheelchair Friendly ***

Disabled Parking

Contact - 32815496

***Proudly Supporting Ipswich Hospital
Special Care Nursery***

60 & BETTER GROUPS				
Art Group	Thursdays 1.30pm-4pm	* Donation BYO Art Supplies A/Tea to share	Annex Humanities Building	Ted 3288 6398
Boccia	Tuesdays 9am-12pm	* Donation includes Morning Tea	Annex Humanities Building	The Office 3282 8644
Bridge	Wednesdays 11.45am-2pm	* Donation	Cafeteria Humanities Building	Garry 3281 4072
Chess	Tuesday 10 –12noon	* Donation	Office, Humanities Building	The Office 3282 8644
Concert Party	Fridays 1pm-2.30pm Practice	* Donation Bring A/Tea to share 2.30pm –3 pm	Auditorium Humanities Building	Kath Hogan 3201 6075
Discussion Group	Friday 10.30am-12 pm	* Donation	60 & Better Office	The Office 3282 8644
Gentle Exercise	Tuesdays 9.45am-10.45am Fridays 9.30am-10.30am	\$5	Congregational Church Hall, Willey St, Raceview	The Office 3282 8644
Cuppa & Chat After Class	Tuesday 11am-11.30am Friday 10.30am-11am	* Donation	Congregational Church Hall, Willey St, Raceview	The Office 3282 8644
Tai Chi for Diabetes	Wednesdays 2pm-3pm	\$5	Cafeteria, Humanities Building	The Office 3282 8644
Movie Buffs	Saturday 7th April Pick ups from 8am	Movies \$4.50 Pensioners \$6.50 Seniors Bus \$10	Cineplex Redbank Plaza	The Office 3282 8644
UFO: Un-Finished Objects * Donation Thursday 12th & 26th April 10am Start 60 & Better Office Ph.: 3282 8644 Bring your own 'unfinished' project.				

60 & BETTER GROUPS continued

* \$2 donation welcomed

Newsletter Editing Sub Committee	Mon 9th April 1 pm	No Cost	60 & Better Office	The Office 3282 8644
Newsletter Workshop	Wednesday 24th April 9am	M/Tea Provided	60 & Better Office	The Office 3282 8644
60 & Better Social	Meet 9.45am Limestone Park for free hospital bus If able walk to Ipswich Hospital Museum or meet there for 10am. Followed by lunch at Zacs Café Unit 4/10 Churchill St, Ipswich			The Office 3282 8644 RSVP asap
Social Sub Committee	1.30pm 16th April		60 & Better office	The Office 3282 8644
Table Tennis	Tues 1pm-4.30pm Fri 1pm-4.30pm	* Donation Bring A/Tea to share	Annex, Humanities Building	The Office 3282 8644

Activities in Partnership with Ipswich 60 & Better

Square Dancing	Monday 1pm - 3pm \$6 Beginner 12 noon - 1pm \$3	Caller: Kay Walker Town & Country Squares	Annex, Humanities Building	The Office 3282 8644
Stroke Support Group	Friday 20th April 10am		Silkstone Baptist Church Hall	Bill Waterson 3281 4925
Tai Chi for Health	Tuesday 1pm advanced 2pm beginners	\$3	Goodna Neighbourhood House	Phone 3818 1648



FIT4LIFE
Fitness Activities

LOW COST SESSIONS

For detailed information please visit:

www.ihfoundation.org.au

Or phone the IHF office on: 1300 736 428

Prostate Cancer Support Group	Thursday 19th April 7.30pm		Cafeteria Humanities Building	Len Lamprecht 32813656
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‘Dirty Dusting’, a comedy written by Ed Waugh and Trevor Wood, is the next offering by Ipswich Little Theatre. Public performances are 12,18,19,25,26 May, nightly at 8pm and the popular Sunday matinee on May 20 starting at 2pm. Chris Austin-Greenhill is the director with Robyn Flashman as his trusty Assistant.

When three long time office cleaners, Olive, Gladys and Elsie, are facing redundancy, they know that their working lives and much needed income are coming to an end. A chance wrong number gives them a new business start-up idea- why not run a telephone sex line??

They’ve got motive, opportunity and a lifetime of experience- some more than others! Provided Elsie can teach the other two a few new tricks,

there’s no reason why they can’t get rich quick providing they can keep their operation a secret from their boss who continuously taunts them about the fast approaching end of employment.

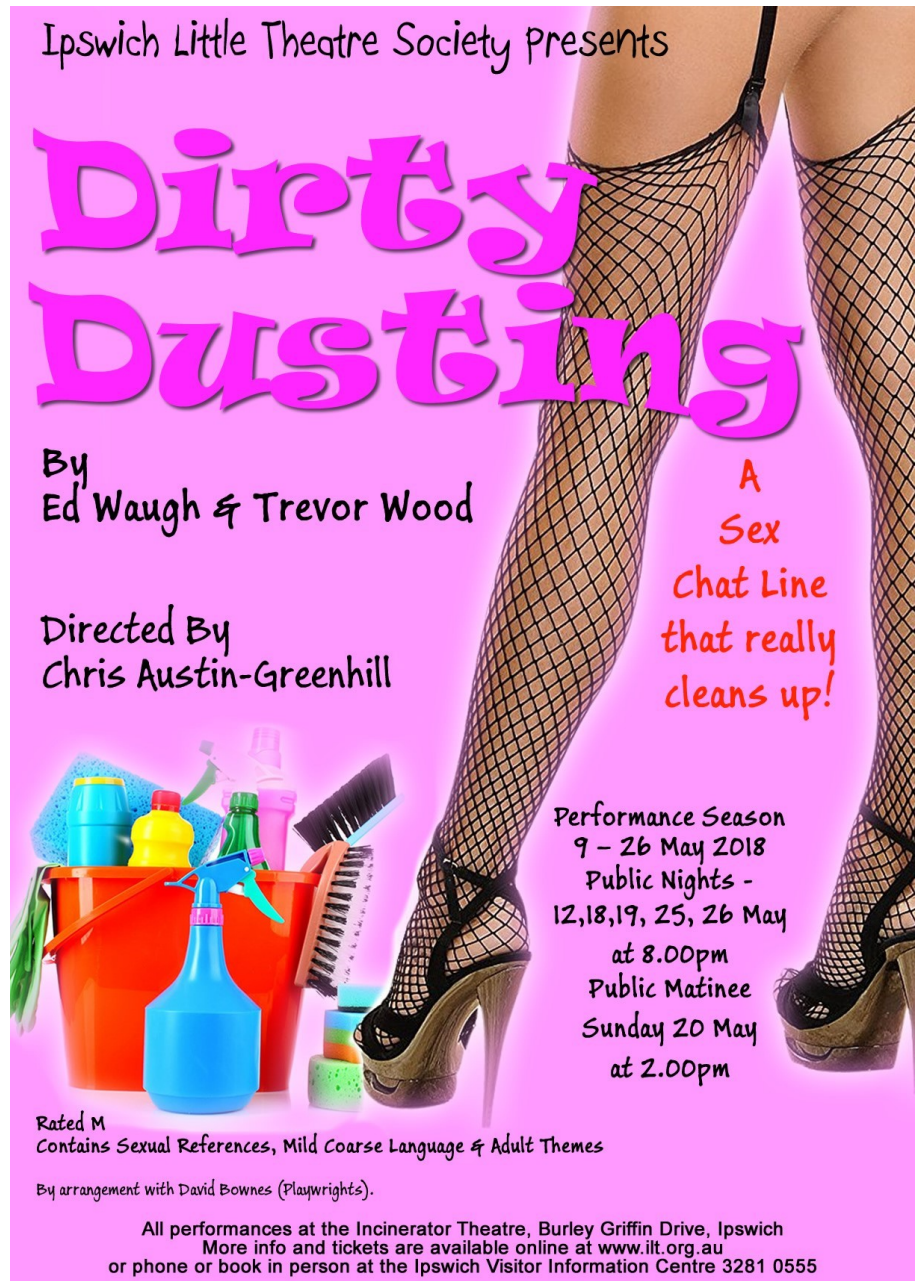
The play, set in northern England, unashamedly celebrates the gutsy charm of older women.

Heavily disguised in this hysterical, laugh-out-loud, heart-warming comedy is a searing indictment of ageism in the 21st Century.

Rated M: Sexual References, Mild Course Language, Adult themes.

Bookings available online at www.ilt.org.au and in person or phone Ipswich Visitors Information Centre, Queens Park on 3281 0555

All performances are staged at the Incinerator Theatre, 15 Burley Griffin Drive, in Queens Park, Ipswich.



Ipswich Little Theatre Society presents

Dirty Dusting

By Ed Waugh & Trevor Wood

Directed By Chris Austin-Greenhill

A Sex Chat Line that really cleans up!

Performance Season
9 - 26 May 2018
Public Nights -
12, 18, 19, 25, 26 May
at 8.00pm
Public Matinee
Sunday 20 May
at 2.00pm

Rated M
Contains Sexual References, Mild Coarse Language & Adult Themes

By arrangement with David Bownes (Playwrights).

All performances at the Incinerator Theatre, Burley Griffin Drive, Ipswich
More info and tickets are available online at www.ilt.org.au
or phone or book in person at the Ipswich Visitor Information Centre 3281 0555

Out & About: Staying Safe

Many things can go wrong when you're away from home, from getting lost, to losing your money or keys or jewellery, to falling over, to being double-crossed. The Queensland Government prepared a guide to ensuring your safety when away from home. They recommend that you:

- * Plan your outings. This includes your transport, the locations (shops, parks, restaurants, etc.) you are going to, who you're going with and so on.
- * Lock up your house, garage, sheds, vehicles and anything else you think needs securing.
- * When walking, take care to avoid shortcuts and dark, unlit areas, know what to do if you are followed or confronted and carry identification.
- * When shopping, it is important to keep your handbag and wallets secure. To do this, ensure that it is tightly shut, that no valuables are on display and carry it firmly. It is recommended to not carry large amounts of money at any given time. If you do have a large sum, it is beneficial to distribute it among the pockets or parts of your bag (not all in the one place).
- * Use publically located ATMs. Instead of choosing one that's in a quiet area, use an ATM that is surrounded by lots of people. Protect your pin and your money once it is discarded from the machine.
- * When using public transport, it is recommended to learn the timetables and consider alternatives, stand with others at the stations, and seek a seat that is close to the bus driver or at the front. When using a taxi, have the driver wait until you're inside.
- * When driving, one should avoid driving on isolated roads, park in well-lit areas, lock your car doors and ensure valuables out of sight both when driving and when parked. When parked, do not leave valuables in the car (or hide them really well). It is strongly recommended to never pick up hitchhikers and to take caution if you do. Always ensure your car is in good condition and is serviced on time.
- * In addition to the aforementioned, you should consider carrying a whistle or personal security alarm with you at all times.



The Queensland Police Service provides free personal safety awareness workshops to all members of the community upon request. Call your local Crime Prevention Unit on 07 3817 1351 or email dcpc.ipswich@police.qld.gov.au.

Source: Queensland Government, 2006



Seniors Legal and Support Service

Free assistance for Seniors with concerns about elder abuse, mistreatment or financial exploitation.

60 South Street, Ipswich

Phone 1300 008 272 or 07 3812 7000

Email: reception@tascnational.org.au

tascnational.org.au

Quirky Events in April

Ever not feel like yourself? April 9th is Name Yourself Day. It is dedicated to the ultimate form of self-expression: our names. Names are particularly important when welcoming children into the world. In some countries, names are not given until a child has reached a certain milestone—this often has to do with mortality rates however this is also common among religious groups. Today's your chance to be yourself, whoever that is or was supposed to be. Give yourself a new name—Alexander, Danita or even Sunshine. Why not dress up to accompany your new name?

April 11th is Barbershop Quartet Day. On this date in 1938 the Society for the Preservation and Encouragement of Babershop Quartet Singing in America was founded. A cultural cornerstone, it was popular around the world in the late 1800s where lutists and banjoists provided entertaining melodies that patrons would harmonize with.

Creative minds have led the way throughout history. Through poetry and art, individuals have challenged possibilities. Poetry and The Creative Mind Day, celebrated on the 19th of April, honours the creative pioneers of all ages. Both reading and writing poetry is a wonderful way to express our emotions and thoughts. Today's your opportunity to locate your favourite poems, write your own, paint, draw, create music and share them around.

Morse Code Day (April 27th) celebrates the intriguing way of information transmission and the history of how it changed the world. Samuel Morse and his colleagues developed the technology that made Morse code possible, internationally, in 1938. The powerful innovation has been and continues to be used in Aviation, Radio, Media and even among individuals with disabilities.

Answers from March

The First Six answers:

1. Aviary
2. Bulgaria
3. Cent
4. Diameter
5. Enclave
6. Flax

Cross out letters:

SNAP

Feedback Corner

We need your input!

Happy with us?
Let us know what we do
well!



Unhappy with us?
Let us know what we
need to improve on!



Let us know by visiting, phoning,
emailing or messaging us on
Facebook.

If you wish to remain anonymous,
pick up a form and pop your
concerns in to our feedback box
outside the front door!

Ipswich Physiotherapy Centre

FOR ALL INQUIRIES AND BOOKINGS 07 3281 7611

IPSWICH OFFICE: 102 LIMESTONE ST, IPSWICH 4305
 KARALEE OFFICE: KARLEE SHOPPING VILLAGE,
 SHOP 12 JUNCTION ROAD, KARALEE
 FERNSVALE OFFICE: FERNSVALE VILLAGE SHOPPING CENTRE
 10/1455 BRISBANE VALLEY HIGHWAY, FERNSVALE

SERVICES:

- Physiotherapy (Sports/Musculoskeletal/Paediatric)
- Western Acupuncture
- Chinese Acupuncture
- Hydrotherapy
- Clinical Pilates/Pilates Classes
- Actively Aging Classes
- Exercise Physiology

Private health fund, DVA,
 Workcover, and Medicare
 Referrals Accepted. HICAPS
 available for Ipswich Office.

Your monthly mind exercises and laughter

Can you work out the Hidden Meaning from the clues?

TI	TI	TI	TI
TI	TI	TI	TI
TI	TI	TI	TI
TI	TI	TI	TI
TI	TI	TI	TI

i	i
BAG	BAG

My bed is a magical place where I suddenly remember everything I was supposed to do.



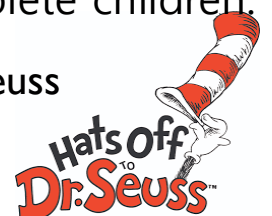
Life is much better when you're laughing.

Some brainteasers to try —

1. What 5-letter word becomes shorter when you add two letters to it?
2. What number comes next in the following sequence?
2 4 8 10 20?
3. In British Columbia, you cannot take a picture of a man with a wooden leg. Why not?

Adults are obsolete children.

Dr. Seuss



Activity News

Movies Seven Buffs ventured to Redbank Plaza's Cineplex in March. Five saw the feel good movie "Finding Your Feet", one saw "Paddington 2" and one "Game night". An enjoyable day. Congratulations to Sue who won the lucky seat. If you'd like to join the buffs for a day out, call us on 3282 8644 today!

Walking Every Tuesday 4.30pm at Limestone Park - meeting in the Griffiths Rd carpark closest to Chermside Rd. Bring hat, water and wear comfy shoes. Phone 3282 8644 to let us know if you are coming.

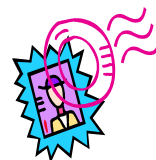


Next Bridge course to commence in May - to book phone 32828644.

Computers for Beginners Phone Doug 0421 285 506 after 9am.

Ipads for Beginners Phone the office for more info.

Many thanks to all members and friends who have collected and donated used stamps: Yvonne & Eric Jonker and others.



Stroke Support Group

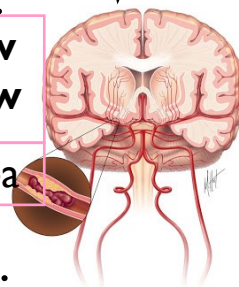
When: 3rd Friday of each month, 10am - 11:30am

Where: Silkstone Baptist Church Hall

Contact Bill on 3281 4925 with any questions you have.

Welcoming new participants now

\$2 for morning tea

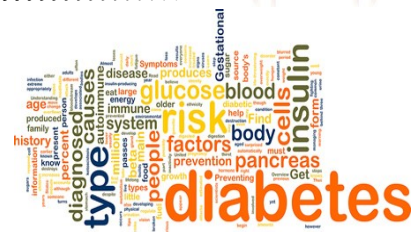


Diabetes Support Group

When: 2nd Thursday of each month, 9am - 10:30am

Where: Ipswich Health Plaza, Bell St, Ipswich

For any queries, feel free to **Contact Marlene on 3281 4859.**



Please note the office will be closed

On public holidays

Monday 2nd April, Wednesday 25th April

Weekly Aqua Aerobics

Goodna Aquatic Centre 3381 8240

Tues, Fri 8-9am Mon, Wed, Thurs 6.15 - 7.15pm

\$10 per session or 10 sessions for \$88

<http://www.australiancrawl.net.au/>

McMahon's Swim Factory \$9.00 3812 2923

Gentle Mon Fri 1pm, Multi Level Wed 1pm; Tues

Wed Thur 6pm; Fri 8am

<http://www.swimfactory.com.au/index.html>

Tai Chi for Arthritis

Please contact Instructors for 2018 information

Ipswich: Phone Roslyn 54644515

Rosewood: Phone Jean 54641023

Laidley: Phone Joanne 0448050447

Marburg: Phone Roslyn 54644515

Weekly Social Dancing:

Phone Bruce: 3281 4288

Fridays 7.30am - 12 noon \$6.00

Mondays 9-12noon beginners \$6.00

Trinity Uniting Church Hall

Jacaranda St, East Ipswich

World Immunisation Week April 24 - 30

Statistics

- * Over 116 million infants received 3 doses of the diphtheria-tetanus-pertussis vaccine in 2016, preventing them against diseases that can result in serious injury and disability
- * Between 2000 and 2016, there's been an 84% decrease in the number of measles deaths
- * From more than 125 countries in 1988, now only 3 countries world-wide remain polio-endemic.
- * Vaccination averts 2-3 million deaths annually. An additional 1.5 million deaths are preventable.

Aim: To ensure every person is protected by vaccine-preventable diseases.

2018 Theme: *Protected Together, vaccines work*

Many diseases are highly contagious and can be overwhelming to the body's defences. Most unvaccinated people who come into contact with someone with a disease or illness will catch the disease. Seniors are at high risk of contracting Influenza and Pneumococcal disease and in many cases, fortunately, these vaccinations are free.

Immunisations are a simple and effective way of protecting yourself, your loved ones and others against diseases and illnesses. They work by triggering the immune system to fight against certain diseases. If a vaccinated person comes in contact with an illness or disease, their immune system is able to more effectively respond, preventing the disease completely or by reducing its severity.

The Therapeutic Goods Administration is responsible for monitoring the safety of medicines in Australia. Before licensing and usage of medicines and vaccines, they undergo rigorous testing over several years to ensure that it works and is safe.

Like any medicine, getting a vaccination has side effects. Fortunately the side effects from an immunisation is less of a risk compared to the complications of the disease it's protecting against. Pain, swelling and redness at the injection site are all common side effects of having a vaccination. Serious reactions are very rare, however if you are concerned, call 13 HEALTH, your GP or immunisation provider (such as a pharmacy). It is not uncommon to experience anxiety, commonly coined as "needle phobia", before or during a vaccination. Relaxing with some deep breaths, distractions, fiddling with objects, discussing the procedure beforehand and numbing creams may help reduce the anxiety associated with an injection.

Source: World Health Organisation, 2018

Laubman & Pank
Optometrists

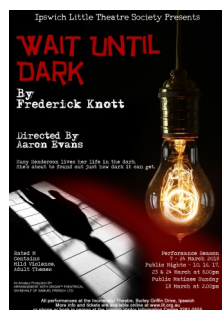
Focused on you

At Laubman & Pank Riverlink, we know how important your eyes are, so we take the time to understand you, your eyes and your lifestyle, and offer solutions that best suit you.

Our optometrists are thorough, and will give you a total eye health check using the latest technology, so you know you're in good hands.

On the spot claiming for all health funds. DVA Gold Card accepted.
Medicare Bulk-Billing available.

Riverlink Shopping Centre, opposite Medibank kiosk Ph 3281 1505



“Wait Until Dark”, Ipswich Little Theatre’s production was attended by twelve 60 and Better theatre enthusiasts. A plot that had everyone guessing and wondering in the first half - one theatre goer commented that it really made you think! The group are looking forward to the next performance in May, “Dirty Dusting”.

Table Tennis Springfield!



In partnership with Aveo Springfield the first table tennis session will be **Wednesday, 4th April 1pm** at Aveo Springfield, 2 Symphony Way, Springfield. (located behind Mater Hospital). For more information or express your interest phone 32828644. Note: there is 1 table and floor is carpet tile.

Games Morning
18th of April
\$2 Bring a friend!
Phone 3282 8644 to register.

General Meeting/ Cuppa and Chat

10am Wednesday 2nd May, Red Cross Room. Come and listen to Guest Speaker from My Aged Care, and find out updates and reports about 60 and Better and share concerns. Enjoy a delicious morning tea and a chat with friends. Lucky Seat! RSVP for catering 30 April 32828644



Join us at the **Ipswich Hospital Museum & Zac's Café for Lunch**
Wednesday April 11th. Meet @ **10am** at Museum or 9.45am at
Limestone Park for free hospital bus.

Call 3282 8644 for more info or to register. **RSVP by 9th April.**

Free CPR Training

May 16th 12-1:30pm;

July 21st 9:30-11am;

Sept 19th 12-1:30pm;

Nov 3rd 9:30-11am;

Nov 21st 12-1:30pm

Receive a Certificate of Attendance
upon completion.

Call 07 3810 6815 to book.



Volunteer(s) Needed

To deliver newsletters once a
month around the Booval area.

To express your interest, pop in and visit us or
call us on 3282 8644.



Check out our Facebook page at:
<https://www.facebook.com/IpsSixtyandBP>



Visit our website for information and
upcoming events
www.60andbetteripswich.com.au

If undeliverable return to:
Ipswich 60 and Better Program Inc.
PO Box 1014
Ipswich Q 4305

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