

# Community News & Views Ipswich

November 2018  
Vol: 25 No. 11

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.



## Remembrance Day 11th November 2018: Honour Their Spirit Commemorating the Centenary of Armistice 2018

One hundred years ago on 11 November 1918, four bloody years of brutal conflict came to an end. Almost 62,000 Australians died fighting for our freedom and in service of our nation. The photograph above shows the display of 62,000 handcrafted, red poppies on the Memorial's grounds is the centrepiece of commemorations, symbolically representing Australian lives lost in the First World War. Courtesy of Australian War Memorial [www.awm.gov.au](http://www.awm.gov.au)



**IPSWICH 60 AND BETTER  
PROGRAM Inc.**

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You can't turn the clock back but you can wind it up again!



**Ipswich 60 and Better Program Committee Members 2018-2019**

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**Secretary:** Desmond White

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Maureen Reinke, Sue Schonknecht, Barbara White, Diana Wooldridge

**Office Staff Co-ordinator -** Anne Bertram

**Office Assistant -** Brittney McPake (Maternity Leave) **Office Volunteer -** Maureen Reinke

**Facebook :** Brittney McPake

**UQ Bachelor of Health Science Student:** Joshua Lin **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**



**IPSWICH 60 & BETTER PROGRAM Inc.**

**ABN 85 491 018 335**

Level 1, Humanities Building, 56 South Street Ipswich 4305

**Contact:** Ph.: 07 3282 8644; Fax: 07 3282 8611; Mob: 0411661550 **office hours**

**Website:** [www.60andbetteripswich.com.au](http://www.60andbetteripswich.com.au); **email:** [ips60bp@gil.com.au](mailto: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](http://www.60andbetteripswich.com.au)

**Deadlines for advertisements – 1st day of the month**

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## President's Words

Here's one for you. How many of us have rituals?

For example before we go to bed we tidy ourselves up so that we can rest clean and ready to settle in for a good night's sleep. Then when we wake in the morning, we rise up, or in some instances drag ourselves up, take our time to feel normal instead of being pushed through a sieve. Wash our face off with water from the cold tap to refresh the skin and wake the whole face up.

Then it's time to put the kettle on, make a cuppa or a pot of tea. Leaves or Tea Bags? Do a piece of toast spread with vegemite or maybe peanut butter. Thick or thin, the bread that is or maybe the spread of butter before the rest goes on top. Decisions! Decisions!

Maybe you prefer not to have breakfast before 9.00a.m. Maybe it's your body clock saying now it's time to eat. Clean sheets are a wonderful thing in my opinion. Change them on the same day each week, prior to going to bed, have a shower, put on clean pyjamas, brush the hair and slide in between fresh cotton sheets. In our hot summer months this can be the best experience and worth the effort. Oh! I forgot. Clean the teeth before settling down for the night. Can't forget to do that or we suffer from a dry, furry mouth.

Washing sheets on a Monday, ironing on a Tuesday, cooking on Wednesdays, Thursdays sweeping, dusting, cleaning, Fridays shopping for essentials and the weekend took care of itself. Gardening maybe on a Saturday and Sundays always a day of rest to gather energy for the coming week. Doing for you!

These days all that old fashioned stuff is out the window unless you can't find yourself making an effort to join in all the activity provided by The Program. There is such variety these days and no one should feel left out or even lonely .

**SO!** Come **MONDAY 26th NOVEMBER** make sure you are on the bus to the Tweed Golf Club to celebrate our year in style. Register and pay prior to the event at the office. **SEE YOU THERE!**

*Cheers Ethel*

### **November Birthdays - Happy Birthday to you all!**

1st Fay Allan, 4th Bob Massey, 5th Glenda Taylor, 8th Carol Archer,  
12th Lorraine Moore, Hanife Avkiran, 17th Clive Greensill, 18th Milosav Stanovic,  
19th Ailsa Lee, Joseph Birmingham, 21st Patricia Lennon, 24th Doug Rekdahl,  
26th Alan Fraser, 30th Jill Wright.





## HLTH3001 Placement - Joshua Lin

### Ipswich 60 and Better Program

*-You can't turn back the clock but you can wind it up again!*

Coordinator: Anne Bertram Phone: 07 3282 8644 Fax: 07 3282 8611  
Email: ip60@qsl.com.au Web: www.60andbetteripswich.com.au  
Address: HumanBee Building, 56 South Street, Ipswich, QLD 4305



### About the Organisation

Ipswich 60 and Better is a non-profit organisation, funded by the Queensland Government and supported by the Ipswich City Council. It is a healthy ageing program, aiming to enable older people to participate in decisions and activities which affect their health and well-being (such as Table Tennis, Discussion Groups, Arts and Craft etc.). The organisation also produces and prints monthly newsletters distributed throughout the community, with information on community events, health promotion, and other relevant topics.

### My Placement Experience

Over the course of my 11 weeks at Ipswich 60 and Better, I was involved in a variety of community activities and organisational tasks, and was given the opportunity to run my own program.

#### Community Activities

In the 5th week of my placement, I was granted the opportunity to run a stall at the Seniors Week convention held at a community centre, representing Ipswich 60 and Better and promoting our services. Throughout the day, I interacted with many elderly members of the Ipswich community, as well as key stakeholders of the Senior Services Network, learning more about elderly health in the community.

#### Organisational Tasks

These involved assisting with Ipswich 60 and Better's activity delivery, such as helping with financial accounting, engaging with members in activities, editing and formatting management reports, and attending Senior Service Network meetings on behalf of the organisation. These tasks further developed my knowledge on how the organisation is run and improved my skills in the workplace.

### My Program

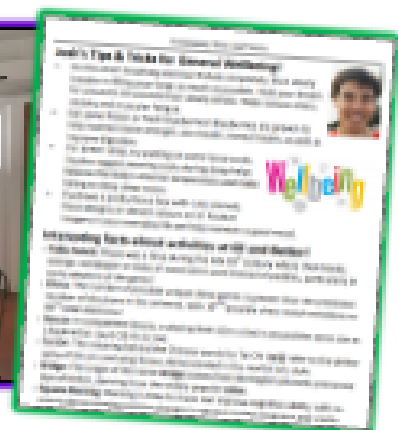
Over the second half of my placement, I ran a two-part program for the organisation's members.

#### Part 1: Origami for Mental Wellbeing

The Origami workshops were very successful and popular, with both sessions improving the happiness and mood of all participants involved. The Water Lily design was a standout as the most popular design.

#### Part 2: Tips & Tricks for General Wellbeing, & Fun Facts in the Monthly Newsletter

My Tips & Tricks segment had various health tips for issues that elderly people face in their daily lives that I had learnt about over the course of my placement. It also had a segment of interesting facts for each activity Ipswich 60 and Better runs, to generate intrigue.



A Snapshot of my Placement

### Acknowledgements

Thank you very much to my supervisor Anne, her assistant Brittany and to the members of Ipswich 60 and Better for guiding me through this thoroughly inspirational and enjoyable placement. I was able to improve my knowledge of elderly health and the management of non-profit organisations, as well as develop my professional skills and enhance my understanding of ethical behaviours in the workplace.



## **Congratulations** **Brittney!**

On the 2nd October 2018, Brittney and her partner Troy welcomed their beautiful daughter Evangelina into their lives. We wish you and your family every joy, good health and happiness!



Mum and bub are doing well , this photo (left) was taken when they popped in for a visit.



## **Position Available** **Immediate Start**

Ipswich 60 and Better Program Inc invites applications for the Office Assistant position (10 hours per week) on a temporary (5 months) part time contract. Please email [ips60bp@gil.com.au](mailto:ips60bp@gil.com.au) for a Position Description. Applications to be returned by email or to Postal Address PO Box 1014, Ipswich 4305 by Monday 12th November 2018 5pm.

# Australian Hearing

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● [hearing.com.au](http://hearing.com.au)

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**'A FOND FAREWELL'** *written and submitted by Lori Patrick*

“I lost an old friend this week. The trusty old retainer decided to kick the bucket after being my mate, in fact one of my best friends for almost 40 years. Going with me to four different homes, she was in-dispensable.

I almost had a tear in my eye as she disappeared down the drive, albeit in the back of a white, closed-in vehicle.

She was a most loyal servant, very rarely having a day off, and then through no fault of her own. In fact I think she only took a few hours off for less days than fingers on one hand, when she lived with me.

The old girl must have been tired, and finally, when getting out of bed yesterday I realised she had died over-night. In fact was still almost warm, when I greeted her in my usual way at breakfast.

So, it was with much sadness she was taken out of my life after what seemed like a life-time, and I had to say “Good-bye” to my dear old  
KELVINATOR REFRIGERATOR.

# 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

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- Chinese Acupuncture
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- Actively Aging Classes
- Exercise Physiology

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available for Ipswich Office.

‘A Piece of Cake’ written by Lucy Bennett is the last play in the 2018 season from Ipswich Little Theatre. This light comedy is being directed by ILT stalwarts, Helen Pullar and Jane Sheppard, who are also accomplished actors.

‘Bridget Jones’ meets ‘Nigella Lawson’ in this delicious romantic comedy .

When Penelope is suddenly made redundant she seizes the chance to follow her life- long dream-opening a cake shop. She sets about renovating a ram-shackle commercial property and making her dream come true, helped by bumbling estate agent David, not- so- bright assistant Lizzie and a handsome carpenter named Peter.

But Penelope soon discovers that running a business is anything but a piece of cake! A feast of entertainment that will have you laughing on the outside and give you a lovely warm feeling on the inside-just like you’re eaten a piece of cake.

This play is rated PG with adult themes. Please note that the *Matinee is sold out*.

Ipswich Little Theatre Society Presents

# A Piece of Cake

By Lucy Bennett

Directors Helen Pullar & Jane Sheppard

‘Bridget Jones’ meets ‘Nigella Lawson’ in this delicious romantic comedy!

Rated PG  
Contains Mild Adult Themes

Performance Season  
21 November - 8 December 2018  
Public Nights -  
24, 30 November, 1, 7, 8 December  
at 8.00pm  
Public Matinee  
Sunday 2 December  
at 2.00pm

All performances at the Incinerator Theatre,  
15 Burley Griffin Drive, Ipswich  
More information and tickets are available online  
at [www.ilt.org.au](http://www.ilt.org.au)  
or phone or book in person at the  
Ipswich Visitor Information Centre 3281 0555



## Gardening Delight!

One of our Members, Christine, who is an Editor of the News and Views interviewed a neighbour of hers who has a beautiful garden that is full of surprises.

Ian came to live in her area some 20 years ago and purchased the property from a serviceman stationed at the Wacol Army Barracks. As an Army bloke he mentioned to Ian that apart from a Mulberry tree he had planted in 1955 in the back yard the rest of the yard was a complete mess.

Now remember Christine's chat with Ian happened October 2018. Twenty years ago, i.e. 1998, which in turn goes back some 43 years. Long time for the whole place to sit dormant. Just waiting for Ian it was.



Ian having time on his hands sat down and worked out a plan for the whole yard, as needs be to lift up the quality of the soil composting was essential with preparation a priority. The garden, had to be self sufficient and low maintenance.

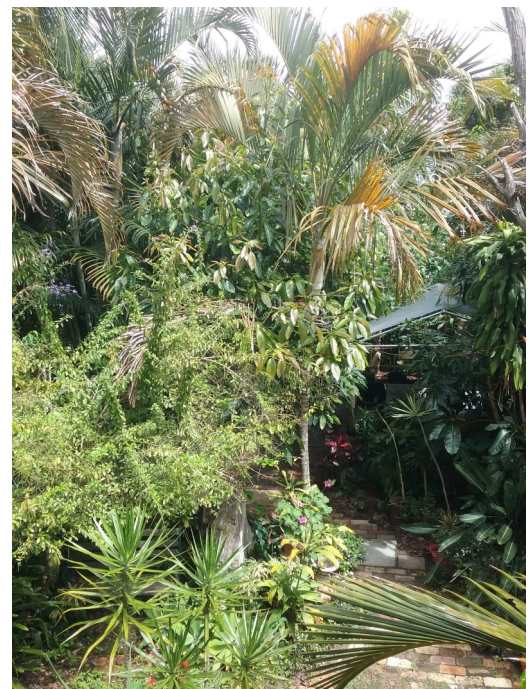
Overtime and on track Ian's garden has grown from cuttings, plants, trees, palms even to Bonsai turning the yard into a very natural setting. Meandering paths break up the yard to bush rooms with light and shade helped by tree top cover. A noticeable coolness pervades bringing a restful calmness.

Ian now retired has incorporated into his garden his favourite plant, the Croton, for its colourful leaves. Crotons are especially beautiful when the sun hits them.

Recently Bernadine Gray, a member of the Ipswich Horticultural Society, has teamed up with Ian who is truly enjoying the fruits of his labour. Bernadine is passing on tips and knowledge and more importantly identifying cuttings and plants.

Ian has a Bonsai collection amongst his treasures of which his first one commenced with two pot bound Queensland Fig trees. From here he has progressed on and has been creative in using trees that normally would be considered too root invasive for a suburban garden. His Bonsai collection brings his garden together creating beautiful layers from the miniatures to the great trees.

**WELL DONE IAN!**



<b>60 &amp; BETTER GROUPS</b>				
<b>Art Group</b>	<b>Thursdays</b> 1.30pm-4pm	* Donation BYO Art Supplies A/Tea to share	Annex Humanities Building	Ted 3288 6398
<b>Boccia</b>	<b>Tuesdays</b> 9am-12pm	* Donation includes Morning Tea	Annex Humanities Building	The Office 3282 8644
<b>Bridge</b>	<b>Wednesdays</b> 12.30pm- 4.30pm	* Donation	Shalom House Cnr of Green St & Glebe Rd Booval	Garry 3281 4072 or 0411 876 668
<b>Chess</b>	<b>Tuesday</b> 10 –12noon	* Donation	Office, Humanities Building	The Office 3282 8644
<b>Concert Party</b>	<b>Fridays</b> 1pm-2.30pm Practice	* Donation Bring A/Tea to share 2.30pm –3 pm	Auditorium Humanities Building	Kath Hogan 3201 6075
<b>Discussion Group</b>	<b>Friday</b> 10 am-12 pm	* Donation	60 & Better Office	The Office 3282 8644
<b>Gentle Exercise</b>	<b>Tuesdays</b> 9.45am-10.45am <b>Fridays</b> 9.30am-10.30am	\$5 No sessions 2nd and 5th Oct	Congregational Church Hall, Willey St, Raceview	The Office 3282 8644
<b>Cuppa &amp; Chat After Class</b>	<b>Tuesday</b> 11am-11.30am <b>Friday</b> 10.30am-11am	*Donation	Congregational Church Hall, Willey St, Raceview	The Office 3282 8644
<b>Tai Chi for Diabetes</b>	<b>Wednesdays</b> 2pm-3pm	\$5	Cafeteria, Humanities Building	The Office 3282 8644
<b>Movie Buffs</b>	<b>10th November</b> <u>10am</u>	<b>Meet in the Foyer</b>	Limelight Cinema, Ipswich	The Office 3282 8644
<b>UFO: Un-Finished Objects</b> * Donation Thursday 8th & 22nd November 10am Start 60 & Better Office Ph.: 3282 8644 Bring your own 'unfinished' project.				

**60 & BETTER GROUPS continued**

\* \$2 donation welcomed

<b>Newsletter Editing Sub Committee</b>	<b>Mon</b> 5th Nov 1 pm	No Cost	60 & Better Office	The Office 3282 8644
<b>Newsletter Workshop</b>	<b>Wednesday</b> 28th Nov 9am	M/Tea Provided	60 & Better Office	The Office 3282 8644
<b>60 &amp; Better Social</b>	It's Christmas! Bus Trip to Danny's Restaurant, Tweed Golf Club Monday, 26th November \$30 mem \$35 non mem			The Office 3282 8644 RSVP asap
<b>Social Sub Committee</b>	19th November 1.30pm		60 & Better office	The Office 3282 8644
<b>Table Tennis</b>	<b>Tues</b> 1pm-4.30pm <b>Fri</b> 1pm-4.30pm <b>Wed</b> 1pm-4pm	* Donation Bring A/Tea to share	Annex, Humanities Building  Aveo Springfield	The Office 3282 8644

**Activities in Partnership with Ipswich 60 & Better**

<b>Square Dancing</b>	<b>Monday</b> 1pm - 3pm \$6 Beginner 12 noon -1pm \$3	Caller: Kay Walker Town & Country Squares	Annex, Humanities Building	The Office 3282 8644
<b>Stroke Support Group</b>	<b>Friday</b> 16th Nov 10am	Final for the year	Silkstone Baptist Church Hall	Bill Waterson 3281 4925
<b>Tai Chi for Health</b>	<b>Tuesday</b> 1pm	\$3	Goodna Neighbourhood House	Phone 3818 1648



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[www.ihfoundation.org.au](http://www.ihfoundation.org.au)

Or phone the IHF office on: 1300 736 428

<b>Prostate Cancer Support Group</b>	Thursday 15th Nov 7.30pm		Cafeteria Humanities Building	Len Lamprecht 32813656
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Presented by Ipswich City Council  
Seniors' Concert Group



## BABY BOOMERS' CHRISTMAS FUN-RAISER

Tuesday 4 December  
10.00 am and 1.30 pm

All tickets \$10.00

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## **Is your home getting too much?**

This is Helen Bryan from RE/MAX answering questions about Real Estate.

**Question:** How can I get the best price for my home?

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## **The Power of Mobility**

As we age, our perception of mobility evolves in accordance with the biological changes that occur within our bodies but also in response to our environment. When we are young, many of us take our mobility for granted, as our bodies are better equipped to handle any physiological stress and our recovery mechanisms can fire more effectively to get us back to our regular selves in a fairly efficient manner.

As we grow older, sometimes something as simple as a fall, accident or surgery can severely impede our independence, temporarily or long-term. As we age, our body's power to bounce back after these types of incidents can be reduced and in some instances, our bodies may never entirely recover from these types of traumas.

It is not, however, all doom and gloom! If we are lucky, ageing is a fact of life and something to look forward to, as with age comes wisdom and, as humans, our capacity to innovate and evolve is inherent within our nature as adaptive creatures. Sometimes, a small change can create a massive impact on our quality of life by improving our mobility and overall sense of wellbeing. Once we realise that mobility can be as simple as doing those things we've always done but just in a different way, our perception of ourselves can dramatically change and we can experience life more optimally.

There are many ways that we can increase our capacity to remain mobile. Simple daily living aids such as sock helpers, tap turners, bendable cutlery, bottom wipers, two-handled mugs and bed sticks, as well as over-toilet aids, shower chairs, stair-lifts and electric lift recliner chairs can assist us to remain more independent within our living space. Mobility devices such as scooters, powered wheelchairs and wheelie-walkers provide alternative means of getting out and about to engage with others within our community with ease. Knee braces, pressure stockings and incontinence products can help us boost our confidence by reducing discomfort.

With chronic, lifestyle-related diseases on the rise, small changes to our dietary choices can easily become part of living a sustainably healthy life, at any age. There are many simple ways to increase our physical activity as we age and these include simple activities such as walking, swimming, standing more frequently or engaging in resistance-style exercise programs. Using resistance bands, light hand-weights or even just our body-weight, we all have the ability to move our bodies to maintain mobility, flexibility, balance and strength.

Ultimately, living a healthy and active lifestyle helps our minds and bodies remain resilient, even when we are older, so we can provide ourselves with greatest opportunity to stay mobile and enjoy our lives well into our senior years.

*Lauren Antonenko, Manager WOW Mobility*

Healthy and active lifestyle improves mobility and enjoyment in senior years.



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- Rehabilitation equipment
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Our new Health and Wellness Centre is now open.

This outstanding centre offers residents of Aveo Springfield community exclusive access to excellent facilities and services including a heated pool, gymnasium, GP clinic, allied health services, care services, meals, activities, events and more.

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\*Prices correct as at 24/10/2018

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## Activity News

**Movies** Meet in the Limelight Theatre, Riverlink, foyer for 10am, 2nd Saturday of each month. In October, 5 Buffs met and watched “First Man” an interesting movie about Neil Armstrong. For more information phone 3282 8644.

**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.



Wanting to be more active but can't decide on a sport? Have a competitive edge or just want to meet others and have some fun? 60 and Better has partnered with Aveo Springfield and offers Table Tennis each Wednesday, 1-4pm. We'd love to see new faces! \$2 only! Absolute beginners welcome—bring a friend!



Many thanks to all members and friends who have collected and donated used stamps: **Lily Shepherd Ashby, Dianne Ryan (Gold Coast) and Errol Nutley**.



### Stroke Support Group

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

**Where:** Silkstone Baptist Church Hall

Held February to November please contact Bill on 3281 4925 with any questions you have.

\$2 for morning tea



### **Christmas Raffle**

Tickets:\$1 1st & 2nd Prizes : B.W.S. Hampers

Drawn: Monday 10th December 2018

Sellers & Buyers Wanted!



### IPad for Beginners

2 week series

with Laurie Zaat

Phone 3282 8644 to register for next classes

### Computers for Beginners

No longer available until further notice.  
Special Thank You to Doug for running these sessions.

#### 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 Health

Please contact Instructors for details

Ipswich: Phone Irene 0497808402

Rosewood & Lowood : 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

# Start to Finish

Directions: For each clue, find a corresponding word that starts and finishes with the same letter. There is one word for each letter of the alphabet except for i, j, q, u, v and z. (Answers next issue)

Spend time in front of the mirror.	PRIMP
Intuitive inkling.	
Pioneer in photocopying	
Bitterly sarcastic.	
Gas in some signs.	
Eskimo canoe.	
Chinese medicinal root.	
Where a rubber duckie lives.	
Roll in the mud.	
Pleasure traveller.	
Temporary loss of memory.	
Deadly.	
Pizza herb.	
Very knowledgeable.	
Forty– eight hours before tomorrow.	
The most.	
Excessive.	
Feudal land.	
Trepidation.	
Water storage area.	

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## 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](mailto:reception@tascnational.org.au)

[tascnational.org.au](http://tascnational.org.au)



You are invited to  
**Christmas Lunch  
at Danny's,  
Monday 26th November.**

This year we are on a bus trip to the  
**Tweed Golf Club.** \$30 per person (member)  
\$35 per person (non member). Includes morning  
tea, lunch and travel. Leaving Ipswich  
approx. 8am. Lucky Seats and 100's club!



Booking and payment essential by  
19th November 2018.

**GAMES MORNING**

Wednesday,  
5th November

9am

**Gold Coin donation  
60 and Better office**



Check out our Facebook page at:  
[https://www.facebook.com/  
IpsSixtyandBP](https://www.facebook.com/IpsSixtyandBP)



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upcoming events  
[www.60andbetteripswich.com.au](http://www.60andbetteripswich.com.au)

**Free CPR Training**

Nov 3rd 9:30-11am;  
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