

Community News & Views Ipswich

June 2019
Vol:26 No 6

A Free Magazine!

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

WINTER IS HERE

**TIME TO RUG UP
INVITE A FRIEND OVER
AND HAVE A CUPPA & CHAT**



Good Stuff in this Issue

- ★ Presidents Words
- ★ What's On
- ★ New Number Crossword
- ★ Little Black Book of Scams now available from our office
- ★ Prevent Elder Abuse



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

IPSWICH 60 AND BETTER PROGRAM Inc.

Supported by Ipswich City Council and
Ipswich Hospital Foundation

A PROGRESSIVE PROGRAM FOR THE OVER 50'S

Funded by



Ipswich 60 and Better Program Committee Members 2018-2019

President/Secretary: Ethel Llewellyn c/- 3282 8644 **Vice President:** Dot Sawyers
Treasurer: Robert Massey 0408 903 434

Committee: Pat Andrew, Lyn Bryant, Roslyn Newsham,
Maureen Reinke, Sue Schonknecht, Barbara White, Diana Wooldridge
Part Time Office Staff : Co-ordinator - Anne Bertram (Monday, Tuesday, Wednesday)
Office Assistant - Kylie Stoneman
Office Volunteer - Maureen Reinke **Facebook Volunteer** - Kylie Stoneman
Annual Membership Fee \$15.00 (including GST) pro rata

Contributions to the newsletter are welcome and should be in the office by the **1st of the month prior to the month of publication (eg 1st May for the June issue)** 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; Mob: 0411661550 **office hours**

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 - 12pm

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: \$60* Half Page: \$38*

Business Card Size: \$27* Strip \$21.50*

Please note new prices effective March 1, 2019

1000 + newsletters are printed each month and distributed through 114 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.

The President's Note

Have you ever stood on a spider because you can't stand them? Over the years I think I have killed a few but not really stomped on one. I have had the experience of dealing with a huntsman spider in the sink all on my own in recent times and thought I did rather well in getting it outside without hurting it. They, the Huntsman, are known to enjoy dealing with small pests we sometimes have in our houses and they certainly have a place in life as do all other types of spiders.

Apparently small insects are now being written up on the endangered lists all around the world and in time ecology will change because humans are in many ways dealing with "the nasties". Spiders are known to produce up to six different types of silk and in a few countries the golden silk from a spider's web have been woven into forms of beautiful clothing.

In conversation with someone a few weeks back, the web was described as having many compartments just like we humans have in our lives. We get knocked down and just like the spider if its web is knocked down, we get back up and move on with our lives. Once the web is broken down the effort the spider has put into its creation is all but gone, though, we see, as humans, in a day or so it has recreated its' web, its' home. Never the same BUT, in principle, stronger, enduring, more durable, ensuring the preservation of future generations.

A "bit" like the Program in a way. In just around two months time, August in fact, it is the Annual General Meeting and the call will be out there for people who may be interested in keeping the entity alive and strong for another year. We need people to grab a hold of the steering wheel and work at maintaining all that has been created over the past twenty-five plus years.

Even my position at the helm is up for grabs and we do need a Secretary along with all other positions. New people, new ideas, plenty of enthusiasm will certainly be welcomed and so enthusiasm will flow. With many changes on the horizon for The Program volunteers to join the Editing team, the Social Committee and the production team relating to the News and Views, our ever important link to the greater population. You Don't have to wait till you turn sixty, you can join in activities when you become fifty. Practicing whilst still "young" stands one in good stead for the swinging seventies, energetic eighties, naughty nineties and beyond.

"You can't turn the clock back BUT we can wind it up again!"

Cheers Ethel

FREE LEGAL ADVICE

TASC National Ltd



The World Health Organisation ('WHO') says elder abuse is "a single, or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust which causes harm or distress to an older person". Based on available evidence, WHO estimates that 15.7% of people 60 years and older are subjected to **abuse**. The Australian Government is acting to raise awareness about elder abuse and expose it. The Advocacy and Support Service ('TASC') is a local not for profit organisation that provides **FREE** legal help, support, psychology and counselling services through two programs; the Seniors Legal and Support Service ('SLASS') and the Elder Abuse Prevention and Support Service ('EAPSS'). These services are available to any vulnerable person over 65 who is financially disadvantaged, has a mental illness or disability. Elder abuse and financial exploitation usually occur within the family, but older persons may also experience abuse from carers, neighbours, friends or services.

Worldwide, (according to WHO) there is a very high level of underreporting of elder abuse; **80% of instances are not reported**. Do not be one of the statistics. Help is available. If you need any guidance or assistance call us on 1300 008 272 or 07 3812 7000. We are more than happy to have a 'chat' with you.

WORLD ELDER ABUSE AWARENESS DAY



Join us as we learn how to protect our seniors from elder abuse, with a focus on the rapidly increasing crime of financial elder abuse.

IPSWICH SPORTS CLUB - 1A SAMFORD RD, LEICHHARDT
THURSDAY 13 JUNE, 9:00AM - 11:30AM

- DISPLAY BOOTHS WITH VALUABLE INFORMATION FOR SENIORS
- LEARN HOW TO IDENTIFY, REPORT AND PREVENT ELDER ABUSE

GUEST SPEAKERS: QUEENSLAND POLICE AND AUSTRALIAN DEPARTMENT OF HUMAN SERVICES (CENTRELINK).

WEAR SOMETHING PURPLE
MORNING TEA PROVIDED

**RAFFLE TICKET GIVEN TO
EACH ATTENDEE PRIZES TO
BE WON!**

RSVP to Jessy at Able Australia on 07 3812 3437

Supported by Ipswich & West Moreton Senior Service Network Members





KEEP **OUT & ABOUT**

Stay active in the community with a mobility scooter



KEEP YOUR **DIGNITY**

Discreetly transition to products that assist with ageing



KEEP YOUR **INDEPENDENCE**

Helping you do the things you've always done, just in a different way

SHOP ONLINE - WE DELIVER AUSTRALIA WIDE
Or visit 4/160 Brisbane Rd, Booval 07 3282 5200

wowipswich.com.au





Share your experience of home

We are seeking volunteers to participate in a study to further develop a tool for home modification practice.

What is the purpose of this study?

Home modifications are a common service for older adults and people with a disability, yet occupational therapists have few tools to guide their practice.

This study aims to further develop The Dimensions of Home Measure which provides a tool for therapists to understand the impact of modifications on people's home life.

Who can participate? We are seeking people who are over 18 years and who:

Have some support (paid or unpaid) in their home. For example help with cleaning, shopping, showering,
or/and

Use equipment or have had home modifications in their home. For example using any equipment (wheelchair, walker, hoist) or having grab rails, a ramp or lift installed.

What does the study involve? Completing some background questions and the Dimensions of Home Measure online, over the phone or via mail, depending on your preference. It is expected this will take approximately 15-20minutes.

What will you receive? To thank you for your time, researchers will offer you the opportunity to go into a prize draw for one of five \$100 gift vouchers.

Participation in this study is completely voluntary.

If you would like to participate online simply follow the link

<https://www.surveymonkey.com/r/DOHMstudy>

If you would like to know more about the study or complete the questionnaire over the phone or have it mailed to you **please contact**

Dr Tammy Aplin, email: t.aplin1@uq.edu.au or

phone: 07 3365 2649.

IPSWICH LITTLE THEATRE SOCIETY
PRESENTS
THE CEMETERY CLUB

Performance Season
11 to 27 July 2019
Public Nights
13,19,20,26 and 27 July at 8pm
Public Matinees
Sundays 14 & 21 July at 2pm



“The Cemetery Club” by Ivan Menchel

Director: Chris Greenhill

Assistant Director: Robyn Flashman

Three Jewish widows who have been lifelong friends meet once a month for tea before going to visit their husbands’ graves. Ida is sweet-tempered and ready to begin a new life. Lucille is a feisty embodiment of the girl who just wants to have fun, shop, and catch the eyes of admirers. Doris remains fiercely devoted to her late husband and takes her grave-tending responsibilities very seriously.

Ida is not used to being alone after a long marriage, but doesn’t think she’s ready to get involved with a man – that is, until Sam enters the scene. Lucille and Doris see the budding romance between Ida and Sam as a threat to their monthly ritual and begin interfering with devastating results.

A bittersweet comedy about love, marriage, death and the challenges of moving on.

PG: Mild sexual references

**How well do you know your own city?
Have you heard of the Tourific Troupers?**

For the last 12 years they have been running Luncheon visits for groups of 20 plus offering a two course lunch in the courtyard at the theatre also including a short play and guided tour. Contact Ipswich Little Theatre to find out more on 3812 2389.



CHESS

**TUESDAYS 10AM TO 12 NOON AT THE
IPSWICH LIBRARY
COST—DONATION**



BOCCIA

**TUESDAYS 9AM TO 12 NOON AT THE ANNEX,
HUMANITIES BUILDING
COST—DONATION—INCLUDES MORNING TEA**

BRIDGE

**WEDNESDAYS 12.30PM TO 3.30PM AT
SHALOM HOUSE, CNR GREEN ST & GLEBE
RD, BOOVAL
BEGINNERS CLASS—BOOKINGS
ESSENTIAL
COST—DONATION**



FOR MORE INFORMATION CONTACT GARRY ON 0411 876 668



TAI CHI FOR DIABETES

**WEDNESDAYS 2PM TO 3PM AT CAFETERIA,
HUMANITIES BUILDING
COST—\$5**

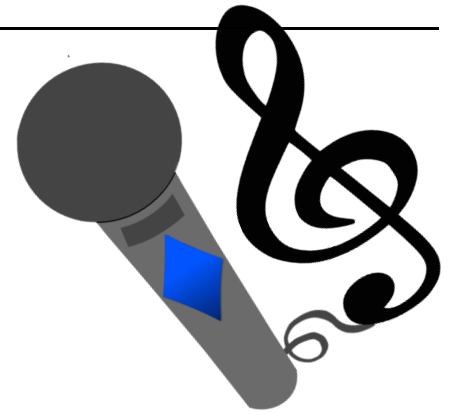
ART GROUP

**THURSDAYS 1.30PM TO 4PM AT CAFETERIA,
HUMANITIES BUILDING
BYO ART SUPPLIES & A/TEA TO SHARE
COST—DONATION
FOR MORE INFORMATION CALL
TED ON 0409 996 607**



CONCERT PARTY

**FRIDAY 1PM TO 2.30PM (PRACTICE) AT THE AUDITORIUM, HUMANITIES BUILDING.
COST—DONATION & A/TEA TO SHARE
FOR MORE INFORMATION CONTACT
KATH ON 3201 6075**



UFO GROUP

**SECOND & FOURTH THURSDAY OF THE MONTH 10AM TO 12NOON AT THE OFFICE, HUMANITIES BUILDING
BYO UNFINISHED OBJECT**

GAMES MORNING

**FIRST WEDNESDAY OF THE MONTH 9AM TO 12 NOON AT THE 60 & BETTER OFFICE, HUMANITIES BUILDING
COST—DONATION**



MOVIE BUFFS

**2ND SATURDAY OF THE MONTH, 10AM MEET IN FOYER OF LIMELIGHT CINEMAS RIVERLINK
FOR MORE INFO CONTACT
THE 60 & BETTER OFFICE ON 3282 8644**

June Birthdays

Gladys Alford; 1st Marilyn Gallagher; 4th Joyce Ramsay, Rae Stanovic; 5th Ann Wallis; 6th Douglas Laidlaw; 8th Neville Buchanan; 9th Jim Sax, & Yvonne Jonker; 14th Freda Allison, & Desley Fritz; 22nd Sally Hughes; 29th Bonnie Phillott & Barbara Morrison; 30th Gabrielle Dempster



60 & BETTER GROUPS

* \$2 donation welcomed

Newsletter Editing Sub Committee	Mon 3rd June 1 pm	No Cost	60 & Better Office	The Office 3282 8644
Newsletter Workshop	Wednesday 26 June 9am	M/Tea Provided	60 & Better Office	The Office 3282 8644
Social Sub Committee	17th June 1.30pm		60 & Better office	The Office 3282 8644
Table Tennis	Tues 1pm-4.30pm Fri 1pm-4.30pm — Wed 1pm-4pm	* Donation Bring A/Tea to share	Annex, Humanities Building — Aveo Springfield	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 10am	22nd June	Silkstone Baptist Church Hall	Bill Waterson 3281 4925
Tai Chi for Health	Tuesday 1pm	\$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 7.30pm	21st June	Cafeteria Humanities Building	Len Lamprecht 32813656
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General Meeting News

On the 20th May, the 60 and Better management committee held a general meeting. Members and friends were invited to come along and hear guest speaker Phil Bell as well as hear information about the Ipswich 60 and Better Program.

Phil, President and CEO of Ipswich Chamber of Commerce enthralled the audience with his extensive and diverse career as well as the good work of the Ipswich Hospital Foundation where he was CEO until recently. IHF have 165 volunteers who support the running of fundraising events as well as supporting patients and visitors to the Ipswich Hospital. IHF also provides a wig library for oncology patients and offers the Fit4Life program, a free or low cost exercise option.

The 20 -26th May was also National Volunteer Week “Making a World of Difference”. 60 and Better Volunteers were thanked for their generous support as without them this organisation couldn't function. *Thank You!*



From
little things
big things
grow
– no matter how
little or how much
you give -
together we all
make a difference

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BERGINS HILL ROAD, BUNDAMBA



Josephine Garner
Licensee/Director



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MANAGEMENT
SPECIALISTS



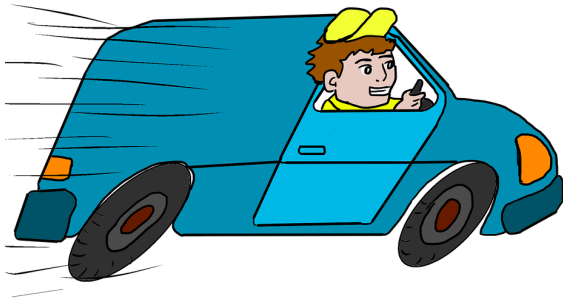
35 YEARS
OF EXPERIENCE

Call me now on 3282 0954

DES—ON THE UBER ADVENTURE !!!

At 78, I had a quandary. Needing to upgrade the car but low on funds I investigated working as an Uber Eats Driver. After a police check, purchase of a new car (car is required to be less than 10 years old) and an iPhone I was registered and on my way.

What an adventure it has been. I have been doing it for two months and have done around 150 deliveries. I work around my local area and have found many streets I didn't know existed. The wonderful thing about it is I can choose when I work. The days and times are flexible so I do day time deliveries. If something comes up I don't log in or decline a new job.



I have learnt so much and have met some lovely people. The biggest challenges I face have been parking to collect Uber Eats, finding the streets and the many houses that don't have visible numbers!

As a pensioner, I am required to declare my earnings to Centrelink which to date has not impacted on my pension.

Uber Eats has certainly given me a new purpose, keeping me out and about and giving me a new challenge everyday.

Des

World Haemochromatosis Week 4—10 June

Haemochromatosis is the most common genetic disorder in Australia. About 1 in 200 people of northern European origin have the genetic risk for haemochromatosis. People with haemochromatosis absorb too much iron from their diet. The excess iron is stored in the body. Over time this leads to iron overload.

We all know that not enough iron causes health problems but few realise that for some, too much iron is also a problem. If undetected and untreated, the excess iron can cause organ or tissue damage and can potentially result in premature death.

Haemochromatosis tends to be under-diagnosed, partly because its symptoms are similar to those caused by a range of other illnesses.

The good news is that if haemochromatosis is detected before damage occurs, it can be easily treated and is no barrier to a happy and successful life.

For more information visit haemochromatosis.org.au

Presented by Ipswich Civic Centre

THE AUSTRALIAN
*Buddy
Holly*
SHOW

■ Tuesday 9 July
10.00 am

BOOK NOW

ipswichciviccentre.com.au
(07) 3810 6100



SCAMWATCH

The ACCC's annual Targeting Scams report released in May showed that Australians aged over 65 submitted over 26,400 reports to Scamwatch in 2018, with losses of over \$21.4 million.

Further, the report states that Investment scams are the financially harmful because the scammers invest time and money into convincing sales pitches, flashy websites and even glossy brochures.

Older Australians looking to grow their nest eggs but who instead get caught up in the investment scams reported losses of \$7.6 million, and those misled through fake relationships reported losses of \$5.8 million to dating and romance scams.

Ipswich 60 & Better Office have ordered some of the ACCC's Little Black Book of Scams, if you would like a copy please contact the office on 3282 8644

Bowel Cancer Awareness Month

Did you know that Bowel Cancer claims the lives of **130** Australians every week?

19 June is Red Apple Day The outline of Bowel Cancer Australia's apple logo appears as an abstract of a human bowel. The small hole in the apple is caused by a worm. If detected early and removed, the worm is unable to continue affecting the apple or the health of the tree.



World Heart Rhythm Week (3-9 June)

Arrhythmia Alliance World Heart Rhythm Week is an annual awareness week that focuses on detecting arrhythmias through the promotion of the HeartSafe campaigns.

World Blood Donor Day (14 June)

1 in 3 people will need blood in their lifetime, while just 1 in 30 people currently donate.

Refugee Week (16 to 22 June)

This week is used to inform the public about refugees and celebrate positive contributions made by refugees to Australian society.

Is your home getting too much?

Helen Bryan from RE/MAX answers questions about Real Estate.

Question: I'm about to make an offer on a property and I'm worried about paying the deposit as I no longer have a cheque book.

Answer: It's common now to make the deposit payable within 2-3 days from contract date. Allowing time for bank transfer or you to arrange a bank cheque. The Deposit can be up to 10% of the purchase price.

Helen Bryan Taking the stress out of selling

- Living locally for over 40 years, brilliant firsthand knowledge
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Activity News

Give the office a call on 3282 8644.

Walking @ Limestone Park 4pm Tuesdays, phone the office for meeting place.

Welcome

To All New Members

SOCIAL OUTINGS :

Monday 19th June: Colleges Crossing Café 11.30am

**Thursday 25th July: Christmas in July Event at TAFE College
Bundamba - Miner's Right Restaurant \$25 per person.
Bookings essential, please phone the office on 32828644.**



Many thanks to all members and friends who have collected and donated used stamps: Arthur Sommerfeld, Theresa Smrecnik, Avril Bourne



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.



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
2019 information

Ipswich: Phone Irene 0497 808 402

Monday 1 –2 pm Advanced

2 –3 pm Beginners

Tuesday 1 –2pm Advanced

Cafeteria,

Level 1 Humanities Building

Supported by Ipswich 60 and Better Program

Weekly Social Dancing:

Phone Bruce: 3281 4288

Fridays 7.30am - 12 noon \$6.00

Mondays 9-12noon beginners \$6.00

Trinity Uniting Church Hall

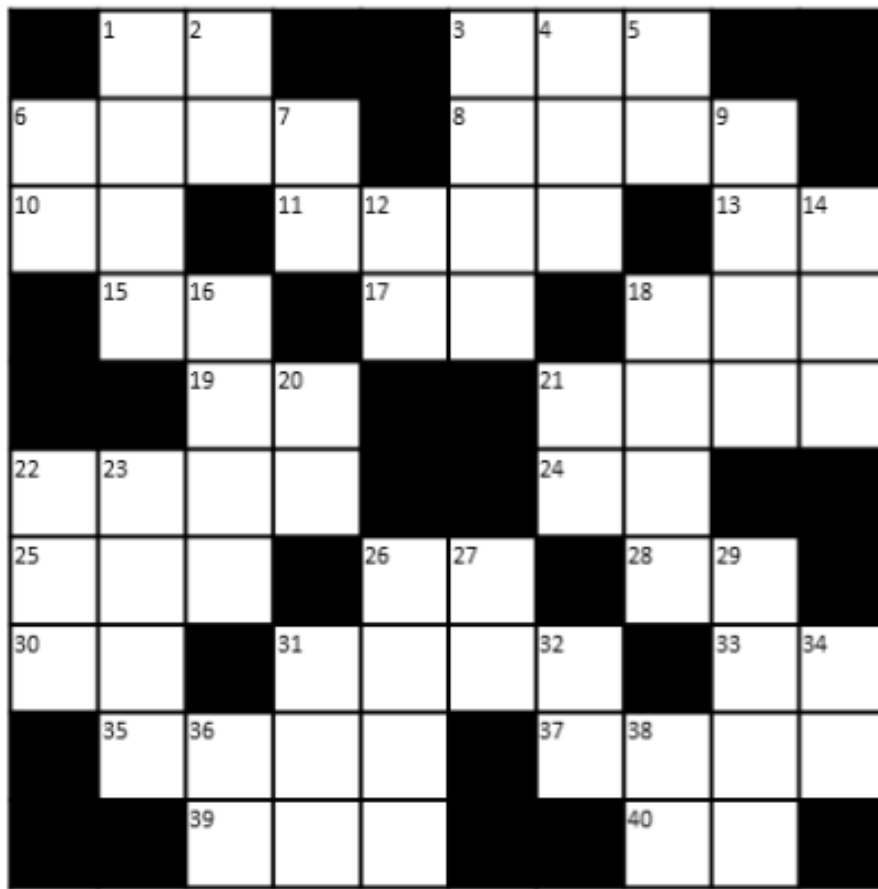
Jacaranda St, East Ipswich

Rosewood: Phone Jean 54641023

Laidley: Phone Joanne 0448 050 447

Marburg: Phone Roslyn 54644515

CROSS NUMBERS—TEST YOUR MATHS SKILL



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ACROSS

- 1. $22 - 9$
- 3. $159 - 13$
- 6. $465 + 750$
- 8. $2329 + 3294$
- 10. $25 - 10$
- 11. $18833 - 9266$
- 13. $20 - 7$
- 15. $15 + 16$
- 17. $120 - 24$
- 18. $952 - 344$
- 19. $99 - 40$
- 21. $445 + 8975$

- 22. $1496 + 930$
- 24. $124 - 46$
- 25. $1290 - 300$
- 26. $98 - 44$
- 28. $11 + 5$
- 30. $27 + 40$
- 31. $9284 - 2589$
- 33. $44 - 10$
- 35. $3292 - 768$
- 37. $9 + 1616$
- 39. $858 - 356$
- 40. $1 + 10$

DOWN

- 1. $710 + 543$
- 2. $46 - 15$
- 3. $297 + 1269$
- 4. $235 + 232$
- 5. $83 - 21$
- 6. $15 - 4$
- 7. $29 + 30$
- 9. $5457 - 2355$
- 12. $24 + 35$
- 14. $560 - 180$
- 16. $381 + 1139$
- 18. $12346 + 5865$
- 20. $27 + 69$
- 21. $183 - 86$
- 22. $338 - 42$
- 23. $280 + 4692$
- 26. $10786 - 5144$
- 27. $27 + 22$
- 29. $12200 - 5879$
- 31. $687 - 67$
- 32. $62 - 11$
- 34. $21 + 24$
- 36. $61 - 6$
- 38. $17 + 44$

LAST MONTH'S PUZZLE ANSWERS

ANSWER: 1=E, 2=B, 3=O, 4=K, 5=A, 6=Y, 7=S, 8=G, 9=U, 10=M, 11=T, 12=C, 13=L, 14=D, 15=R, 16=P, 17=I, 18=N, 19=F, 20=X, 21=H, 22=V, 23=J, 24=Z, 25=Q, 26=W.



If you have any feedback or great ideas, why not give us a call or send us an email.

We would love to hear from you!

Email: ips60bp@gil.com.au
Phone: 3282 8644



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



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

Did you know you can donate your refund to Ipswich 60 & Better?

Just use our scheme id number—
C10125847



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