

# Community News & Views Ipswich

August 2019

Vol:26 No 8

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.

The Management Committee  
invites you to the



## Annual General Meeting

When: 28th August 10am

Where: Annex, Humanities Building  
56 South Street, Ipswich

Guest Speaker: Mark Dries, Advocate, ADA

RSVP : 26th August, 3282 8644

Morning tea provided.

Queensland  
Seniors  
Week

17 - 25th August 2019

You're invited to  
"Come and Try"  
Ipswich 60 and Better  
Activities -  
check our list on pages  
9-11.

Phone the contacts for  
more information.

## Good Stuff in this Issue

- ★ President's Words
- ★ What's On
- ★ Tributes
- ★ Betty's Garden
- ★ Seniors Week
- ★ Brain Teasers



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 , UQ Bachelor of Heath Science Student - Michelle Lambert

**Office Volunteer** - Maureen Reinke **Facebook** - 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**



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

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**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](http://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

“ALWAYS LOOK ON THE BRIGHT SIDE OF LIFE”.

A song from Monty Python written by one Eric Idle.

“IT’S a beautiful DAY”

YESTERDAY WAS A TOMORROW ONCE AND NOW IT IS TODAY.

Turning all our tomorrows into a beautiful day for one’s memory bank can be a hard thing to do but with practice, it, the effort, can become an easier thing to do. Just like turning on a tap.

INSTEAD OF LOOKING DOWN, LOOK UP! Recently I read an article on this very action and it is aimed at not always looking down at the mobile phone but practicing the opposite, and to reconnect with taking a proper interest in the person or people you are with. Engage in a meaningful connection with them.

“Twitterpated” ... Ever heard of the word? Well, it is one that was used in the original version of the movie “BAMBI” way back in 1942. Yes, 1942, and it had the meaning “that nearly everyone gets twitterpated in Springtime”. This was a quote told by “The Very Friendly Owl” to Bambi, Daisy and Thumper. So check the word out, because at some point in each and everyone of our lives, especially when it’s springtime, we can all become “twitterpated”.

These days “Twitter” is a ‘microblogging’ system that allows you to send and receive short posts called tweets. Twitter users follow other users. If you follow someone



you can see their tweets in your Twitter ‘timeline’. You can choose to follow people and organisations with similar academic and personal interests to you.

So be aware that the Program’s Annual General Meeting is scheduled for August 28th. The Management Committee look forward to your support: an overflowing quorum so the matters of the day can be handled, and The Program can go full steam ahead.

All positions are open and hoping to be filled. Nomination forms will be sent to Members in the very near future.

*Cheers Ethel*

## Become a Friendship Visitor – Able Australia is looking for Community Visitors

Able Australia is recruiting for volunteers who enjoy the company of older people, have time to commit to at least one visit a fortnight for one hour, and are good communicators. A Community Visitor is a volunteer who is matched with a resident of an aged care home and visits them regularly. Visits are relaxed and social in nature; the aim of the friendship program is to improve the quality of life for an older person by providing friendship, companionship and a link to the community. Visitors may also bring a special connection through a shared language, life experience, or cultural understanding.

### What does a community visitor do?

- Share stories
- Read or listen to a book
- Share a hobby, interest or activity
- Listen to music
- Cuppa and chat
- Enjoy a TV show together



Contact Jessy Byrnes at Able Australia on  
0427 211 816 or 5600 0733 if you would like to  
become a Community Visitor.

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Licensee/Director  
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# Seniors Health & Wellness Open Day

Friday 16 August, 11am – 1pm



## Interested to know how you can live well in your best years?

Come along to the Seniors Health & Wellness Open Day at Aveo Springfield to hear from a range of health and wellness experts.



Listen to presentations



Speak with specialists



Get some tips & advice



Tour Health & Wellness Centre



Enjoy refreshments

**When:** Friday 16 August from 11am–1pm

**Where:** Aveo Springfield, 2 Symphony Way, Springfield Central

**RSVP:** Call 07 3022 8188 or visit [aveo.com.au/springfield-open-day](http://aveo.com.au/springfield-open-day)

**Parking:** Guest car parking available on Symphony Way



Bring along your friends or family, and join us to see how we can support your health & wellness today.  
To RSVP, call 07 3022 8188 or visit [aveo.com.au/springfield-open-day](http://aveo.com.au/springfield-open-day)



### This Seniors Health & Wellness Open Day is supported by:



This event is proudly hosted by Aveo Springfield  
2 Symphony Way, Springfield Central



# 2019 SENIORS WEEK GALA LUNCHEON & EXPO

CELEBRATING A QUEENSLAND FOR ALL AGES

**IPSWICH CIVIC CENTRE**

**50 NICHOLAS ST, IPSWICH**

**TUESDAY 20 AUGUST 2019, 11:30AM - 2:30PM**

Release your inner child and join us in the celebration with great food, dancing, live music and prizes.

- **Transport options available**
- **Great opportunity to meet new people and engage with local organisations**
- **Free event for seniors**
- **Over 40 exhibitors with info, advice and giveaways**

**Limited spots available. Registration required. Call Jessy on 0427 211 816 or email [jessy.byrnes@ableaustralia.org.au](mailto:jessy.byrnes@ableaustralia.org.au)**



Supported by Ipswich City Council



## FREE LEGAL ADVICE

TASC National Ltd  
by Monicka Baird, TASC Lawyer.



## ELDER ABUSE – HELP IS AT HAND

Elder Abuse can take many forms, financial, emotional, sexual, neglect, physical and by an aged care facility. One (1) in five (5) people sixty-five (65) or older report being a victim of financial fraud or abuse. Nine (9) in ten (10) who commit elder abuse are family members or other trusted friends. Learn the signs; bruising, fearfulness, being dishevelled or showing fear. Break the silence (by calling TASC).

The Office of the Public Guardian ('OPG) has the power to investigate suspected elder abuse. The OPG can issue orders to produce documents, cross-examine the accused person, suspend any current power of attorney while an investigation is underway and execute a warrant if the elder is in any risk. The Public Guardian can become the guardian of the elder (for healthcare matters) and appoint the Public Trustee for financial affairs (for a period up to 3 months) until the matter is investigated, or referred to QCAT for a determination.

The OPG will start an investigation only if the elder no longer has decision-making capacity. In Queensland, to have mental capacity, this means the elder must understand the nature and effect of their decision about a matter, is able to communicate clearly (in one form or another) and can 'freely and voluntarily make decisions'. If one or more of these elements are missing, the elder does not have capacity.

Worldwide **80% of instances are not reported!** Do not be one of the statistics. Help is available. If you need guidance or assistance call us on 1300 008 272 or 07 3812 7000. We are more than happy to have a 'chat' with you.

# Phil's Property Maintenance 0413 161 754



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[www.homegardens.vpweb.com.au](http://www.homegardens.vpweb.com.au)

## Clothing Alterations

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dropoff service in Ipswich



call Mirastitches on 3389 3267

[www.mirastitches.vpweb.com.au](http://www.mirastitches.vpweb.com.au)



## **CHESS**

**TUESDAYS 10AM TO 12 NOON AT THE  
60 & BETTER OFFICE, HUMANITIES  
BUILDING  
COST - DONATION**



## **BOCCIA**

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

## **CUPPA & CHAT**

**TUESDAYS 11AM TO 12NOON AT  
RACEVIEW CONGREGATIONAL CHURCH HALL  
COST - DONATION**



## **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**





**CUPPA & CHAT**  
**FRIDAYS 10.30AM TO 11.30AM AT**  
**RACEVIEW CONGREGATIONAL CHURCH HALL**  
**COST - DONATION**

**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**  
**COST - DONATION**

**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**



**August Birthdays**

**5th** Sheryl Stenstra; **7th** Sue Schonknecht; **10th** Shirley  
Duncan-Kemp, Marilyn Varvaro & Dot Currie; **14th** Grace  
Molloy, **16th** Ike van der Hoeven; **17th** Frank Molloy;  
**19th** Pauline Muller; **20th** Bernadette Rich;  
**22nd** Amelia Kousten & Lorelle Audoss;  
**24th** Arthur Edwards & Rose-Marie Woolley, **25th** Lee Mary Roberts;  
**26th** Kate Collier; **29th** Kitty Bird

**60 & BETTER GROUPS**

\* \$2 donation welcomed

<b>Newsletter Editing Sub Committee</b>	<b>Tue</b> 6th August 2 pm	No Cost	60 & Better Office	The Office 3282 8644
<b>Newsletter Workshop</b>	<b>Wednesday</b> 21st August 9am	M/Tea Provided	60 & Better Office	The Office 3282 8644
<b>Social Sub Committee</b>	13th August 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> 10am	16th August	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



**FIT4LIFE**  
Fitness Activities

**LOW COST SESSIONS**

For detailed information please visit:  
[www.ihfoundation.org.au](http://www.ihfoundation.org.au)  
Or phone the IHF office on: 1300 736 428

<b>Prostate Cancer Support Group</b>	<b>Thursday</b> 7.30pm	15th August	Cafeteria Humanities Building	Len Lamprecht 32813656
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# IPSWICH HOME GARDENER'S EXPO 2019

**Glebe Garden Club (Ipswich)**

**Saturday 31st August — 8.30am to 3.00pm**

**Cnr: Green Street & Glebe Road — Booval**

**Admission: \$5.00 per person**

**SPECIAL GUEST SPEAKERS**



**Paul Plant**



**Claire Bickle**



**Jerry Coleby-Williams**



**Kate Wall**

**LARGE VARIETY OF EXHIBITORS**

**FOOD REFRESHMENTS ATM PLANT CRECHE**

**ENTERTAINMENT**

[www.glebegardenclubipswich.com.au](http://www.glebegardenclubipswich.com.au)

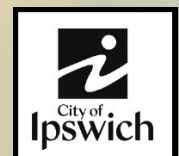


A Ministry Of The Glebe Road Uniting Church

**Contact: David 0415503314 (H) 0732888619**

**Car parking in Cameron Park—Cost \$2.00)**

**Ipswich City Council — Proud Sponsors**



# BETTY'S GARDEN



## What is *Tetragonia tetragonioides*?

James Cook's crew dined on it to ward off scurvy. The final meal taken on board the Endeavour after leaving Botany Bay was skate and warrigal greens, according to the diary of ship's botanist Joseph Banks.

Warrigal greens also known as Botany Bay greens, or New Zealand spinach is an antioxidant-rich native spinach. Said to be high in iron, beta carotene and folate.

It is said to be high in fibre, has sedative properties and is also believed to be effective in the prevention of ulcers. As the leaves contain oxalates which in high quantities can have adverse effects, it is best to blanch the leaves before eating. Simply blanch in boiling water for around 10 to 15 seconds, remove and refresh under cold water. Plants available from your local nursery.

### Tributes

#### ***Errol Nutley 16th June 1940 - 2nd July 2019***

Errol Nutley joined 60 and Better in 1999 and was appointed secretary in 2000, a position he held for 5 years. He was also editor for the Community News & Views newsletter until 2013 when he retired.

Some will remember his funnies page— a regular monthly feature. Errol also represented Ipswich at the past annual 60 and Better Conferences on several occasions, and convened Table Tennis for a number of years. Errol always gave excellence in all he did and was a great asset to Ipswich 60 and Better Program Inc, we are so grateful and blessed for the time we shared with him.



#### ***Norma Redgwell 24th March 1930 - 19th July 2019***

Norma Redgwell joined 60 and Better in 2012, since joining she has been a keen Boccia player and movie goer as well as enjoying the various social outings she was able to attend.

Norma's friendship was enjoyed by many.

***Our hearts and thoughts go out to their family and friends at this time.***

# ST VINCENT DE PAUL SOCIETY HOME MAINTENANCE & MODIFICATION PROGRAM



The St Vincent de Paul Society Home Maintenance and Modification Program (HMMP) offer a range of basic maintenance and modifications to eligible clients. To determine your eligibility contact My Aged Care (over 65 clients) on 1800 200 422 or Community Access Point (under 65 clients) on 1800 600 300.

## HOME MODIFICATIONS (OT ASSESSMENT/REFERRAL REQUIRED)

- Simple / Minor - installation of grab / modular rails, ramps and wedges, bed / chair raisers
- Complex / Major – bathroom conversation, large ramps

## CLEANING

- Gutters
- Ceiling fan / aircon
- Windows (external, low set only)
- Rubbish removal

## GARDEN MAINTENANCE

- Lawn mowing
- Yard tidy

## HOME MAINTENANCE

- Minor electrical - light switch, power point, ceiling fan repair / replacement
- Minor plumbing - dripping tap, leaking pipe, leaking toilet repairs
- Handyman services - Light bulb replacement - Smoke alarm repair / replacement / installation (installation not applicable for hard wired)
- Installation / replacement of door locks (including deadbolt) - Fixing / replacing door hinges - Re-meshing fly screens (no security screens)

CONTACT US ON

**07 5561 4701**

FOR MORE INFORMATION OR TO BOOK A JOB



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# PUZZLES FOR YOUR BRAIN

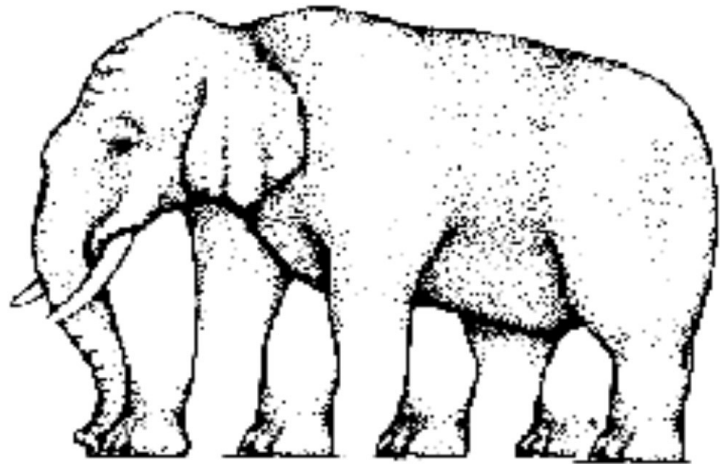
Exercise multiple areas of your brain by trying to answer this riddle:

**A blind beggar had a brother who died.**

**What relation was the blind beggar to the brother who died?**

**“Brother” is not the answer.**

How many legs does this elephant have?



## Looking for some fun cognitive stimulation?

- ★ Say the days of the week backwards, then in alphabetical order.
- ★ Say the months of the year in alphabetical order.
- ★ Name two objects for every letter in your first name.

## Ready to stimulate connections in your temporal lobes?

Your goal is to find a third word that is connected or associated with both of these two words.

**SHIP — CARD**

**TREE — CAR**

**SCHOOL — EYE**

**PILLOW — COURT**

**RIVER — MONEY**

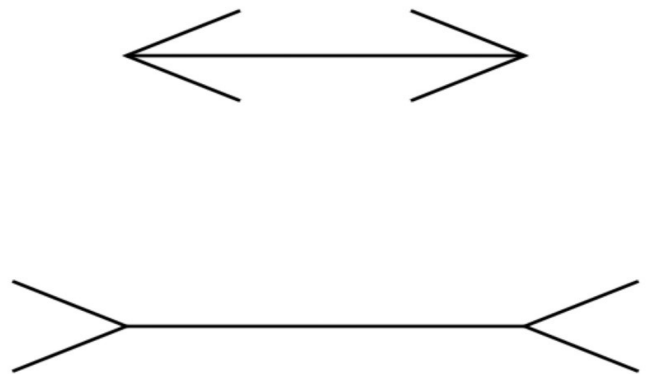
**BED — PAPER**

**ARMY — WATER**

**TENNIS — NOISE**

**EGYPTIAN — MOTHER**

**SMOKER — PLUMBER**



Mueller-Lyer illusion (above), the brain perceives the line with outward flaps to be at a farther point as compared to the line with inward flaps. Consequently, the brain perceives the line with outward flaps to be longer.





KEEP  
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**DIGNITY**  
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**INDEPENDENCE**  
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[wowipswich.com.au](http://wowipswich.com.au)





## 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



### University of Queensland Bachelor of Health Science Student Placement

We welcome Michelle Lambert to  
Ipswich 60 and Better Program Inc.

Michelle's placement is for 90 hours and she will be available each  
Tuesday. It's great to have her as part of our team.

**Many thanks to all members and friends who have collected and  
donated used stamps:** Dorothy Currie, Fay Hancox, and Pauline Norris



### 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 Only

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 Petra 0428 534 451

**Lowood:** Phone Joanne 0448 050 447

**Marburg:** Phone Roslyn 54644515

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

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

**Question:** What time of year should I list my property for sale?

**Answer:** Properties sell all year round. Some people feel Spring is the best time to showcase their property. More buyers around, job transfers, some families try to fit into the school year timetable.

### **Helen Bryan Taking the stress out of selling**

- Living locally for over 40 years, brilliant firsthand knowledge
- 20 years' experience, warmth and friendliness
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[helenb@remax.com.au](mailto:helenb@remax.com.au)

Each office independently owned and operated

**Helen Bryan**

**RE/MAX**  
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## **Seniors Week**

**Wednesday 21<sup>st</sup> August  
1pm to 4pm**

**Aveo Springfield – Auditorium  
2 Symphony Way,  
Springfield Central Qld 4300**

**Ipswich 60 & Better -  
Games Afternoon  
Table Tennis, Indoor Carpet Bowls,  
Putt Putt Golf**

**Afternoon Tea provided**

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

Just use our scheme id number—

**C10125847**



Check out our Facebook page at:

**<https://www.facebook.com/IpsSixtyandBP>**

**Visit our website for**

**information and upcoming events at [60andbetteripswich.com.au](http://60andbetteripswich.com.au).**

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