

Community News & Views Ipswich

November 2019

Vol:26 No 11

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.

LEST WE FORGET



Good Stuff in this Issue

- ★ Recipes to beat the heat
- ★ Christmas Function
- ★ It's Movember
- ★ Christmas Raffle Tickets
- ★ What's On



IPSWICH 60 AND BETTER PROGRAM Inc.

Supported by Ipswich City Council and

Ipswich Hospital Foundation

Funded by



A PROGRESSIVE PROGRAM FOR THE OVER 50'S

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



Ipswich 60 and Better Program Committee Members 2019-2020

President: Bob Massey c/- 3282 8644 **Vice President:** Roslyn Newsham

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Barbara White, Diana Wooldridge

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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 **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

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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 - 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 104 outlets.

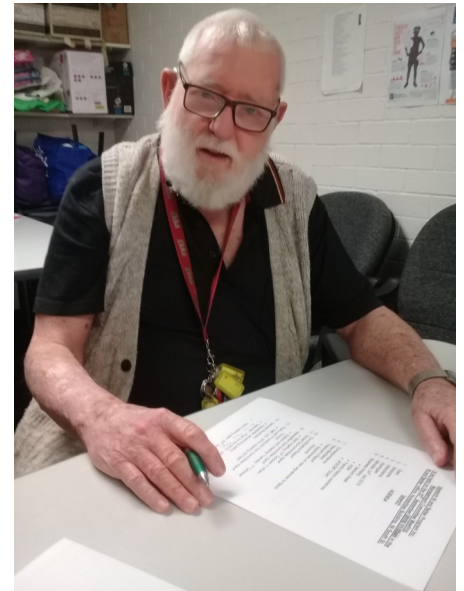
Also available at www.60andbetteripswich.com.au

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 Pen

I would like to make comment on the committee we currently have in place. We have now had our second Management Committee meeting since the AGM and have progressed with a number of items. I would like to thank them all for their cooperation and passion they have for the program.



Last week the Vice President, Roslyn and myself met with the new CEO of the Ipswich Hospital Foundation. Ipswich 60 & Better have always had a great synergy with the foundation and we look forward to working more closely with them in the coming months. The foundation relies on volunteers just as we do and I would encourage anyone who has just a little time on their hands to make contact with them to see how you can help.

Don't forget our Christmas function is on this month, I look forward to seeing you there.
Cheers Bob

Happy Birthday to all members born in November!

**18th Milosav Stanovic;
19th Ailsa Lee & Joseph Bermingham;
20th Betty Adams;
21st Patricia Lennon;
24th Doug Rekdahl & Judith Miles;
26th Alan Fraser.**



BEAT THE HEAT RECIPES

SWEET ICED TEA

While it's a beverage rather than a food, what could be more refreshing than sweet tea? This is a very simple recipe that can be made quickly the night before a gathering and brought out, nice and cold. Fill a glass with ice, pour in the tea, and enjoy!

6 Tea Bags

1 teaspoon of baking soda

3/4 cup of sugar

2 cups of boiling water

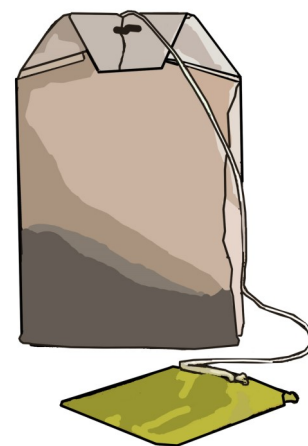
6 cups of cool water

Sprinkle baking soda into large heat-resistant, glass pitcher.

Pour in boiling water, add all tea bags, and cover. Allow tea bags to steep for 15 minutes.

Remove tea bags and stir in sugar until dissolved

Pour in cool water and refrigerate until cold.



PICO DE GALLO

When the days are warm, the tomatoes are in-season and ripe, and the cilantro is plentiful, there's only one thing to do. Make pico de gallo, of course.

This Mexican favourite, also called salsa fresca, makes a perfect dip for tortilla chips, a topping for tacos, and much more. If you're unsure about this dish, pico de gallo is similar to traditional salsa, but contains less liquid content—it's a great new food to introduce to your friends and family. The fresh tang of lime and cilantro will leave you feeling refreshed and cool as you enjoy the results of this recipe.

4 ripe plum tomatoes

1 small white onion

3/4 cup cilantro, chopped (Cilantro is the Spanish word for coriander leaves)

2 jalapeno peppers

1 tablespoon lime juice

Salt to taste

Slice tomatoes, onion, and cilantro finely and place into large bowl.

Seed and finely slice jalapenos, and add to mixture.

Add lime juice and salt. Mix thoroughly and serve immediately.



University of Queensland Health Science Student Placement

We have thoroughly enjoyed having Michelle join us over the past weeks and it has gone too fast. She is hoping to find some time to visit after exams. Part of her assessment was to produce a poster to show what she achieved in the short time she was here—boy was she busy! We wish Michelle the very best for her upcoming exams and look forward to seeing her again soon.

Mission Statement

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


Purpose

'To promote healthy activities for older people and encourage positive community attitudes to ageing in the Ipswich area.'


In the community

Ipswich & West Moreton Senior Services Network, Able Australia.
Throughout my placement I attended the monthly meeting of the network group. Important issues affecting the local community groups were raised and discussed offering possible contacts, services and solutions. The meeting also included informative guest speakers, presentations included NBN seniors services and 'car free me' living with dementia and driving study.


Seniors Week Expo
As part of the Seniors Expo held by Able Australia and Ipswich City Council at the Ipswich Civic Centre an exhibition stall was set up to share information about 60 & Better with the local community.



"Seniors Week is an opportunity for Queenslanders of all ages to join together and celebrate the valuable contributions of older people."⁶



Michelle Lambert



Vital Vegetable Workshops



The ADG recommends 5 serves of vegetables a day for the targeted population group.¹ The national health survey reports that only 10% of this population is meeting requirements.² There has been consistent evidence for the last 50 years of the health benefits of a diet high in vegetable and fruit intake.³ Increasing vegetable intake has been linked to healthy ageing and the prevention and slowed progression of chronic health issues.⁴ The use of personalised education programs supported by other activities have shown to have a positive influence on increasing fruit and vegetable consumption.⁵

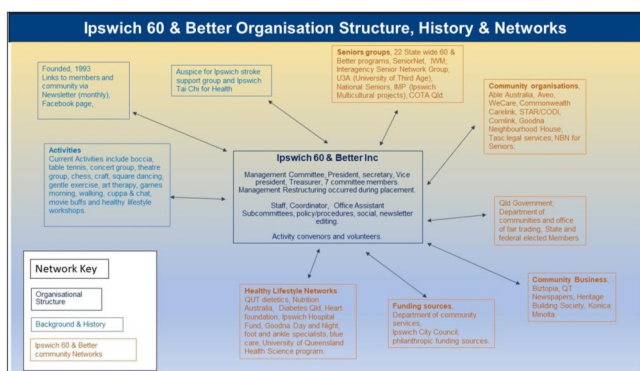
The Vital Vegetable Workshops were implemented to address low vegetable consumption among the members of 60 & Better. After consultation with members at a current activity location, Raceview Congregational Hall, it was decided that cooking activities would be a focus of the workshops. Funding was secured via a Ipswich City Council quick response grant and the two workshops implemented on the 10th and 17th of September 2019. The workshops included a recipe book with permission from the Australian Healthy Food Guide Magazine and informational handouts focused on requested nutritional topics of the group.

At the conclusion of the workshop vegetable consumption had increased across the surveyed group and 100% of participants surveyed were encouraged to use more vegetables in their everyday cooking.



REFERENCES

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5. Pomeroy J, Lock K, Knai C, McKee M. Interventions designed to increase adult fruit and vegetable intake can be effective: A systematic review of the literature. *The Journal of Nutrition* 2015; 135(10): 2486-2495.
6. Seniors week flyer [Internet]. Ipswich, Qld. Ipswich City Council 2018. [Cited 2019 Oct 10]. Available from: https://www.ipswich.qld.gov.au/_data/assets/pdf_file/0004/99166/Seniors-Week-2018-Flyer.pdf



Do you like Walking?

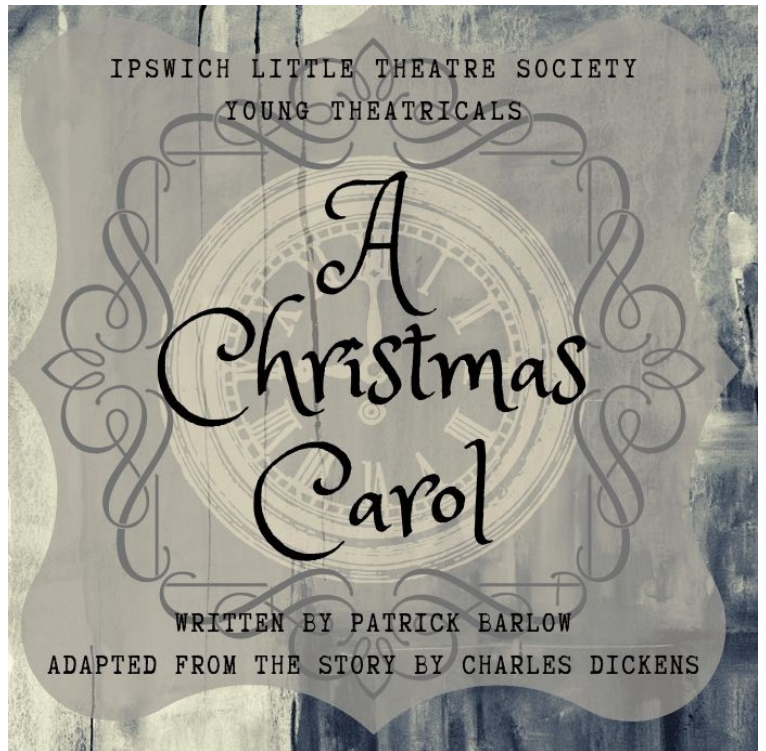
A small group of walkers meet at Limestone Park, Tuesday afternoons 4.30pm. Sometimes we traverse Limestone and Queens Park in the walk, usually for an hour. The length and speed of the walk is up to each walker however always allowing for plenty of chat along the way.

The parks are beautiful and offers slope and flat walking making the afternoon walk a very pleasant one. If you are interested in joining us, contact the office on 3282 8644 for the meeting point.

Ipswich Little Theatre

A Christmas Carol

It's Dickens, but not as you know it..... Ebenezer Scrooge is visited by three ghosts on the eve of Christmas. Featuring all of the characters you know and love (or hate), Patrick Barlow's adaptation of this classic Christmas story will have you laughing, crying, and even singing in your seats as you experience this heart warming tale of Christmas spirit in a whole new way.



Performed by the talented actors from Young Theatricals, the teenage performance group of Ipswich Little Theatre, A Christmas Carol will appeal to all ages and provides a great opportunity to introduce children to this timeless tale. Directors are experienced and seasoned performers Kyle Breese and Samantha Johnson.

A Christmas Carol is the final play of the year in what has been another very successful year of top quality, entertaining theatre which Ipswich audiences have come to expect when they attend a play at the unique and historic incinerator Theatre.

A Christmas Carol has a run of three shows, December 13 at 7.30pm and December 14 with a matinee at 2pm and an evening performance at 7.30pm. Prices are \$10 for adults and \$7 for children, concession and students.

Bookings can be made online at www.ilt.org.au or at the Ipswich Visitor Information Centre (3281 0555). The Incinerator Theatre is an intimate, fully licensed performance venue seating an audience of eighty. Surrounded by beautiful gardens and courtyard where you can enjoy a wide range of alcoholic and non-alcoholic drinks at reasonable prices. The theatre has reverse cycle air-conditioning. Productions at the historic Incinerator Theatre are truly memorable events. Why not come and enjoy the atmosphere, the ambience and, above all, the show?

Its MOVEMBER

Across the world, men die an average six years younger than women, and for reasons that are largely preventable. Which means that it doesn't have to be that way: we can all take action to live healthier, happier and longer lives.

How? Here are our top five things to know, and do.

1. Spend time with people who make you feel good.

Stay connected. Your mates are important and spending time with them is good for you. Catch up regularly, check in and make time.

70% of men say their friends can rely on them for support, but only 48% say that they rely on their friends. In other words: we're here for our mates, but worried about asking for help for ourselves. Reaching out is crucial.

2. Talk, more.

You don't need to be an expert and you don't have to be the sole solution, but being there for someone, listening and giving your time can be life-saving.

3. Know the numbers.

At **50**, talk to your doctor about prostate cancer and whether it's right for you to have a PSA test. If you are of African or Caribbean descent or have a father or brother with prostate cancer, you should be having this conversation at **45**. Know your numbers, know your risk, talk to your doctor.

4. Know thy nuts. Simple.

Get to know what's normal for your testicles. Give them a check regularly and go to the doctor if something doesn't feel right.

5. Move, more.

Add more activity to your day. Do more of what makes you feel good.

- Take a walking meeting
- Park further away from the station
- Get off the bus a stop or two earlier
- Instead of the lift, take the stairs
- Cycle to work instead of driving



<https://au.movember.com/>



STAR TECH

The Best Time to Get Online is Now!

Feeling left behind in the digital world?
Sign up for STAR Tech Program

STAR Tech is an initiative to support the elderly in using technology in their daily lives, to build new social connections and engage with their community.

The program is open to residents of Ipswich, aged 65 or over or aged 50 or over for Aboriginal and Torres Strait Islander people. Numbers are limited.

Use Technology with Confidence.

- Video Chat with your loved ones around the world
- Information is at your fingertips! Use the internet to research your personal interests, hobbies and activities
- Read news and books online, watch videos, listen to music
- Connect with like-minded people, build friendships and new social connections

The possibilities are endless!

STAR Tech program is run by STAR Community Services and supported by the Australian Government Department of Health through the Commonwealth Home Support Programme Innovation Funding. Program fee, terms and conditions apply. Each participant will receive a tablet computer.

Register your Expression of Interest to join the program by emailing startech@starct.org.au or call STAR on 3821 6699.



What's New in Aged Care?

Aged Care Info Session and Morning Tea

Call 07 3821 6699 to book your spot

www.starcommunityservices.org.au

What's New in Aged Care?

Tuesday, November 10, 2019, 10 am - 11:30 am

Find out more about STAR's extensive range of Aged Care Services. Learn more about sataying fit while having fun with a local belly dancing group.

**Venue: Girl Guides Hall, Ipswich Guide Hut,
2b Griffith Road, (corner of Griffith Rd and Burley Griffin Dr)
4305 Ipswich**



Confused about your Aged Care choices? Come along to STAR's monthly, free morning tea (second Tuesday of each month) and find out more about how to make the most of your senior years. STAR Care Coordinators will help you access the services most suitable for your care needs. Call 3821 6699 to book your spot.

Booking is essential as spots are limited. Date and venue are subject to change without notice.

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**



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

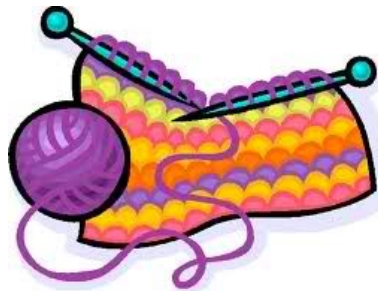


CUPPA & CHAT

**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 , FIFTH 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**

FAMILY TREE WORKSHOP

15th November 10am

**JOIN US IN A FAMILY TREE WORKSHOP. CREATE
YOUR OWN FAMILY TREE BOOKLET AND LEARN
HOW TO FILL IN ANY MISSING BRANCHES.
\$10 DONATION PAYS FOR ALL MATERIALS.
PLACES ARE LIMITED SO GET IN EARLY TO BOOK
YOUR SPOT.
CALL THE OFFICE ON 3282 8644**



60 & BETTER GROUPS

* \$2 donation welcomed

Newsletter Editing Sub Committee	Mon Nov 4th 11.00am	No Cost	60 & Better Office	The Office 3282 8644
Newsletter Workshop	Wednesday Nov 27th 9am	M/Tea Provided	60 & Better Office	The Office 3282 8644
Social Sub Committee	10.45am, 27th November		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 15th November	Final for year, Group having break up lunch	Restarts 21st Feb 2020	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 21st Nov 7.30pm	Final meeting for year	Cafeteria Humanities Building	Len Lamprecht 32813656
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Need help to pay your electricity or gas bills? *You have rights.*

Stronger protections are now available to householders having trouble paying their energy bills. The Guideline requires energy retailers to provide consistent minimum standards of assistance, ensure hardship programs are easily accessible and put processes in place to identify customers who may need help.

Customers participating in a hardship program will get access to different payment options, help finding a better energy plan, tips on energy efficiency, and information about government concessions, relief schemes, energy rebates and financial counselling services.

If you are in a hardship program and meeting conditions, your energy provider cannot disconnect you.

If you're not happy with how your energy provider has helped you, call the Energy & Water Ombudsman Queensland on 1800 662 837 or visit their website at ewoq.com.au



Are you staying connected?

It is a constant and has been around since the ice age - technology changes and how us elder people embrace it - or NOT.

It seems like yesterday when EFTPOS came to Australia.

Do you remember it? It was 1985.

Money out of a hole in the wall? I won't be using that, I will just stick with my passbook. Ask your grandchildren today if they know what a passbook is, and they probably won't know.



Australia's first computer, **CSIR Mark I** (later called CSIRAC, the CSIR Automatic Computer), was Australia's first programmable digital computer, and only the fourth computer in the world. It was built in the late 1940s.

We all talk about the youngsters on their mobile phones.



Australia's first mobile phone system began in Melbourne in August 1981 with the first call made between Telecom executives. But the system was limited to a \$5000 car phone that weighed 14 kilograms, could store just 16 numbers and alerted owners of an incoming call by honking the horn or flashing its headlights. Technology has been brewing for a while now and really it should be no surprise to us. As we were a generation that perhaps assisted in the development of the technology.

So next time your grandchild is on the mobile phone, how about asking them if there is something you can play together on it. Games such as Chess, Sudoku, Scrabble are all online now.

CHRISTMAS RAFFLE

TICKETS ARE NOW AVAILABLE IN THE OFFICE

\$1 A TICKET

Drawn 25th November at Christmas Lunch

1st Prize: Hamper (BWS donations)

2nd Prize: Hamper (donation Jim Madden MP)

3rd Prize: Bottle of Asti (donation from Pam) and Crystal
Suncatcher Drop (donation from Ike)

4th Prize: Christmas Tree Centrepiece (donation from
Kylie)



Is your home getting too much?

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

Question: Our home is on the market. Do we need to put my address on the advertising?

Answer: Buyers are put off if the address isn't displayed, it puts doubt in their mind that something is wrong with the property or location. They like to do research or do a drive by prior to inspecting the property.

Helen Bryan Taking the stress out of selling

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- Razor sharp negotiation, communication skills

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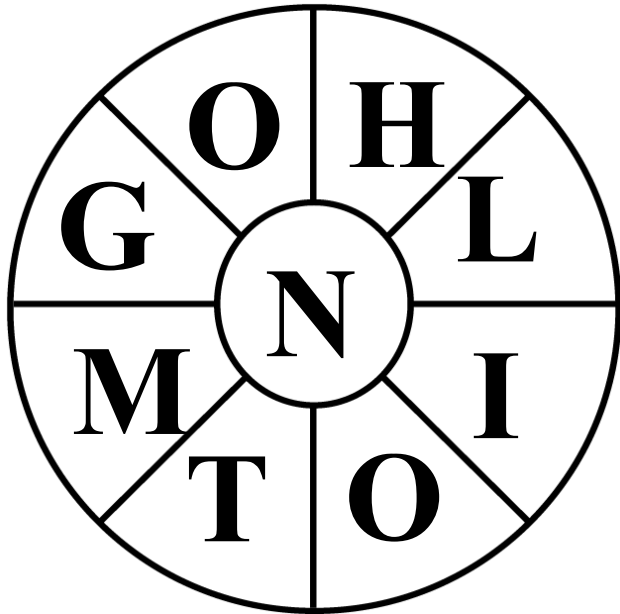
Helen Bryan

RE/MAX
Profile Real Estate

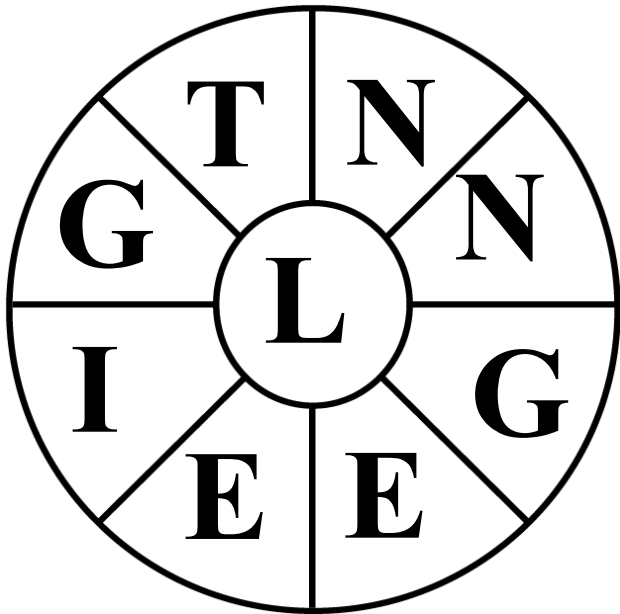


How many words can you find ?

3 or more letters. No plurals. All words must use the central letter and no letter in the wheel can be used more than once. There is a nine letter word hidden in each wheel



TARGET NUMBER OF WORDS: 24
EXCELLENT IF YOU GET: 34



TARGET NUMBER OF WORDS: 17
EXCELLENT IF YOU GET: 24

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Community Care | Respite Care



Aged Care

MORNING CHUCKLE from Wendy

They weren't in my pockets. Suddenly I realised I must have left them in the car. Frantically, I headed for the parking lot. My husband has scolded me many times for leaving my keys in the car's ignition. He's afraid that the car could be stolen. As I looked around the parking lot, I realised he was right. The parking lot was empty. I immediately called the police. I gave them my location, confessed that I had left my keys in the car, and that it had been stolen.



Then, I made the most difficult call of all to my husband: “I left my keys in the car and it's been stolen.”

There was a moment of silence. I thought the call had been disconnected, but then I heard his voice. “Are you kidding me?” he barked, “I dropped you off!”

Now it was my turn to be silent. Embarrassed, I said, “Well, come and get me.”

He retorted, “I will; just as soon as I convince this cop that I didn't steal your damn car!”

BUCKET PLUMBING



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Activity News

Activities on offer at Ipswich 60 and Better are entirely up to you, local Ipswich seniors. Do you have a skill or interest you would like to share or enjoy with others?

Or come and try any of the groups, membership isn't a requirement, we would love to see you! Going somewhere new can be the hardest and bravest thing.. It's saying YES to change!

Welcome

To All New Members

Upcoming Event :

Christmas Lunch at Racehorse Hotel
12noon, 25th November 2019 Phone 32828644 to book.



Many thanks to all members and friends who have collected and donated used stamps: Betty Ball, John Born, Marilyn Gallagher and Brian Schilling.



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

Ipswich: Phone Irene 0497 808 402

Rosewood: Phone Jean 54641023

Laidley: Phone Petra 0428 534 451

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

New Ideas?

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!





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



Christmas Lunch :

Members are invited to our Christmas Lunch being held at the

**Racehorse Hotel
on 25 November 2019
at 12 noon.**

RSVP Monday 18th November

Please call the office on 3282 8644
to book your seat.



Check out our Facebook page at: <https://www.facebook.com/IpsSixtyandBP>
Visit our website for
information and upcoming events at www.60andbetteripswich.com.au.

**If undeliverable return to:
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