

Community News & Views Ipswich

April 2020

Vol:27 No 4

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.



In this Issue

- ★ ANZAC Day
- ★ Immunisations
- ★ New PO BOX 608, Booval Fair
- ★ Puzzles
- ★ Book Review



IPSWICH 60 AND BETTER PROGRAM Inc.

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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.

Convenor updates required by 20th day of the month



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Office Hours

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Thursday - CLOSED; Friday - CLOSED

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

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PRESIDENT'S PEN

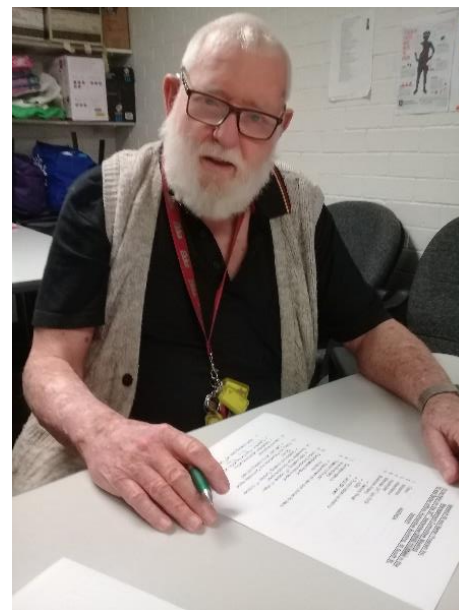
These are unprecedented times, something like we have never seen before and our membership is considered the vulnerable.

The management committee made the hard decision to close all of our activities for the good of the membership and the wider community. Our aim has always been to offer social interaction and activities aimed at elevating health within our over 60's community.

A time when this is imperative, we have had to stop those activities that provide this service. We are however, working hard behind the scenes to find ways to reach our membership and beyond to stay in touch.

Please remember to reach out to us if there is anything, we can assist you with.

Thinking of you all.



Bob

HAPPY BIRTHDAY TO ALL MEMBERS BORN IN APRIL

- 1st:** Lori Patrick
- 6th:** Kerry Lowe
- 7th:** Elsie Johns
- 8th:** Joy Truasheim
- 9th:** Dennis Boothby
- 12th:** Sinikka Vesterberg, & Sandra Mole
- 15th:** Irene McVey
- 23rd:** Des White
- 29th:** Margaret Chatman
- 30th:** Marion Chan



Who in the world these days has an autograph book?

By Ethel Llewellyn

My big brother had one, I never did. They were all the go back in the 19fifties and before that even. Long before that for sure as a few of the following "poetry" of sorts will show you that way back as far, and even prior to World War 1 they were a popular thing to have and fun to look at and most of all stir up memories.

Over the decades autograph books have become very valuable indeed, especially if prominent people have generously signed a page or two. Highly sought after and if the collector was willing to wheel and deal then good fortune could certainly come to the door and take a person on the road to wealth. They can be so valuable.

Looking at one that was taken along to a 21st luncheon the signatures and the written word stirred up many thoughts and memories of the day. Put together with photos taken on the day makes the memories more memorable of times gone by.

For me the most popular one was
"Roses are red
Violets are blue
Honey is sweet
And so are you"



A wise old owl lived in an oak.
The more he saw the less he spoke.
The less he spoke the more he heard
Why can't we all be like that bird.
written up on the 22nd April, 1914.

21st June 1914...
How should little maidens grow,
When they're ten or over?
In the sunshine and the air,
Wholesome, simple, fresh and fair.
As the Bonnie daisies blow,
And the happy clover.

My heart is like a
cabbage
Nearly broke in two
The leaves I give to
others
The heart I give to
you.

When you are
married and have
twins
Don't come to me
for safety pins.

When back from London Billy comes
We'll welcome him with trumps and drums-
Perhaps - The joybells they will fill the air
With clanging gladness everywhere -
perhaps - Torchlight processions, stretching far,
Will march before his motor car-
Perhaps - While forth from massed bands all around
"The Conquering Hero" will resound-
Perhaps- And foremost in the happy spot
To welcome Billy will be Watt-
Perhaps-And all the "Min-the-Warite" chaps
He'll lead once more, perhaps, perhaps-perhaps,
he'll lead once more perhaps,
Perhaps. Author Unknown

A bunny had a shiny nose
And this he could not mend
Because his little powder puff
Was at the other end.

*By hook or by crook I will
be the last in this book.*

Note: Always written on the very last page.

E.L.

KEEP OUT & ABOUT
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MEDICATIONS & SUPPLIES FROM CHEMISTS

Pharmacists are being advised to limit dispensing of certain prescription medicines to a one-month supply at the prescribed dose, and sales of certain over the counter medicines to a maximum of one unit per purchase.

These limits apply to particular classes of medicines for which unavailability or an interruption to treatment could cause significant health impacts, or that are expected to be subject to increased demand during this pandemic.

We have listed on the following page contact details for various pharmacies throughout the region should you need to search for a product.

Friendly Care Pharmacy

Booval Ph 3812 1800

Ipswich Ph 3816 9411

Foote's Pharmacy

Leichhardt Ph 3281 3832

Collingwood Pk Ph 3288 1900

Grange Road Ph 3281 6066

Raceview Ph 3281 8955

Redbank Plains Ph 3814 3343

Rosewood Ph 5464 1453

Walloon Ph 5460 9452

**Goodna Day & Night
Pharmacy**

Ph 3288 2231

Discount Drug Stores

Ph 3818 1777

Ipswich Day & Night Chemist

Ph 3281 3999

**Medicross Pharmacy
Compounding Chemist**

Ph 3281 2061

Ipswich Hospital Pharmacy

Ph 3810 1222

Chemist Warehouse

Ph 3281 5484

Ph 3202 1303

Terry White Chemmart

Ph 1800 653 662

Priceline Pharmacy

Ph 3281 1225

Ramsay Pharmacy

Ph 3816 9333

**Riverlink Medical Centre
Pharmacy**

Ph 3812 9004

**Citiswich Community
Discount Pharmacy**

Ph 3816 0310



We apologise to any pharmacies we have missed in this list

How do Vaccines Work?

By Tammy Jacobsen RN

The flu vaccines will be available in April, people get them every year but do not really know how they work.

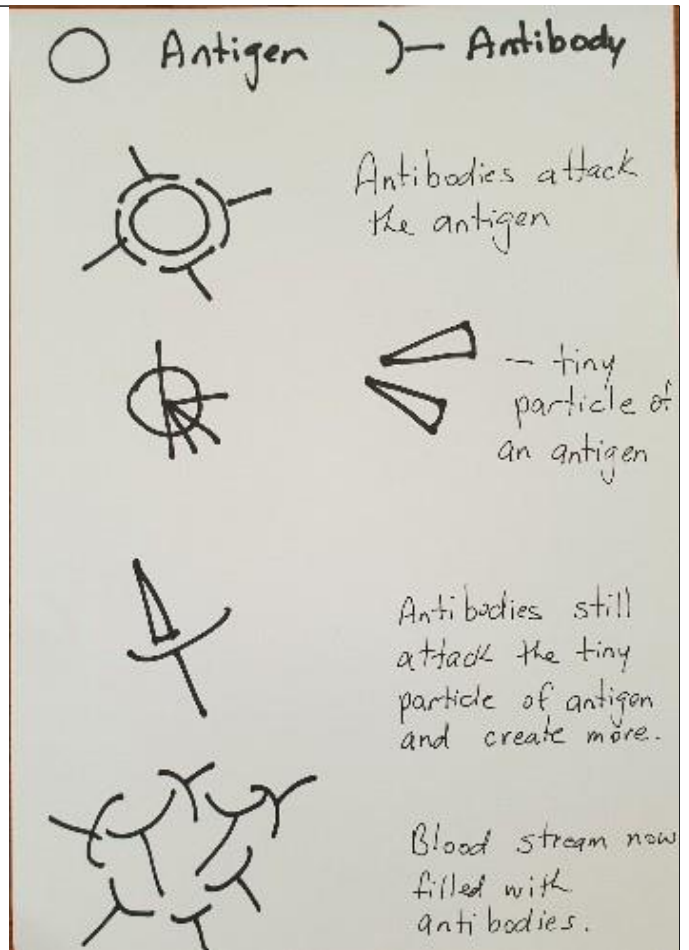
Vaccines work by giving the body a tiny particle (antigen) that will prompt your immune system to create a defence (antibody) to attack the real illness when exposed. It takes about 2-3 weeks to get immunity.

A vaccine is made up of tiny particles of the antigen not the whole thing, the antigen is split into fragments large enough to create an immune response but small enough not to infect you. The antigens are only in your body for a very short period of time.

After given a vaccine the immune system goes to work. The first thing it does is put up your temperature usually 0.5 to 1 degree (increases blood flow and activates white blood cells). It takes energy to do this job (your body is working hard). The first signs of an infection are, you are warm to touch, tired and run down. This is why people say they got sick from the vaccine but it is their body building immunity. They are misinterpreting the same symptoms or were already sick. Some people often find they get less colds and viruses when they have yearly flu vaccines. The reason is because their immune system has been woken up to build immunity from the vaccine and therefore awake to fight all types of infections and pathogens.

Most people are aware of flu vaccines but little know of the **shingles vaccines**. Shingles is the second stage of chicken pox. The virus never leaves our bodies and now lives in the nerve pathways. When reactivated as an adult we get shingles, a very painful and debilitating disease. Complications include ongoing rashes; post-neuralgia pain (moderate to severe pain every day); vision impairment; neurological problems. The vaccine reduces the risk of reactivating the virus or prevent it if you have never had chickenpox.

Vaccines are a safe and a quick way to build immunity.





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SCAMS TO BE AWARE OF

Never invest money with anyone who calls out of the blue. Always research investment opportunities even if the starting amount is small.

Cybercriminals are targeting bank users by sending a legitimate looking email that claims users' cards have been put on hold. Don't panic if you receive this email and whatever you do, don't click on any links

Unfortunately, scammers are taking advantage of the spread of coronavirus to exploit and play on the fears of consumers across Australia.

Scammers are doing things such as falsely selling coronavirus-related products online and using fake emails or text messages to try and obtain personal data.

If you receive an email from a Dr containing a list of corona virus affected company staff, delete it immediately.

For more information visit

www.scamwatch.gov.au

COVID-19 FREQUENTLY ASKED QUESTIONS

How is this coronavirus spread?

COVID-19 is most likely to spread from person-to-person through:

- close contact with a person while they are infectious or in the 24 hours before their symptoms appeared
- close contact with a person with a confirmed infection who coughs or sneezes
- touching objects or surfaces (such as door handles or tables) contaminated from a cough or sneeze from a person with a confirmed infection, and then touching your mouth or face.

What are the symptoms of COVID-19?

The symptoms of COVID-19 are similar to other colds and flus and include:

- fever
- sore throat
- cough
- tiredness
- difficulty breathing.

While coronavirus is of concern, it is important to remember that most people displaying these symptoms are likely suffering with a cold or other respiratory illness – not coronavirus.

What do I do if I develop symptoms?

If you develop symptoms within 14 days of arriving in Australia or within 14 days of last contact with a confirmed case, you should arrange to see your doctor for urgent assessment.

You should telephone the health clinic or hospital before you arrive and tell them your travel history or that you have been in contact with a confirmed case of coronavirus. You must remain isolated either in your home, hotel or a health care setting until public health authorities inform you it is safe for you to return to your usual activities.

Should I be tested for COVID-19?

Your doctor will tell you if you should be tested. They will arrange for the test.

You will only be tested if your doctor decides you meet the criteria:

- You have returned from overseas in the past 14 days and you develop respiratory illness with or without fever.
- You have been in close contact with a confirmed COVID-19 case in the past 14 days and you develop respiratory illness with or without fever.
- You have severe community-acquired pneumonia and there is no clear cause.
- You are a healthcare worker who works directly with patients and you have a respiratory illness and a fever

If you meet any of these criteria, your doctor can request you are tested for COVID-19. It is important to remember that many people with symptoms similar to COVID-19 will not have the virus. Only suspected cases are tested to ensure our labs are able to cope with the demand. There is no need to test people who feel well and do not meet the criteria above.

COVID 19 – information from healthdirect.gov.au



If you are exposed to the COVID-19 coronavirus, you are at much greater risk of serious illness if you have a chronic condition or a weakened immune system. People who are older than 60 (or 50 in the case of Aboriginal and Torres Strait Islanders) are more likely to have a chronic condition or weaker immune system and so are at greater risk.

I need additional healthcare services — where can I go?

The Australian Government has increased access to bulk-billed, Medicare telehealth and phone services under the COVID-19 National Health Plan. The government is also speeding up measures to allow electronic prescribing (‘e-prescribing’) of medicines.

E-prescribing allows a doctor to prepare an electronic prescription that patients can then share with their pharmacy electronically where the pharmacy is able to support home delivery of medicines.

Contact your health service provider to ask whether telehealth or phone services are available to you.

Home Care Packages

People with Home Care Packages can be flexible in how they spend their funds across the range of care and services that support them in staying safe, healthy and independent in their own homes. Meanwhile, the Australian Government will ensure home care providers have even greater support to meet the changing needs of clients during the crisis.

In an emergency, if an older Australian has fully allocated their Home Care Package, they may access short-term home support services, such as nursing, personal care and meals. Speak with your home care provider about this.

What if I need urgent assistance that my current carer cannot provide?

Older Australians who need urgent assistance can access short-term home support services, such as meals and personal care, without needing to have an aged care assessment. Assessments can also be conducted, where appropriate, using telehealth phone or video call rather than being done face-to-face. Speak with a home care provider about these options.

Which vaccinations do older people need?

There is currently no specific treatment or vaccine for COVID-19. While COVID-19 remains in the community, it is very important that you reduce your risk of getting other illnesses. It is important that you get the 2020 flu vaccination as soon as it is available from your GP or pharmacy.

Discuss with your doctor whether you should also have a pneumococcal vaccination against pneumonia, which is recommended for everyone over 65. You should also discuss having a shingles vaccination.

Can I still have contact with my friends and family?

The Australian Government is advising everyone to practise ‘social distancing’ to help slow the spread of the COVID-19 coronavirus. If you are over 60 (over 50 for Aboriginal and Torres Strait Islander people), you should consider limiting your face-to-face contact with other people, especially young children, and avoiding large groups of people.

You may wish to limit your visitors to 1 or 2 people per day and have them only for short visits. This will help protect you and help stop the spread of COVID-19. Children and young people might be carriers of the COVID-19 coronavirus but show no symptoms, making it very difficult to tell whether it’s safe for them to visit an older relative.

These changes may be stressful both for you and your loved ones. However, a chat over the phone, a video call or using email rather than personal visits could help stop the spread of COVID-19 and will definitely protect you.

Should I continue to visit older friends and relatives?

If you can’t visit older family and friends, consider keeping in touch via phone and video calls. You could even send postcards, photos or artwork, or film short videos to share. This will limit your exposure to COVID-19 as well as the chance of your accidentally spreading it to other older people.

If you regularly visit someone living with a cognitive impairment, consider other ways to maintain social contact. This will help reassure those who might feel anxious about possible changes to their day-to-day life. You can also contact the National Dementia Helpline on 1800 100 500.

Should I be wearing a mask?

Only people who have a confirmed case of COVID-19 are required to wear surgical masks, and even then, only when they are around other people. If you are well, you do not need to wear a surgical mask.

ANZAC DAY 2020

RSL Queensland cares deeply about the welfare of our members, the veteran community and the general public. The Coronavirus pandemic is something that is of great concern to many in our community, particularly among the older generation.

On Monday 16 March, RSL Queensland advised its Sub Branches to cancel ANZAC Day commemorations in light of the emerging Coronavirus public health emergency.

RSL Queensland now calls on Australians to honour the service of our Defence forces, past and present, by standing at the end of their driveways for a minute's silence this ANZAC Day.

With ANZAC Day services, events and parades cancelled across the nation due to the ongoing COVID-19 crisis, RSL Queensland State President Tony Ferris said such a display of solidarity would send a powerful message of support to Australia's Defence community.

“This is an idea that has gathered momentum in social media, and we agree it's a brilliant way to collectively honour the dedication, commitment and sacrifice of our service people – even though we cannot physically be together,” Mr Ferris said.

He said Australians could safely commemorate ANZAC Day by standing at the end of their driveway or on a balcony at 6am and observing a minute's silence.

“This ANZAC Day, I'd like to see all Australians participate in a different kind of Dawn Service, an intimate reflection conducted on a mass scale that unites us all in the ANZAC spirit.” He said the qualities evoked by the ANZAC spirit – ingenuity, humour, endurance, courage and mateship – were more important than ever in times of uncertainty.

“Regardless of the form this year's ANZAC Day commemorations take, let's show that Australians will always remember those who have served and sacrificed for this nation,” he said.

Lest we forget.

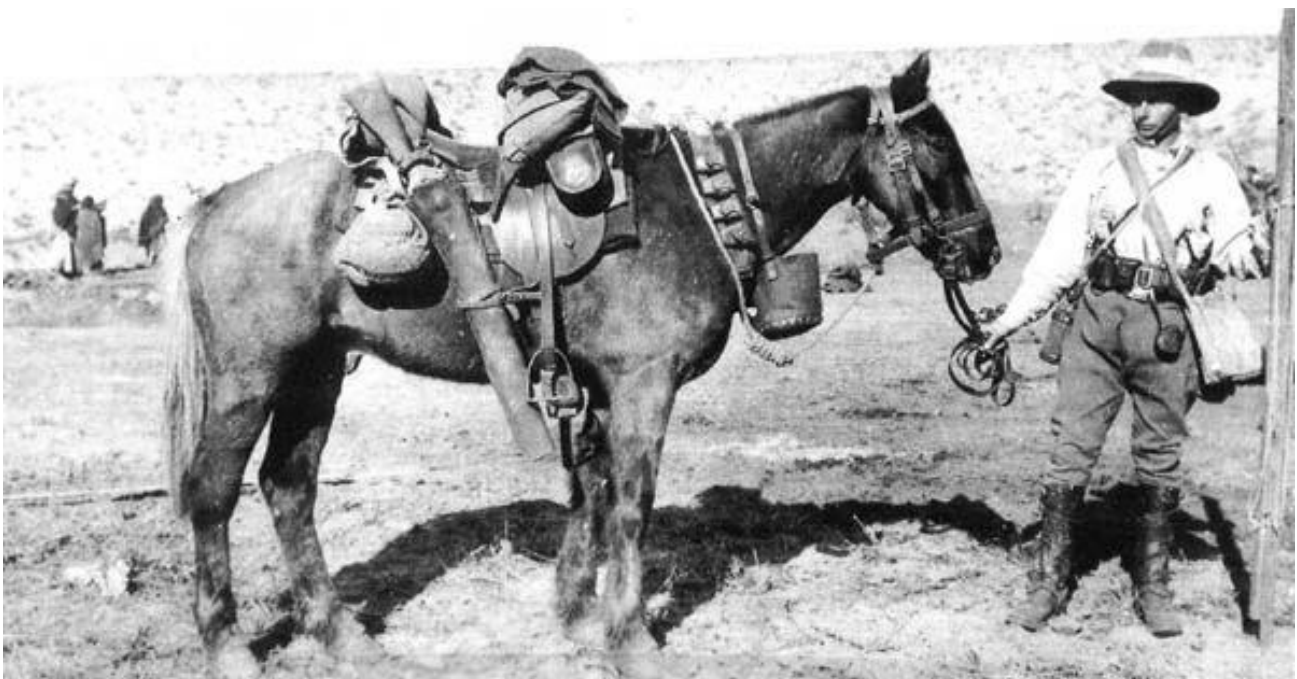
Did you know that during WWI around 136,000 Australian horses were sent overseas to support Australia's war effort?

Walers were the type of horse used by light horsemen in the campaign in the Middle East during the First World War. The light horse combined the mobility of cavalry with the fighting skills of infantry. They fought dismounted, with rifles and bayonets. However, sometimes they charged on horseback, notably at Magdhaba and Beersheba. The smallest unit of a light horse regiment was the four-man section: one holding the horses while the other three fought.

The horses were called Walers because, although they came from all parts of Australia, they were originally sold through NSW. They were sturdy, hardy horses, able to travel long distances in hot weather with little water. During the campaign the horses often went for up to 60 hours without water, while carrying a load of almost 130 kilograms, comprising rider, saddle, equipment, and food. At the end of the First World War Australians had 13,000 surplus horses which could not be returned home for quarantine reasons. Of these, 11,000 were sold, the majority as remounts for the British Army in India.

One horse from the 136,000 made it back to Australia. "Sandy" belonged to Major General Sir William Bridges, who was killed at Gallipoli. He was one of 6,100 horses who had embarked for Gallipoli. In 1918 he was boarded on the freighter Booral, sailing from Liverpool and arriving in Melbourne. Sandy saw out the rest of his days at the Remount Depot at Maribyrnong.

<https://www.awm.gov.au/articles/encyclopedia>



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Time for a laugh

"My memory is gone Mildred, so I changed my password to "Incorrect."

That way when I log in with the wrong password, the computer will tell me... "Your password is incorrect."



SUDOKU

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RIDDLE ME THIS – WHAT AM I?

1. You measure my life in hours, and I serve you by expiring. I'm quick when I'm thin and slow when I'm fat. The wind is my enemy.
2. I have cities, but no houses. I have mountains, but no trees. I have water, but no fish. What am I?
3. What is seen in the middle of March and April that can't be seen at the beginning or end of either month?

SINCE WE HAVE YOU GUESSING

4. What English word has three consecutive double letters?
5. I have keys, but no locks and space, and no rooms. You can enter, but you can't go outside. What am I?



BOOK REVIEW by Yvonne Jonker

DEVILS LAIR
By Sarah Barrie

After the violent death of her husband, Callie Jones retreats to a cottage in the grounds of an old mansion in Tasmania belonging to a friend.

The relative remoteness of the place and the wild beauty of the Tasmanian landscape are a balm to her shattered nerves, and the locals seem friendly. But all is not well, the old mansion has a sinister past, one associated with witchcraft and murder. As Callie is threatened by odd events in the night, and strange dreams overtake her sleeps, she begins to doubt her own sanity.

What's really going on beneath the surface of the apparently peaceful town. Are her friends and neighbours really who they seem. As events escalate, Callie starts to realise that the mansion may hold the key to unlocking the mystery, but the truth might have the power to destroy as it does to save. And is her friend really just her friend?

I enjoyed this book, it was hard to put down. It was full of surprises, some of the characters are not who you think they are, and this leads to a heart racing climax that does provide hope against a chilling backdrop.

A murder mystery with a bit of romance.

UFO GROUP & Why we enjoy it by Yvonne Jonker

UFO is Unfinished objects. The idea was to bring in anything that you may have started many years ago and put it away in the cupboard. I have been going to UFO since its start, as had Di and Joan. It is not only a craft group, we have lots of interesting discussions, and we enjoy one another's company, and love to see what each other is making and get excited when these articles get finished. It is good to see new members, some come and go, and a couple have stayed which is good.

I don't have anything unfinished, my specialty is knitting toys, of all sorts and sizes. Also, I love knitting baby things. Most of my finished toys and baby things go to the Ipswich Hospital, to the children's ward and the Special care Nursery.

I have just finished a Christening layette and a shawl, which was for a lady who wanted it for a family heirloom for her granddaughter's baby. It is pleasing to know that it will be cherished for years to come.

If you are crafty or have unfinished items at home come and join us when we start back up again, we would love to see you.

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STAR clients, Victor and Yvonne enjoy going to STAR's Lunch Club. It gives them a chance to get out and catch up with friends. They rely on STAR companions for support, transportation and lively discussions. Yvonne believes "you must keep your mind and body active every day."



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- In-Home Respite Care

Activity News

Activities on offer at Ipswich 60 and Better are entirely up to you, local Ipswich seniors. We are currently looking for things to do online until our activities are back up and running. If you have an idea, please let us know and we will try and add it to the program.

Welcome

To All New Members

Do you want to contribute?

The Social Committee and Newsletter Editing Committee would love you to join us. Contact the office for more information.

Many thanks to all members and friends who have collected and donated used stamps: Sharon Born, Mrs Icke and the Jonkers.

EASTER AND WHAT IT MEANS


Easter is a time to "celebrate the resurrection of Jesus Christ our Lord, and a day to remember his pain and suffering. The Easter we celebrate today is a curious blend of the religious and the secular, of paganism, Judaism and Christianity.

Some say the word Easter is derived from Eostre (also known as Ostara), an ancient Anglo-Saxon Goddess. She symbolized the rebirth of the day at dawn and the rebirth of life in the spring.

The egg, an ancient symbol of new life, has been associated with pagan festivals celebrating spring. From a Christian perspective, Easter eggs are said to represent Jesus' emergence from the tomb and resurrection.

This year's Easter will be different for most. For those who access to the internet how about researching the diversity and traditions associated with Easter.

The object is to try to figure out the well-known saying, person, place, or thing that each square is meant to represent.

<p>STEP 93T2 93T2 STEP 2T3P 2T3P</p>	<p>OR OR Ø</p>	<p>PEPPER MINT</p>	
<p>FATHER FATHER FATHER FATHER</p>	<p>NZZZZN</p>	<p>dress dress + dress</p>	<p>STYgoLE</p>
<p>Think IT Think</p>	<p><u>WALK</u> H₂O</p>	<p>VAD ERS</p>	<p>TIDE</p>
<p>Mind^{ur} Mind^{ur} Mind^{ur}</p>	<p>KEEP smiling</p>	<p>IT + IT — ?</p>	<p>CORNE, CORNE,</p>
<p>W E Y R R</p>	<p>FOUR FOUR FOUR FOUR</p>	<p>pigs pigs pigs</p>	<p>LOOKING LOOKING</p>

Wishing you and all your loved ones
a very
Happy Easter.



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

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