

Community News & Views Ipswich

May 2020
Vol:27 No 5

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.

HAPPY MOTHERS DAY



In this Issue

- ★ Isolation and the Internet
- ★ Member's Articles
- ★ Book Review
- ★ Puzzles
- ★ COVID-19 updates



IPSWICH 60 AND BETTER PROGRAM Inc.

Supported by Ipswich City Council and
Ipswich Hospital Foundation



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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



Newsletter
Available
in A4

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Office Hours

Monday 9am - 5pm; Tuesday 9 am - 5 pm; Wednesday 9 am - 12pm

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

I hope that this edition of the newsletter finds you all well.

If you are like me, receiving the newsletter in the mailbox gives me a sense of normality and I thank the many members that are contributing articles. We are so lucky to have such a diverse membership with so many different skillsets and experiences. If you want to contribute or to suggest something to be included in the next edition, send us an email or phone the office.

Remember that whilst activities are not currently running, we are still here to offer any assistance you may require.

Just reach out and remember that we are all in this together.



Bob

HAPPY BIRTHDAY TO ALL MEMBERS BORN IN MAY

- 4th** Irene Strong & Mary Doyle
- 11th** Mina Amba Lee & Paula Bratic
- 12th** Fay Hancox
- 16th** Pat Hall
- 20th** Mary Leach
- 23rd** Cecily Vickers
- 26th** Christine New & Christine Yeo



COVID 19 by Di Wooldridge

COVID 19

Is a terrible scene
It makes us all cranky
It makes us all mean

We can't touch each other
Not sister nor brother
We can't even cuddle
Our dear sainted mother

We can't go on dates
We can't visit mates
It seems that our future
Is up to Fate

But fight on Australians!
And live by the book
We will beat this crisis
By hook or by crook!

MUSIC QUIZ

1. Which two singers are considered the first stars of Australian Rock Music?
2. The Beatles released their first UK single "Love Me Do" in what year?
3. Who was lead singer of the band Queen?
4. Michael Jackson's 1982 album "Thriller" featured a duet with who?
5. In 1984 the Band-Aid charity supergroup formed to raise money for famine relief in what nation?
6. In 1967 the song "Ruby Tuesday" was released by which band?
7. "Hallelujah" was featured in the film "Shrek" and there have been a number of covers of this song. Who wrote the original version?
8. In 1997 an earlier Elton John / Bernie Taupin composition was rewritten as a special tribute: a) To whom? b) What was the song?
9. 1957 saw "All Shook Up" top the US Billboard Hot 100. The singer was?
10. Who was the first female singer to be inducted into the Rock and Roll Hall of Fame in Ohio?

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MY FRIEND

AN OLD FRIEND SITS READY AND EAGER TO BE MY SLAVE - NOT THAT I'M GIVING HER MUCH TO DO THESE DAYS, BUT I KNOW THAT I CAN ALWAYS RELY ON HER IF NEEDED, IN FAIR WEATHER OR FOUL. SHE IS NO BURDEN BUT VERY RELIABLE AND DOESN'T NEED TO BE PAID.

IF I HAD TO GO TO THE DOCTOR, SHE WOULD TAKE ME AND GET ME HOME AGAIN. OR, IF I JUST WANTED AN OUTING, IN THIS TIME OF ISOLATION, WHERE PLACES TO GO ARE LIMITED, THIS DEAR OLD GIRL WOULD DO THE JOB. IF I WANTED TO STOCK UP THE PANTRY, SHE WOULD CARRY MY SHOPPING AND STAY WITH ME ALL THE WAY.

WE DON'T HAVE MANY OUTINGS THESE DAYS, BUT AT LEAST I KNOW SHE'S THERE FOR ME - AND I GIVE HER A HIT WITH THE HOSE NOW AND THEN - TO REMIND HER WHO'S BOSS.

WHEN OUR TIME OF ISOLATION IS OVER, AND LIFE GOES BACK TO NORMAL, SHE WILL TAKE ME TO CHOIR PRACTICE OR A NURSING HOME WHERE (HOPEFULLY) WE WILL AGAIN, ONE DAY, BE ABLE TO VISIT AND ENTERTAIN. SEEING ALL MY FRIENDS IN THE SINGING GROUP IS SOMETHING TO LOOK FORWARD TO.

SHE WEARS A COAT OF SILVER GREY WITH SHINING EYES AND BLACK TRIMMINGS - OF COURSE SHE IS MY TRUSTY "TOYOTA COROLLA".

HER SPEEDO HAS SAID 40,999 FOR FOUR WEEKS NOW (THINK OF ALL THE CHEAP PETROL I'M MISSING OUT ON!!). I LOOK AT THAT DIAL WHEN I SIT IN THE DRIVER'S SEAT, GIVING THE ACCELERATOR PEDAL A "TOUCH UP" NOW AND THEN - JUST TO REMIND THE OLD GIRL I AM STILL HER MISTRESS, AND STILL NEED HER.

I THINK IT IS ABOUT TIME I GAVE HER A CLEANUP AND VACUUM-ED THE FLOOR, DUSTY FROM MY SOME-TIME PASSENGERS' BOOTS, ESPECIALLY MY MUCH-VALUED FRIEND FRANK'S "R.M. WILLIAM'S". I MUSTN'T NEGLECT HER, EVEN THOUGH SHE IS ON "TIME OFF".

BETTER TIMES AHEAD TO ALL!!!

BY LORI PATRICK

ISOLATION & THE INTERNET

by Laurie Zaat

In the same way you're taking care to avoid infection by COVID19, you need to apply sanitary measures with the internet: scrub everything before you touch it; avoid contact with online people you don't need to; don't let strangers into your virtual home; accept deliveries with virtual disposable gloves; clean up after you've made any trips into the online world. As with your health, you cannot afford to be complacent.

Firstly, make sure your system's firewall is on. It will stop unwanted visitors before they get within 1.5 metres of your device! The minor inconvenience of having to manually allow a blocked item in is far outweighed by the potential havoc wreaked by a virulent rogue piece of code you've acquired by not having the firewall in place.

The best way to scrub what you contact in the online world, regardless of it being from a trusted source, is by using anti-virus, anti-malware tools. There are plenty of good ones that are free that provide essential protection from unwanted and uninvited stuff that has infected attachments to emails and other media you may receive. If there are attachments you want, run an integrity check over them with the tools, that way if anything untoward is in them, you can delete them without ever touching or opening them. And then let the sender know so they can do some 'contact tracing' themselves!

You should always allow these tools to automatically update, as 'virus' signatures change daily (if not hourly!) and without the most up to date tools, you are as vulnerable as someone without any tools.

Avoid opening unsolicited emails or messages. Even the most innocent looking can contain dangerous code. Ask yourself whether you really need to accept everything people are sending you – messages, photos, recipes, new games, promotions, etc. – as these are all susceptible to infection by computer viruses. And phone scams are on the rise too!

Don't ever use public networks, such as at McDonald's, at your shopping centres, airports, stations (hang on.. shouldn't you be at home?) to do online banking or financial transactions. They are inherently insecure and all your online traffic (passwords, bank account details, etc) may be visible and able to be intercepted without your knowledge.

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RECIPE CORNER

Oat flour

Have you noticed that not only is toilet paper hard to find on the supermarket shelves but so is flour, and don't get me started on trying to buy yeast.

To make your flour go further, you can try making oat flour.

It is really simple to make as long as you have a blender.

Simply add rolled oats to a blender and blitz until you have a fine, powdery flour.

Oat flour works well in recipes that require a dense texture and mild, slightly sweet flavour. It is not a 1 for 1 substitute for all-purpose flour and is best used in combination with all purpose flour or recipes designed for oat flour.

Apple Oatmeal Muffins

Makes 12 Muffins

1 1/2 cups oat flour

1 cup rolled oats

1 1/2 teaspoons ground nutmeg

1 1/2 teaspoons cinnamon

1/2 teaspoon allspice

2 1/2 teaspoons baking powder

1 teaspoon salt

1 cup milk (non dairy milk, for dairy-free), room temperature

1 egg, room temperature

1/2 cup maple syrup

1 teaspoon vanilla extract

1/2 cup neutral oil (sunflower, vegetable or grapeseed)

1 cup diced apple (1 medium apple)

INSTRUCTIONS

Preheat the oven to 350F. Place muffin liners in a 12 cup muffin tin.

In a medium bowl, whisk together the oat flour, oats, nutmeg, cinnamon, allspice, baking powder, and kosher salt.

In another bowl, mix together the milk, egg, maple syrup, and vanilla, then gradually whisk in the oil.

Mix the wet ingredients into the dry ingredients until smooth. Allow to sit for 10 minutes while the oats rehydrate.

Meanwhile, dice the apple. After 10 minutes, gently fold in the apples to the batter.

Then use a 1/4 cup measure to spoon the batter into the prepared muffin tin.

Bake for 20 to 25 minutes until puffed and golden.

Are you finding your home too much?

My name is Helen Bryan and I'm here to answer any real estate questions.

Question: Can we sell with Coronavirus (COVID-19) Restrictions in place?

Answer: Yes, you can. Systems and safety methods are in place now to sell/buy. Majority of what happens is now done remotely over the internet. Virtual Reality and Video Walkthroughs are available as well as private inspections one person at a time.

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Here are some tips for how to manage self-isolation in your home

Food and essential supplies

- Ask your friends, family or neighbours to assist you with your weekly shopping. If you live far from relatives perhaps try and reach out to your neighbours and ask if they can assist
- When receiving delivered items, it is important to comply with social distancing guidelines to help keep everyone healthy by following these tips:
 - The deliverer should notify you that they are nearby and are making a contact-free delivery
 - When they arrive, they should place the delivery outside your front door
 - They should step back at least 1.5 metres nearby to confirm that they have delivered your items
- Use the supermarkets' online shopping arrangements for people over 65 to get groceries delivered straight to your door (we recommend you ask someone to assist if you don't know how it works)

Prioritised online grocery ordering

The Government has worked with a number of grocery suppliers, including Coles and Woolworths, on priority access to their online and telephone shopping service for older and vulnerable people.

If you are registered with My Aged Care, you can provide your My Aged Care ID number either through the online form or over the phone to access priority delivery.

If you are not registered with My Aged Care and you are aged 65 years or over, you can call **My Aged Care on 1800 200 422**. My Aged Care will ask you some questions to help you register.

Urgent referrals to food and prepared meal providers

Many providers under My Aged Care, such as Meals on Wheels, can assist you with access to regular food supplies and prepared meals.

Medical

- Ask your friends or family to assist you if you need help picking up prescribed or OTC medicine
- If you live far from relatives perhaps try and reach out to your neighbours and ask them if they can assist
 - When reaching out, you can knock on their front door, but then stand 1.5 metres back and have your conversation at a distance
 - If this isn't possible for you, please call the **community support hotline on 1800 173 349**
- When receiving delivered items, it is important to comply with social distancing guidelines to help keep everyone healthy by following these tips:
 - The deliverer should notify you that they are nearby and are making a contact-free delivery
 - When they arrive, they should place the delivery outside your front door
 - They should step back at least 1.5 metres nearby to confirm that they have delivered your item
- If you start to feel unwell, contact a doctor or call **13 HEALTH (13 43 25 84)**.
- Senior Queenslanders or people with chronic conditions are able to seek medical support from their GPs through bulk-billed telehealth (video link) and telephone services
- Visits by homecare workers and other providers of essential services should continue as normal

Information sourced from: <https://www.covid19.qld.gov.au>

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☆Wednesdays (10am - 2pm)

☆Thursdays (12pm - 6pm)

Cash and EFT accepted. BYO bags or boxes if you can. Milk / Bread / Fruit & Veges are free to all Healthy Hampers Members who have paid their 12 month membership fee of \$10 and have spent a minimum of 20 points (.50c per point) or \$10 on mini hampers at the time of their visit! Any one can join (not just concession card holders)

COVID-19 APP Covidsafe.gov.au

COVIDSafe is a new app for your phone that records when you have been in close contact with other users of the app. This will allow health officials to know to contact you if you have been in close contact with someone who has tested positive for the virus.

COVIDSafe does not reveal the identities of anyone with the virus. It simply alerts anyone who may have been exposed to it, so they can take immediate precautions.

COVIDSafe uses Bluetooth® technology on your mobile phone to look for other devices with COVIDSafe installed. Your device will take note of contact you have had with other users by securely logging their reference code. COVIDSafe can be downloaded and used by anyone who has an Australian mobile number and a Bluetooth®-equipped Android or iOS smartphone. You need to be connected to wi-fi or mobile data to download the app, but wi-fi is not needed for the app to work.

Download the COVIDSafe app on the Apple App Store or Google Play. Links can be found on the website covidsafe.gov.au



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BOOK REVIEW by Yvonne Jonker



THE RUMOUR

Author. Lesley Kara

Mystery

It all starts with gossip overheard at the school gate.

Single mum Joanna and her son Alfie have moved from London to their seaside town, and our struggling to fit in. She overhears that a child killer is in their town under Witness Protection.

At her book club meeting she mentions what she heard at the school gates starting the rumour. 48 years ago, a 10-year-old girl Sally Mc Gowan kills 5 year old Robbie Harris. She has served her time and now lives under witness protection, and the gossip has it is that she is in their town. Who is this person?

The Rumour is about the destructive power of gossip, and the damage that can be inflicted with the words. Suddenly everyone becomes a suspect, no-one is who they claim to be, and everything that everyone once knew (or thought they knew) about the community is turned upside down.

Alongside the emotional journey there are many red herrings and the clues to be solved. So, if you are a fan of books that keep you guessing read this one. All is not as it seems in this small town, and even the sleuths amongst you may be surprised by the ending.

A good read, well written about how rumour and gossip can ruin lives.

OUR MEMBER'S GARDENS

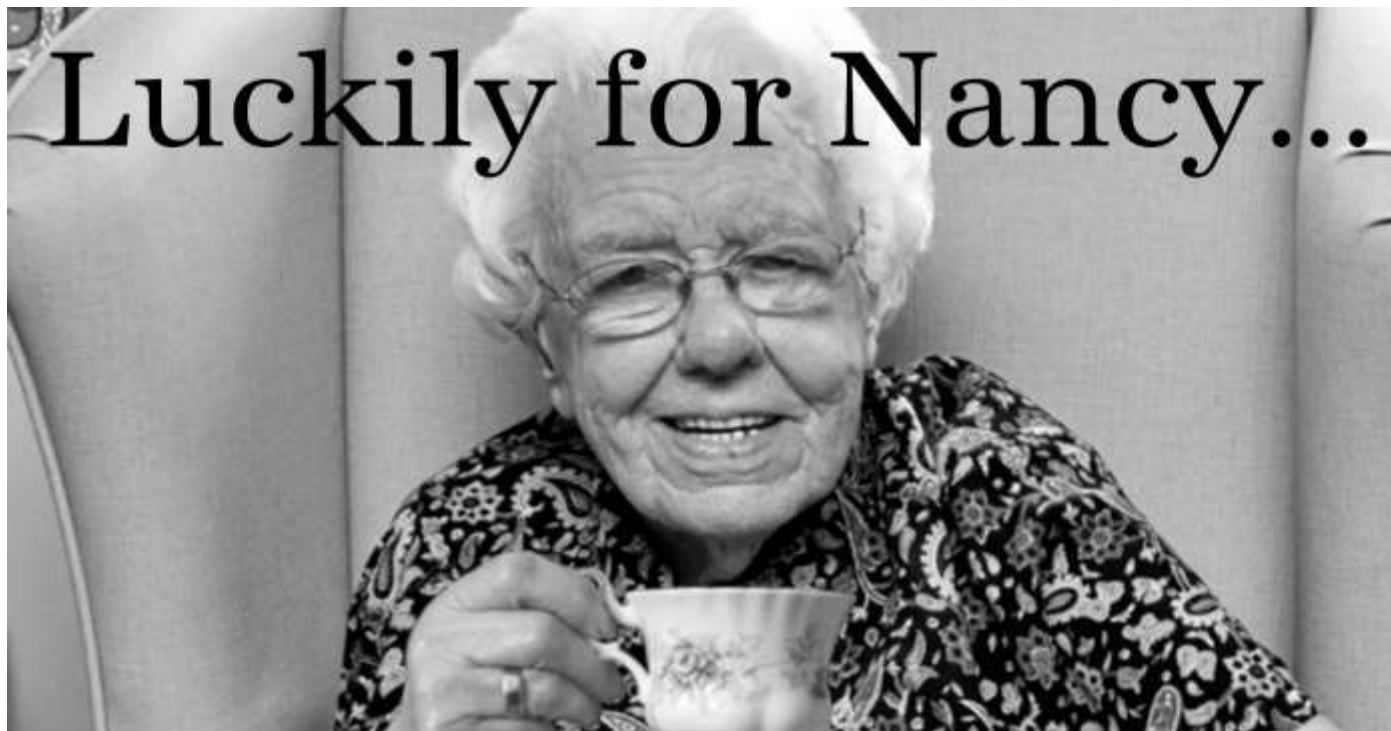
Thanks to those members that have sent in pictures of their gardens. If you have a picture you would like to share, please send it through to us.



Jenni sent in this picture from her yard.

She says that the Lorikeets come around every afternoon for a feed.

While there is no silence with between 20 to 40 of them visiting, Jenni says they are extremely beautiful.



With the help of **MONICKA BAIRD & CO.** she prepared herself for getting older by organising a Will, Enduring Power of Attorney and Advanced Health Directive.

Nancy has just been admitted to hospital but she knows her wishes will be followed if she loses mental capacity. And, if she dies, those she loves the most will benefit from her life long work - her assets.

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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.

Fish Cakes

Serves 1

Ingredients

200g tinned pink or red salmon (undrained)

75g potato steamed and mashed

¼ cup chopped spring onions

1½ cups steamed vegetables 1 egg white

Sprinkle breadcrumbs

Method

1. Combine pink salmon, potato, spring onions and egg white in a bowl and mix together well. Shape mixture into two patties.
2. Place breadcrumbs on a plate and dip the patties on each side with the breadcrumbs so they're lightly coated.
3. Spray a nonstick pan with oil and cook patties until golden brown on each side.
4. Serve with steamed vegetables and tartare sauce.

Protein 2 serves

Vegetables 3 serves

Grains 1 serve

Lost words from our childhood

Heavens to Mergatroyd, would you believe that the word Mergatroyd is no longer in the dictionary?

Heavens to Betsy! Gee whillikers! and Jumping Jehoshaphat!

Remember the days that we were in like Flynn and living the life of Riley. We all knew a knucklehead, a nincompoop or a pill.

Before we can say, well I'll be a monkey's Uncle, or this is a fine kettle of fish, we discover that the words we grew up with have vanished.

Number Cruncher

1		2		3		4		5
		6						
7						8	9	
			10		11			
12	13				14			
			15	16				
17		18				19		20
				21				
22						23		

Across

- 1. Three times 19 down
- 4. 19 down minus five
- 6. 15 across plus eighty-three
- 7. 17 across minus 2
- 8. 18 down plus thirty-eight
- 10. 19 across minus sixty-six
- 12. 3 down plus forty-seven
- 14. 12 across doubled
- 15. 13 down minus 150
- 17. 20 down minus sixteen
- 19. 5 down minus 133
- 21. Minutes in four hours
- 22. Four times 4 across
- 23. Five times 10 down

Down

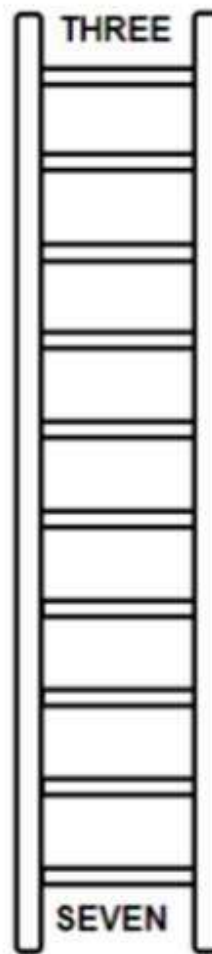
- 1. 12 across divided by eleven
- 2. 1 down plus twenty-five
- 3. Minutes in three days
- 4. Dozen in twelve gross
- 5. Seconds in five minutes
- 9. 17 down minus eleven
- 10. 11 down minus eight
- 11. Minutes in three hours
- 13. 3 down divided by twelve
- 16. 23 across doubled
- 17. 14 across divided by eleven
- 18. 4 down times three
- 19. Months in nine years
- 20. 3 down divided by six

Word Ladder

A word ladder is a sequence of words formed by changing one letter at a time e.g. CAT—COT—DOT—DOG

Can you find the missing words?
Use the clues if you get stuck

Clues:



- Hurled
- Small mammal
- Tatter
- Fathered
- Located
- Gorged
- Salvaged
- Rescuer
- Cut

Puzzles above sourced from Barcaldine 60 & Better Program Newsletter

Are you feeling lonely and would like
someone to talk to?
or someone to have a coffee or tea
with on your front porch?
Perhaps you need help with shopping?



Contact Kylie on 0438 742 394
and we can organise it for you.

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

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