

Community News & Views Ipswich

August 2020

Vol:27 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.

Ipswich 60 & Better Program Inc

Celebrating

Seniors Week

15 - 23 AUGUST



In this Issue

- Seniors Week
- Activities
- Book review
- Recipe of the month
- and more



IPSWICH 60 AND BETTER PROGRAM Inc.

Supported by Ipswich City Council and

Ipswich Hospital Foundation

A PROGRESSIVE PROGRAM FOR THE OVER 50'S

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



Funded by



Ipswich 60 and Better Program Committee Members 2019-2020

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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

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; Friday - CLOSED

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*

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1000 newsletters are printed each month and distributed through 104 outlets.

Also available at www.60andbetteripswich.com.au

Email our office to be sent out a request form should you wish to advertise with us.

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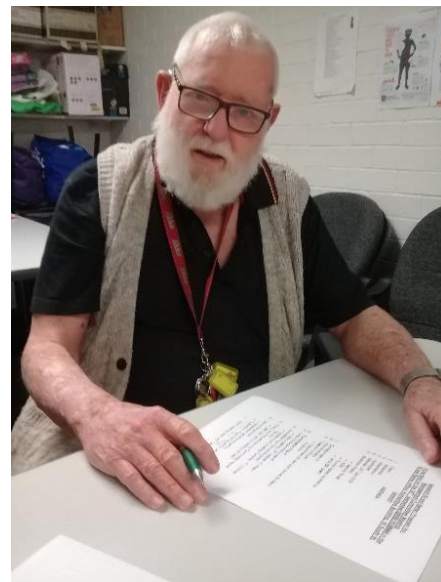
PRESIDENT'S PEN

I trust you are all well and enjoying getting out again. Our thoughts are with those living in any of the hot spots and their concerned family members separated by borders across our Nation.

Members have been thrilled to start some of the activities again, even though it is definitely different than how it was before with all of this social distancing. It is however important for us to adhere to these rules while restrictions are still in place.

Please remember that if you plan to attend an activity that you must book through the office as places are limited. The building has limited access still and requires either the office staff or activity convenor to let you in.

Office hours are Monday and Tuesday 9am to 5pm and Wednesday 9 to 12 noon.



Bob



HAPPY BIRTHDAY TO ALL BORN IN AUGUST

- 10th Dot Currie**
- 16th Ike Van der Hoeven**
- 17th Frank Molloy**
- 20th Bernadette Rich**
- 24th Arthur Edwards, & Rose-Marie Woolley**
- 25th Lee Mary Roberts**
- 29th Kitty Bird**
- 30th Lorraine Kruger**



Seniors Week 15-23 August

Seniors Week has always been full of activity with many rushing from one function to the next, full of celebration and social interaction.

There will be the celebration and acknowledgement of the contribution that older people have made and continue to make to the society we all live in. But unfortunately, due to COVID-19, this year is going to be different.

To celebrate Queensland Seniors, COTA have a number of virtual programs, Virtual Hugs and Together: the stories, plus an opportunity to add your favourite songs to a playlist are now online and you can contribute and view them by going to the www.qldseniorsmonth.org.au website.

Be sure to check out the Facebook page Queensland Seniors Week to stay up to date with other events being held.

Ipswich 60 and Better Program Inc. Seniors Week Come and Try

Seniors Week Walk (18th August)

3.30- 4.30pm Tuesday Limestone Park phone the office 32828644 to book and for the meeting location.

Seniors Week Tai Chi (19th August)

2 - 3pm Wednesday phone the office 32828644 to book.

Thank You

Ipswich 60 and Better Program Inc. thanks local senior, Ethel Llewellyn for her 10 years as Tai Chi for Diabetes Instructor. Ethel consistently offered this each week and we are grateful for her contribution in making a difference for those who attended.

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SHOP ONLINE (We deliver to your door) wowipswich.com.au/stayhealthy



tascnational.org.au

Seniors Legal and Support Service, TASC Ipswich
We're here to help people facing abuse and financial mistreatment



Hi, I'm Frances Klaassen.
I'm the Chief Executive Officer of TASC.
We are a community legal centre and social justice organisation that has operated in South West Queensland since 1982.
We help people tell their story, make sure their voices are heard, and get positive outcomes for legal and human rights matters.

During COVID-19, we've seen some attitudes towards older people that concern us.

I was horrified by some of the insensitive comments made during the lockdown. To hear people in their twenties call coronavirus a "Boomer Remover" wasn't funny.

It saddened me to see one young man in Melbourne interviewed on TV news a few weeks ago. He said he didn't care about COVID precautions – he would live his life and go out and about as normal. His response about concern for older persons "I don't care about 90-year old's," he said, "they are going to die soon anyway", even shrugging in reference to his grandmother.

Luckily, we don't all think like this. Most of us are caring people. It may be hard to remember this when you have been abused or treated badly, particularly by the people who you trust and think care for you.

But most of the time when people come forward to TASC, it is because they have been told about our services by someone who does care.

It could be a concerned family member, a friend, neighbour, your GP, the bank teller you chat with each week who has noticed that suddenly there is an unusual pattern of withdrawals on your credit card.

If you are concerned about yourself or someone else, call TASC on **4616 9700**. We care, and we're here to help.

Frances

Frances Klaassen OAM

Bev trusted her son to do her banking



Until the day her bank called about some "suspicious transactions".

Bev's neighbour told her about the Seniors Legal and Support Service run by TASC.

With our help, Bev's son returned the money he stole. And she has chosen to help him get his life back on track.



Call TASC 4616 9700

Seniors Legal and Support Service

Some details changed to protect privacy



TASC Seniors Legal and Support Service is a free, confidential service for people in Ipswich aged over 60 years, and Aboriginal and Torres Strait Islander people aged over 50.

People tell us we treat them with respect: as an individual, not a number. Our team of lawyers and social workers help with:

Elder Abuse: this is violence, neglect and bullying of people who are in their older years. Abuse is not always physical violence, it can be intimidation like someone misusing an Enduring Power of Attorney or threatening to put an individual in an aged care facility against their wishes.

Financial exploitation: examples of this are people denying you control of your money, taking money from you, or threatening to sell your property.

Are you finding your home too much?

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

Question: How can I find out if my property has an Easement?

Answer: The easiest way is to obtain a title search and a copy of the plan for the property. A solicitor or an agent can help you to arrange this and they usually costs around \$25 each.

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RECIPE CORNER

Fluffy Jiggly Cake

After the 2011 floods, the Tzu Chi Foundation (The Blue Angels) travelled around the region assisting victims with financial support, blankets, and other supplies to over 2000 families.

They also supplied fabulous morning or afternoon tea at their gatherings. When I saw this recipe, I remembered how fabulously light and fluffy their cake was and thought that there may be others that remember it.

Kylie

Ingredients

7 tablespoons butter, 4 oz cream cheese (100 g), ½ cup milk (130 mL), 13 egg whites & 8 egg yolks, ¼ cup flour (60 g), ¼ cup cornstarch (60 g), ⅔ cup granulated sugar (130 g), hot water for baking, powdered sugar for serving

Preparation

1. Preheat the oven to 320°F (160°C).
2. In a small pot over medium heat, whisk together the butter, cream cheese, and milk until melted and smooth. Remove from the heat and let cool.
3. In a large bowl, whisk the egg yolks until smooth, then slowly drizzle in the cream cheese mixture, stirring until evenly combined.
4. Sift in the flour and the cornflour, whisking to make sure there are no lumps.
5. In another large bowl, beat the egg whites with a hand mixer until soft peaks form. Gradually add the sugar while continuing to beat until stiff peaks form.
6. Fold about ¼ of the egg whites and into the yolk mixture, then repeat with the remaining egg whites until the batter is evenly combined.
7. Grease the bottom of a 9 x 3-inch (23 x 7.5 cm) round cake pan, then line the bottom and sides with parchment paper. If using a springform pan, make sure to wrap the bottom and sides completely in foil twice to prevent any leakage.
8. Pour the batter into the pan and shake to release any large air bubbles.
9. Place the pan into a larger baking dish lined with 2 paper towels at the bottom. The paper towels ensure that the heat is distributed evenly along the bottom of the pan. Fill the larger pan about 1-inch (2-cm) high with hot water.
10. Bake for 25 minutes, then reduce the heat to 285°F (140°C), and bake for another 55 minutes, until the cake has risen to almost double its original height.
11. Remove from oven, and carefully invert the cake onto your dominant hand and peel off the paper. Be extremely careful, the cake will be hot. You can also invert the cake onto a plate, but this will cause the cake to deflate more.
12. Dust the top of the cake with powdered sugar
13. Enjoy!


FAMILY TREE WORKSHOP

Family tree workshops are back on with a couple of changes due to the restrictions. We will only be accepting one on one workshops during office hours so make sure you contact the office on 3282 8644 to book in.

Cost is \$10 a class which pays for all materials supplied and printing of family booklet when completed.



WALKING GROUP



The walkers invite you to join them. Every **TUESDAY at 4.00pm** the walking group traverse Limestone and Queens Park for usually an hour. The length and speed of the walk is up to each walker however always allowing for plenty of chat along the way.

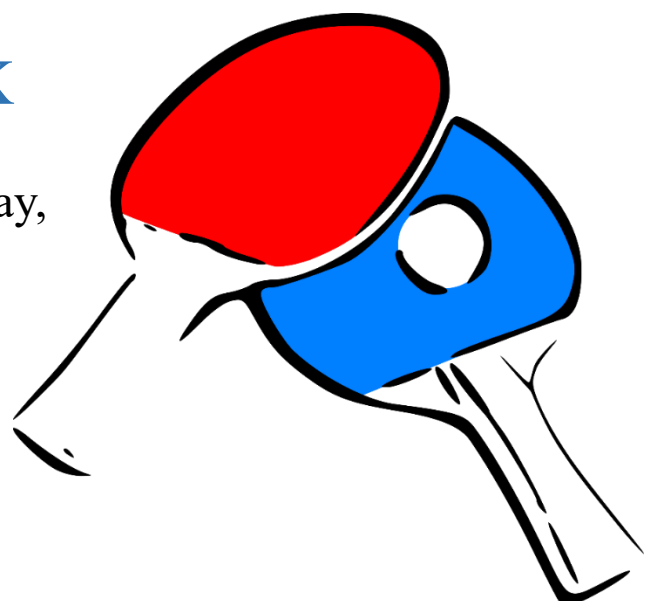
If you are interested in joining in, **contact the office on 3282 8644** for the meeting point.

TABLE TENNIS IS BACK

Currently only being offered on a Tuesday, Table Tennis is back.

Call the office on 3282 8644 to book your spot.

Bookings are essential.



UFO RETURNS

UnFinished Objects Group is meeting again and invites you to join in.

Meeting every second Monday 9am to 12 noon at the Humanities Building, **bookings are essential**. Contact the office on 3282 8644 to find out the next get together and to save your spot.



BOCCIA ROLLS AGAIN

Boccia is coming back again in August. Tuesday's 9am to noon at the Humanities Building, contact the office to secure your spot - **bookings are essential**.



TAI CHI FOR DIABETES

Tai Chi for diabetes is back again on Wednesday 2pm to 3pm at the Humanities Building, **bookings are essential**.

Contact the office on 3282 8644 to save your spot.

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HOW HAS COVID-19 CHANGED YOU?

Ipswich 60 & Better Program Inc would love to hear from you about how COVID-19 changed your way of life, new skills you learnt, and what you missed the most. Send us a letter, an email or give us a call and let us know.

Australian Seniors surveyed more than 5,000 Australians over 50. The Australian Seniors Series: Connectivity in the Age of COVID-19 report found that while these unprecedented times have inflicted heightened stress and anxiety on many, nine in 10 (90%) have adapted well. But, despite the ability to take on a great deal of change in such a short period, the majority (97%) feel that society could have done more to ensure that all generations adapted to the conditions, so no one was left behind.

Source www.seniors.com.au

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You can also email your questions to shas@starct.org.au.

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Words pronunciation phrases sentences

by Ethel

WORD OF THE MONTH: RESILIENCE

AS USUAL FROM MY OLD DICTIONARY "The Modern English Dictionary"

"RESILIENCE" (noun) act of springing back OR of rebounding.

Comes from the word "RESILE" (which is a verb) meaning "to leap back", to start back; to draw back from a purpose, etc.

THEN the adjective "RESILIENT" act of springing back OR of rebounding.

People are aware of situations, their own emotional reactions AND the behaviour of those around them. By remaining aware, resilient people can maintain control of a situation and think of new ways to tackle problems. Another characteristic of

"RESILIENCE" is the understanding that life is full of challenges.

(1) A person OR an animal ARE able to: withstand or recover quickly from a difficult situation Or condition. STRONG, TOUGH, HARDY!

(2) "of a substance/object" are able to recoil OR spring back into shape after bending, Stretching OR being compressed. E.g a shoe with "resilient cushioning."

SIMILAR..FLEXIBLE, PLIABLE, PLIANT, SUPPLE, PLASTIC, ELASTIC, SPRINGY.

So those shoes we bought OR the plastic container in the kitchen which can withstand heat and or cold OR even the give and take of the elastic placed in our PJ's at the waist or even around the ankles in some instances come back into shape each and every time they get worn or used. The form of the rubber tyre on the wheels of the car, wheelbarrow, bicycle come back into shape when pumped up.

SO the "resilience" is created and happens giving us, the buyer, quality in the product. In turn giving us so much more for our dollar. "For Keeps" not "Throw Away".

To many of us these inanimate objects make life just a little bit easier. Likened to The Ipswich 60 & Better Program Inc. though the Program is definitely animate. "ALIVE!"

Treated well, our bodies, minds, souls and spirit can have so much "resilience" due to all of the experiences over the whole of our lives we learn to bounce back, accept situations, and get on with life. It is in these times "OUR RESILIENCE" will shine through.

CONCERT PARTY

has returned practising on Monday mornings
10am to 12 noon
in the Humanities Building



BOOKINGS ARE ESSENTIAL PLEASE RING OFFICE ON 3282 8644

BOOK REVIEW

by Yvonne Jonker



Prince Harry. The Inside Story Author. Duncan Larcombe

I don't read many biographies, but I do like to follow some of the Royal Family. This was an interesting book.

Prince Harry of Wales has emerged as the unexpected jewel in the crown of the modern British monarchy. Despite his unruly antics, for which he made headlines all over the world. Harry's popularity rivals that of the Queen herself. Heartthrob and loveable rogue, he has won the public's heart.

Duncan Larcombe's insightful and highly entertaining biography of the rebellious royal recalls Harry's Eton days, his military career, and his tempestuous love life. Despite a string of exploits, Harry has a mysterious gift. With a twinkle in his eye and natural charm, he can seemingly withstand even the most scandalous of media storm. Since his military career has ended, all eyes are on Harry wondering what life and love have in store for the Prince.

This is the inside story of how the cheeky teenager has grown and matured into a respected soldier, charitable fundraiser and national figurehead who still retains his reputation as the most entertaining resident of Buckingham Palace.

POETRY by Di Wooldridge

FREEDOM

FREEDOM AT LAST ! WHAT A
WONDERFUL THOUGHT !
FREEDOM FROM ALL THOSE
RESTRICTIONS
WE'RE STILL IN THE RED
IT HAS TO BE SAID
BUT WE CAN GO AHEAD
WITH CONVICTIONS.

WE NOW CAN GO OUT AND
VISIT OUR MATES,
AND CATCH UP WITH FAMILY NEWS,
WE CAN GO TO THE PARK,
STROLL AROUND IN THE DARK
AND BANISH THE QUARANTINE BLUES !

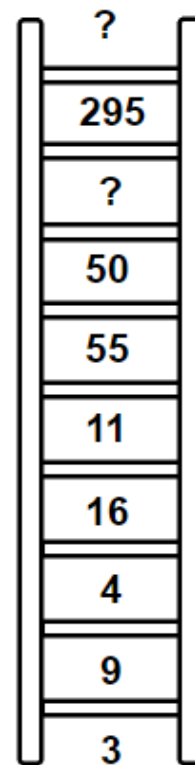


Seven friends each has a home aquarium and each aquarium contains a different number of tropical fish. Bill has 4 times as many fish as Angela, who has 3 times as many fish as Carol, who has 10 fewer fish than Colin, who has a third as many fish as Jenny, who has twice as many fish as Jamie who has twice as many fish as Brian. **How many fish has each person got if the total number of fish is 107?**

SUDOKU FOR EXPERIENCED PLAYERS ☺

	1		4	9		7		
				7		8		6
2	3							
								5
6	9			5			1	7
7								
							9	8
4		5		2				
		1		8	4		7	

NUMBER LADDER
Can you climb the ladder and find the missing numbers.



Answers to last month's music quiz:

My Old Man's a Dustman by Lonnie Donegan and His Group
- Wooden Heart by Elvis Presley - Runaway by Del Shannon
Come on and Take My Hand by Johnny O'Keefe, or I Want to Hold Your Hand by The Beatles - Roses Are Red by Bobby Vinton - Joey's Song by Bill Haley & His Comets - Paint It, Black by The Rolling Stones - Stuck on You by Elvis Presley - From a Jack to a King by Ned Miller - Good Vibrations by The Beach Boys - Honey Don't by The Beatles - Under the Boardwalk by The Drifters - No Milk Today by Herman's Hermits - Save the Last Dance for Me by The Drifters, or The Last Waltz by Engelbert Humperdinck - I'm Gonna Knock on Your Door by Eddie Hodges - Crying in the Chapel by Elvis Presley - Yellow Submarine by The Beatles - Strawberry Fields Forever by The Beatles - Friday on My Mind by The Easybeats - Green, Green Grass of Home by Tom Jones - Love is Blue by Paul Mauriat and His Orchestra - The Unicorn by The Irish Rovers - Hair by The Cowsills - Lily the Pink by The Scaffold



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 introduce as new activities. If you have an idea, please let us know and we will try and add it to the program.

Welcome To All New Members

Tai Chi for Health

👍 Cafeteria, Humanities Building 56 South Street, Ipswich
with Irene 0497 808 402

Mondays 1-2pm, 2-3pm Beginners Bookings 3282 8644 Cost \$4

👍 Goodna Neighbourhood House Tuesdays 1pm 3818 1648

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.

**WASH
your
HANDS**



**COVER
your
COUGH**



**STAY HOME
if you
are sick**



Thanks to those members that have sent in pictures of their gardens. Next month we are featuring members pets – so send your fur baby pictures into the office.

**OUR
MEMBER'S
GARDENS**



JOIN US FOR COFFEE AND CATCHUP

IT HAS BEEN A WHILE SINCE WE HAVE SEEN SOME OF YOUR SMILING FACES AND INVITE YOU TO CATCHUP WITH US.

BEING HELD ON A MONDAY AND TUESDAY – GIVE THE OFFICE A CALL ON 3282 8644 TO BOOK YOUR SPOT.



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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