

Community News & Views Ipswich

October 2020

Vol:27 No 10

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.

**Pandemics:
Do They Change
How We Address
Age and Ageing?**

International Day of Older Persons - 1 OCT

In this Issue

- Puzzles
- Activities
- Book review
- How to declutter
- 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!



Ipswich 60 and Better Program Committee Members 2019-2020

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Barbara White, Diana Wooldridge

Part Time Office Staff: Co-ordinator - Anne Bertram (Monday, Tuesday, Wednesday)

Office Assistant - Kylie Stoneman

Office Volunteer - Maureen Reinke **Facebook** - Kylie Stoneman

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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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.

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Also available at www.60andbetteripswich.com.au

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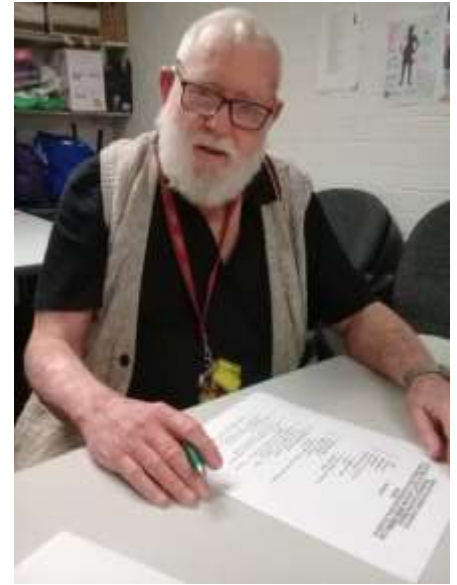
PRESIDENT'S PEN

Another year has come and gone for our fabulous management committee with the AGM now set for November.

I would like to take this opportunity to sing the praises of the committee and thank them for helping to ensure that our program continues.

I would recommend to anyone who has ever had an interest in our organisation to consider putting up their hand to contribute by nominating for a position. It is not overly onerous and is extremely rewarding to know that us, older people, still have what it takes to make a difference.

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



HAPPY BIRTHDAY TO ALL BORN IN OCTOBER

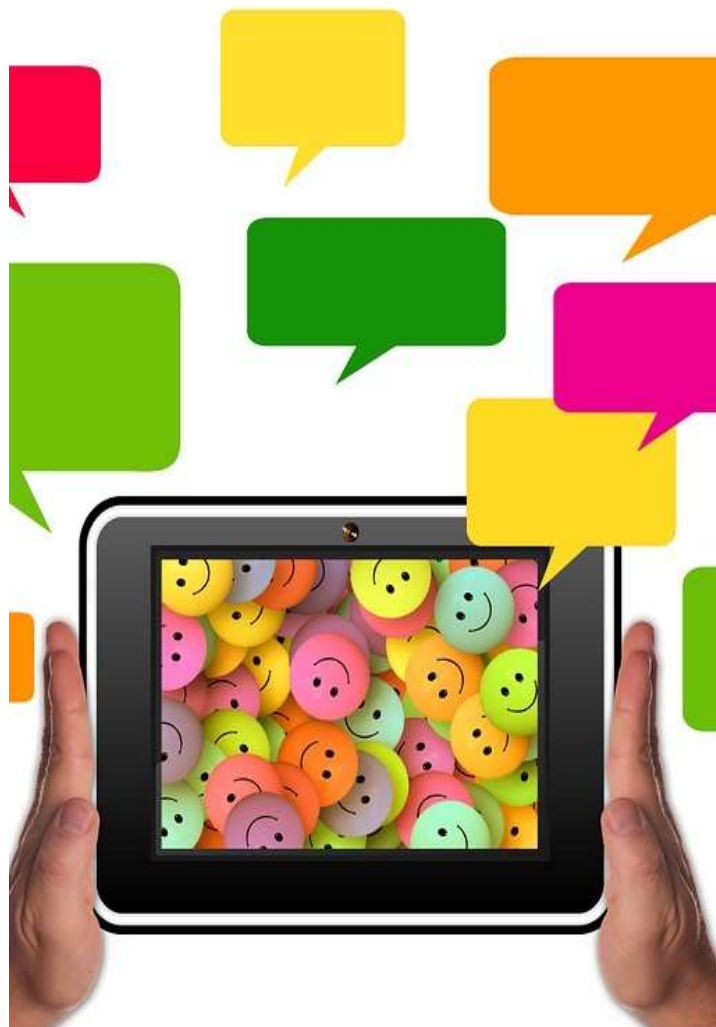
16th – Vi Jorgensen
23rd – Pam Sims
**24th – Keith Adams,
Gladys McCoombes
& Ros Newsham**
26th – Joan Kreis



Come and read the Digital QT

The Queensland Times has been an important part of Ipswich for many years and many 60 and Better members have commented on the loss of their local hard copy paper. With the paper edition demise, Ipswich 60 and Better Program Inc. took advantage of the latest QT deal of the Samsung tablet with a QT subscription to access the digital QT and local news.

The tablet is available in the office for your use – come in, have a cuppa and read the paper. If you have never used a tablet before we are here to help you.



Trying to navigate your way around reading the QT on your tablet, phone or computer?

Want to know more about digital subscriptions to papers?

The Queensland Times editor, Andrew Korner is coming to speak to members on

**12 October 11am
at the cafeteria in the Humanities Building.**

Remember that due to restrictions you will need to book your seat as places are limited.

Call the office now on 3282 8644

MENTAL HEALTH WEEK (10 – 18 OCTOBER 2020)

We all need to think about our mental health and wellbeing, regardless of whether we may have a lived experience of mental illness or not.

This year's theme is **Take time — for mental health.**

Take time is about the simple yet proven things everyone can do to boost mental wellbeing! It is also about breaking down the stigma associated with mental illness and reaching out to people in our communities who need support.

During the campaign www.qldmentalhealthweek.org.au will provide tips and information on how to:

Take time to get healthy— being active and eating well is good for your mind as well as your body

Take time to keep learning — learning new things can make you more confident as well as being fun

Take time to show kindness — practising small acts of kindness, volunteering time, or simply helping a friend in need can help you feel more satisfied with life

Take time to connect — spending time with other people is important to everyone's mental wellbeing

Take time to take notice — paying more attention to the present and the world around you helps relieve stress and enjoy the moment

Take time to embrace nature — connecting with the outdoors and taking care of the planet is the best recipe for world wellbeing.

Did you know that pets can improve your mental health?

Pets make excellent companions and are proven to be good for your mental wellbeing, although always remember that a pet is a responsibility and it is suggested that you get the correct pet for your circumstances.

Pets can be affectionate, loyal, accepting, honest and consistent. If you feel isolated with little support, a pet can help to reduce your loneliness.

Do you have trouble relaxing?
Member, Christine, sent in this photo of her Snowshoe cat, Ace, captioned
“This is how to Relax!”



Managing Covid19 and Mental Health

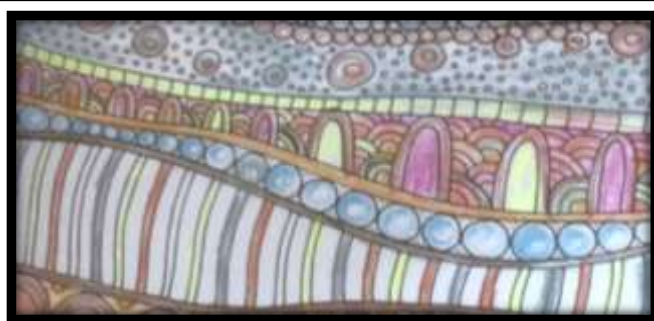
Passing time so pleasantly is not so easy for some but if we put our mind to it, we can achieve much pleasure, satisfaction and good health from some form of activity not requiring a lot of effort especially if you live alone or are restricted in some way. Except for purchasing essentials, staying home has been the norm. So I spend my spare time painting, drawing, gardening, puzzles etc. My latest art interest is colouring- in. Books, rubber and coloured pencils is all that's needed. I use water colour pencils and brush the completed picture over with a damp brush. It looks beautiful.

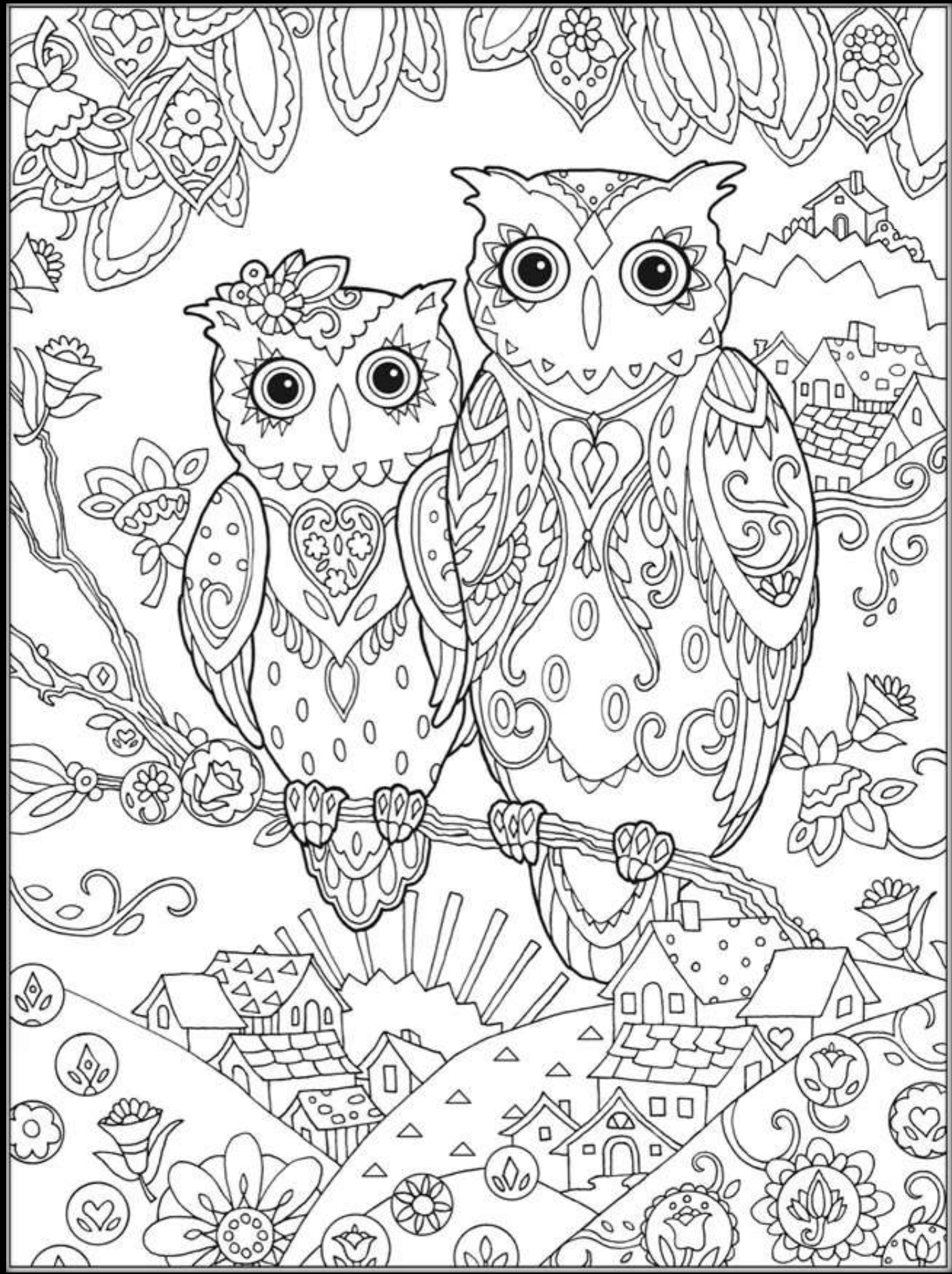
The completed article is a one off and your own creation.

Our brain as well as our body needs exercise and if you would like to take up the challenge of a lovely pastime try this activity.

Let's get creative and keep well.

Pat Andrew





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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.

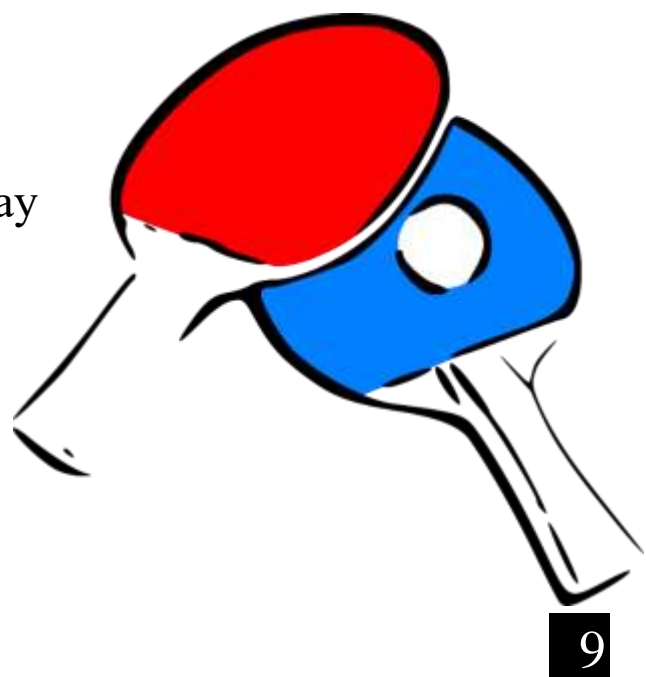


TABLE TENNIS

Currently only being offered on a Tuesday

Call the office on 3282 8644 to book your spot.

Bookings are essential.



UFO

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

Meeting every 2nd (12th Oct) & 4th (26th Oct) 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.



Rummikub Morning

Wednesday 14th October 10am to 12 noon.

Fancy a game of rummikub? Or would like to learn how to play? Contact the office to book as seats are limited due to COVID-19 restrictions.

Contact the office on 3282 8644.



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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- Stronger Seniors package is all about active ageing to support your health, well being and independence
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Words pronunciation phrases sentences

by Ethel

WORD OF THE MONTH: DEPEND

As from “The Modern Standard English Dictionary and World Atlas”

“DEPEND” (de-pond) v.i...to hang; to be sustained from above; to rely on; to stand related to.

“DEPENDABLE”...a. Trustworthy

“DEPENDENCE”...(noun) the state of depending OR of being dependent; inability to provide for one’s-self.

“DEPENDENT, DEPENDANT” (a)..hanging down; relying on, or subject to;

As a noun..one that depends; a retainer

“DEPENDENTLY, DEPENDANTLY”, adverb.

This dictionary, in the very front, has a photograph of King George the Sixth, with his wife, Queen Elizabeth and their two daughters the Princess Elizabeth and Princess Margaret. It was taken at the coronation of King George the 6th on the 12th May, 1937.

Just over two years prior to the start of World War 2 on Friday 1st September 1939 (over 81 years ago).

So the word “DEPEND” and all the other words stemming from same with the addition of prefixes and suffixes truly describe all that the world experienced in those times and in between to this present day.

“DEPEND” verb...As taken from The Cambridge Dictionary just a month ago.

“to be decided by or to change according to the stated thing”.

E.G. As Members and or Participants in The Ipswich 60 and Better Program we depend on the Governing bodies to lay down the stipulations in regard to COVID 19 so that they can be accepted and adhered to by The Program to enable us to enjoy what we love doing in our daily lives. So far some of our groups are functioning, not as we usually experience, but with the help of, especially Anne and Kylie, most of us can get on and do and enjoy time together.

So when we think about this last paragraph all those lovely words that come from the word “depend”, in that old dictionary, come into play.

PHRASAL VERBS; depend on/upon someone/something.

Adding on an “S”; “DEPENDS” (another verb) changes the context e.g. depends upon/depends upon someone/depends on something.

So 🌸 “THANK YOU” 🌸 Anne and Kylie for all you do in this time and space for us!

Decluttering

STUFF HAPPENS! Over the years we find it hard to get up enough energy to motivate and just get stuff done.

Day in and day out in recent months we, sometimes, for weeks on end get to experience the same daily, monotonous routine that ends up being dull and totally for some a complete waste of time. Isolation can be a time that everyone COULD GET UP & DO & BE in their own space if we could only find the inclination.

Small steps can improve our wellbeing and because they are WEE ones then effort comes under the saying “MAKING Molehills and NOT Mountains”. It is so easy to create mess and over time that mess can become gigantic snow topped mountains. ‘HUMUNGEOUS!’

Committing to let’s say 5 to 10 minutes morning, midday, evening to clear up and replace stuff back into their individual hidey holes can over time keep the order of the home in place.

We make our own mess, tidy up, work again then clear away again. Like honouring our hard-earned money that afforded us the stuff we love to have around us. Too much though and it becomes overwhelming. Small baby steps I say go a long way to a clear mind and less stress. All our own BUT when other people’s stuff encroach our territories that’s another story.

Each and everyone of us truly are responsible for our own stuff. Can’t change a thing if we can’t let go of something when our desire to keep it is stronger and outweighs reasoning. In this era, we cannot only align with our collections, but we could now add emails, opened and or unopened, not deleted if not important, foodstuffs in our cupboards, years old, pills really old can be bagged and taken back to the chemist for them to be disposed of correctly. So many small jobs done each and every day will, over time, lighten the overwhelming feeling that can be experienced when effort has been put on the list of our daily tasks.

Seeing and believing the results of the work can be exhilarating for sure. STUFF HAPPENS! WE LIGHTEN UP! THEN LIFE OPENS UP! Enjoy

Ethel

CONCERT PARTY

practises on Monday mornings
10am to 12 noon
in the Humanities Building



BOOKINGS ARE ESSENTIAL PLEASE RING OFFICE ON 3282 8644

Not all
superheroes
wear capes!



NATIONAL CARERS WEEK – OCT 11TH TO 17TH

National Carers Week is a time to recognise the 2.65 million Australians who provide care and support to a family member or friend with disability, mental health condition, chronic condition, terminal illness, an alcohol or other drug issue or who are frail.

Carers make an enormous contribution to our communities as well as our national economy.

National Carers Week provides you with a chance to show your appreciation for carers in Australia. You don't need to be a carer to be part of National Carers Week, and there are several ways to get involved.

This year Carers Australia are asking carers across the country to tell them why you care, so that they can publish experiences and raise further awareness of unpaid carers. This, in turns assists them to provide a window into the realities of those performing such valuable caring roles across Australia and celebrate their tremendous contribution to our nation.

Visit carersweek.com.au to find out more about how you can get involved.

MOVIE BUFFS

With cinemas going back to normal trade, the movie buffs group is keen to meet again.

If you are interested in joining the group, please contact the office on 3282 8644 to register or to find out further information.



TWELVE THINGS TO REMEMBER

from Claire

The Pleasure of Working

The Success of Perseverance

The Value of Time

The Obligation of Duty

The Wisdom of Economy

The Dignity of Simplicity

The Worth of Character

The Power of Kindness

The Influence of Example

The Virtue of Patience

The Joy of Originality

The Beauty of Cheeriness

BOOK REVIEW

by Yvonne Jonker



And Now It Begins.

Author. Rachael Abbott

A psychological thriller that is hard to put down.

Mark and Evie have a whirlwind romance, Mark's sister Cleo knows that she should be happy for him, but she doesn't trust Evie. Evie starts having accidents at home. Her friends are concerned for her when Mark ends up in a pool of his own blood. Sergeant Stephanie King is sent to investigate. Was it murder or a case of self-defence?

The story is divided into 3 parts. The first part is mostly Mark and Evie's domestic life. The second part is the court room drama, and the third part is about doubts as to whether Evie was lying and trying to prove what her agenda was.

This book has multi layered story lines that deals with revenge, lies and cover-ups. There are so many curve balls thrown at you in a story line that keeps you guessing. I enjoyed this book and the ending is a real surprise.

POETRY

by Di Wooldridge

ALL HALLOWS EVE

In the dark of the night, the beasties roam
free

On all hallows eve

The witches cast spells and goblins grant
wishes

To those who believe

The townsfolk light pumpkins and burn pot
pourri

The ghouls to deceive

And streets are deserted when 12 o'clock
strikes

On all hallows eve



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
Tuesdays 1-2pm Advanced (with Elaine & Joan)

👍 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.



The UnFinished Objects group has been busy again contributing to our community.

Making blankets for the media room in Infinite Care to keep the resident's knees warm while watching a movie.

Well done ladies 😊



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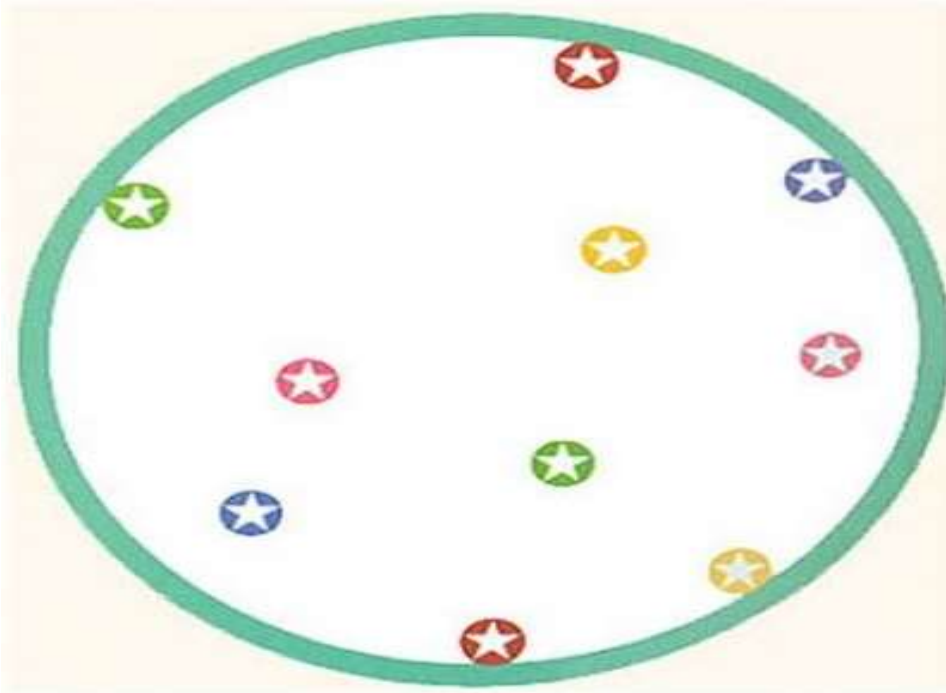
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YES We are open Saturdays!

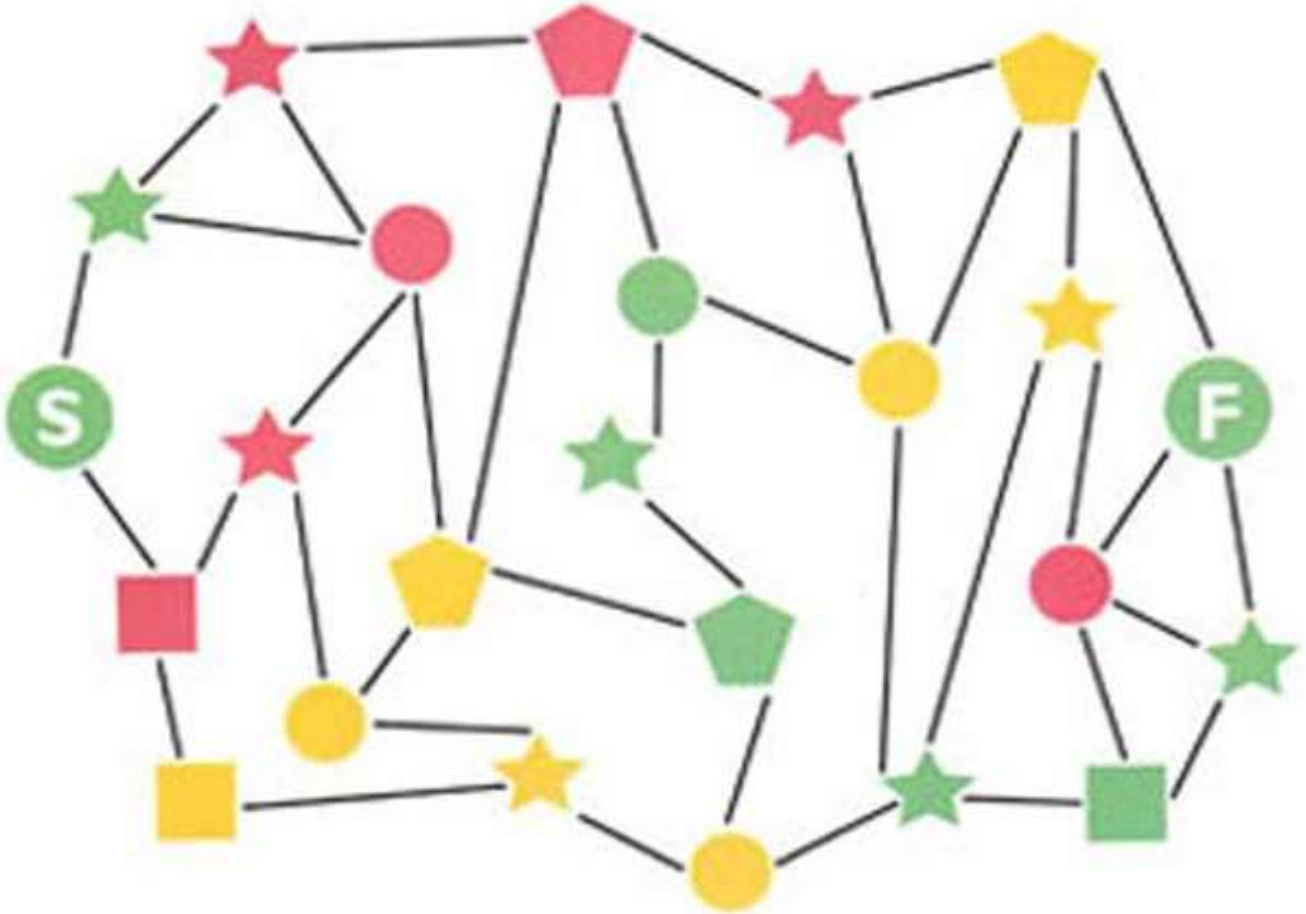
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6 Smart Avenue
Eastern Heights QLD



Here is a puzzle to train your brain: Try to draw lines linking the circles with the same colours. Easy you say? Well, make sure that no lines cross each other ☹️ Perhaps use a pencil so you can rub out any attempts that don't work



Give your memory a workout: Follow the black lines from S to F.

The one rule: you can only move from one shape to the other if they have the same shape and/or colour.



AGM

Wednesday 25th November 2020
10am
at Humanities Building

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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