

Community News & Views Ipswich

March 2022

Vol:29 No 3

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.



Time Nothing is longer, since it is the measure of eternity. Nothing is shorter, since it is insufficient for the accomplishment of your projects. Nothing is more slow to him that expects, nothing more rapid to him that enjoys. In greatness it extends to infinity, in smallness it is infinitely divisible. All men neglect it; all regret the loss of it; nothing can be done without it. It consigns to oblivion whatever is unworthy of being transmitted to posterity, and immortalises such actions as are truly great **Time is our most precious asset.**

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IPSWICH 60 AND BETTER PROGRAM Inc.

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 2021-2022

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Anne Bertram on leave

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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.

Convenor updates required by 20th day of the month

Newsletter
Available
in A4

IPSWICH 60 & BETTER PROGRAM Inc.

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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

To begin with, it is my unfortunate duty to announce that our Vice President, Bob Massey, has very recently passed away. Bob was 85 years of age and has given the organisation nearly 18 years of service in such various roles as Vice President, Treasurer, and was our former President. I used to think of him as a gentle giant with an equally big heart, ever-present smile and happy nature. He will be sadly missed!

On another note folks, it's good to hear that the check in QLD app is no longer required, unless needed to show proof of vaccination. (like in clubs and pubs). Also, the Omicron variant is said to have passed its peak from the beginning of February. However, as children have returned to school, many have caught COVID, potentially exposing under-vaccinated grandparents. Those awaiting their 3rd jab may still be considered to be at risk, with booster shots being encouraged from 3 months after the 2nd shot. And if you feel the need to get a free Rapid Antigen Test (R.A.T), then if you go to your local pharmacy with your Pension, Healthcare, Low Income or DVA card, your Pharmacist may check your eligibility and issue you with 5 free test kits, providing they have them in stock.

I hope that you may have enjoyed the Beijing Winter Olympics on the television, as I have. To date we have an unprecedented 4 medals, making this our most successful Olympic Games ever. Very early on Australia won 2 medals on the same day: a Bronze for Tess Coady and a Gold for Jakara Anthony. This has been followed by 2 more Silver; 1 for Scotty James and 1 for Jaclyn Narracott. Could there be more to come? Unfortunately the end of the Winter Olympics is right upon us.

Just finally I would ask you to set aside Monday 21st March (rescheduled), for our annual Meet And Greet activity. Following the lessening of regulations for COVID in QLD, due to our great vaccination rates, Ipswich 60 and Better is receiving increasing and renewed interest in its activities. We are excited to have the opportunity to tell you about issues and recent changes facing our organisation.

Please take this opportunity to catch up with the latest!

**Ciao,
Graeme**



♥ **Vale Bob (Robert Michael) Massey** ♥



4th November 1936 - 13th February 2022

Bob first came to the Ipswich 60 & Better Program in 2001 for a placement position as a mature aged TAFE Community student. He was to be with us for 6 weeks until the 25th May 2001.

It coincided with a 60 & Better Statewide Conference that was jointly being planned by both the Ipswich and Maroochydore (Sunshine) Sixty and Better Programs.

Bob's career was as a teacher and later in Special Education. He retired early however his passion for learning saw him enrol in TAFE as a mature student to do a Diploma in Community Studies and later he completed a Masters in Health at UQ. His next goal was to do a PHD - Doctorate in Spirituality and Ageing, unfortunately he was unable to complete this. Bob's first link to 60 and Better proved to be steadfast and lasting. A willing community worker, Bob took an active role on the Management Committee, taking on the roles of Vice President, Treasurer and President.

He also took responsibility for addressing Men's issues at a time when much was needed to encourage men to take responsibility for their health. He facilitated a men's group which saw the supporting of Len Lamprecht's development of a prostate cancer support group in Ipswich.

In 2006, a first for Queensland, he organised an Ipswich Men's lunch. This was held in International Men's Health Week at the International Hotel and in addition Ipswich Libraries focused on Men's Health.

A highlight also for him that year in 2006 was travelling to Austria to deliver a paper: "The Ageing Male – Down Under" to the 5th World Congress on the Ageing Male in Salzburg-Austria.



Bob had a passion to establish a Men's Shed under the auspices of Ipswich 60 and Better at a time when they weren't even thought of in Queensland. That was never to be.

He enjoyed attending the discussion group exploring many a current topic, playing chess, coming to games mornings, and he loved getting out and about on 60 and Better bus trips. He also certainly appreciated the fun times when it came to Annual Conferences and Cheerful Challenge Games Day in the name of Sixty and Better Programs in and around Queensland and the South East corner. He thoroughly enjoyed wheelchair dancing with Ethel at a Seniors Week event and Canoeing on the river at Colleges Crossing which was a great fun and games day. Bob loved socialising and chatting with people, always wanting to take others out for a meal or coffee. Going for coffee at the Rhino Cafe with Bonnie and Pat always followed a management committee meeting!

Bob often performed "Santa" duties for us at 60 and Better and we loved to hear his stories from his Santa School days and his official Santa duties and dressing up in "the official Santa Suit". His Virgin Airlines Santa role was special, and his stories would have us all enthralled.

Bob has been a great supporter and stalwart of the Ipswich 60 and Better Program, and in return it gave him Purpose, Connection and lasting friendships.

Rest peacefully now Bob. ❤️

TIMELINE....

Bob came as a Student in 2001
Member from 2001 - 2022 (21 years)
President 2019 - 2021
Vice-President 2004-2013; 2021-2022
Treasurer 2013-2019

18 years continuous service,
how awesome, eternally grateful.



5 signs you might need to check your hearing

Here are five simple ways to tell if it's time to check your hearing:

1. You often ask people to repeat themselves

One of the biggest signs that your hearing is changing is when you regularly have to ask people to repeat themselves. It may sound as though people around you are mumbling or conversations are unclear. You may also find it harder to hear people unless they're facing you directly.

2. Your family often complains that the TV volume is up too loud

It's not always easy to follow TV shows or movies, especially during times when the music drowns out the dialogue. However, if you're often turning up the volume to a point where those around you complain about how loud it is, the issue may not be with your TV.

3. You frequently hear a ringing or buzzing noise in your ears

Tinnitus occurs when you hear sounds often described as a ringing or buzzing noise in the ears when no external source is present. Most people experience tinnitus at some point, but it usually goes away after a few hours.

4. You often strain to hear in noisy places

People with hearing loss often have trouble focusing on what people are saying in places with background noise, such as a restaurant or shopping centre. If you find yourself constantly straining to hear and follow conversations, you may often feel tired and worn out. If a typical day of conversing leaves you mentally and physically fatigued, then it might be time for a hearing test.

5. You're missing out on everyday sounds

Do you often have missed calls or people saying they've been knocking outside your door for a long time? This is common for people with hearing loss, especially as you're more likely to have your TV or radio turned up louder than usual.



Please call Julie on 0447 113 663 to book your appointment or your group hearing information session.



This star performs.

My secret to moving to the beat?

Sherryl's love of dancing is no secret. But the fact she wears a hearing aid is.

That's because our range includes hearing aids that can be so discreet, people probably won't realise you're wearing one.

If you're a pensioner, we'll give you a free hearing assessment*, and if you need it a free hearing aid, and care for life**.

Discover the secret to celebrating sound in your life.



Tele-Care



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hearing.com.au

**Conditions apply under the Australian Government Hearing Services Program (The Program). Subject to eligibility criteria under the Program, at any time hearing aids are fully subsidised, and deaf) but hearing aids may be partially subsidised. Care includes non-urgent assessment and repair, as provided under the optional maintenance program. To check if you are eligible and for more information about The Program go to hearing.com.au. These statements are true as of the date they were made. Thank you for your time.

Writing a children's book – Jazzy the One-Eyed Pup

by Moira Christensen

I live with my husband Bob and our adorable maltese puppy, Jazzy. I found my love of writing during the COVID lockdowns.

I started writing short stories, submitting them online to a website The Creatives Journal, and regularly win their monthly competition. I then decided to write a children's book, and Jazzy the One-Eyed Pup was born. The story of 'Jazzy the one-eyed pup' is in essence the about equality and equity for all abilities, 'Even though Jazzy only has one eye she is a regular dog'.

“Jazzy is a Maltese puppy, born with only one eye. She wove her way into the hearts of the Christie family and found her “forever” home”. This story follows the adventures of Jazzy. It embeds the theme that even though she has one eye, she can do everything a regular pup can do. She has many adventures, starting out when Grandma Christie makes scones for her Grandad Christie and their grandchildren.

Writing the book gave me something to do during the long COVID lockdowns, investigating publishers, working out how the book would come to life. Luckily, my daughter Michelle is a gifted artist and agreed to do the illustrations, and it was not long till we started preparing our storyboard, going through the steps to work out how the illustrations would enhance the story and captivate the child's imagination to keep reading the book. Once the illustrations were all in place, I sent it to the publisher, and the waiting game had begun.

While I was waiting for my book to be published, to keep myself occupied, I started knitting little puppies to sell with the storybook. Little white puppies with funny little ears, some with misshapen noses, or a crooked tail, some with colourful skirts and dresses, all with one eye!!!! I knew the children would not see these imperfections; they would only see a little puppy to cuddle. Just as children, when playing with a disabled child, do not see their disabilities; they just see someone to play with.

At long last the book was published and is selling through the website of the publisher <https://inhousebookstore.com.au/>. I also have copies, which I sell privately.

You can purchase through me a copy of the book and puppies – Book is 15.00 each, puppies 5.00 each, knitted Grandma and Grandad Christie Dolls, 5.00 each. (Ph 0412748633 or email moirachristensen@yahoo.com.au for orders of the book and puppies).

Maybe, like Moira you'd like to write a book but have never got around to it..... sounds familiar to a lot of us. Have you considered to take some time to Reminisce and WRITE YOUR STORY maybe you don't think that you have a Story, well it may surprise you but YES you do have a Story and maybe it's a lot more interesting than you think.

With so many years of experiences, many of us just haven't recorded our highlights the 60 and better Newsletter Committee would love to be able to publish some of your many and varied experiences in our newsletter and beyond. We'd like to encourage everyone to capture the interesting milestones of your life and share with others some of the fascinating things you've been involved with over the years. So often, amazing facts and awesome experiences and stories are just stored away in our thoughts and when they are mentioned to others, what often happens is that our friends and family thoroughly enjoy hearing our stories and their treasures.

So, where do you start consider jotting down some dot points even if it's just a notepad to start with. Some of the most amazing authors start each book with a shoebox and they add scraps of paper and little notes....

Happy writing!

How about putting something together for the third edition of Seniors Stories?

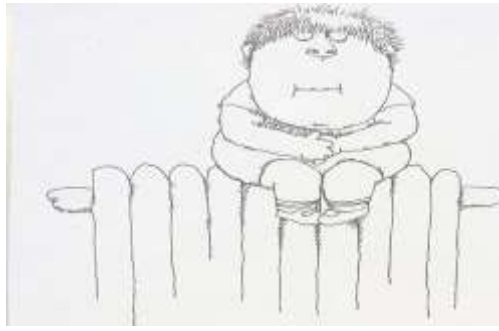
ABLE AUSTRALIA
SENIORS STORIES 2022

We invite all members of the senior community to participate in Seniors Stories by sharing their life stories. Telling stories is one of the most powerful means we have to influence, teach and inspire.

Our stories convey culture, history & values that unite people & communities. This is an opportunity to share lived stories, long-forgotten dreams & regrets, accomplishments and challenges, love and loss and passing on knowledge of what matters the most.

CLOSING DATE: Friday 1st July 2022

All entries to be emailed to: seniorstories@ableaustralia.org.au



Sitting on the Fence

'Come sit down beside me',
I said to myself,
And although it doesn't make sense,
I held my own hand
As a small sign of trust
And together I sat on the fence.

MICHAEL LEUNIG

Brain Teaser: Answer from last month.

There is one word in the English language that is always pronounced incorrectly.

Answer: Incorrectly (☺)

Brain teasers for March (Answers in next month's edition)

- The Number 8,549,176,320 is a unique number. Do you know why it is unique?
- When you have me you immediately feel like sharing me. But if you do share me, you don't have me.
- What can you hold without ever touching or using your hands?

54 Brain teasers for Adults. Fadamana U

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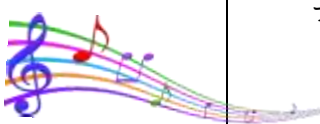

hummm



afterpay

LAYBUY

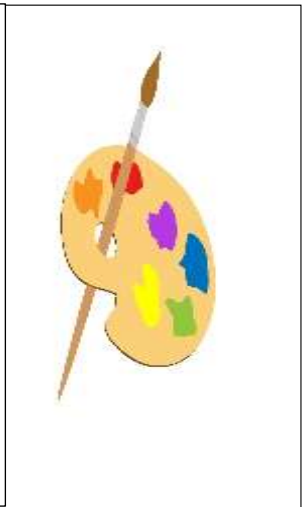
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WOW!
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Your local mobility experts

Walking Group 	Tuesday 4.30pm	Contact office to find out the meeting point
Table Tennis 	Tuesday & Friday 1pm to 4pm	Level 2, Trades Hall, wear appropriate footwear.
	Wednesday 1pm to 4pm	Aveo, 1 Symphony Way, Springfield (Now requires vaccine proof to enter)
Games/Boccia 	Tuesday 9am to 11.30am	Level 3, Trades Hall 
UFO 	2 nd & 4 th & 5 th Monday 9am to 12 noon	Level 3, Trades Hall
Tai Chi for Diabetes 	Wednesday 2pm to 3pm	Level 3, Trades Hall
<i>Please note all activities may be impacted by COVID 19 restrictions at any time.</i>		
Square Dancing 	Monday Beginners: 12.00 to 1pm Mainstream & Plus 1 pm to 3pm	Level 2, Trades Hall
Concert Party 	Friday 1pm to 2.30pm	Level 3, Trades Hall, 4 Bell St, Ipswich
Movie Buffs 	phone Lyn on 0422677358	Meet at Limelight Cinemas, Riverlink

<p>Learn to play Bridge</p> 	<p>Level 3 Trades Hall Wednesday morning 9am - 12:30pm</p>	<p>Register your interest by phoning the office on 32828644 or Gary on 0411876668</p>
<p>Cuppa and Chat</p> 	<p>Raceview Congregational Church Hall, Wildey St Raceview. Tues 11am and Friday 10:30</p>	<p>Commencing End Feb Register your interest by phoning the office On 32828644</p>

Social Art:
Social Art Group – come and join the UFO Craft on the 2nd, 4th & 5th Monday of the month 9 – 12am. Third Floor, Trades Hall, 4 Bell Street, Ipswich. Bring your own art supplies.
 If you are interested, please contact us at the 60 and Better office, 32828644.



COVID -19 Restrictions apply to activities whenever a lockdown is called, and continued restrictions as we emerge. Please ensure you book your place. Keep well, wear your mask, practice hand hygiene and physical distance. 😊

DO YOU KNOW ABOUT Lavender (Lavendula Augustifolia)?

Lavender has been used for thousand of years and today has to be the most popular essential oil. Lavender is the most used essential oil due to its variety of applications. Lavender essential oil stimulates the growth of new cells and kills bacteria. Use it for athlete’s foot, inflammations, bruises, insect bites, burns, sunburn and dermatitis. Lavender also helps colds, bronchitis, influenza, sore throats and digestive problems. It is a pain reliever for muscular pain, sciatica, arthritis and rheumatism. It reduces stress, eases headaches and calms the nervous system down. Lavender essential oil blends well with Bergamot, German and Roman Chamomile, all citrus essential oils, Geranium, Jasmine, Rosemary, Pine and Ylang Ylang.



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IMPORTANT.
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JUST ANYONE!**

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What happens if your husband/wife dies without a Will?

By Monicka Baird, Lawyer

I work as a prob bono (no charge) lawyer for victims of financial older person abuse. So often, I have seen both men and woman who have lost their homes, on the verge of living on the streets, because of poor planning.

In Queensland we need three documents, a Will, an Enduring Power of Attorney, and an Advanced Health Directive.

As a husband or wife, or a partner, did you know that you may not automatically inherit your home? Even if your husband/wife has a Will you may not be secure. Do you own your home as a joint tenant or as tenants in common? Do you understand the implication? Do you know your Will may be challenged?

One of my Wills client were recently asked how they owned their home. A common reply is, yes, we had a mortgage on the property, and it is ours. Yes, you may have paid off your mortgage as a couple but that is not what determines who owns the home. Whoever owns the land owns the home. Recently clients were sure they owned the land and their home. At the end of our meeting the wife asked me to check. She and her husband had built a significant home over the years. Both had contributed equally to the new home build and the infrastructure around the property. After checking their title, we discovered she legally owned nothing. Her husband had been gifted the land as a youth and they had forgotten all about that fact. If he had died without a Will, she may have been entitled to nothing!

When your husband/wife dies without a Will this is called Intestacy If the value of your estate exceeds \$150,000 excluding household chattels, then your spouse is given the household chattels, \$150,000 and If you have one child, half of the balance of your estate and if you have two children or more, one third of the balance of the estate. Your choices become very limited. Come and see me and have your Will drafted. I will explain all in detail.

The Royal Easter Show

By Di Wooldridge

The Royal Easter Show,
A spectacular display
To show us what our farmers do
To feed us every day.

The graziers, the gardeners
Are all part of the core,
Along with truckers, loaders and
The local grocer's store.

Technology is on display,
Arts and crafts abound,
The latest in equipment
Is also to be found.

And then there's all the animals.
The babies and the chicks,
Horses, cows and sheep and goats
And everything that frolics.

There's showbags, side show alley
All lots of rides to dare,
A great day to had by all,
The Agricultural Fair.

Ode to Bob by Di Wooldridge

Bob has been a friend of ours for many
years,
Filling varied roles as times have passed,
Secretary, treasure and president,
His service to the program has been vast.
So now he travels onward to the afterlife,
He will be sorely missed within our ranks,
We wish him all the very best along his way,
And most of all we'd like to say "Thanks."

RECIPE

From Roslyn

ONE POT feeds the lot!
Published by *That's Life!*

Moroccan Mince & Rice

Serves 4 Time 20 mins

1 Red Onion cut into wedges
500 grams Lamb Mince
2 tablespoons Moroccan spice mix
5 cups cooked chilled basmati rice
2 tablespoons each pine nuts and
slivered almonds, toasted
1/3 cup each currants and chopped
apricots
1/2 cup chopped mixed herbs
(suggested coriander & mint)
Juice of 1 lemon

1. Heat 1 tablespoon vegetable oil in a large wok or frying pan over medium-high heat. Add Onion cook 1 min. Add mince and cook for 5-7 mins or until browned, breaking up any big lumps with a spoon.
2. Add Moroccan spice mix and cooked rice and toss well. Add nuts, currants, apricots, herbs and lemon juice and mix to combine.
3. Cook for a further 1-2 mins or until heated through. Serve with yogurt and pita bread. Garnish with chopped mixed herbs and lemon wedges.



BOOK REVIEW with Yvonne

NONE BUT THE BRAVE AUTHOR JOY CHAMBERS

John Baron Chard, orphaned as a baby and brought up in Australia, is unaware that the family he loves is not his own. When his life is thrown into turmoil, he leaves for England to join the RAF as war looms over Europe.

Samantha Chard, young and head strong, is a pioneer woman photographer. When she cannot have the man she loves, she marries Cashman Slade - a union with disastrous consequences.

Cushman Slade, charismatic and arrogant, discovers an easy way to live in style when his father squanders the family's wealth. But nothing is free, and as Cash flees from his past, he is forced to make his stand in the world's greatest conflict.

None but the Brave sweeps three courageous people into the battlefield as it travels from France to Great Britain, to the Australian bush and back again in a gripping insight into a fascinating period of our past.

March Birthdays

Beryl Slater 4th

Gayle Sullivan 5th

Heather Nan 10th

Kath Hogan 14th

Margaret Scudds 19th

Valmai Bottle 23rd

Robyn Borthwick 25th

Sharon Ellis 5th

Jan White 8th

Margaret Berlin 13th

Thelma Storey 14th

Catherine Hannard 22nd

Adele Griffin 23rd

Irene Glen 25th



Belated 14th February birthday wishes to Barbara White (many apologies)

You are invited!

Free monthly aged care information session and morning tea

Take a break, enjoy some morning tea and find out more about how to make the most of your senior years. Guest speakers will give you expert tips and information that matters to you. Bookings are essential. Please call Sima on 3821 6699 to book a spot.



www.starcommunityservices.org.au

Thursday March 3, 2022

Guest Speaker Rob Patterson of QFES will share important information and tips on fire safety.

Thursday April 7, 2022

Guest Speaker Vy Ngo of Cancer Council QLD will discuss programs and supports available.



STAR
Community
Services.org.au

Feeling left behind in the digital world?

NOW is the best time to get online.

Join STAR TECH

- a technology training program for seniors. Call 07 3821 6699.

I would like to get online but I don't know where to start.

I have so many technology related questions, but no one to ask.



STAR TECH is a unique technology program especially designed for the elderly. Start your technology journey today with personalised training and new devices. Learn the essential digital skills from friendly, supportive trainers.

*Regular workshops held at STAR office, Shop 1, 5 Jacaranda St, East Ipswich. Call 3821 6699 for more information. *Eligibility criteria and program fee applies.*

STAR Tech is available for those aged 65 or over or aged 50 or over for Aboriginal and Torres Strait Islander people. The program is funded as part of the Commonwealth Home Support Programme (CHSP). My Aged Care referral for Social Support Individual (Telephone/Web) is required.

Covid and Ipswich 60 & Better update

Ipswich 60 & Better has Covid Safe practices in place. 😊 Masks off indoors from March 4th. 😊

Please know that the office hours are changing. Whilst staff will be available to contact via the office mobile. The actual hours where staff are physically in the office will look different. More details coming soon. If you leave a message, we will get back to you.

Activities continue to be offered, please let us know if you regularly attend, of your decision to join in or stay at home.

Activities have recommenced including: Square Dancing, Table tennis, Tai Chi for health, Cuppa and Chat, and UFO. Please call the office if you would like to confirm availability of activities.

If you have any concerns about leaving the house 🏠 and participating in any of our activities, please give us a call, you are welcome to have a chat.

If you are choosing to self- isolate, please take good care of yourselves by:

- ✅ Let someone know you are choosing to do this, and ask them to check in on you (a neighbour, friend or relative)
- ✅ Keep your connections with friends and family, by phone and internet
- ✅ Go for a walk (with physical distancing in place) outside.
- ✅ Potter in the garden
- ✅ Check out the QLD Gov health Website for other activity ideas for Older Queenslanders

<https://www.qld.gov.au/.../informatio.../older-queenslanders>

(SERIOUS) LOCKDOWN ADVICE

From Yvonne

(I got this from Facebook)

Everyone PLEASE be careful because people are going crazy from being locked down at home!

I was talking about this to the microwave and the toaster while drinking my coffee, and we all agreed that things are getting bad.

I didn't mention any of this to the washing machine, because she puts a different spin on EVERYTHING!!

Certainly, couldn't share with the fridge, cause he's acting cold and distant!

In the end, the iron straightened me out! She said the situation isn't all that pressing and all the wrinkles will soon get ironed out! The vacuum, however, was very unsympathetic.... told me to suck it up!

But the fan was VERY optimistic and gave me hope that it will all blow over soon!

The toilet looked a bit flushed but didn't say anything when I asked its opinion, but the front door said I was becoming unhinged and the doorknob told me to get a grip!!

You can just about guess what the curtains told me: they told me to "pull myself together".

We will survive!!



Helen Bryan

Taking the stress out of selling

Excellent firsthand knowledge from having lived locally for over 40 years. Over 20 years of industry experience, sharp negotiation skills and a warm and friendly communication style.



CONTACT ME FOR YOUR FREE PROPERTY REPORT

0418 722 135

helenb@remax.com.au

Each office independently owned and operated

This is Helen Bryan from RE/MAX, answering questions about Real Estate.

Question: When we sell, do we have to be out in 30 days?

Answer: If you are more comfortable with a longer settlement to give extra time to move. Speak to your agent and request a longer settlement or a rent back option. They can then talk to buyers and negotiate for you, it's common to have settlements from 30 to 90 days.

A Little bit of Trivia

Do you know the answers to these ones?

What is the rarest M&M colour?

In a website browser address bar, what does “www” stand for?

According to Greek mythology, who was the first woman on earth?

In a bingo game, which number is represented by the phrase “two little ducks”?

Which African country was formerly known as Abyssinia?

In which European city would you find Orly airport?

The only known monotremes in the animal kingdom are the echidna and which other creature?

Fissures, vents, and plugs are all associated with which geological feature?

Which author wrote the ‘Winnie-the-Pooh’ books?

Which Dutch artist painted “Girl with a Pearl Earring”?

Which country consumes the most chocolate per capita?

What is the loudest animal on Earth?

What was the first toy to be advertised on television?

What is the tiny piece at the end of a shoelace called?

In the United Kingdom, what is the day after Christmas known as?

Which of Shakespeare’s plays is the longest?

How many of Snow White’s seven dwarfs have names ending in the letter Y?

What is the tallest breed of dog in the world?

TECHNOLOGY SESSION

... Would you be interested?

We are looking at having a technology morning (and possibly continue it on a regular basis if there is interest) where you can bring along technology questions and your mobile phones, iPads, tablets or even laptops so that we can help each other find our way around our devices.

We are all constantly learning and if you have questions and queries, maybe someone else in the group will be able to assist with these devices which have now become vital part of our lives. One request we have already is set up mobile phones with emergency contacts & medical information.

Please let the office know if you are interested.

Many people think they have to give up things when they get older. Nothing can be further from the truth. You only get older when you give up!

Youth is not a time of life ... it is a state of mind. Nobody grows old by merely living a number of years. People grow old only by deserting their dreams.

Are you receiving Home Care Package services, or on the national waitlist for Home Care Package services, or are living in Residential Aged Care.

If so, and you are 65+ years old (50 years or older for Aboriginal or Torres Strait Islander people) who would like to receive a free iPad (use for a year with option to purchase at a reduced price) along with a volunteer to provide in-home free training on how to use the device? This could benefit organisations wanting to expand telehealth, or digital services to their older clients.

The idea is that clients can use the iPads to connect with friends, family, community and use the device to share photos, do emails, online banking, shopping, games, telehealth, etc., anything that would benefit them. It will be especially beneficial to those who are isolated, feeling lonely, or living remotely. As well as upskilling clients, the training sessions will be an opportunity for clients to receive some one-on-one time with a volunteer for social connection.

Please be in touch if you would like more information, or to refer a client to the program.



Emily Ledger
Program Manager

P: 07 5390 1218

M: 0414 079 561

Activity Updates

Welcome

To All New Members

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.

Volunteers wanted.

- Convenors wanted for Table tennis, Social Art, Chess, Euchre ...
- People with a passion for Fundraising
- Office support Volunteer

With Thanks

Tai Chi for Health



3rd floor, Trades Hall, 4 Bell 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



Marburg and Rosewood: For more details contact Irene 0497 808 402

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.

It will be on again this year! Starting soon

We are proposing a new way of fundraising with Lucky Numbers

Buy a number for \$2

Prize: \$25

Drawn when 25 tickets sold.

Let's Get Together! **STOP PRESS**

You are invited to
"Meet & Greet"



Monday, 21th MARCH 10am****
Date changed due to Flooding****
VENUE to be confirmed****

Bring a friend, meet the Management Committee,
Guest Speakers: Kerri Lynch and Lea Ford



Morning Tea provided – bookings essential 3282 8644

Check with Qld Govt Health alerts.

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:
Ipswich 60 and Better Program Inc.
PO Box 608
Booval Fair Q 4304

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