

Grey Matters Newsletter



August/September 2008

President's Message

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Dear Colleagues and Supporters of RDCOTA,

Very warm winter wishes to you in this present cold snap that we are enjoying.

In this issue we announce that RDCOTA has recently agreed with the Redland City Council to provide the co-ordinating role for the newly established **Redland Seniors Network**.

The purpose of the Network is to unite all of the community organisations in the Redlands that are engaged in meeting the needs of our senior citizens, as well as those providing meals on wheels, transport, leisure centres, and advocacy and personal support and the like.

The Network tackles wider social issues such as the problem of social isolation that many senior citizens experience, and the provision of accurate information about the services that enable seniors and their families/carers to better have their needs met.

The Redland City Council has shown great community leadership in assisting those organisations in their quest to better realise their potential to respond to increasing demands.

I take this opportunity to also announce the appointment of Mr Tony Christinson as RDCOTA's new volunteer manager. Tony has retired from a working life as a school teacher, and union organizer. Our centre volunteers are already used to him buzzing around getting things done. Welcome Tony!

Very 'warm' regards to all,
Ross Wiseman, President

FREE INFORMATION SEMINARS
“UNRAVELLING THE HEALTH PUZZLE”

Wednesday 27th August 6.30pm - 9.00pm

Sunday 31st August 2.00pm - 4.30pm

Redland Domiciliary Services and RDCOTA will provide an opportunity during Senior Citizens Week for the public to gain valuable information on topics covering Home and Community Care (HACC) services, In-home Care Packages, after Hospital, Palliative & Transition Care, Respite Services and Options as well as ACAT Assessment Services. **They will be held at the Donald Simpson Over 50s Leisure Centre in Bloomfield Street, Cleveland.**

Retirement and Supported living along with Residential Aged Care and Legal issues will also be addressed. There will be a panel discussion and question time and information tables in the auditorium to provide you with further information during the break, prior and after the seminar.



Speakers will include representatives from Spiritus, Blue Care, Oz Care, RSL Care, Redland City Council Respite/Home Assist, Bayside Health, (see picture) Wayne Gredig residential aged care, and lawyer Brian Herd. There is a \$2 entry for tea and coffee supplied by Donald Simpson Centre. The seminars are provided for the over 40's, for their parents

and senior citizens, and it is a wonderful opportunity to gain practical information to assist you in “being informed and confident when planning future care options”.

Further details are available from the M.C. for the seminars, Lee Cottam on 3488 0224 or 0418 814 534.

BAYSIDE SENIOR LIFESTYLE EXPO

Thursday 30th & Friday 31st October 9.30am – 3.00pm

RDCOTA in association with Queensland Community Newspapers will hold their Bayside Senior Lifestyle Expo on the last two days in October at the Redland Performing Arts Centre in Cleveland. There will be a gold coin entry fee in support of RDCOTA.

Put the dates in your diary to make sure you get along to put yourself in the picture and maximize the benefits available to you as you plan, or indeed now enjoy, your retirement years by attending the RDCOTA Lifestyle Expo. It's a “must attend” event for the over 45s wanting to find out details of changes made by Government in regards taxation, superannuation, pensions and health issues.

Con't ...

It's also a great opportunity to speak to the experts on changes you or your parents need to know about entering Aged Care or looking for alternative accommodation.

The expo is highly regarded by the business community and is Redland's one-stop shop right on your doorstep where you can talk to the experts in a congenial atmosphere about all matters important to you and your loved ones. With over 30 exhibitors and community organisations attending, there will be a great wealth of information available covering areas such as health, finance, accommodation, travel and recreation.

We will be giving away fantastic prizes every two hours each day of the Expo. This will occur at 10.30am, 12.30pm and 2.30pm. So do make sure you get along to go into the draw to take home not only essential information, but perhaps a great prize or two. Information Seminars will also take place over the two days with an opportunity to ask questions and receive answers from a line up of professional speakers.

FREE LEGAL SEMINAR & ENTERTAINMENT

Tuesday August 26 1.30pm—3pm

RDCOTA in association with AVEO Cleveland Live Well, 148 Smith Street, Cleveland, will provide an opportunity for the community to obtain valuable information to assist in planning your present and future needs. Guest speaker is Russell Biddle, Principle Solicitor with Biddle Lawyers who will cover Enduring Powers of Attorney, Care Directions for Health & Finances, Wills & Estates and Retirement Planning. There will be question time following his presentation and at 2pm the University of Third Age Redlands will entertain you with some wonderful English Country Dancing. Afternoon tea will be serviced provided by Aveo. **Enquiries on the event please phone Dot Hanley on 38211314.**

DATE CLAIMERS

SENIOR CITIZENS' WEEK IN THE REDLANDS 23rd - 31st AUGUST

NATIONAL MEALS ON WHEELS DAY 27th AUGUST

(Annual General Meeting and Volunteers' Thankyou will be held at 2.00 pm followed by afternoon tea at 2.30pm)

VENUE: Redlands Christian Reform Church,
Cnr Delancey & Sturgeon Sts, ORMISTON

REDLANDS LEISURE LIFE 50TH ANNIVERSARY SPRING FESTIVAL
September 5th—7th

BAYSIDE SENIOR LIFESTYLE EXPO 30th and 31st OCTOBER 9.30am - 3pm

(To be held at Redland Performing Arts Complex Middle St, Cleveland)

VIENNA WOODS STATE SCHOOL LITERACY DAY

18 AUGUST

The school is hoping to have students complete a variety of activities including listening to speakers talk about their life, writing stories and poetry with local poets and authors, drama workshops, etc during their Literacy Day.

If you feel that you would be interested in taking part in any of the above activities, please contact Year P-7 teacher/librarian, Sharon Collins, on 3824 1850. Ms Collins has worked with RDCOTA members who participated at this Day in previous years and is looking forward to working with us again.

PIANIST REQUIRED

WEDNESDAY, 11.00-12.00am

A pianist is required to accompany for an ecumenical service at the above time at Nandeebie, Winchester Road, Alexandria Hills. Mark Brooks is the Chaplain.

Contact person is FAY McKILLOP on 3821 2032 .

HELP TO GET BACK TO WORK

The Redlands Employer & Placement Service (REPS) specialises in giving assistance to the mature aged (men and women), who are wanting to either re-enter the workforce, or change from their current field of employment.

REPS will kick off a new programme, "It's All About Me", in late August, especially for anybody who is out of work or underemployed; over 40; a sole parent or carer; or from an indigenous or culturally and linguistically diverse background. In addition, REPS delivers accredited retail training, and a job preparation training programme which covers all areas of job preparation from personal analysis and confidence building, to resumes and interview skills.

For more information on any of these programmes, **contact 3286 4855 or email Sandra.Martin@reps.com.au**

REDLAND HOSPITAL EMERGENCY DEPARTMENT

The above department (costing \$7 million) was officially opened on the 2nd July. It is expected that it will treat up to 45,000 patients per year in a major expansion of health services for Brisbane's bayside. This marks the fifth and final stage of the hospital's \$14.8 million redevelopment. This new and expanded facility will see the number of treatment beds in the emergency department more than double from 13 to 31.

The expansion also includes a state-of-the-art resuscitation room, an isolation room and 12 multi-purpose treatment cubicles. Waiting room patients will be managed in an ambulatory care environment—a separate area within the emergency ward with consulting rooms, four cubicles, a plaster room, and an eye, ear, nose and throat room.

A specialist service to deal with sexual assault cases will also be situated within the new emergency ward ensuring it is equipped to handle emergencies 24 hours a day, seven days a week. The redevelopment has also included the expansion of the hospital's Pathology, Pharmacy and Health Records departments

RED SPOT SPECIALS

(The label that turns blue when apples turn red)

A University of Arizona professor has invented a sticker set to be available for commercial use next year that will let consumers and producers alike determine exactly when a fruit is ripe to eat. The system works by detecting a chemical called ethylene gas, which is released by fruit or vegetables as they ripen. The sticker has a chemical that reacts with the gas, turning the white sticker, which looks a little like a nicotine patch, blue; and bluer. The more ethylene gas the fruit produces, the darker the blue.

At the moment, picking fruit is "more an art than a science" according to Professor Riley and it is an expensive art. Growers and retailers throw out tonnes of fruit per year because it has ripened faster than predicted, and in turn, shoppers' wheelie bins are packed with fruit that they in turn mistimed.

A secondary purpose of "Riley's RediRipe" stickers is that they can be used by growers as an early warning system. Ripening in one fruit can trigger ripening, and even rotting, elsewhere. With fruit now often stored for months in cold rooms, a couple of strategically placed stickers could help monitor progress.

“SONGS FOR LOVERS” CONCERT & LUNCHEON
With the Clare Hansson Trio & Vocals

Tuesday 26th August
10.30am – 1.30pm



The RSL and RDCOTA will be providing a show and luncheon during Senior Citizens Week featuring the very talented and versatile pianist Clare Hansson.

Don't miss a wonderful concert with Clare starting at 11am followed by lunch. The meal is an alternate drop of grilled fish or roasted loin of pork with vegies and all the trimmings, and of course desserts to die for. Drinks will be available from the downstairs bar where the event will take place.

Clare will have your feet a-tappin' with her enormous talent, passion and flair playing a selection of swinging, sentimental and romantic songs. Anyone who attended our luncheon two years ago will well remember the great time they had and Clair's wonderful performance.

Tickets are just \$24 available now from the reception desk, RSL Cleveland in Passage Street, made possible by the support of George Hartnett Funerals. Ticket or dietary enquiries phone the club on 3488 1199.

24/7 ACCESS TO NEW TRANSIT AUTHORITY

The new TransLink Transit Authority was launched this month. The new authority has the power to further co-ordinate and integrate public transport services, and deliver and manage infrastructure; including railway station upgrades, park n' ride facilities and bus stops.

It will also manage the smooth introduction of new technology to improve public transport services, eg real time passenger information and the expanded use of the Go Card technology across the network.

Now customers only need to call the one number, **13 12 30**, or visit the one website: **www.translink.com.au**, to get timetable information, enquire about services, plan a journey, ask about ticketing; including the Go Card, or register any comments.

HOUSING

The Community Development Department is receiving a rising number of calls from local residents in crisis in the private rental market. Most enquiries are coming from people on fixed incomes (pensions) who have to vacate properties they can no longer afford and are unable to find alternative affordable housing even if they downsize. Most have been on the public housing waiting list for years and realistically have little hope of ever being offered public housing.

Here is a “handy guide” of the agencies who may be able to assist those experiencing housing or accommodation difficulties.

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| EMERGENCY HOUSING: | Homeless Persons Information Qld | 1800 474 753 |
| | Qld Youth Housing Coalition Line | 1800 177 107 |
| | Youth Emergency Services | 3357 7655 |
| PUBLIC HOUSING: | Dept of Housing, Bayside Area, Capalaba | 3362 9100 |
| COMMUNITY HOUSING: | Mangrove Housing Association | 3893 3299 |
| | Bayside Housing Community Ltd | 3893 0833 |
| BABI YOUTH & FAMILY SUPPORT: | | 3393 4170 |
| IN-SYNC YOUTH ACCOMMODATION & SUPPORT: | | 3821 3499 |
| PRIVATE RENTALS: | Real estate agents & private landlords | Yellow Pages |
| TENANCY ADVICE: | Residential Tenancy Authority (RTA) | 1300 366 311 |
| | Bayside Tenancy Advice & Advocacy Service | 3893 0016 |

**Seniors Legal & Support Service have moved and their new
Phone number is 32571337.**

RDCOTA would like to acknowledge its sponsors:

**Rotary Club of Cleveland
Lions Club of Capalaba
Redlands Sporting Club
RSL Cleveland
Pilot Light Panel Christmas Wrap
Redland City Council
Mater Private Hospital - Redland
George Hartnett Funerals
Biddle Lawyers**

Without our sponsors, Redland District Committee on the Ageing Inc. would not be able to reach out into the community as much as it does.

RDCOTA welcomes all contributions to Grey Matters.

**If your organisation or group has a message for the Seniors of the Redlands,
we would be happy to discuss this with you.**

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AND ARE ACKNOWLEDGED AS SUCH, WITH APPRECIATION
“Seniors Task Force” National Seniors Government Departments

