

Grey Matters Newsletter



June/July 2008

President's Message

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NEW PATRONS FOR RDCOTA

RDCOTA is excited to announce that the new Mayor of Redland City Council, Mayor Melva Hobson, has very generously agreed to accept the role of Patron of RDCOTA, continuing the fine tradition set by previous Mayors Eddie Santajuliana and Don Seccombe. We have communicated to Mayor Hobson our sincere thanks for recognizing our Redland's Seniors in this way.

Also, local State Member, Mr Phil Weightman, MP, has generously offered his services to be the second Patron of our organisation, and we are equally grateful to him.

BON VOYAGE FAY

Many of our readers who know our loyal and long term Secretary and Administrator, Fay Dougall, and her husband John, might not be aware that they have packed their bags and flown off to Wyoming, USA, for 6 months. John hails from the USA, and he has kith and kin in Wyoming to whom they are paying an extended visit.

A SENIORS INFORMATION HUB FOR REDLAND CITY

RDCOTA continues to pursue its establishment of a locally based **Seniors Information Hub** for Seniors, their families and carers. The information Hub will be operated by trained volunteers who will provide information by phone or face to face about a wide number of issues that have been catalogued further in this issue. RDCOTA and our sister Seniors' Organisations and Services, find that older people have a strong need for accurate and easy-to-understand information about Residential Aged Care and community based HACC services, as well as the many other services that are provided at the local level, that are essential for healthy, independent ageing.

According to the Redland City Council's publication **Ageing in the Redlands**; *"Seniors report a lack of access to information for decision-making despite a plethora of information available in various media formats. They are confused about who to call to get the information they need. Not all seniors are computer literate*

.....cont'd

and suggest the growing reliance on information 'online' is a barrier to being informed. Seniors favour information provided face-to-face, supported by a range of 'plain language' brochures. There is also a preference for a single point of access, preferably a shop-front, for information and referral to appropriate local services."

It is also recognized that many Seniors, their families or carers, tend not to seek vital information until the need arises - often after a crisis has developed.

Trying to find who to contact when in a crisis is a nightmare.

RDCOTA values your support in its bid for part of the funding to be met from Federal and State Government sources for this vital service which we insist is badly needed

Ross Wiseman President

ISSUES FOR WHICH SENIORS IN OUR REGION WANT INFORMATION

- The need for quality supported accommodation, residential aged care, home-based community care, or respite care
- Low cost and/or appropriate housing, tenancy issues - applicable to private rental and rental in retirement complexes
- Health services including hospital care, GPs and specialists, pharmacies, mental health, health support groups, foot clinics, arthritis aids, healthy lifestyle
- Personal care services, meals on wheels, specific help/support during stressful/traumatic times, grief counselling.
- Elder abuse, social isolation, community involvement
- Changes in family circumstances that affect Centrelink payments
- Retirement planning including financial planning and superannuation, retirement accommodation options, adaptations needed to domestic relationships. leisure, entertainment, discounted senior services.
- Employment options and support, volunteering options and conditions
- Personal safety and emergency services
- Home help including gardening, pet care, home care, aged care equipment and other household services
- Transport, mobility and transport assistance
- Difficulties in accessing/using/understanding technological equipment and services
- Consumer advice
- Participation in the community and civic information, libraries, what's on?, events
- Accessing legal services for estate contracts between generations, accommodation, financial issues, death, funeral, burials, etc

DATE CLAIMER

SENIOR CITIZENS WEEK IN THE REDLANDS 23rd - 31st AUGUST 08

BAYSIDE SENIOR RETIREMENT EXPO 29th and 30th OCTOBER
(held at Redland Performing Arts Centre, Wynyard St, Cleveland)

WESTPAC COMMUNITY IDOL COMPETITION 2008

RDCOTA has been advised that we were one of the 12 groups commended in this competition. We will be added to the Community Idol honour roll and will receive a Certificate of Commendation as well as a free 12-month subscription to the "Easy Grants" and "Raising Funds" newsletters. Joe Ross, OAM, committee member, will be representing RDCOTA at the Communities in Control conference in Melbourne in June.

Congratulations to our Secretary, Fay Dougall, for her excellent work in getting this recognition for RDCOTA. We may have missed out on the money this year but it's a great result for the organisation and we were the only Queens-land entry to receive a commendation.

SCOTT MULLER - a new voice

Also performing Rosemarie Arthars, Leanne Swanson, Shane Calderbank

Scott Muller has recently returned to Australia and will be performing at the
Redland Performing Arts Centre, The Concert Hall; FRIDAY 4TH JULY AT 8.00pm

BOOKINGS: Phone 3829 8131 or www.rpac.com.au

Booking Office at RPAC, Middle Street Cleveland 12pm to 4pm

ENJOY LUNCH & A SING-ALONG AT THE REDLAND BAY PUB

KARAOKE for the "Older Generation"

WHEN 1st Tuesday of each month

TIME: From 12 noon to 3.00pm

LUNCH: Lunch open at 11.30 am



Come along and have some fun and good times, as well as great food.

Sing your favourite songs and we'll sing with you too!

SCHUBERT OPERETTA

“LILAC TIME”

An Operetta in Three Acts
Music by FRANZ SCHUBERT
A CHARMING COMEDY



Lilac Time will be presented in Cleveland next month to aid Lifeline. It is directed by Dr Delwyn Day and features the Nazlife Concert Orchestra.



It is a tale of romantic intrigue in which Schubert loses his inspiration and his girl after his best friend, Baron von Schober, has serenaded her with Schubert's own songs.

The performance is on Saturday, 21st June, at Cleveland High School Auditorium.
Doors open at 7.00pm: CURTAIN UP AT 7.30pm.

Admission is \$25 per person, or \$20 for pensioner and group concessions.

**BOOKINGS AND TICKETS CAN BE OBTAINED
AT RDCOTA, 57 Wynyard Street, Cleveland.
Phone: 3488 0680**

IT'S NEVER TOO LATE

Even if you are aged 70, you can still adapt your life style to improve your chances of living to at least 90. A new study, published in the Archives of Internal Medicine, looked at 70-year-old men and found that if they lived a healthy lifestyle, 54% would live to over 90 years of age.



The healthy behaviours that made a positive impact on longevity in a person's 70 years were: avoiding smoking, maintaining a healthy weight, blood pressure control with regular exercise. Regular exercise was associated with significantly better late-life physical function, whereas smoking and being overweight were linked to considerably worse physical function.

OLDER PEOPLE AND CREDIT CARD FRAUD

With the ageing of the population, and increasing demand for individuals to be financially literate and self-sufficient, seniors may find themselves at greater risk of fraud.

Although the proportion of the elderly experiencing fraud is lower than for those aged less than 65 years, this is the crime seniors are most likely to experience and the effects can be devastating as the elderly are often not able to recoup the losses.

The "Seniors Task Force" is using a series of simulation models to estimate the relative growth in fraud victims over the next 25 years. The modelling suggests that the prevalence of fraud could increase by up to 20% and the rate of growth in the number of older fraud victims will be much faster.

Using unpublished data from the 2004 International Crime Victimization Survey to estimate age profiles of credit and bank card fraud, this study examines the previously unexamined sociodemographic characteristics of the victims of this form of fraud. Finally, it seeks to provide indicative projections of bank and credit card fraud in the Australian economy over 2006-2031.

For more information about this issue, visit the Australian Institute of Criminology website at <http://www.aic.gov.au/publications/tandi2/tandi343.html>

CENTRELINK CUSTOMER RELATIONS LINE

For comments, complaints or for any information that you may need, ring:
Centrelink on **Freecall 1800 050 004**

Department of Veterans' Affairs (DVA) should call - **13 3254**
Or from **regional Australia** call - **Freecall 1800 555 255**

COMPUTER NEWS



CAPTURING A SCREEN IMAGE

A simple method of capturing an image displayed on your screen is by using the **PrtScn** key on your keyboard, which can be found in the top right-hand corner of most keyboards. This button once pressed, basically takes a snapshot of your open windows, and then sends the file into a hidden temporary location as an image.

The easiest and most common way of retrieving this screen capture is by using Microsoft paint, which can be found by clicking

Start - All Programs - Accessories - Paint.

Simply open up any screen/s you wish to have as an image, press the **PrtScn** key and open the paint program. Then use the keyboard shortcut Ctrl-V or go to the **Edit** menu and select **Paste**. Your screen capture now appears in Microsoft Paint. To save the file as an image is done by clicking on:

File - Save As and choosing a name and location.

RDCOTA would like to acknowledge its sponsors:

Rotary Club of Cleveland

Lions Club of Capalaba

Redland Sporting Club

RSL Cleveland

Pilot Light Panel Christmas Wrap

Redland City Council

Mater Redland Private Hospital

George Hartnett Funerals

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 organization 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 QCOSS Government Departments

