

# THE COMET

Journal of the Australian Pensioners' and Superannuants' League, Qld. Inc.

## SENIORS SAFETY

### *How safe do you feel in your own home and walking on the streets where you live?*

An increasing number of seniors have experienced being assaulted in their own homes and suffered from the assaults physically and also financial loss. The traumatic experience stays with them for the rest of their lives.

Some of the suggestions which could be of help to seniors and improve their safety include:-

- **Always** lock your front door while working in the backyard. Buy a dog.
- Never fall for the **"I need a drink of water"** trick as the criminal mind of the person at the door wants entry to your possessions and then you are at his mercy.
- **Be vigilant** —be aware of your surroundings at all times
- **Never carry a handbag low**—recommended that you carry it on your shoulder and "hug" it towards the front of your body
- Would-be home invaders have mistakenly surmised that pensioners have **spare cash**
- Rely on your local **Neighbourhood Watch Group** - they are throughout the state and most have websites and a Facebook site. Follow these sites for information about any happening in your neighbourhood.
- Having **a friendly neighbour** is a great help to your wellbeing. Let your neighbour know if you are going to be away/ if you have health problems or you have a change in your daily plans.
- **Door to Door scammers** are also to be avoided. Claims of being roof-fixers/Solar Panel salesmen/Driveway installers and the like, should be shown the front gate
- it is important that seniors recognise risky situations and take precautions to protect themselves and their property.
- Elder abuse is regrettably on the rise and laws have been introduced to protect older people from emotional, psychological, financial, physical or sexual abuse or neglect.

### ***APSL Mission Statement***

***To lobby powerfully with governments at all levels and private sector agencies, and within community sector, to promote all aspects of the security, well being and dignity of pensioners of all ages, superannuants, other self-funded retirees, low income families and other disadvantaged people, including Aboriginal & Torres Strait Islander (ATSI) and Culturally & Linguistically Diverse (CALD) peoples.***

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**The Australian Pensioners' and Superannuants' League Qld, Inc. (APSL) provides advocacy and support services to pensioners and superannuants in Queensland.**

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## **Services Directory**

### **Commonwealth Government Directory**

Administrative Appeals Tribunal	1300 366 700
Aust. Competition & Consumer Commission	1300 302 502
Australian Hearing	131 797
Aust. Securities & Investment Commission	07 3867 4700
Aust. Taxation Office	132 861
Centrelink (Older Australians line)	132 300
Child Support Agency	131 272
Commonwealth Respite and Life Flight Centre	1800 052 222
CRS (Commonwealth Rehabilitation Services) - Human Services	1800 277 227
Family Court of Australia	1300 352 000
Home & Community Care (65+ years)	1800 200 422
Human Rights & Equal Opportunity Comm.	1300 369 711
Immigration & Border Protection Department	131 881
Medicare	132 011
Migration Review Tribunal	1300 361 969
National Aboriginal & Torres Strait Islander Legal Services	1800 012 255
Pharmaceutical Benefit's Scheme	1800 020 613
Private Health Insurance Complaints	1800 077 308
Private Health Insurance Ombudsman	1800 640 695
Translating & Interpreting Service	1300 655 820
Veteran's Affairs Department	133 254

### **Queensland State Government Directory**

Anti-Discrimination Commission	1300 130 670
Department of Communities	137 468
Department of Energy & Water Supply	
Electricity & Gas	134 387
Water	137 468
Energy & Water Ombudsman	1800 662 837
Health Ombudsmen	133 646
Legal Aid Qld	1300 651 188
Office of Fair Trading	137 468
Public Guardian (Adults & Children)	1300 653 187
Public Trustee	1300 360 044
Qld Competition Authority	07 3222 0555
Qld Ombudsman's Office	1800 068 908
Residential Tenancies Authority	1300 366 311
Safe Food Queensland	1800 300 815
Senior's Advocacy Information & Legal Services (SAILS)	07 3214 6333
Senior's Card	13 74 68
Senior's Enquiry	1300 135 500
Senior's Legal & Support Service	
Brisbane	07 3214 6333
Cairns	07 4031 7179
Hervey Bay	07 4124 6863
Toowoomba	07 4616 9700
Townsville	07 4721 5511
State Emergency Service Office	13 74 68
Youth & Family Support Service	07 3274 9917

### **Community Support Services Service Directory**

Domestic Violence Crisis Line	1800 811 811
Immigrant Women's Support Service	07 3846 3490
	07 3255 1420
Qld Aged & Disability Advocacy	1800 818 338
Seniors & Go Card	13 74 68
Senior Shopper	1300 360 265
Sexual Assault Help Line	1800 811 811
South Brisbane Immigration & Community Legal Service	07 3846 3189
The Incapacitated Servicemen & Women's Assoc. of Aust	07 3356 9022
Women's legal Service	07 3392 0670
National Welfare Rights Network	1800 358 511

### **Department of Health Service Directory**

Department of Health	1343 2584
Health Services Info Line	07 3837 5986
Medical Aids Subsidy Scheme	1300 443 570
My Aged Care	1800 200 422
Police link Queensland Police (non-urgent)	131 444
Crime Stoppers	1800 333 000

### **Advertisers**

Alex Gow Funerals	07 3852 1501
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**MAY 2019**

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**Contact APSL State Office to enquire about membership. Check with Head Office as to the name of the Branch nearest to you.**

**APSL—YOUR VOICE!**



## EDITORIAL



Dear Friends,

Conference time is quickly drawing near and arrangements are coming together nicely.

By now Branch Secretaries should have received details of the venue; the Tuesday night activity and the conference dinner. Wednesday, September 11.

Meals costs should be totaled up; Credential forms should be filled in; Agenda Items should be moved and seconded at Branch meetings with *all forms and meal* payments sent to Head Office by closing date, July 12.

Please carefully read the details on the Credential Forms. One credential form per person. The forms must be signed by the Branch President and Secretary complete with the Delegate's or Observer's signature and dated.

The top half of the form must then sent to Head Office and the lower half retained and brought to the conference by the Delegate or Observer and presented to the State Conference Registrar.

Your orders for the 2020 APSL Planners are also required and your order numbers should also be returned by July 12. Please indicate if you would like to pick up your planners at the conference.

With regards to compiling Agenda items, we ask that Branches research and supply a fitting reason for the presentation of that agenda item.

As these items have to be compiled in groups at Head Office; re-typed and then sent out to all branches so they can discuss at their branch meeting level so that Branch Delegates know how their governing branch wants them to vote on all agenda items.

The Agenda Items are then compiled in the State Conference Booklet.

The Federal Election has come and gone with some elements of surprise. We will continue to lobby

Governments on behalf of all seniors with a view to keeping everyone who is in power honest to the utmost degree.

We aim to provide a voice at Federal; State and Local Governments and other institutions on all issues of importance to the well being, security and dignity of people who depend for their living on a pension or superannuation payments.

Until next time - keep safe, Folks.

*Cherith Weis*

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# ROAD SAFETY

WITH

## LEYLAND BARNETT

### Head On Collisions

*I have seen in the news recently of several incidents involving head on collisions with trucks and motor cars and I believe that we need to be aware of the dangers and know what to do, to avoid a collision.*

*I have experienced in many situations where motorists have overtaken vehicles on blind hill crests and blind corners, over double line road markings. You have to ask yourself why do people take these risks, is it to save a few minutes on their trip?*

*Do they think of the consequences of being on the wrong side of the road and suddenly being faced with a truck coming over the top of a hill or around a blind corner? A heavily loaded truck cannot move out of the way of the path of an oncoming vehicle without resulting in the risk of a serious crash.*

*Let's make our roads safer. Next time you consider overtaking a vehicle, ensure that you have a clear line of sight for any approaching vehicles and plenty of room to complete the task.*

*Analyze the risk and consider the consequences if something should go wrong, are a few seconds worth your life and the lives of others?*

*What do you do when you are faced with a vehicle coming at you on the wrong side of the road? The main thing is not to panic and to look for a safe path to avoid a collision, look to the left side if you need to leave the road as if the driver is asleep they will*

*instinctively swerve back to their left side of the road and you will be back in a collision course if you have moved to the right side.*

*Ensure that you reduce as much speed as possible on the bitumen surface before leaving the road onto gravel. Use the horn to get their attention, if they are asleep or distracted by a mobile phone, it will bring their attention back to the unfolding situation and possibly allow them to safely return back to the correct side of the road.*

*Every situation is different, so there is no clear instruction that will save the day. You have to make a quick decision and choose an appropriate action to avoid a severe collision and avoid serious injuries.*

*Every time we move onto the wrong side of the road, we are taking a risk and we need to ensure that the risk is reduced from good scanning and observation skills and obeying road rules such as not overtaking vehicles on double lines where it is marked as unsafe.*

*Please check out Leyland's website .....*

*[www.evolutionintraining.com.au/roadrules](http://www.evolutionintraining.com.au/roadrules)*

# BRANCH NEWS

## LIFE MEMBERSHIP NOMINATIONS

### BABINDA BRANCH

**Graham William Lynch** - Has been nominated with honour and pleasure by his branch to receive Life Membership of the Australian Pensioners' and Superannuants' League (Qld) Inc. Graham has attended annual conferences representing the Branch. He was also on the Management Committee as Area 1 Organiser. Graham has supervised Raffles and organised Christmas Luncheons and printing off the Comet for members. As Branch Treasurer he has always arrived at a healthy bank balance and it is hoped he will continue to do so. Graham has held the position of Treasurer since 2014.

Graham Lynch has gone over and beyond with the extras he has done for the Babinda Branch.

**Allan Kingston** - Has been nominated with honour and pleasure to receive Life Membership of the Australian Pensioners' and Superannuants' League (Qld) Inc. Allan has held the position of President since 2004. Previously, he was Vice President for four years. Over the past few years, Allan has arranged Bus Trips for members which were enjoyed by all. Allan has arranged for Guest Speakers for Branch meetings, i.e. Public Trustee; Local Ambulance; Meals on Wheels and Fireys and many more. Allan is always looking for ways to benefit all pensioners.

### INALA BRANCH

Nominations have been received from Inala Branch for the following members:-

**Irene Jimenez and Brenda McKoy.**

More details to come regarding these members.

**(Life membership Badges have been ordered and hopefully branches will send in photos of the presentations to the Comet)**

## BRANCH REPORTS

**BOWEN.** The Branch is functioning well and holding Hoy functions. Received a new member, Mrs. Joan Turner. Branch members were very disappointed with the Politicians response to Pension Poverty letters. Busily preparing for a big morning on June 17. Annual Social/Cent Sale and Morning Tea.

**COLLINSVILLE** is functioning well under the leadership of Mrs Beryl Aspinall and Secretary June Hathaway. (report in last month's edition)

**AREA 4 Report** given at Management meeting on activities at Duaringa; Gladstone; Gracemere; Mount Morgan and North Rockhampton.

**CHILDERS** members went on a Hervey Bay Cruise to Maryborough. Received Conference papers.

**CALOUNDRA** letters set to Joel Pringle; Federal Treasurer; local Politicians. Lobbying for a rise of \$180 a fortnight for single pensioners. Enquiries to be made about the Pension Loan Scheme.

**CABOOLTURE** Holding June Cent Sale. Members went on a mystery bus trip to Shorncliff Pier for lunch.

**BTRIBIE ISLAND** Members travelled to Gympie for a ride on the Rattler. An enjoyable day.

**GYMPIE** Member numbers have dropped recently. Charity concert held. Secretary busy with the Gympie Show. Have received conference papers.

**MONTO** Grey Nomads are travelling through Monto now & the book shop is doing well. Received conference papers.

**BALD HILLS** Anzac Day saw members assisting with morning tea for 400—500 marchers. Concert held with Inder Naru.

**CHERMSIDE** Numbers down this year. Held a Mothers Day lunch and continues to hold concerts.

**HERVEY BAY** Functioning well and all activities are well attended. Binda Table Tennis is coming in June. Lots of fun happens at the centre. Have received papers for conference.



## Toowoomba Residents!

*Would you like to help in the fight for a better deal for pensioners and superannuants?*

*Interest has been shown in the re-establishment of a branch in Toowoomba - So why not be involved?*

*Please feel free to contact our West End Office*

**Phone 07 5434 5878 or Mobile 0432 295 344.**

### Free Computer lessons

at

#### APSL HEAD OFFICE

174-176 Boundary Street.

West End.

**Mondays**

To book with Gabriella,

**Phone 3844 5878.**

**The Comet needs your contributions!** Send all Comet articles to [comet@apsl.com.au](mailto:comet@apsl.com.au)

Check out our website

[www.apsl.com.au](http://www.apsl.com.au)



Like us Facebook!  
By "Liking us", you show support for The Comet!

### Kurilpa Kitchen

2 course meals

Monday & Thursday

**Cost \$8.00**



*Seniors' Luncheon*

# “BETTER RIGHTS FOR RETIREMENT LIVING”



“**Retirement Living Options**” was theme of a morning of information held at Kurilpa Hall for seniors on Monday May 13.

Mary from COTA spoke on a number of issues in which COTA is involved and distributed information flyers to attendees.

While considering options available for retirement living, Mary outlined the following:-

## **Would you want to:**

**Stay** in your own home (and seek a My Aged Care Assessment to Access support services if needed)?

**Downsize** to a smaller house or private unit/apartment/villa?

**Share** your home with someone else (and have a formal written agreement)?

**Move** in with family or into a Granny Flat (and have a formal written agreement)?

Choose a **retirement village** or **manufactured home**?

Choose **another option**?

## **Why might I choose to move or stay?**

**Cota says** - whatever your choice, there will likely be ‘pros and cons’. As part of your decision making, consider how your choices will support the lifestyle you want.

For example; Think of the personal, family, social and community, geographical or neighbourhood environments you might leave or move to.

What will be the financial implications (for example, think of the income you need to cover your costs, and the impact on cost of living, access to Centrelink benefits and any other plans to factor in, such as travel or access to aged care services).

Mary is pictured speaking at the presentation sponsored by COTA on Monday May 13 which covered a range of different and assisted living options. The morning’s session proved extremely informative for those who attended and everyone came away with greater a knowledge of their options for living in their retirement.





## 89-95 Gregory Terrace, Spring Hill, Brisbane. 4000

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**Motel on Gregory** offers clean, comfortable affordable units on Gregory Terrace, in Spring Hill, at very competitive prices. Bright apartments offer kitchenettes with Microwaves, living areas and balconies, as well as flat-screen TVs along with tea and coffee making facilities. Amenities also include meeting facilities, event space, and free on-site parking.

Freebies include a continental breakfast, limited parking and Wi-Fi in common areas. Interconnecting rooms available. Guest laundry facilities. Overseas guests; families: group representatives and State-wide patients requiring medical attention have all enjoyed their stay at **Motel on Gregory**.

**Free** On-site Car Parking. **Free** Taxi phone. Airport shuttle contact which is renowned for reliable and punctual pick-up times. Brisbane Bus service at front entrance (321) to Queen Street terminus (CBD) at Post Office Square.

### **CONTACT DETAILS:**

**It is recommended that guests book directly with Motel on Gregory for a great deal for your stay**  
**Phone 07 3026 1201**

**Email to [stay@motelongregory.com.au](mailto:stay@motelongregory.com.au) Check out Motel on Gregory website**  
**[www.motelongregory.com.au](http://www.motelongregory.com.au)**

**Meet Kay and Ross! Your hosts at Motel on Gregory**





## GYMPIE SHOW NEWS

Gympie Pensioners' and Superannuants' Branch Secretary and Area Coordinator, Maureen Perry entered items in three categories at the recent Gympie show. Along with 2 other pensioners Maureen manned the parent room for the show society over the three days.

Maureen also received champion knitter of the Gympie show for her fancy work (white bonnet and booties).

Featured below is Maureen Perry surrounded by her numerous winning entries in this year's Gympie Show. Maureen has been entering work and supporting the Gympie Show for around fifty years. Well done, Maureen!



Pictured below:- Gympie Branch President Kevin Ward and his wife Fay, who enjoyed watching the wood chopping event at the show.





## Winter Tips for Pet Owners

While planning for winter, responsible pet owners should also start thinking about the comfort levels of their furry companions. There are a number of simple ways you can keep your pet safe and warm this winter.

### Winter Coats

For pets with short fur, a good pet coat or jumper will give coverage from the neck to the base of the tail while also giving protection to their belly. Make sure your pet's coat is the right fit and isn't restricting their movement – some pets just prefer blankets! At pet stores like RSPCA World for Pets at Springwood and Wacol, you can bring in your canine companion along to be correctly fitted.

Remember, don't leave your pet's coat on once they are in a heated indoor environment or outside sunbaking, as they may overheat.

### Bedding

As the weather gets cooler, you might notice your pet is spending more time snuggled up in their bed. All of us want a good lay-in during winter! You can make a few simple adjustments to pet bedding for your companion's comfort.

Cats are notorious for finding warm spots around the house, like the afternoon sun through a window, or sitting close to heaters. They even take advantage of new cat beds and domes to snuggle up in.

Make sure your pet's bed is away from drafts and elevated off cold, hard surfaces. Getting the right height off the ground for the size of your dog and their age is essential. If your pet has stiff joints they may have difficulty with beds that are too high or may have mobility issues getting out too.



You can place a pet specific heating pads in their beds (avoid hot water bottles) to gently warm up the bedding and create a cosy, warm and safe sleeping environment.



Be wary of your pets getting too close to indoor heaters or fireplaces as they can fall asleep and end up with dried out skin or worse, burns.

### The Great Indoors

If your pet spends a lot of time outside, then appropriate shelter is essential. Choose housing that will give your

pet protection from rain, frost and wind. Choose a spot that is protected from the elements in a warm, elevated position.

Fill your pet's shelter with dry blankets that are washed regularly.

If you can keep your pets indoors during cool nights, especially for senior pets, they will greatly appreciate the extra warmth and cosy bedding away from the elements.

### Exercise and Health

The temptation in winter is to stay indoors, but your dog or cat still needs exercise and boredom busting stimulation. You can play indoors with soft toys or a ball to get the blood moving, or take your dog for a short walk. Exercise encourages good circulation and develops muscle tone.



If you notice your pet is showing signs of joint discomfort, you should take them to your vet for a check-up. Signs of pain or discomfort include stiffness, chewing or licking certain joints, difficulty walking up or down stairs, eating slowly and noticeable behavioural changes. We recommend pets go for six monthly check-ups to stay on top of any potential health issues.

Your vet may recommend a number of approaches to help prevent, as well as treat joint pain and arthritis. There are supplements that can be added to your pet's food, medication for inflammation, or injections for the treatment of arthritis.

Be mindful that all medications have side effects so it's best to discuss directly with your vet the best course of action.

### Heart Warmers

**If you don't own a pet but are considering a companion, talk to the RSPCA to find a pet that's right for you, or view the pets waiting to be your lap warmer and forever companion here: [www.rspcaqlld.org.au/adopt](http://www.rspcaqlld.org.au/adopt).**



# QIMR BERGHOFER MEDICAL RESEARCH INSTITUTE

On Wednesday May 15, several members of the APSL Management Committee joined with other interested people on a tour of certain facilities at the QIMR Berghofer Medical Research Institute.

State Secretary Nola Harvey, Management Committee member Joy Ferguson and State President Cherith Weis were thoroughly impressed by the work undertaken at the centre.

Dr. Purba Nag explained to the visitors some of her history and the work in which she is involved at the QIMR Berghofer Medical Research Institute.



Pictured above

APSL State Secretary Nola  
Harvey and Management  
Member and Bald Hills  
Secretary Joy Ferguson

Pictured above are mem-  
bers of the QIMR tour  
group and Dr. Purba Nag  
Ph. D who lead the visitors  
through various stages of  
her work.

*The QIMR Berghofer Medical Research Institute is an Australian medical research institute located in Herston, Brisbane, in the state of Queensland. QIMR was established in 1945 by the Government of Queensland through the enactment of the Queensland Institute of Medical Research Act 1945.*

*The Institute is located at the Royal Brisbane and Women's Hospital in Herston.*

From QIMR Berghofer Medical Research Institute:

*"QIMR Berghofer is a world leading medical research institute focused on cancer, infectious disease, mental health, and a range of chronic disorders. Working in close collaboration with clinicians and other research institutes our aim is to improve health by developing new diagnostics, better treatments and prevention strategies. The Institute stretches over three buildings - Bancroft Centre; QIMR Berghofer Central and Clive Berghofer Medical Research Institute".*



**Message to Branches**

This space box is provided to insert your Branch contact details when you leave The Comet at Doctors' Surgeries /Libraries and so on



# Walking Football BRISBANE

Contact Us  
Phone: 0432 967 829  
Email: [info@walkingfootballbrisbane.com.au](mailto:info@walkingfootballbrisbane.com.au)  
Website: [walkingfootballbrisbane.com.au](http://walkingfootballbrisbane.com.au)

## Never Walk Alone - Play Walking Football

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Wednesday 10.00am - 12 noon

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Tuesday 10.30am - 12.30pm

### North Lakes

Thursday 10.30am - 12.30pm  
Sunday 3.00pm - 5.00pm

### Over 40's 50's, 60's 70's

Contact us for more information

Web: [walkingfootballbrisbane.com.au](http://walkingfootballbrisbane.com.au)

Phone: 0432 967 829