



OUR News

Spring 2017

Celebrating a new age for older women.

Together we can achieve more.

Official Newsletter of the

Older Women's Network (Qld) Inc.



OWN Australia 24th National Conference

Monday 9th & Tuesday 10th October 2017, Hotel Jen, Brisbane



WELCOME TO SPRING, a big welcome to conference - and - welcome to the latest edition of "Our OWN News".

The buzz on the streets of Brisbane is that the Older Women's Network Australia National Conference is the place to be on the 9th & 10th of October.

Here at OWN Queensland we are proud to be hosting this year's conference - and we wish everyone attending a most enjoyable time. We also send our best wishes to those further afield unable to join us but keen to hear all about - no doubt next edition will be full of coverage.

We've been on the final countdown to when more than 60 delegates and a range of fabulous speakers will converge in Brisbane around this year's theme "Surviving and Thriving". This is a conference packed with useful sessions aimed at making the most of what we have as older women, as time goes by - plus some insights into where older women are fitting into the bigger picture in today's world.

Delegates will start arriving for conference at Hotel Jen, 159 Roma Street (beside the Transit Centre) from Sunday afternoon, October 8. And all members are

warmly invited to attend the OWNQ Annual General Meeting from 4pm until 5pm at the hotel restaurant, The Nest, on Level 2. Join us for a complimentary informal afternoon tea served at 4pm, to be followed by what this year will be a brief meeting, given the action packed days to follow. This will be followed by a welcome dinner at a nearby reasonably-priced restaurant for all members and conference delegates who wish to attend. Please RSVP by October 3 for AGM and also indicate if you plan to join the dinner group.

We are delighted to announce our keynote speaker at conference is Dr Helena Popovic (pictured), international speaker, best-selling author and leading authority on how to improve brain function, whose presentation will centre around the theme "Come Alive and Thrive".



Her effervescent presentation style will leave delegates feeling energised and enthusiastic about being who you want to be.

We are looking forward to a fantastic 'financial savvy' workshop and also speakers who have dealt with a variety of challenging situations and not only survived but thrived from their experiences. We will also have an engaging panel talking on "Shifting Times for Older Women", plus the famous drummers will give a workshop and the theatre group will perform at conference dinner.

Very limited places are left for registration now - please talk with your branch convenor or call the office if you wish to snap one up. We look forward to seeing you.

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We wish to Acknowledge the Traditional Owners of the Land on which we stand and pay our respects to Elders past, present and emerging.



President's Report . . .



As we celebrate International Day of Older Persons on October 1st, I encourage everyone to tap into the inspiration that comes from seeing older women, in our organisation or elsewhere, who use their experience and knowledge to help others. Our branches continue to grow at a steady rate, including our newest branch at Logan-Beenleigh, convened by Linda Hannah and Doreen Hanmer. Well done to all convenors and volunteers who assist in many ways each week, fortnight and month.

Queensland Senior's Week in August provided the opportunity for many branch organised activities. OWNQ's photographic exhibition was showcased in the Brisbane Square Library and has gained much positive feedback. The images are a truly magnificent body of work and artistically capture the essence of older women. Many of the photos will again be displayed at the National Conference before going on tour around the branches.

I recently attended a "Governance and Effectiveness" workshop for community organisations in August, alongside our coordinator Ann. Organised by NFPSuccess, the focus was on strength-based leadership, facilitating strategic planning, developing leadership competency and more. I also was inspired by the workshop and opportunity to meet people from other organisations working hard for their community.

I would like to thank our Vice-President Lee Hodgson for stepping into the role of President while I was unwell.

Thanks Lee for your great work supporting committee over this time. We hope you are now enjoying holiday travels and look forward to meeting again at conference.

The last quarter has been busy as we prepare documents, check policies and write new ones as required by the Department of Communities' Human Services Quality Framework process. Together with OWNQ treasurer Barbara Barnes, coordinator Ann and I attended an informative workshop organised by the Queensland Council of Social Services (QCOSS) to support agencies undertaking this process. Work continues over a series of monthly deadlines this year, with OWNQ book keeper David Cameron engaged to assist Ann and management committee in ensuring we comply with funding body requirements.

I greatly enjoyed the recent chance to visit Capalaba branch in September for a day of fun and friendship at their Op Shop fashion parade. It was wonderful to see our members 'strut their stuff' showcasing wonderful designs.

Excitement mounts as the National Conference draws closer. We are proud to host a conference to be remembered for years to come.

I wish all our members a wonderful Spring, enjoying the weather as we press on making OWNQ a truly inspiring organisation. **OUR FOCUS TODAY DETERMINES OUR FUTURE.**

June Donnelly



Coordinator's Report . . .

Spring is well and truly in the air – and there's also an air of excitement as we have been counting down to our OWN Australia conference. A big welcome to all our delegates making their way to Brisbane from various parts of Queensland and interstate.

After months of planning (and a big thanks to those involved) it is fantastic to be meeting so many more members, seeing us join to celebrate the rights, wisdom, experience and dignity of older women – and having this time to focus on a range of topics of interest and importance to our members. Greetings too to all our members and readers across the State – stay tuned for full conference coverage in our next edition.

It's been another active quarter, with branches continuing to hold a great range of activities and presentations, as well as creating that all-important space for members to connect and enjoy each other's company.

In the office we've been working away on a lot of the 'behind-the-scenes' business that ensures we're on board with all our funding body and other legal and financial requirements that keeps the organisation humming.

Membership renewal season is just one of the tasks that's kept us busy – and we thank you all and branch convenors for your prompt responses. If you haven't had a chance to yet, simply complete your form and return to your branch convenor or us here in the office.

This month we've received the welcome news of success in winning a grant application to purchase some updated office equipment. OWNQ also marked Seniors Week in this past quarter, with several branches holding activities, outings or displays to participate. In Brisbane we also launched our "Not Born Yesterday" touring photographic exhibition with a display in the Brisbane Square Library and held an OWNQ promotional stall at the Wellness in the Golden Years Expo at the RNA Showgrounds (see next page).

Sadly this edition marks a farewell to our wonderful administration worker Joy Ashton, who has secured another role with a much shorter commuting time. Thank you for your fantastic work with OWNQ and we wish you well.

Until next edition, go well everyone.



Ann Matson



International Day of Older Persons: 1 October

Happy International Day of Older Persons, October 1.

This year the theme of this United Nations designated day is "Stepping into the Future: Tapping the Talents, Contributions and Participation of Older Persons in Society".

This fits well with the work of OWNQ this year – as we prepare for national conference focussed on the theme "Surviving and Thriving". We also celebrate the significant promotional work the organisation has done this year with the "Not Born Yesterday" photo exhibition aimed at highlighting the message that older women have much experience, talent and wisdom to help shape a better society for all if we tap into it.

According to a UN statement, the day is about enabling and expanding the contributions of older people in their families, communities and societies at large. It focuses on the pathways that support full and effective participation in old age, in accordance with old persons' basic rights, needs and preferences.

This was vital to consider given the number of older persons worldwide set to increase by 56 per cent — from 901 million to more than 1.4 billion. And by 2030, the number of people aged 60 and above will exceed that of young people aged 15 to 24.

"As we step into a future with pledges that no one will be left behind, it is starkly evident there is need to tap into the often overlooked and under-appreciated contributions of older persons. This is not only essential to older persons' well-being, but also imperative for sustainable development processes," the statement concluded.

Progress on Hospitals parking fee concessions:

Last edition we reported that OWNQ among a number of union, community and faith groups have been calling for the Queensland Government to increase access to hospital car parking concessions and help address the financial burden on those needing to visit hospitals frequently over extended periods of time.

This edition we welcome news of a State Government announcement by Minister for Health Cameron Dick allocating \$7.5 million over four years for an extra 100,000 free or discounted car parking spaces available at public hospitals. The Minister said the Government also would develop a Public Hospital Car Parking Action Plan. The plan will require all Hospital and Health Services to develop a policy by October 1, relevant to each hospital, and addressing fees, eligibility criteria and types of passes and spaces available.

Plan for Disaster Resilience:

"Plan now" is the key message from the recent Disaster Preparedness for Older People workshop held in the Redlands. An initiative of local councils, Red Cross, Volunteering Queensland, Council Of the Ageing (COTA) Queensland, and the Federal Government, the session was one of seven to be held in Queensland in the coming months.

"One of the most important steps we can do is "PLAN" and plan now," says OWNQ Capalaba convenor Naomi Jarvis who attended the workshop. "If you have a plan and review it with action, when an emergency happens, it is not as stressful, you've done the best you can."

The session highlighted how emergencies can strike at any time, not only damaging or destroying homes and valuables but also impacting health, upsetting routines and in many cases causing significant financial burden.

It is important therefore to assess your circumstances and level of risk around the impacts of an emergency due to limited mobility, a chronic health condition, social isolation, a lack of access – even

temporarily – to health, support and essential services, as well as financial impacts if on a limited or fixed income.

Topics were covered in preparing your mind, getting connected with community, as well as being organised and packing your kit to support being more disaster resilient. Copies of the RediPlan Booklet can be obtained by phoning Red Cross on 07-3367 7222 or downloading at:

http://www.redcross.org.au/files/REDiPlan_SENIORS_Household_preparedness_for_seniors.pdf



As a minimum, car parking concessions will be made available by each Service to eligible patients and their carers including those who:

- experience financial hardship and/or
- concession card holders who need to attend hospital for an extended period of time
- are required to attend hospital frequently, and
- have special needs requiring assistance.

<http://statements.qld.gov.au/Statement/2017/7/23/75-million-to-improve-hospital-car-parking-access-for-patients>

Correction:

In our last edition we featured a tribute to Win Metcalf, one of our OWNQ founding committee members and a past President. We incorrectly stated that Margaux Crooks (one of those who assisted with compiling information for the article) was herself also a previous State President. We apologise for this error. Margaux is indeed listed in OWNQ's "20 Years of Herstory 1993-2013" booklet as a Founding Steering Committee member.

Not Born Yesterday:

Seniors Week in August saw the launch of OWNQ's "Not Born Yesterday" photo exhibition at the Brisbane Square Library in Brisbane's CBD. Following on from the International Women's Day displays, these images of members from across our branches have been produced as exhibition quality, with the collection now available to tour all our branches over the coming year or so. It is planned that the touring exhibition be displayed in local libraries, galleries and other art spaces to showcase the organisation and its members and highlight the important contributions older women make to society.



Exhibition photographer Jeanete Zanotto (pictured) paid a visit during Seniors Week to view her beautiful set of images. The collection has drawn very positive responses from viewers and we look forward to seeing how the images can help give greater visibility to older women and the need for all in our community to look for opportunities to include, connect and learn from the wealth of past experience on offer.



SBS highlights action needed on older women's homelessness:

Urgent attention is required from policy makers to tackle the increasing problem of homelessness amongst older women.

This was the theme from the recent (August) "Women on the Edge" edition of SBS's Insight program. The show highlighted alarming Australian Institute of Health and Welfare data showing the number of women aged over 55 accessing support for homelessness was growing at a faster rate than for men.

It also reported support services saying that women in this age group were more likely to be the "hidden homeless", not sleeping rough on the street but house-sitting, couch-surfing, living in cars or moving between their friends' and children's homes. It said many of these women have led 'traditional' lives - employed most of their life, raised children, cared for ageing parents and paid taxes. But as they age, with health issues appearing and work opportunities slowing while rents rise, they find themselves unable to afford a roof over their head.



Wellness in the Golden Years Expo

In August OWNQ's Administration Officer, Joy represented OWNQ at this popular health and wellbeing Expo for Seniors organised by Diversicare at the Brisbane Showgrounds. Joy tells us more.

I had many great conversations with the seniors who came by the OWNQ stand. There was a collective appreciation of our members' photos and the stories behind the faces. Lots of information was distributed by way of flyers and newsletters and we did generate some leads to follow-up. There was particular interest from the Ipswich area.

The Expo also provided the opportunity to network with health, wellbeing and other community service providers in the seniors' space. One such exhibitor provided a dementia simulator experience whereby three people at a time were invited into a 'mock home environment' (in a gazebo tent). We were kitted up wearing headphones, gloves and glasses which significantly deprived us of our sense of touch, sight and hearing. We were then given verbal instructions from someone standing behind us, to undertake tasks in the room. Simple tasks like sort the washing, find the dog bowl, turn the TV off with the remote, look for the cheque book, all became incredibly difficult. I found it very confusing and isolating as I could not clearly make out the instructions being given to me with all the peripheral noise through the headphones, such as other conversations, a radio playing, traffic noise. I walked around in the room, not knowing what to do and while I was asking for help, I received no response. I found myself irritated and feeling lost and misunderstood. It was a powerful experience that has helped me understand a little more, the potential complexities of this condition from the receiving end.



All members are cordially invited to the
Older Women's Network (Qld) Inc.
Annual General Meeting

- Date:** Sunday 8 October 2017
- Location:** The Nest Restaurant
 Level 2, Hotel Jen,
 159 Roma Street, Brisbane
 (adjacent to the Roma Street Transit Centre)
- Time:** 4:00pm tea & coffee will be served with the AGM commencing shortly thereafter and concluding by 5:00pm.
- RSVP:** By 3 October to secretary@ownqld.net.au or coordinator@ownqld.net.au or call (07) 3358 2301



Marianne Wright *for Secretary*

I have worked in not-for-profit community organisations for the past sixteen years as well as retirement villages and nursing homes. More recently, whilst working in the community education program with the Council on the Ageing Queensland, I became aware not only of the importance of educating seniors on a range of topics, but also of the many issues that older women face. I am nominating for my 2nd year as secretary.

Helen Stanton *for Committee Member*



I am prepared to continue on as a member of the management committee for the 2017/18 year. I am based within the Mackay region and am involved with various committees that link up with supporting women and the wider community. One of my aims in the coming year is to touch base with all the branches and encourage them to become more involved with the running of the Older Women's Network QLD.

Ruth Sargent *for Committee Member*



I would like to re-nominate again this year for a committee position. I have very strong views in the interest and wellbeing of older women. In 1996, the Mackay network of which I am a life member was formed. The Network has grown over the years and with it, I have been given the opportunity to grow personally. Like all groups, members come and go but the Mackay network has a large membership which I would like to see continue. I am also a member on the Australian OWN Council. These positions have been a great experience for me.

Nominations 2017/2018

June Donnelly *for President*



I am a passionate member of OWNQ and do my best to promote our organisation locally, online and wherever I can. I network with a number of similar organisations which enables me to further our cause and attract new members. I have been a member since early 2000 and have grown personally and professionally because of the opportunity. I have been President since September 2015 and renominate as I believe I have an opportunity to support older women through friendship groups, education and activities important for senior women.

Lee Hodgson *for Vice President*



I joined the network in 2001, became Gympie's assistant convenor in 2007 and convenor in 2011. I held committee member positions for two years and was elected as Vice President last year. I re-nominate for VP this year and continue to diligently promote the views of OWNQ. I bring skills, from the knowledge gained while working as a manager in the workforce, to the network and I continue to be the voice of country regional members.

Barbara Barnes *for Treasurer*



I am passionate about OWNQ because I feel it encourages life enrichment and mutual support. I hope to be a role model for other older women within the broader OWNQ network. I have been a member of this group for 20 years and on the management team for 14 years. I have been Treasurer since 2014 and I re-nominate as I bring a wealth of financial information, support services and basically the day to day operations of OWNQ. I have a dream of affordable and secure community housing to provide our women with homes and companionship in their old age.

Leonie Swainston *for Committee Member*



I would like to re-nominate for the committee this year as I am interested in women's wellbeing and feel there is a need for older women to have their own voice. With each year there are increasing numbers of older women, and their challenges and needs will evolve along with the, at times, rapidly changing communities in which we live. It will be stimulating to be part of this team in working together towards the advancement of our members and older women in general.

Judith Heindorff *for Committee Member*



I have a working background in commercial, office and home-based roles, as well as having experience in community organisations. I am a member of OWNQ's Mitchelton branch, have been a Lions Club member (including a term as President in the early 2000s) and have also been a part of the Mitchelton Unemployment Support Team, assisting people developing resumes. I am now stepping back into community work after having taken time out to care for my husband and mother. I enjoy being a part of OWNQ and bring a lot of background experience to offer the network. I nominate for a role as general committee member.

Ruth Kean *for Committee Member*



My working career has given me the opportunity to work in Nursing, Administration, Construction and Management in production and scheduling. Through my work and personal life, I have grown my passion to support women like myself to overcome isolation, inequality, trauma and grief leading me to recently pursue studies in Diploma in Counselling and become an affiliated member of Queensland Counsellors Association 2017. Along this journey it has lead me to the OWNQ Woody Point Branch and I love the diversity through experience of age, positivity and love that this branch offers us all. I am nominating for a general committee position.

Understanding why sleep is so important for older adults:

As we age we often experience normal changes in our sleeping patterns, such as becoming sleepy earlier, waking up earlier, or enjoying less deep sleep. However, disturbed sleep, waking up tired every day, and other symptoms of insomnia are **not** a normal part of aging. Sleep is just as important to our physical and emotional health as it was when we were younger.

A good night's sleep is especially important to older adults because it helps improve concentration and memory formation, allows your body to repair the cell damage that occurred during the day, and refreshes your immune system, which in turn helps to prevent disease. Did you know?

- Older adults who don't sleep well are more likely to suffer from depression, attention and memory problems, excessive daytime sleepiness, and experience more night time falls.
- Insufficient sleep can also lead to serious health problems, including an increased risk of cardiovascular disease, diabetes, weight problems, and breast cancer in women.



While sleep requirements vary from person to person, most healthy adults require 7.5 to 9 hours of sleep per night. However, how you feel in the morning is more important than a specific number of hours. Frequently waking up not feeling rested or feeling tired during the day are the best indications that you're not getting enough, quality sleep.



As we age our body produces lower levels of growth hormone, so you'll likely experience a decrease in slow wave or deep sleep (the especially refreshing part of the sleep cycle). When this happens you produce less melatonin, meaning you'll often experience more fragmented sleep and wake up more often during the night. That's why many of us consider ourselves "light sleepers" as we age. You may also find yourself wanting to go to sleep earlier in the evening and waking up earlier in the morning. You may feel the need to spend longer in bed at night to get the hours of sleep you require, or make up the shortfall by taking a nap during the day. In most cases, such sleep changes are normal and don't indicate a sleep problem.

Common causes of insomnia and sleep problems in older adults:

Poor sleep habits and sleep environment. These include irregular sleep hours, consumption of alcohol before bedtime, and falling asleep with the TV on. Make sure your room is comfortable, dark and quiet, and your bedtime rituals are conducive to sleep.

Pain or medical conditions. Health conditions such as a frequent need to urinate, pain, arthritis, asthma, diabetes, osteoporosis, night time heartburn, and Alzheimer's disease can interfere with sleep. Talk to your doctor to address any medical issues.

Menopause and post menopause. During menopause, many women find that hot flashes and night sweats can interrupt sleep. Even post menopause, sleep problems can continue. Improving your daytime habits, especially diet and exercise, can help.

Medications. Older adults tend to take more medications than younger people and the combination of drugs, as well as their side-effects, can impair sleep. Your doctor may be able to make changes to your medications to improve sleep.

Lack of exercise. If you are too sedentary, you may never feel sleepy or feel sleepy all the time. Regular aerobic exercise during the day can promote good sleep.

Stress. Significant life changes like retirement, the death of a loved one, or moving from a family home can cause stress. Nothing improves your mood better than finding someone you can talk to face-to-face.

Lack of social engagement. Social activities, family, and work can keep your activity level up and prepare your body for a good night's sleep. If you're retired, try volunteering, joining a seniors' group, or taking an adult education class.

Sleep disorders. Restless Legs Syndrome (RLS) and sleep-disordered breathing—such as snoring and sleep apnea - occur more frequently in older adults.

Lack of sunlight. Bright sunlight helps regulate melatonin and your sleep-wake cycles. Try to get at least two hours of sunlight a day. Keep curtains or blinds open during the day where possible.

If you have any concerns about your sleep patterns, always consult your primary health provider. For the full article, visit: <https://www.helpguide.org/articles/sleep/how-to-sleep-well-as-you-age.htm>



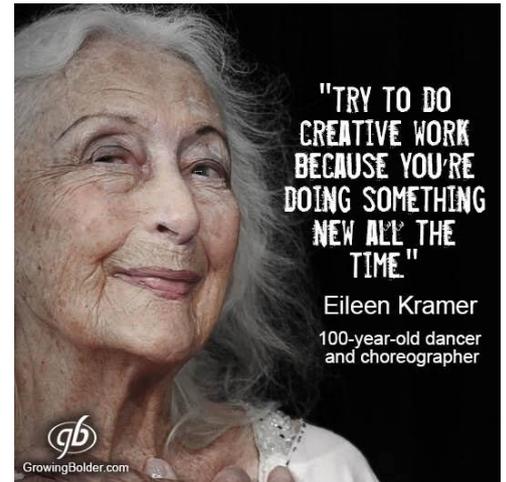
Watch on Wellness

W.O.W.



The next quarter will see a range of health issues in the spotlight with a series of awareness and action days and weeks.

Here's some of the key dates and links to information that we think our members and readers will welcome reading about:



- OCT** [Anxiety and Depression Awareness Month](#)
- [Breast Cancer Awareness Month](#)
- [Shoctober - Defibrillator National Awareness Month](#)

10 [World Mental Health Day](#)



12 [Sunnies for Sight Day](#)

15-21 [Carers Week](#)

20 [World Osteoporosis Day](#)



24 [Pink Ribbon Day](#)

NOV [Lung Cancer Awareness Month](#)

13-19 [Antibiotic Awareness Week](#)



14 [World Diabetes Day](#)

19-25 [Skin Cancer Action Week](#)



25 [White Ribbon Day](#)



DEC

1 [World Aids Day](#)



3 [International Day of Persons with Disability](#)

Women's Health Statewide Information & Phone Referral Service



Women's Health Queensland Wide Inc. is a not-for-profit organisation funded by the Queensland Government of Communities that provides a health promotion, information and education service for women and health professionals throughout Queensland.

womhealth.org.au

The organisation also operates a free health information and referral service for any Queensland woman who might wish to phone and speak with a nurse. Phone **3216 0376** or toll free for callers outside Brisbane on **1800 017 676**.





Around the Branches



LOGAN-BEENLEIGH

Meets: Fortnightly Thursdays

Time: 10am to 11:30am

Where: Beenleigh Neighbourhood Centre
10 James Street, Beenleigh

Contact: Linda Hannah 0414 436 209

Our Logan/Beenleigh Branch are settling in and we are continuing to attract new members, which is great.

We all enjoyed our trip out to the Albert River Winery. We had a historical tour which was very interesting and enjoyed a lovely lunch. We are making a return trip in October for a Devonshire Tea.



We also celebrated Christmas in July at the Beenleigh RSL. This was a great day, with many laughs, and two of our ladies were lucky enough to win raffles.

On the craft side of things, we had a jewellery workshop at the Centre conducted by the lovely Yvonne Rogers. Everyone enjoyed this and lots of creative talent was evident.

We also had a Silk Painting workshop, conducted by the very talented Sue Clarke. We made a silk scarf, and I might add they all turned out beautiful enough to wear!

Next meeting we are having morning tea at Café Edge, which is a not for profit café, who do fabulous work to assist the homeless, and all proceeds go back to the community.

We are also heading to the Carnival of Flowers, in a stretch limo no less. One of our members and her husband own the company and were only too happy to provide our transport at a very reasonable cost. It was so popular we had to arrange 2 limos !

Our "birthday club" continues with many cream cakes being "sampled".

We have had a busy year so far, but most of all it has been social and fun, we have all settled in to each other's company and I think that's been the key to our success so far. Long may it continue.

Linda

MACKAY

Meets: Every Tuesday

Time: 9:30am to 12 midday

Where: Iona Hall, Brookes Street,
West Mackay

Contact: Helen 07 4955 7098 or
Jenny 07 4957 3413

We start our report this edition with the sadness of the deaths of two of our members. Miram Hudson and Joyce Cook were both loyal members of our branch and will be missed by our members.

It has been a busy few months in Mackay with some great guest speakers, an array of activities and fun with our 'bring and buy' of which we raised over \$200, and our version of a 'grocery grab' morning.

A member of the Mackay Hospital Foundation come along and gave us a good insight into the purpose of the foundation. A donation of \$100 was made.

A guest speaker from Mackay Hearing came and gave an update on what is available to assist members who have a hearing loss.



August saw us having fun while being active with a practical demonstration of the "Move for Life" program. This program aims to improve mobility, strength, balance, coordination and flexibility.

As a result of being introduced to the program several members have since joined and now partake in weekly classes and are looking forward to positive results. To see if there is a class near you, visit www.moveforlife.org.au

During September we hosted a visit from the Public Trustee re Wills etc. We also got updates on what scams are currently circulating from a member of the Crime Prevention Unit.



Rosemerry, Virginia, Lesley, Jenny and Cindy happy after their class at the Gym.

A bus trip heading up the coast to Airlie Beach and places in between is also on the agenda.

Helen



Around the Branches



GYMPIE

Meets: Fortnightly Thursday
Time: 9:15am to 12 noon on pension week
Where: Gympie District Indoor Bowls Association,
 35 Graham Street, Gympie
Convenor: Lee 0429 831 414

It's been a busy time this quarter with branch elections and Seniors Week celebrations. The hall where we have met over the last 10 years has been sold and we have relocated branch activities elsewhere. We are now fortunate to use the Indoor Bowls Association, located at 35 Graham Street, Gympie.

Our election of officers was held on the July 24 July with Lee again taking on the Convenor's role. Barbara Doherty has resigned after seven years as treasurer, with the position now filled by Pat Towner. Raylee Brennan is taking a break from Trip Organiser after several years. Sincere thanks to these members for their hard work.

We have had several guest speakers including Lorrae & Vince O'Rouke who gave an interesting talk about the different types of dementia and caring for a loved one with dementia.

Our members have once again been active in supporting other groups in the area who are fundraising. Members attended three Cancer Council morning teas, one at the Widgee Hall, another at the Veteran Hall and the Glastonbury Grocery Grab at the Glastonbury Hall.

Two other fundraisers well supported by our members were at the Southside Bowls Club and the Anglican Hall where the Gympie Choral Group performed, (our member Betty Collins sings with this group), This was in aid of Gympie Palliative Care, which does a wonderful job of care and support enabling the ill to stay in their homes for as long as possible.



Xmas in July at Silky Oaks

The last activity arranged by Raylee was a Christmas in July at the Silky Oaks Restaurant. It was a great day out with a very large Christmas lunch and delectable desserts.

It was also an eventful day for our recent member Marj Dakin as she received her membership badge and celebrated her 80th Birthday.

It was pleasing to hear that the Government is taking on board the suggestion of cheaper car parking at hospitals.



13/07

Hopefully this will relieve some of the worry and financial strain for families of long term patients.

OWN Gympie was mentioned in Queensland Parliament by Member for Gympie Tony Perrett as one of the many volunteer groups in Gympie who do such a great job for the community.

Seniors Week arrived with lots of activities organised in Gympie. Our members attended the Seniors Concert, and the Duck Pond Dash, a seminar on benefits for the aged, and our OWN Gympie Museum day out.



The Duck Pond Dash

The Duck Pond Dash is organised by the Gympie Council and teams run or walk around the lake solving puzzles along the way.

Several of our members gained placings and won vouchers and a large hamper which is being donated to the club.

Our Branch activity for Seniors Week was a trip to the Gympie Gold Mining and Historical Museum. As this year Gympie is 150 years old we thought it appropriate to re-live days gone by. Some of the women got into the spirit of the day by dressing up in clothes from yester-year. For those members who were born in Gympie it brought back many fond memories of buildings and businesses now gone and for those new to the area it was an eye opener to see how things were 'way back when'.



24/08/2017

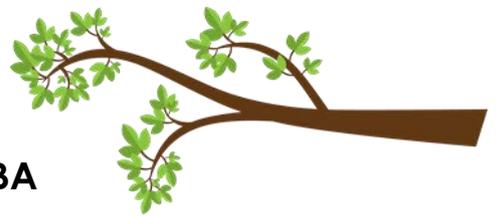
The next two events we are all looking forward to are the Gympie Gold Rush on October 14 and our Christmas Party on December 14.

We hope to see you at the OWN Conference in Brisbane.

Kaye



Around the Branches



MITCHELTON

Meets: 4th Wednesday each month

Time: 10am to 12 noon

Where: Picabeen Community Centre
22 Hoben Street, Mitchelton

Contact: Barbara B. 3351 1864

For the first time we had 11 men attend our meeting on Living Well with Dementia. Most came with their wives and it showed that there is a great interest in the issue in our community. We combined with the local parish who provided the big venue we needed. The total attendance of 40 is a record for our small branch.



August's Fun with Facebook was a great success,



Fun with Facebook participants (from left) Anne, Lois (visitor), Cleone, Barbara, Judith, Carol & Yvonne learning how to connect

filling the room at Picabeen Community Centre. David presented an informative session on starting and maintaining a Facebook page, raising lots of questions about maintaining privacy and controlling the reach of our Facebook posts. David also provided us with a handbook to take home.

Romana from Aged & Disability Advocacy Australia told us about the important role they play supporting older people interacting with "the system". They can help people with guardianship issues, and those concerned about the quality of care someone is receiving.



Judith, Yvonne & Barbara G enjoy lunch after the meeting

Earlier this month I joined members of the Woody Point branch at the launch of the Redcliffe Dementia Friendly Seniors Directory.

I look forward to catching up with many of you at National Conference in Brisbane.

Barbara

CAPALABA

Meets: 1st & 3rd Wednesday each month

Time: 9am to 11:30am

Where: Capalaba Uniting Church Hall
30 Ney Road, Capalaba
3rd Wednesday—rotating time/venue

Contact: Naomi 0424 060 603

As usual, Capalaba has had a busy few months. The NDIS Forum was held in Redlands in July which we attended and also a follow up later in the month. We also participated in a Dementia Awareness community learning session aimed at Redlands City becoming a Dementia friendly community. And recently we attended the Disaster preparedness for Older People Forum. This has enabled us to learn and promote our group and network with a variety of organisations.

A display for the Older Women's Network was set up at the Capalaba Library during August which provided an advertising opportunity for us as a branch as well as the fashion Parade in September.



We had an interesting workshop on Laughter Yoga, enlightening us on the many benefits of this activity. It was an enjoyable morning sharing a laugh with everyone. Some of us performed the "CCC - Capalaba Can Can".



Rae Plush from the Continence Foundation Queensland, was our guest speaker in July, explaining the 5 ways to help keep a healthy bladder and bowel system, together with some other interesting facts on this subject.





CAPALABA continued

Members have enjoyed morning tea gatherings at Aquatic Paradise Point where we had a picnic, Wishing Well Café at Victoria Point, then onto the Creative Cottage and Whisky Business Café in Capalaba.

Jan has made us personalised OWNQ name badges that we have worn at branch events and will don again for the National Conference.

Most recently we hosted a very successful "Op Shop Spring Fashion Parade" with 72 women attending. They were buying clothes even before the parade began. We raised a lot of money for the Uniting Church at Capalaba, where we met each month, which will assist them in the many "outreach activities" they are involved with in our community.



The women from the Uniting Church put a lot of time into getting all the clothing and accessories ready for the parade and catered for the food as well. A local hairdresser (Wendy) volunteered her time to do the models hair. A talented musician (Julez) who is the daughter of one of our members, volunteered her time to put the music together for the event and then came along on the day to help play the music.

We were pleased to also be joined by OWNQ State President June Donnelly. Thank you to all who supported, our photographer who captured the events of the day, meet and greet ladies who were run off their feet, raffle ticket sellers, those who were involved in the set up the night before and packing down on the day, and of course our six wonderful models.



We look forward to connecting again at the conference.

Naomi

WOODY POINT

Meets: 2nd & 4th Tuesdays each month

Time: 10am to 12 noon

Where: Woody Point Memorial Hall
Oxley Avenue, Woody Point

Contact: Convenor June 0411 018 570 or
Assistant Convenor Helen 0418 796 365

Our branch continues to grow at a steady pace. Our members are enthusiastic and enjoy catching up at branch events and are always welcoming new guests. Most of our members have their new blouses now which was subsidised through branch funds.

In July we had a representative from Australian Hearing in Redcliffe speak about hearing aids, in particular head phones which are available to help severely hearing impaired people to hear the television.

We had 17 members come together to celebrate Christmas in July at the Dolphins Leagues Club. Helen arrived early to decorate the tables which looked absolutely lovely. The day was significant for me as it was the first day I was able to re-join the members after being unwell. Just being together, welcomed by all, was a great encouragement. It reminds us that not only do we benefit from the activity or what we learn, but we are uplifted by the sense of belonging that occurs when we come together.

August was also busy with guest speakers from the Queensland Police Force with volunteers Russell, Kate & Vicki sharing about crime prevention. They spoke about keeping ourselves safe at home, while travelling by car and abroad. Home audits are available and information packs were received. We were also reminded about ways to secure our number plates as thefts of these from cars is on the rise.



Seven members attended the Dementia Forum held at the Baptist Church in Clontarf in early September. Network Treasurer, Barbara Barnes joined us and was kept busy taking photos.



WOODY POINT continued

One major focus for the day was the launch of the Redcliffe Dementia Directory 2017-2018 in which OWNQ is included as a service provider. We promoted OWNQ Woody Point Branch through brochures, newsletters and communicating our vision for older women. It was great having an opportunity to promote us as a viable organisation assisting older women to make friends and support them whenever we can.



The forum was well attended and we were inspired by the speakers sharing their innovative ideas in helping people manage the disease.



Woody Point member Deb Loughran recently won the June Drive for Stars Raffle and was awarded a custom-made, framed and signed Star. We are very proud of Deb who was instrumental in organising the Million Stars project for the

Queensland Police Service where she worked for 10 years. It is a fitting tribute to her dedication towards ending domestic violence.

At our most recent meeting Brenda Nicholls shared her knowledge and expertise about the value, benefits and uses of herbs. We also look forward to a presentation from Redcliffe Fire Services.

Anticipation is high for a wonderful National Conference in Brisbane.

Jane & Helen

Fancy yourself a writer?... We'd love to hear from you



Reminder: Our next Newsletter will be published in December 2017 and we'd love for you to share your news, views and events.

Please send all correspondence to the editor at: editor@ownqld.net.au or give us a call on **3358 2301**.

We are interested in original material or contributions. If you are not the author please be sure to also attribute the author or source of your article.

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Supported by



OUR AIMS:

- Encourage life enrichment, mutual support and companionship amongst older women
- Promote healthy ageing
- Promote discussion and action about ageism, racism and sexism
- Lobby for a fairer deal on issues affecting older women such as income security, work opportunities, housing, health, home & community care & transport
- Provide information and education
- Enhance the positive image of older women

DISCLAIMER: OWNQ makes every effort to ensure the accuracy of information contained in this newsletter. Articles included are for information purposes only and views expressed in this newsletter are not necessarily those of OWN Qld.

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