



# OUR News

Summer 2018-2019

Celebrating a new age for older women.  
Together we can achieve more.

Official Newsletter of the  
Older Women's Network (Qld) Inc.

*Proud to be Ourselves*

WELCOME to the latest edition of Our OWN News



2018 AGM Attendees



## OWNQ wishes everyone a Merry Christmas and a Prosperous 2019

### Making Christmas Special For Everyone

For some older people the most special gift they can receive during the Festive Season is someone's time and listening ear, especially if they feel isolated or an unimportant part of family or community.

The loneliness and disconnection some people can feel around Christmas time can be heartbreaking, and it has been said that up to 40% of residents in aged care facilities never receive a visitor.

The festive and holiday season may ignite a desire to think and talk about memories both happy and not-so-happy, and for some people it can be enough to have someone spend quality time with them.

It is our Christmas wish that all our members, and seniors in general, will feel acknowledged and valued no matter whatever their life circumstances. If you have the chance to spread some festive cheer, don't miss the opportunity to share.

**OWNQ's office will  
close at 5.00 p.m.  
on Thursday 20th  
December, 2018  
and reopen  
Wednesday 2nd  
January, 2019.**

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# President's Report ..



Hello to all our Queensland Branches and Members. The great work and effort that our members put in, is what makes OWNQ a stronger organisation. Thanks to all.

A very big welcome to our new Southern Gold Coast Branch now up and running. Their first solo Branch meeting was on the 29<sup>th</sup> November 2018, we wish them all the success for that meeting and those beyond. Thanks to Barbara, Marie and Laurie for taking on Convenor, Treasurer and Secretary positions.

All the OWNQ Branches are going forward and gaining new members, and also doing amazing networking.

We are hoping that in the New Year we may be able to encourage more members to join the management team. Welcome to Pat Wendt to our Management Committee and thanks for your input.

Next year on the 19<sup>th</sup> September 2019 we will be holding OWNQ AGM in Gympie. We are hoping some representatives from each Branch will be able to attend.

OWNQ Brisbane Office will close for Christmas on 20<sup>th</sup> December 2018 and reopen on 2<sup>nd</sup> January 2019.

I would like to take this opportunity to wish all OWNQ members and their families and office staff a very Happy and Safe Christmas. I look forward to working with you all in 2019.

**Lee Hodgson**

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## **Economic Security For Women (ES4W)**

<https://www.security4women.org.au/>



Aloma Fennell (President of the National Older Women's Network Australia) and June Donnelly (OWNQ Vice President) recently attended a two day meeting with the ES4W about "Defining the Concept of Economic Security for all Women," which has policy recommendations to boost economic security for all women.

The paper generally raises awareness and contributes in the development of policy that impacts all women living in Australia. However, it fails to address concerns for older women. Policy needs to go much further if older women are to have their many complex needs addressed and met.

Due to no fault of their own, many older women do not have enough superannuation to sustain them for all their life, so face potential homelessness and many today are experiencing homelessness due to lack of appropriate and affordable housing. Often they are grand-parenting and supporting their children in buying homes. We found it deplorable that older women had very little mention through the report.

As older women we need to support one another as much as we are able. There are many ways we can do this. The Older Women's Network Australia wide must address some of these issues. We are in an ideal position to do this by consulting with Local, State and Federal Government Ministers.

2019 is a great opportunity for us to change lives through our branches and connecting with other women whenever we have the opportunity. Working together is the best way for change.

**Aloma and June**



## Coordinator's Report ...



We are delighted with the launch of the new Southern Gold Coast Branch, and we welcome them to the OWN family of branches in Queensland.

Recently I attended the Older People Speak Out Media Awards. Started 25 years ago by Val French, the Awards recognise the work of journalists and photographers who lift the profile of older Australians and their issues.

Unfortunately times are tough and journalists are losing jobs at a rapid rate. There were many highlights at the Awards but one story which stood out was the report by Susan Hocking about the sexual assault of 94 year old Margaret Solis living in residential aged care, by a relief manager at her facility.

Margaret filed a complaint with police and saw the case right through court, even though the perpetrator maintained his innocence and probably hoped she would be never be believed due to her age.

Eventually he pleaded guilty and received a six-month sentence. It is pleasing that a woman of 94 can speak out and achieve justice, overcoming barriers of ageism.

Christmas time is here again, but sadly it is not a happy time for all, as a conversation with a new member recently reminded me. This caring, giving woman has no family left now and it is still raw enough that she doesn't seek the company of others to celebrate. I do hope that others around her will let her know how much they value her friendship and contributions to her community. And the same for any members who struggle at this time of year.

We look forward to a productive and successful 2019, stay safe and well over the festive season everyone and Season's Greetings to all.

**Leonie**

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### **OWNQ Facebook and Website**

We have had the OWNQ Website back up to date for a few months now and it is going well, keeping the browsing public aware of the activities of the Older Women's Network Qld and the branches. It can be accessed at [www.ownqld.net.au](http://www.ownqld.net.au)

The OWNQ Facebook page has been running now for over 3 months with news of the community activities of the branches and other items of interest. We keep this Facebook page as a friendly place while promoting the aims of the organisation. Items that go can go into it are projects that the branches are doing in assisting their local communities, and, in doing that, they are

promoting the Older Women's Network and what our aims are – looking to the needs of the older women.

Three of our branches have their own Facebook pages where details of activities can be found and are promoting the organisation within their area and beyond. Being an administrator of two of the Facebook pages, you get to know some of the members in the other branches and it feels as though a little family is happening. It is also good to encourage other branches to contribute towards the content.

To access the Facebook pages, just search Older Women's Network Qld and that will get you to the sites. **Judith**





## GYMPIE

- Meets:** Each second Thursday  
**Time:** 9.15 a.m. to 12.00 noon on pension week  
**Where:** Gympie & District Indoor Bowls  
35 Graham Street, Gympie  
**Contact:** Lee 07 5483 1415  
**Trips:** Raylee Brennan 07 5482 3678

Another year has almost gone. So far this quarter we have had speakers from the fire brigade, a podiatrist and still to come a speaker on meditation. The girls all became very attentive when four young firemen arrived to give us a talk on fire safety in the home and at the hall.



*Betty, Ena, Lesley and Rhonda at the Melbourne Cup luncheon*

As always our members are active in the community supporting other groups. Members have attended AGMs for the Cooina Nursing Home and for Trefoil, 25 attended the Quota fashion parade, members were seen at the Rotary Quilt and Craft Show as well as at the Heart of Gold movies and 19 members attended the South Side Bowls Club's Melbourne Cup luncheon.

Our Bring and Buy went well raising \$270 for the club and the Grocery Grab was a lot of fun with some popular items constantly changing hands. Thanks to all

the members who donate and make these days enjoyable.

The two Sausage Sizzles we held at Bunnings went well and added to our bank balance.

The craft group has donated rugs and scarves to the Salvation Army and has crocheted tea towels for St. Pats Villa who sell them on their fund raising stalls. Good job Ladies.



*Happy 80<sup>th</sup> birthday Sylvia.*

Family and friends took member Sylvia Kytelight out to dinner to celebrate her 80<sup>th</sup> Birthday and she had a belated celebration at the club cutting her birthday cake and receiving all our best wishes.

We were saddened by the passing of our long term member Leonie Simpson and were pleased when we were asked to form a guard of honour at her funeral.

The final event for this year is our Christmas Party on 13<sup>th</sup> December.

We wish all the members of the OWN groups a Happy Holiday Season and a great New Year.



*Aussie Christmas ute & not-quite-white Boomers*



## CAPALABA

**Meets:** First Wednesday each month  
**Time:** 9.00 a.m. to 11.30 a.m.  
**Where:** Capalaba Uniting Church Hall  
30 Ney Road, Capalaba  
**Contact:** Naomi 0424 060 603, Desley 0409 594 908

Our crafty ladies have taken up a challenge from the Redland Bay Local Ambulance Committee (LAC) who made a request in the newspaper for volunteers to crochet Trauma Teddies.



*Janet, Doreen & Carol from the Local Ambulance Committee with Jan, Mavis and Naomi*

These Teddies help ambulance officers calm their young patients, build trust and allay their fears. Members of LAC attended our meeting in November and were presented with 14 Teddy Bears. This will be an ongoing project and at least two members who have never crocheted before are now learning.



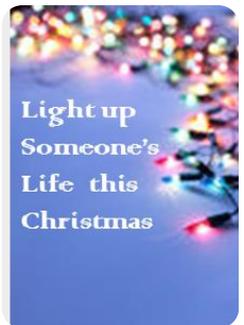
*Julie, Jill, Denise and Maureen with Kiribati artefacts*

Recently the ladies had fun with artefacts from Kiribati, following a talk by Denise O'Shea who has travelled the world working for the Department of Foreign Affairs.

We are looking forward to our Christmas luncheon that will be held on 5<sup>th</sup> December at the Lighthouse Restaurant at Cleveland Point. If we are lucky we might see some dolphins who are known to frequent the area.

## MACKAY

**Meets:** Every Tuesday  
**Time:** 9.30 a.m. to 12.00 noon  
**Where:** Iona Hall, Brookes St.  
West Mackay  
**Contact:** Helen 4955 7098 or  
Jenny 4957 3413



The year is coming to an end very fast. We have been very productive in Mackay and still going strong.

The start of October we were visited by Wayne the Walker who walked from Brisbane to Winton to help overcome post trauma stress. The highlight of this month was our Life Member Fay Rae turning the big 90 and she shared her life story on the day as well as cutting the cake.



*Fay and friends at her 90<sup>th</sup> Birthday celebration*

# Around the Branches

Members went to various Melbourne Cup celebrations including Porters for morning tea. We've had Meals on Wheels do a demonstration so members could try meals, and a gym junkie do an exercise class so we had quite a few ladies up jumping around to music which was fun.



*Collecting leggings for Papua New Guinea*

Other activities have included a report on the drought by a CWA member; donations of leggings and boob tubes to Teagan Philpott going to Papua New Guinea for women up there (see photo); and an "Introduce a Friend" session, talk to a member for five minutes then tell a story of their life.

Coming up is an open discussion on what we want for next year, then our concert for Christmas.

Our lovely Christmas luncheon will be on the 11th December and then the branch is having a break for a month.

Good wishes to all in OWN.



## MITCHELTON

**Meets:** 4<sup>th</sup> Wednesday each month

**Time:** 10.00 a.m. to 12.00 noon

**Where:** Piccabeen Community Centre  
22 Hoben Street, Mitchelton

**Contact:** Barbara B. 3351 1864

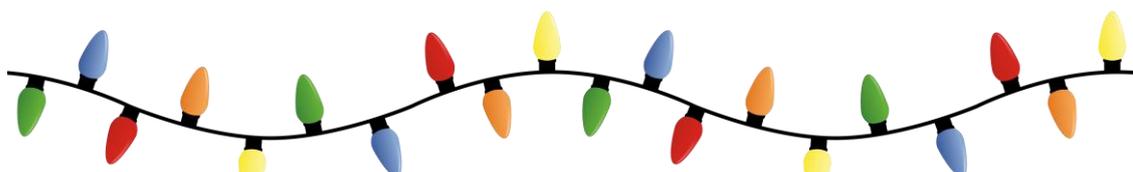
We have been busy at Mitchelton in the past couple of months. At the September meeting, our Convenor Barbara Barnes stepped down. A few months previously she had asked Carol Wright and myself to take over the role of Convenor.

We were given a couple of months for the final training as we had been assisting Barbara throughout the year. Barbara, thank you for all you have done for our Branch and now you have the privilege of sitting back at our activities and enjoying yourself.



*Barbara B receiving her award from the sponsors*

Barbara Barnes was recently nominated by the group to receive an Everton Volunteer Community Award, for all her community efforts. The photo below shows her receiving that award from the sponsors.





Marty Brooker from the local SES was our guest speaker in September. He gave us a very good rundown on how to prepare for the upcoming storm season while SC Ricky Blankensee from the Crime Prevention Unit spoke on Home Security at the October meeting. He has other topics in his folio and we are getting him back again next year.

Our monthly lunch gatherings at The Brook are going well with plenty of informal discussion of what we, as a group, would like to do. One idea is to have a Techno/Social Coffee morning at the Arana Leagues Club. It is all part of being in the group – having social times, learning and being aware of our needs. We hope to have that up and running in December.

Congratulations also to Barbara Goodwin who became a Life Member of OWNQ, which was presented to her by Barbara B.



Carol & I are looking forward to the future of the Mitchelton branch and the continued growth and friendship within the group.

*“When I believe I am enough,  
I am everything, then I can be happy.  
I choose the life I have which  
places me in control.”*

## WOODY POINT

**Meets:** 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays each month

**Time:** 10.00 a.m. to 12.00 noon

**Where:** Woody Point Memorial Hall  
Oxley Avenue, Woody Point

**Contact:** June 0411 018 570



In October, a community worker from Home Instead shared valuable information about how to access My AgedCare & Home Care Packages. Care and support for members experiencing difficult health events is a priority for us. One of our members recently had surgery and members visited and supported her.

We also our “Not Born yesterday” photo display at the Redcliffe Cultural Centre throughout October.

On 13th November members enthusiastically sorted, wrapped and added many personal touches for Christmas gifts being sent to the Women’s Refuge. We also welcomed a new member, Christina.

We are sorry to lose our oldest member, now ninety-six. She will be moving into an aged care residential facility but we will continue to support her as opportunity allows.

We celebrate our Christmas party in Scarborough at Morgan’s Seafood Restaurant on the 11th of December.

We resume meetings on the fourth Tuesday in January.





## SOUTHERN GOLD COAST

**Meets:** 4<sup>th</sup> Thursday each month  
**Time:** 10.00 am to 11.30 am  
**Where:** Varsity Lakes Community Resource Centre  
**Contact:** Barbara 0411 528 047



The first 'solo' meeting of our new branch was held on Thursday 29<sup>th</sup> November, and the main discussion was about our activities for the new year and a Christmas coffee catch-up planned for 13<sup>th</sup> December.



**Welcome aboard ladies!**

We also held a coffee morning on November 15<sup>th</sup>. We feel very confident our fledgling branch will continue to grow!

## BEENLEIGH-LOGAN

**Meets:** Fortnightly Thursdays  
**Time:** 10.00 am to 11.30 am  
**Where:** Beenleigh Neighbourhood Centre  
**Contact:** Linda 0414 436 209



Our branch is going well, we have a few new members which is great.

October was busy for us. We enjoyed a bus trip to the Lavender Farm at Boonah and a lovely lunch at the Beaudesert RSL. Thoroughly enjoyable.

Also in October we supported the CWA Drought Relief Fundraiser held at the Beenleigh Neighbourhood Centre. It was a very successful day for the CWA and also for our ladies who went home with lots of goodies from the Cent auction.

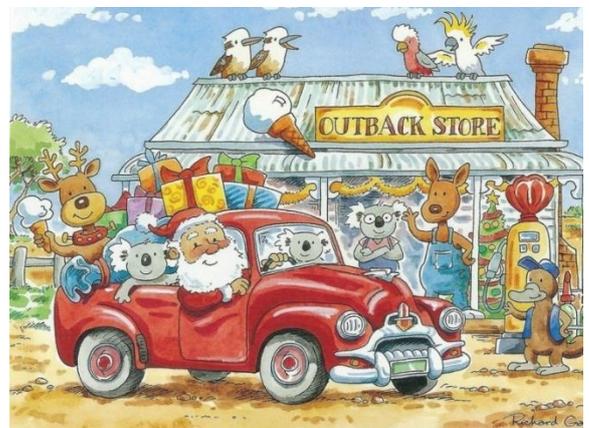
In November the ladies enjoyed a Melbourne Cup Luncheon at the Beenleigh RSL. I was unable to attend this function but a good day was had by all.

Our next meeting in November was for me, a catch up with the ladies, welcoming our new members and planning for 2019.

We have a speaker from Angel Flight coming to our last meeting in November, to tell us all about their service. This is the charity we have chosen to receive our charity fund.

We are having our Christmas lunch on 13<sup>th</sup> December, once again catered by the CWA Beenleigh branch. We have a fun day lined up with Secret Santa and raffles, proceeds from that will be added to our Charity Fund which will be handed over to Angel Flight in January.

We have had a very successful 2018. I look forward to 2019. I would like to wish everyone a very Merry Christmas and all the very best for 2019.



*Jingle bells, jingle bells, Christmas time is beaut !,  
Oh what fun it is to ride in a rusty Holden Ute.*

Aussie Jingle Bells

## Communication & Hearing Loss

In our later years, it is common for hearing loss to impact on our life, and for some people the loss of hearing is far more isolating than loss of sight. Below is an adaptation of an article written by Peter Lindley, a hearing impaired consumer, and a committee member of Be Heard - Redlands (QLD) to help non-hearing-impaired people better communicate with those who have hearing loss.

“Can you hear me?”- is a common question from a hearing person to someone they know to have impaired hearing. Unknowingly, they are asking only one question instead of two, when it is more complex than that. To reduce that complexity to two fundamental areas of understanding is what this article is all about.

First, the word 'hearing' refers to the sounds we hear. Second, the word 'processing' refers to our brain making sense of those sounds and organising the sounds in a coherent format that we can understand.

Thus, we have two questions to ask. “Can you hear me and can you give me feedback as to what you have heard?”. This will confirm understanding or misunderstanding.

So, ensuring that the deaf or hearing impaired person is well aware of 'what is going on' serves two purposes: Reducing the stress on the hearing-impaired person, and reducing the possibility of miscommunications occurring.

We need recognition that hearing loss is a significant disability, that if not identified, creates a risk situation in some circumstances, eg in hospital care which can lead to unsafe practices impacting on the hearing impaired person, or misunderstanding about important matters.

People with a hearing impairment are usually provided with a cochlear implant or a hearing aid – or both. The device provides us with the sounds we need to hear. It does not process

those sounds in an identifiable context. The auditory centre in our brain is still that part of our being which is responsible for enabling us to understand what we are hearing.



Therefore the common misconception that the technology enables us to 'hear' and immediately understand what we are hearing – is incorrect. To one degree or another, depending on the individual and the part of the hearing pathway which is damaged, they assist us in the hearing process, but 'understanding' is the challenge that we all must deal with. Effective communication requires appropriate strategies to assist the process of 'understanding'.

It is essential that you face the person/s who have a hearing loss, speak clearly and modify your rate of speech in order to give the hearing impaired person/s time to process what you are saying.

Further, “can you hear me?” is likely to elicit a 'yes' as they may *think* they have heard – and understood – but in fact may not have received the correct message.

Asking for feedback is also a very important strategy.

*(This article was suggested by a Capalaba Branch member who voiced her concern that often hearing-impaired people are assumed, quite wrongly, to be unintelligent. What is required is proper understanding of how to communicate correctly.)*



Courtesy of Shutterstock

## EveryAGE Counts

The EveryAGE Counts campaign was launched in Sydney on October 11, 2018 by Dr Kay Patterson AO (Commonwealth Age Discrimination Commissioner) with Robert Tickner AO. Campaign co-chair is Kirsty Nowlan of The Benevolent Society, and there is an impressive list of organisation and individual members.

Robert Tickner said that what marks our age from other forms of prejudice and discrimination is that, if we are lucky, all of us can experience old age. "It's why ageism is often described as discrimination against your future self" he said. He called for a National Agenda for Older Australians to improve economic, social, health and civic participation outcomes for older people.

The EveryAGE Counts campaign will build a people's movement so all Australians can be involved in the change they want to see. The campaign will equip individuals and groups everywhere to speak out against ageism wherever they find it.

Ageism is not benign or harmless. It is a big problem because it impacts on our confidence, quality of life, job prospects, health, and control over life decisions. It is pervasive but often hidden and can have profound negative effects on our personal experience of growing older. Ageism can also deny society the enormous range of benefits that can flow, economically and socially, from the full participation of older people.

The campaign asks all Australians to take action by visiting the campaign website [everyagecounts.org.au](http://everyagecounts.org.au), signing the pledge, watching the video, sharing with friends and family on social media, and sharing stories. Links to their Facebook, Twitter and Instagram can be found on the website.

OWN (Qld) Inc. is funded by the Queensland Department of Communities, Disability Services and Seniors.

Supported by



### OUR AIMS:

- Encourage life enrichment, mutual support & 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 and community care and transport
- Provide information and education
- Enhance the positive image of older women

**DISCLAIMER:** OWN (Qld) 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).

**WITH THANKS:** OWN (Qld) thanks to the offices of Senator Claire Moore; State Member for Mackay, Julieanne Gilbert; State Member for Gympie Tony Perrett, and the Gympie Community Development office for assistance with the printing of this newsletter.

*Wishing you all a  
Very Merry Christmas*



**We wish to acknowledge the Traditional Owners of the land on which we stand and pay our respects to Elders past, present and emerging**