

WELCOME

Hopefully you are all still coping well with the self-isolation and managed to enjoy some of the blessings of Easter with your family and friends. While it was difficult to enjoy a long weekend away (and possibly more so for the younger generations), particularly with the beautiful weather we had, one of our neighbours managed to set up the tent and fire pit in their back yard to break up the monotony of being home. Their 5 year old had a great time by all accounts. At least the government gave the Easter bunny special dispensation to continue deliveries, as long as he observed social distancing!

We will continue to keep in contact with our members as we navigate the world of COVID-19, and provide some up-to-date information on a variety of topics. We will advise when meetings can commence again but in the meantime, please keep in touch with fellow members via the enclosed list of contact phone numbers. If you have an email address we can use for contact please advise on nsacoorparoopres@ozemail.com.au.

NATIONAL SENIORS HEAD OFFICE:

The National Seniors head office continues to champion for older Australians through the media, and has also commenced a Podcast series that they will update regularly. Here are a couple of links to an interview by our Chief Advocate, Ian Henschke, with John Stanley from radio station 2GB, as well as the first Podcast with CEO Prof John McCallum and Ian Henschke:

<https://www.2gb.com/podcast/seniors-will-experience-unbalanced-loss-from-covid-19/>

<https://nationalseniors.com.au/news/latest/connect-podcast-episode-1>

If family members are able to assist with linking to these items, they are worth a listen to.

HIRING A TRADIE DURING COVID-19

The National Seniors website also covers important articles relevant to our current situation. If you find that you need to call a tradesperson, be aware there are no restrictions on hiring someone to do work in your home.

They can still give on-site quotes, but many can estimate costs just from a photo or video of the problem, or description over the phone. Get multiple quotes, and do the usual research by talking on the phone with the tradie's referees where possible.

Tradies must abide by the four square metre distancing rule and so should you. When a tradie is in your house, no handshakes or cups of tea/coffee. Let them do their job and minimise the time you both share together. You should leave the room and resist the urge to inspect what they're doing.

Make payment online, via phone banking or by credit card. If you have to pay by cash then try to have the exact amount ready to pay.

ISOLATION AND ANXIETY: STRATEGIES TO COPE DURING COVID-19

The following information is a precis from the Australian Academy of Science website.

COVID-19 is primarily a concern for our physical health. But the precautions needed to slow the spread of the disease, such as isolating yourself from others, may make you feel anxious and stressed, even if you're not ill from the virus.

Strain on finances, social isolation, fear of the unknown and fretting for your own health and others' safety can take its toll.

Be-remotely-social: keeping in touch with others is all the more important.

Knowledge is power: go specifically to accurate, trusted sources for your information.

Balance and perspective are key: be alert to public health updates but don't be obsessive.

Be aware of self-care: to take care of your mental health, good nutrition, sleep and exercise are vital.

Reach out to professionals if you need: if you are struggling with your mental health, don't hesitate to call your GP or another health professional.

Be mindful of other people: if possible, assist others by helping them acquire supplies, share accurate information and stay connected whilst practicing social distancing and hygiene measures.

QUEENSLAND CARE ARMY

The Queensland government has launched their *Care Army* initiative to help older members of the community with vital activities such as:

- Assistance with shopping by collecting lists and dropping groceries at the door
- Teaching the elderly how to shop online if possible
- Collecting scripts or medications from the pharmacy
- Information on telehealth services with their GP, and that Australia Post is delivering medication
- Family and friends keeping in touch with older loved ones; teaching how to video call; or helping Grandparents to read a book to their grandchildren over Skype

If you require help, call the Community Recovery Hotline on 1800 173 349.
Lifeline also offers support services on 13 11 14 or lifeline.org.au

MAY BIRTHDAYS

Best wishes go to our members celebrating their birthdays in May.

Patricia Giumelli
Joan Saal

Margaret Kidd
Heather Tye

BRANCH CONTACT DETAILS

If you have any queries or need assistance please contact our President, **Freya Tienan**, on 3397 3304 or email nsacoorparoopres@ozemail.com.au, or Secretary, **Graham Tienan**, on Mobile 0407 736 453 or email nsacoorparoosec@gmail.com

SMILE

Thanks to Joy Scott for sending through this ditty.

I'm normally a social girl
I love to meet my mates
But lately with the virus here
We can't go out the gates.

You see, we are the 'oldies' now
We need to stay inside
If they haven't seen us for a while
They'll think we've upped and died.

They'll never know the things we did
Before we got this old
There wasn't any Facebook
So not everything was told.

We may seem sweet old ladies
Who would never be uncouth
But we grew up in the 60s –
If you only knew the truth!

There was sex and drugs and rock 'n roll
The pill and miniskirts
We smoked, we drank, we partied
And were quite outrageous flirts.

Then we settled down, got married
And turned into someone's mum,
Somebody's wife, then nana,
Who on earth did we become?

We didn't mind the change of pace
Because our lives were full
But to bury us before we're dead
Is like red rag to a bull!

So here you find me stuck inside
For 4 weeks, maybe more
I finally found myself again
Then I had to close the door!

It didn't really bother me
I'd while away the hour
I'd bake for all the family
But I've got no bloody flour!

Now Netflix is just wonderful
I like a gutsy thriller
I'm swooning over Idris
Or some random sexy killer.

At least I've got a stash of booze
For when I'm being idle
There's wine and whiskey, even gin
If I'm feeling suicidal!

So let's all drink to lockdown
To recovery and health
And hope this bloody virus
Doesn't decimate our wealth.

We'll all get through the crisis
And be back to join our mates
Just hoping I'm not far too wide
To fit through the flaming gates.