

## WELCOME

We hope you continue to stay safe and in good health. It's very sad to see the situation unfolding in Victoria and New South Wales, so we can only hope that the irresponsibility of the few who defy the rules doesn't end in disaster for Queensland as well.

We have now been advised that the Coorparoo RSL is open on Wednesday-Saturday between 11am and 7pm only, so unfortunately our Monday meetings are still on hold for the time being. We will certainly advise all members when this changes. Dendy Cinemas at Coorparoo are now open with social distancing guidelines and online booking requirements.

## BRANCH ANNUAL GENERAL MEETING

We would normally be holding our branch AGM during the August meeting, however our Constitution allows us to hold this meeting within six months of the end of the financial year. Our current committee members, with the exception of Carole Clayton and Joan Saal, have agreed to renominate for their positions, however, if any member would like to nominate for a particular position on the committee please advise our Secretary, Graham Tienan, at your earliest convenience – Mobile 0407 736 453 or Email [nsacoorparoossec@gmail.com](mailto:nsacoorparoossec@gmail.com). Our current committee members are:

President – Freya Tienan  
Vice-President – Pat Will (also Day Bus Trips)  
Secretary – Graham Tienan  
Treasurer – Evelyn Jamieson  
Guest Speaker Coordinator – Carole Clayton  
Committee – Elsie Debney; Julie Jermy, Joan Saal

## IS A CORONAVIRUS VACCINE ON THE WAY? HERE'S WHAT WE KNOW

COVID-19 has claimed more than 600,000 lives worldwide and maimed countless more, so the world's attention and hopes are on research laboratories.

The Oxford University research appears to be the world leader in vaccine experiments and scientists have reported that what they've developed is safe and has produced an immune response in early-stage clinical trials in healthy volunteers. The Oxford University experimental vaccine, called AZD1222, was administered to

healthy adults aged 18-55 years with no history of COVID-19 according to trial results published in The Lancet medical journal. The strongest response was seen in people who received two doses. It did not prompt serious side effects and produced antibody and T-cell immune responses.

Researchers say they hope this means the immune system will remember the virus, so it will protect people for an extended period. The UK Government has already signed a deal to secure 100 million doses of the vaccine while the US has a contract for 300 million of the initial 1 billion doses produced.

Adrian Hill, the director of Oxford University's Jenner Institute, said early projections that a million doses of the vaccine could be made by September could be an under-estimate, depending on how quickly late-stage trials can be completed. He added that the vaccine could be in use by the end of the year.

In Australia, The University of Queensland has also taken its experimental vaccine to human trial. Healthy adult volunteers have received the first dose of the vaccine at the Brisbane clinic of Phase 1 clinical trials specialist, Nucleus Network. The Phase 1 trial involved about 120 volunteers aged between 18 and 55, with a proportion of participants to receive a placebo.

It is expected that preliminary results will be available in about three months, and if all goes well, then speedily move to the next stage in the vaccine's development. That will be a larger trial with people from a range of ages, to ensure the vaccine works across the board.

## NATIONAL SENIORS IS SUPPORTING MELBOURNE DURING COVID-19

National Seniors is reaching out to hundreds of people in Melbourne's COVID-19 hot spots providing them with emotional and mental health support during their time of need. To date, the focus has been on calling branch members especially in rural and regional areas to ensure they are safe and being supported.

Already some 3,000 calls have been made speaking with members from more than 50 branches. Given the emergency in Melbourne, National Seniors is partnering with the Australian Unity CALD (culturally and linguistically diverse) Alliance, expanding the service to better support ethnic communities.

## WHAT AUSTRALIANS REALLY THINK OF OLDER PEOPLE

New research conducted on behalf of the Aged Care Royal Commission reveals our inner thoughts about aged care and being 'old'.

Polling firm Roy Morgan has revealed that Australians have overwhelmingly negative feelings about residential aged care in contrast to their largely positive feelings about the older generation. The research was commissioned by The Royal Commission into Aged Care Quality and Safety and was carried out between October last year and January of this year by phone, polling some 10,518 Australians. The research defined "older Australians" or "older people" as those aged 70 years and older, asking a series of questions about the way that they were viewed by society.

It found that Australians of all ages thought highly of older Australians, with 90% believing they add value to our society through their work, knowledge and experience. The research also reinforced the view that older people want to remain in their own homes as they aged with 80% wanting to stay and 62% preferring their own home should they need care.

The research also found that older people prefer support from family or friends with general activities at home (e.g. shopping, cooking, cleaning and attending medical appointments). However, there was also a clear preference for paid help for the more intensive and personal activities required when one gets older (e.g. dressing, eating, going to the bathroom and nursing care). There was a view

among older people that it was inappropriate for family and friends to undertake such tasks.

When it comes to in-home care services, what was the most preferred? Keeping the house clean.

The research also found that only 11-12% indicated they wish to downsize from their current housing. This was surprising, given the potential benefits of downsizing. Not only can downsizing make it easier to keep the home clean, more importantly, a smaller, more manageable home with built-in accessibility features can help older people stay in the home as they age and out of residential care.

When it comes to residential aged care, the response was largely negative.

While overall 73% of those questioned said such facilities were well maintained, 88% believed that the residents there were "often lonely" and only 23% agreed that residents were "happy". It is no wonder then that the report found that only 25% of older people would prefer to stay in residential care if they needed care.

It is important to note that more than half of Australians said they did not know anyone aged 70 or over who was receiving care, with just 44% knowing someone of that age receiving care at home, and 37% knowing someone who was in an aged care facility. Interestingly, Australians who had visited an aged care facility had more positive views about the facilities than those who didn't.

## QUEENSLAND SENIORS WEEK – 15-23 AUGUST 2020

For the first time in its 60 year history, Queensland's annual celebration of seniors is going 'virtual'. This year, more than ever, people need something to celebrate, in the safest way possible. That is why this year the usually interactive event will transform into an online affair, with only some physical events, if allowed.

As Covid-19 regulations have seen many older people in self-isolation, never has it been more important to ensure people remain connected and don't become segregated. Many older people with low internet skills can feel isolated from their community, friends and family. Some people need extra support to get online and build their digital skills, and may need a compelling reason to take the plunge.

Seniors Week provides opportunities to promote positive community attitudes towards older people and ageing, facilitate community participation, and enhance community connections, aligning with the Queensland Government's and Council on the Ageing (COTA) Queensland's vision of building age-friendly communities in Queensland.

Both COTA Queensland and the State Government value the contribution older people have made – whether as volunteers or in the workforce, community leaders or carers, grandparents, or advocates.

Ask a family member or friend to help you access some of the events being held online during the week. Go to [www.qldseniorsweek.org.au/events/](http://www.qldseniorsweek.org.au/events/)

## FIVE WAYS TO PROTECT YOUR VITAL SENSES

As we age, we can experience a decline in mobility, motor skills and can have difficulty with balance. Our senses can also deteriorate (hearing, sight, smell, taste and touch) and we may become forgetful. These changes can impact on our reactions and how we interact with our environment. Not only do your senses allow you to enjoy life, they also help you to keep safe.

Here are five things you can do to keep your hearing, sight and sense of smell active:

1. Eat like your life depends on it: A poor diet can contribute to sensory decline. For example, a diet lacking antioxidant vitamins or too much junk food has been linked to cataracts and macular degeneration.
2. Celebrate the sun safely: Did you know that lifelong exposure to the sun could cause cataracts? Before heading out, grab your sunglasses to protect your eyes from the sun's harmful rays (and always apply sunscreen).
3. Turn down the volume: To protect your hearing, try to limit your exposure to loud music and sound. When you are around loud noises, take a break every 15 minutes.
4. Exercise your sense of smell: Smell deteriorates in older adults – especially after the age of 70 – but some experts believe training can improve your sense of smell. One idea is to smell up to six different scents (such as cloves, roses, lemon and eucalyptus) daily for several weeks.
5. Keep moving: As well as keeping the heart strong and managing conditions such as

arthritis, exercise can also help to improve sight by increasing blood flow to the eyes.  
(Reproduced from Home Instead Senior Care)

## BIG HEALTH INSURERS DISAPPOINT DURING PANDEMIC

Analysis by Consumer group CHOICE has found Australia's two biggest health insurers, Medibank Private and Bupa, came last in helping Australians through the COVID-19 emergency. CHOICE argues that the funds which have the most capacity to help their customers have been shown up by non-profit and smaller funds who have less capacity but have chosen to put the community first.

CHOICE Health Campaigner Dean Price says "With people struggling during this economic and health crisis, they are keen to do what is best for their health and their finances. But Medibank Private and Bupa need to do a lot more to help Australians through this."

CHOICE outlines five ways health funds could support their customers during COVID-19:

1. Not increase premiums on 1 October
2. Give any windfall gains back to customers
3. Let people use any unused extras next year
4. Have hardship policies in place for people who have lost their job
5. Publish their hardship policies online

According to Dean Price, "Other sectors, like banking and utilities, have recognised that the impact of this pandemic is going to be felt for a long time to come and extended their response beyond 1 October. The private health insurance industry needs to keep up with these industries who have acted more fairly."

## CHRISTMAS CHILD

Heather Tye, who coordinates the items for the collection for the Christmas Child boxes, has advised that boxes will still be sent overseas, but because our branch meetings haven't been able to go ahead she hasn't been able to collect items.

Since we still don't have a restart date in sight, Heather has suggested that members who have already purchased items for this activity should either hold them until next year or perhaps even pass them on to another charity

## FREE SHINGLES VACCINE AVAILABLE

Did you know anyone who has had chickenpox is at risk of getting shingles later in life?

About one in three people who have not been immunised against chickenpox or shingles will get shingles in their lifetime. Shingles is also called herpes zoster. It is a disease caused by a reactivation of the chickenpox virus. It causes a painful blistering rash. It is a serious disease that usually affects older people and can cause severe nerve pain that can last for months. The older you are if you get shingles, the higher your risk of getting serious disease.

People who have a weakened immune system are also at risk of getting more severe disease, even if they are young. It can also lead to serious eye problems, including blindness; pneumonia; hearing problems; swelling of the brain; or even death

Shingles symptoms include:

- A tingling, burning sensation in the area – this is where a painful blistering rash will appear
- Headache
- Tiredness
- Discomfort when looking at bright lights.

Symptoms can occur for several days before the rash appears. The rash can last about 10 to 15 days. It often makes a stripe or belt-like pattern on one side of the face or body. The rash forms small blisters, which fill with liquid and burst before the skin crusts over and heals. Sometimes the rash can become infected. Sometimes the pain is still there ever after the rash goes away. If the pain lasts for more than three months, it is called post-herpetic neuralgia.

150,000 cases of shingles occur in Australia each year and by 85 years of age, one in two Australians will have had it. The cost to the national health budget is nearly \$17 million with 3,600 hospitalisations and 105,000 GP consultations.

Vaccinating senior Australians is an important component of preventive medicine and is highly recommended for 60 to 79 year olds. Antivirals can reduce the severity and duration of shingles if administered within 72 hours, but does not prevent the development of shingles, which is difficult to treat.

Shingles vaccines are given as a needle and can be provided by a variety of recognised immunisation providers. Currently the vaccine is available for free for people aged 70-79 years under the National Immunisation Program.

## COVID-19 OLDER PERSONS SUPPORT LINE

Don't forget, if you need information and/or support as it relates to the current COVID-19 pandemic, there is a National Seniors Australia support team dedicated to members, so please call **1300 877 626** to speak directly to the team about your concerns.

## BRANCH CONTACT DETAILS

If you have any queries please contact our Secretary, **Graham Tienan**, on Mobile 0407 736 453 or email [nsacoorparoosec@gmail.com](mailto:nsacoorparoosec@gmail.com).

## SMILE

- I'm not complaining because I am a Senager (Senior teenager). I have everything that I wanted as a teenager, only 60 years later. I don't have to go to school or work. I get an allowance every month. I have my own pad. I don't have a curfew. I have a driver's licence and my own car. The people I hang around with aren't scared of getting pregnant.
- I decided to stop calling the bathroom the "John" and renamed it the "Jim". I feel so much better saying I went to the Jim this morning.
- When I was a child I thought nap time was a punishment. Now, as a grownup, it feels like a small vacation.
- Gone are the days when girls used to cook like their mothers. Now they drink like their fathers.
- The biggest lie I tell myself is "I don't need to write that down, I'll remember it."
- I don't have grey hair; I have wisdom highlights! I'm just very wise.
- Of course I talk to myself. Sometimes I need expert advice.
- I just got pulled over by the police. He said "I can smell alcohol". I told him that's because you're not respecting social distancing.
- I thought the dryer made my clothes shrink. It turns out it was the refrigerator.
- I'm at that delusional age where I think everyone my age looks much older than I do.
- The amount of jokes about coronavirus has reached worrying numbers. Scientists claim we are in the middle of a pandemic.