

## WELCOME

For a year where many of our activities have been restricted by COVID-19, it is heartening to know that everyone has stayed safe and well, and been able to keep both mind and body active. The months have certainly flown by though and we're looking towards new beginnings in 2021. In late October we held our first meeting for members since March for the AGM and it was good to see everyone again. We hope you find this month's newsletter of interest. If anyone has suggestions for other topics that may interest members please advise Freya Tienan on 3397 3304 or 0409 397 330.

## ANNUAL GENERAL MEETING

The AGM was held on Thursday 29 October and it was pleasing to see some members able to attend. Our thanks go to Joan Jell, who oversaw the election proceedings. Your committee voted in unopposed for 2020/2021 is:

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

Thanks to all for volunteering their time to provide members with social activities and information.

## NEXT BRANCH MEETING

The next meeting will be held at 11:30am on Thursday 26 November at the Coorparoo RSL Club (arrival from 11:00am). We hope to see you there.

## LOST MEMBER

It is with great sadness that we advise that David Peacock passed away on 5 October. Our sincere condolences go to his wife Joan and family.

## NOVEMBER BIRTHDAYS

Best wishes to the following members who celebrate their birthdays in November. We hope your special days are made memorable by family and friends.

Margaret Atkin	Thera Harding
Mary Lambrose	Denise Murphy
Joan Smith	Elwyn Welsh

## BEANIES & SCARVES

Carole Clayton was delighted with the number of beanies and scarves that were knitted by members over the past few months for distribution to the Mission for Seafarers. If other members have any

items that need to be collected please advise Freya Tienan on 0409 397 330 or 3397 3304 so we can arrange collection.

## CHRISTMAS BUS TRIP – Join us for a day out in the country

Pat Will has organised a day bus trip to Meringandam outside Toowoomba for the Christmas bus trip on **Monday 7 December**. The bus will depart outside the Coorparoo RSL at 8:00am and return at approximately 4:30pm.

Cost will be \$40.00 per person which covers the cost of the tour and morning tea. Your lunch is at your own expense at the Meringandan Pub. A variety of main meals are available at \$15.90 each. Desserts are priced at \$12 each but we've been advised that the servings are large so two people may wish to share. Due to COVID-19 restrictions, there is no tea and coffee station, however this is available from the bar at \$4 each.

Our Christmas raffle will be drawn during the lunch so all members are encouraged to donate gifts, wrapped in Christmas paper, that can be used during the raffle to raise funds for your club.

East Coast Coaches has approval to operate tours provided they meet strict standards set forth in the Recovery Queensland COVID-19 plan. The end liability is that every traveller is responsible for their own health. It is recommended that all passengers provide and use masks while travelling on the coach. Full details of the COVID-19 safe procedures to be followed on the coach will be available from Pat Will.

All bookings and enquiries should be directed to Pat Will on 3398 8726 or 0437 774 049.

## LORD MAYOR'S SENIORS CHRISTMAS PARTIES

This year marks the 20<sup>th</sup> anniversary of The Lord Mayor's Seniors Christmas Parties. The events

started in 2000 and have become a popular annual social event for Brisbane seniors. This much-loved event is refreshed with a new line up every year that features a range of entertainers performing traditional and contemporary Christmas songs. This year, because of COVID, there will be 20 day time shows and five evening shows held over 10 days from Monday 30 November to Wednesday 9 December (including Saturday and Sunday 5-6 December). The five shows are on Tuesday, Wednesday and Thursday 1-3 December, and Monday and Tuesday 7-8 December.

The Coorparoo Branch has applied for complimentary tickets to the session on Thursday 3 December commencing at 9:00am. Once we have received our allocation we can advise further details of how tickets will be made available depending on the quantity received.

## LOCAL COORPAROO SOLICITOR CLOSURES HIS PRACTICE

For members who may have used the services of local Coorparoo solicitor Peter Morrison, we have been advised by one of our members that this law practice closed in June 2019. The practice was located above the Bank of Queensland, Cnr Old Cleveland and Cavendish Roads. All client documents such as Wills, Power of Attorney, Title Deeds etc. have been taken over by the Queensland Law Society and passed on to various other solicitors.

If you believe you may have been affected by this law practice closure, you can contact the Queensland Law Society on 1300 367 757.

## CAUTION IN RELATION TO SENIORS ADVANTAGE WEBSITE PROMOTING DISCOUNTS

It has come to the attention of National Seniors Australia head office that there is a new website called Senior Advantage that is being advertised on Facebook and other social media in Australia. The website advertises that you can save 75% on the price of membership at \$19 instead of \$99 for a one year but when you visit the Terms and Conditions, the \$19 is the normal price. The concern of NSA is not that there may be competition in the seniors market, but that members may be duped into handing over credit card details for an organisation that may not be authentic.

Research on the company shows the postal address in the USA and the company operating the site,

UAB Inulti, is based in Lithuania, and as per the terms and conditions, a limited liability company incorporated under the laws of Lithuania (company reg. No. 304419810) with a registered address at Vilniaus 31, Vilnius, 01402, Lithuania, European Union. There is no phone service attached to this offer as it is based in Lithuania (not Australia). There appears to be no information in regards to their CEO, Paul Smith, and the terms and conditions are somewhat unconventional compared to other businesses operating in Australia.

To understand the validity of this offer and ensure that the interests of members are protected, NSA partnered with the consumer advocacy organisation, CHOICE who have a number of people who have been personally affected by this website, and have completed detailed research which is available on their website: <https://choice.community/t/is-anyone-familiar-with-senior-advantage/22005>

So before handing over credit card details on any purchases online, please check the terms and conditions.

## SAVING MONEY BUYING GROCERIES

Consumers are feeling the financial pinch due to the COVID-19 economic crisis and the need to get the best value when buying groceries has never been so great. One simple way of doing that is to compare grocery prices from different manufacturers, and the best way of doing that is comparing the unit prices of the products, found on the grocery packet usually at the back. That way you are comparing apples with apples rather than apples with pears.

Differences in unit prices between products and retailers can be very large, and consumers spend around \$100 billion a year on groceries, so comparing unit prices can result in major benefits for consumers including saving money and getting more, or better quality, for the same expenditure. Practical information about unit pricing has been published by the Australian Competition and Consumer Commission (ACCC).

You can buy many food items already prepared to save you time. But the increased inconvenience can mean that you pay much more than if you prepared the food yourself. Unit prices can help you compare across all different product offerings to see the best value for money for your needs.

Use unit prices to save money by comparing:

- different brands
- different package sizes and package types
- special and normal prices
- packaged and loose – for example spinach
- fresh, frozen, dried or canned – for example peas
- Similar and substitute products – for example rice types
- different convenience levels, e.g. cheese in blocks/wedges/slices/sticks, or grated or diced etc
- different grocery retailers, including online stores

## STAYING COOL AND SAFE DURING SUMMER

During heatwaves (which is any long period of very hot weather usually ranging from 37-42°C) there is an increase in emergency calls from people suffering heat-related illnesses. While the very young and the elderly are most at risk, anyone can be affected.

Heat-related illness occurs when the body absorbs too much heat. This may happen slowly over a day or two of very hot weather. Act quickly to avoid serious – or even fatal – effects of fully developed heat stroke. Early signs of heat stress include rising body temperature; dry mouth and eyes; headache; shortness of breath; vomiting; absence of tears when crying.

Be prepared before a heatwave:

- If you have a medical condition, ask your doctor for advice on how to manage the heat.
- Plan ahead to reduce the risk of getting heat exhaustion or a heat-related illness
- Think of simple ways to make your home or building cooler (e.g. install awnings, shade cloth or internal blinds or curtains on the sides of the building that face the sun)
- Have any air conditioners serviced before the beginning of summer.

Drink water regularly:

- Drink two to three litres of water a day at regular intervals, even if you do not feel thirsty. If your fluid intake is limited on medical advice, ask your doctor how much you should drink during hot weather
- Sports drinks do not replace water
- Don't drink alcohol, soft drinks, tea or coffee – they worsen dehydration
- Eat as you normally would but do try to eat cold foods, particularly salads and fruit

- Avoid heavy protein foods (e.g. meat, dairy products) which raise body heat and increase fluid loss.

Keep out of the heat as much as possible:

- Plan your day to keep activity to a minimum during the hottest part of the day
- If you can, avoid going out in the hottest part of the day (11am-3pm)
- Avoid strenuous activities and gardening
- Do not leave children, adults or animals in parked cars

If you go out:

- Wear lightweight, light-coloured, loose, porous clothes
- Wear a wide-brimmed hat and sunscreen
- Regularly rest in the shade
- Drink plenty of water

Stay as cool as possible:

- Wear appropriate clothing to suit the hot weather
- Stay inside, in the coolest rooms in your home
- Block out the sun during the day by closing curtains and blinds and keep windows closed while the room is cooler than it is outside
- Open up windows and doors when there is a cool breeze, when the temperature inside rises, and at night for ventilation
- Use fans and air-conditioners at home to keep cool, or spend time in an air-conditioned library, community centre, shopping centre, or cinema
- Take frequent cool showers or baths and splash yourself several times a day with cold water, particularly your face and the back of your neck

Look after your animals:

Animals can also be affected by heat-related illness. If you're in charge of an animal, you have a duty of care to provide it with food, water and appropriate shelter.

## COULD A COMMON DRUG DELAY DEMENTIA?

An Australian study has recently shown that the drug, metformin, lessened the effects of diabetes on brain ageing. This has led researchers to ask if it could also slow rain ageing in older people who do not have diabetes.

Metformin is the first-line treatment for most cases of type 2 diabetes and one of the most commonly prescribed medications worldwide, with millions of people using it to manage their blood glucose levels.

The finding of a six-year study of 1,037 Australians aged 70 to 90 years old provides hope as a means of reducing the risk of dementia in individuals with type 2 diabetes, and potentially those without diabetes, estimated at nearly 47 million people worldwide.

“We’ve revealed the promising new potential for a safe and widely used medication, which could be life-changing for patients at risk of dementia and their families. For those with type 2 diabetes, metformin may add something extra to standard glucose lowering in diabetes care: a benefit for cognitive health,” first author Professor Katherine Samaras, Leader of the Healthy Ageing Research Theme at the Garvan Institute and endocrinologist at St Vincent’s Hospital Sydney said.

Type 2 diabetes occurs when the body can no longer produce enough insulin to meet its needs, leaving affected individuals unable to maintain normal blood glucose levels. This can lead to long-term health complications, including cognitive decline.

“As they age, people living with type 2 diabetes have a 60% risk of developing dementia, a devastating condition that impacts thinking, behaviour, the ability to perform everyday tasks and the ability to maintain independence. This has immense personal, family, economic and societal impacts,” Professor Samaras said.

Metformin has even been suggested to be anti-ageing, so an intriguing question is whether metformin could be helpful in those people with normal glucose metabolism. More research is clearly needed.

## GET ON YOUR BIKE

A British study has found that the bicycle, used regularly, can enable people to stave off many of the physical and mental aspects of ageing, leaving those in their fifties, sixties and even seventies, with minds and physiques equivalent to people half their age.

Researchers at King’s College, London wanted to explore how ageing affects the body, and whether there were specific physiological markers that could be used to determine age. For the study, they recruited 84 men and 41 women between 55 and 79 years who were keen cyclists, and subjected them to tests measuring a wide variety of characteristics.

The test subjects were fit individuals. To qualify for the study, the men needed to be able to cycle 100

km in less than six-and-a-half hours, while the women had to cycle 60 km in less than five-and-a-half hours. Smokers, heavy drinkers and those with high blood pressure and other health conditions were excluded.

According to the Australian Medical Association, what they found suggests there is nothing inevitable about physical decline with ageing. The researchers found that the effects of ageing were far from obvious, and people of different ages could have similar levels of function, such as muscular strength, lung power and exercise capacity.

In many aspects, the participants had the physical and mental characteristics and agility of people much younger. For example, even the oldest participants were able to complete a simple test for falling risk – involving the time taken to rise from a chair, walk three metres, return to the chair and sit down – at levels well within the norm for a young, healthy adult.

Emeritus Professor Norman Lazarus, a member of the research team, said it was inevitable that there be some physical decline with age, “but staying physically active can buy you extra years of function compared to sedentary people”.

Prof Lazarus, who is a cyclist, said cycling was a good activity because it “not only keeps you mentally alert, but requires the vigorous use of many of the body’s key systems, such as your muscles, heart and lungs”.

The now 84 year old Lazarus, has written a book *The Lazarus Strategy: How to Age Well and Wisely* urging that if you want to be healthy at 80, you have to start by 50. Get started, and get started now – not just for your own sake, but for the sake of our societies’ struggling health systems and ageing demographics.

Lazarus’ top tips:

- **Cut out the snacks** – consume the right mix of foods: proteins, carbohydrates, and so on. The first thing to do is just cut out the snacks and the sugar.
- **Don’t weigh yourself** – it only disappoints and discourages. Apparently, even a glass of water can affect your weight! He monitored progress, and then stability, by waist size. Once he could fit back into his size 81cm waist trousers and stay in them, he was okay.
- **Get out the door** – in other words, exercise. But he says being ultra-fit actually adds little to your level of health. You should exercise regularly, not haphazardly, to the “set point”

where you improve heart and muscular function such that you aren't vulnerable to disease.

- **Enjoy it** – At 50, you'll enjoy the feeling of getting fitter, he says. But at 75 or 80, you have to accept the feeling of being able to do a bit less. Don't rage against the dying of the light – just keep going, because you enjoy it.

## DIGITAL MENTORING – With National Seniors Australia and Be Connected

Australia has approximately 2.5 million people who are not online, and over 4 million people with limited digital skills.

**Be Connected** is an Australian Government initiative empowering all Australians to thrive in a digital world. There are online learning resources as well as a network of community partners who offer support to help develop your digital skills and confidence.

National Seniors Australia, in conjunction with Be Connected, would like to change this by running some free workshops for people who may be interested in helping others in using the internet. We call these people "Digital Mentors".

Ideally NSA would like to have a Digital Mentor in each branch, to assist seniors in getting online and joining the digital age. This initial training for people interested in becoming a Digital Mentor will be conducted online via Zoom and will provide skills and techniques for the mentor to assist people in increasing their confidence, skills and online safety in using digital technology.

If you are interesting in becoming a Digital Mentor further information covering the two half-day online courses held during November can be found at: <https://www.eventbrite.com.au/e/digital-mentor-training-online-tickets-124509921527>.

If you are interested in receiving assistance and training on actually getting online, we will advise who our branch digital mentor is in future newsletters.

## COVID-19 HITS CANCER SCREENING

A new report shows less people being screened...but you do that at your peril.

The pandemic has seen a drop in the number of people screening for cancer, leading to warnings

that screening is necessary to detect disease earlier and improve outcomes. The number of cancer screening tests declined during the first few months of the pandemic, according to the Australian Institute of Health and Welfare (AIHW).

The report brings together data from January to June 2020 on the three national cancer screening programs – BreastScreen Australia, the National Cervical Screening Program, and the National Bowel Cancer Screening Program.

**Breast Cancer** – the number of screening mammograms performed through BreastScreen Australia declined significantly as restrictions were imposed on a range of business and community activities in March 2020 to reduce the impact of COVID-19. Most services reopened within a month, and all services are now operational, with appropriate measures in place to protect clients and staff.

More than 70,000 mammograms were performed in March 2020, but the number fell to around 1,100 in April. By comparison, in April 2018, more than 74,000 mammograms were carried out.

'Overall, there were around 145,000 fewer screening mammograms conducted by BreastScreen Australia in January to June 2020 compared with January to June 2018. The AIHW says early detection saves lives, so it is important people prioritise cancer screening. Measures are in place to ensure people can catch up on their screening safely during COVID-19.

**Cervical Cancer** – the number of cervical screening tests was expected to drop in 2020 due to the National Cervical Screening Program changing from 2-yearly to 5-yearly screening. It is not yet possible to know the impact of the pandemic on test rates. Cervical screening tests are usually carried out by general practitioners. While GP services continue during the pandemic, some people may have avoided in-person consultations (including cervical screening tests).

**Bowel Cancer** – for the National Bowel Cancer Screening Program, there was no clear effect of COVID-19 restrictions on screening activity. The program involves home test kits, sent to eligible participants who return them by mail. While this does not involve participants leaving their homes to complete the test, or to get their results, people do need to mail their completed test kit for laboratory testing.

Previous reporting from the AIHW showed that people with breast, cervical and bowel cancers

detected through national screening programs have improved cancer survival outcomes than those diagnosed but who had never been screened.

A recent report from Cancer Australia also showed a reduction in diagnostic and therapeutic procedures for skin, breast and colorectal cancers from March to May 2020.

## 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 [nsacoorparoossec@gmail.com](mailto:nsacoorparoossec@gmail.com).

## SMILE

With the Melbourne Cup just around the corner, these fascinators might be appropriate!



## Unavoidable laws of the natural universe:

**Law of Mechanical Repair:** After your hands become coated with grease your nose will begin to itch.

**Law of the Workshop:** Any tool, when dropped, will roll to the least accessible corner.

**Law of Probability:** the probability of being watched is directly proportional to the stupidity of your act.

**Law of the Telephone:** When you dial a wrong number, you never get a busy signal.

**Law of the Alibi:** If you tell the boss you were late for work because you had a flat tyre, the very next morning you will have a flat tyre.

**Variation Law:** If you change traffic lanes, the one you were in will start to move faster than the one you are in now (and the same applies to the supermarket checkout)

**Bath Theorem:** When the body is fully immersed in water, the telephone rings.

**Law of Close Encounters:** the probability of meeting someone you know increases when you are with someone you don't want to be seen with.

**Law of the Result:** When you try to prove to someone that a machine won't work, it will.

**Law of Biochemics:** The severity of the itch is inversely proportional to the reach.

**Theatre Rule:** At any event, the people whose seats are furthest from the aisle arrive last.

**Law of Coffee:** As soon as you sit down to a cup of hot coffee, your boss will ask you to do something which will last until the coffee is cold.

**Murphy's Law of Lockers:** If there are only two people in a locker room, they will have adjacent lockers.

**Law of Dirty Rugs/Carpets:** The chances of an open-faced jam sandwich landing face down on the floor covering are directly correlated to the newness, colour and cost of the carpet/rug.

**Law of Logical Argument:** Anything is possible if you don't know what you are talking about.



**How did we survive?  
Our mothers wiped our faces with spit on a hankey not an antibacterial wipe.**

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