

WELCOME

It was good to have the opportunity to talk with many of our members during the past month and know that all are keeping well and starting to participate in some activities. We've seen how quickly the rules and guidelines can change following the Wacol Detention Centre cluster, so enjoy your freedoms while you can.

ANNUAL GENERAL MEETING

Following a meeting of your branch committee last week, we have decided to hold the **Annual General Meeting on Thursday 29 October at 11:30am at the Coorparoo RSL Club**. A full notice of meeting and voting papers will be forwarded separately by post, however we wanted to give members advance notice of the date. As the Coorparoo RSL is still operating on restricted days and hours, a light lunch of sandwiches will be provided following the meeting. We are assured that the Club is operating within strict COVID-19 safe guidelines.

All current members of your committee, with the exception of Joan Saal, have agreed to re-nominate for the 2020-2021 financial year, 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. Our current committee members are:

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, Joan Saal

OCTOBER BIRTHDAYS

Best wishes to members Joy Scott and Valda Studders who celebrate their birthdays in October. We hope your special days are made memorable by family and friends.

BEANIES & SCARVES

For those members who have been diligently knitting beanies and scarves for the Mission for Seafarers, it would be appreciated if you could bring these to the Annual General Meeting on 29 October 2020. If you are unable to attend the meeting, please advise Freya Tienan on 0409 397 330 or 3397 3304 so we can arrange collection.

ARE YOU GETTING ENOUGH SLEEP?

Did you know older people need about the same amount of sleep as younger adults? That's 7-9 hours a day.

Around four in ten older people have at least one 30-minute nap every day. Most people over the age of 80 nap for more than one hour each day. At night, some older people take more than half an hour to get to sleep. This is the case for about one in three women and one in six men. Older people also tend to sleep lightly. They wake up more often and spend less time in deep, refreshing sleep.

The Sleep Health Foundation says age increases the risk of sleep disorders including medical conditions, but sleeping tablets should be used only for short periods of time.

If you feel odd having that nap in the middle of the day, you're not alone. The Foundation says older people often take daytime naps as well as sleeping at night. After middle age, our body clock gradually changes. The hormones that help us sleep are released earlier in the day. Melatonin is a hormone produced naturally in the body at night which promotes sleep. Older people make less melatonin so they may find it difficult to get to sleep. Other factors such as hot flushes in postmenopausal women and the need to go to the toilet can also cause awakenings.

The Foundation's tips for a better sleep:

- Keep regular sleep hours – go to bed at the same time every night and get out of bed at the same time every morning (exposure to sunlight in the morning and late afternoon can also help your body clock).
- Aim to only spend the time in bed that you actually need for sleep (for e.g. 8 hours).
- Exercise during the day to help you to feel sleepier at night.
- Experiment to find your optimal nap time – you should feel refreshed when you wake up but still able to sleep at night (15-20 minutes works for some people).

- Remember: sleep needs and sleep patterns change with age and different circumstances.

Where and when should you seek help?

- Talk to your local doctor if you have persistent problems with your sleep or always feel sleepy during the day. Neither of these are normal.
- You should also seek help if your partner notices something wrong with your breathing during sleep. There are effective treatments for snoring, sleep apnoea and insomnia.
- Stress, depression, anxiety, medications, pain and other factors may contribute to your lack of quality sleep.

If you are feeling overwhelmed, call Lifeline on 13 11 44.

FEDERAL GOVERNMENT ANNOUNCES CHANGES IN RESIDENTIAL AGED CARE

Moving a loved one out of aged care during COVID-19 just got easier.

The federal government has recognised that people don't want their loved ones in residential care during COVID-19. It has announced funding and support to assist anyone making the move back into their community.

A two-step solution

The first thing they have done is pass laws to continue payments to providers when someone temporarily leaves care. This ensures providers are not financially disadvantaged at this difficult time.

The second thing the federal government has done is offer support to those leaving care. Under the Commonwealth Home Support Programme (CHSP) there will be two tiers of assistance provided to aged care residents temporarily moving out.

Tier 1 – Clinical support

This is for clients who relocate from a facility that is significantly impacted by COVID-19. Temporary clinical support (Nursing and Personal Care) is available to clients who have had to relocate from a significantly impacted residential aged care facility. This support is the equivalent to a Level 4 Home Care Package.

The client or their family can call Older Persons Advocacy Network (OPAN) on 1800 700 600 to discuss their care needs. OPAN will provide information on the services available, the process for transition to community care, and can arrange for

a referral to a suitable local provider to deliver clinical services in the home for up to eight weeks.

Tier 2 – Entry level services

This is for clients who voluntarily decide to return to the community.

Aged care home clients who are not eligible for the complex clinical support above, but still choose to return to the community, may contact My Aged Care on 1800 200 422. My Aged Care will provide information on the services available and the process for transition to the community.

They can arrange for a referral to access some entry-level home support services (including meals, transport, unaccompanied shopping, social support individual, nursing, personal care and allied health and therapy services) for up to eight weeks through the CHSP. Government will support residents using CHSP with \$71.4 million of funding, which was announced on 31 August 2020.

VICTORIAN CARE PACKAGES UPDATE

A big thank you to each and every one of you who has donated care packages to our fellow older Australians in Melbourne through the Pandemic Protect project.

In addition to the 200 packs that National Seniors Australia has provided, because of member generosity, they've raised \$13,300 – which equals 665 packages that have been distributed to where they are needed most! Your committee has also agreed to donate \$100 to provide five packs on behalf of our members.

Each care package contains 5 x disposable face masks; 2 x 50ml hand sanitisers; 2 x alcohol wipes (10 wipes in pack); a guide from CEO Professor John McCallum on accessing the Older Person's COVID-19 Support Line.

YOUR MENTAL WELLBRING – REMEMBER TO MAKE TIME FOR YOU

Taking some 'me time' is important. And it also helps strengthen your mental wellbeing. The Queensland Government has commenced a new mental health campaign – Dear Mind.

Your mental wellbeing is the unique way that you handle your emotions, respond to stress and also your general outlook on life. Having a healthy sense

of mental wellbeing has many benefits. It lifts your mood, promotes resilience in difficult situations and helps you get the most out of life. It doesn't matter who you are, where you live, or how you're feeling – taking a few moments for yourself each day will help you be a happier and more resilient you.

Being active for 30 minutes each day improves your physical health. The same goes for your mental health. By taking just a few minutes to focus on mental wellbeing activities each day, you'll see big improvements. It only takes a few small actions, practised every day, to find a happier you.

There are six building blocks to strong mental wellbeing:

- Get healthy – be active, eat well and get enough sleep
- Keep learning – challenge your mind and seek out new things
- Show kindness – give back, show gratitude and bring joy to others' lives
- Connect more – develop relationships, stay connected and care for each other
- Take notice – Be mindful. Stay in the moment. Experience the world around you.
- Embrace nature – step outside, connect with the natural world and take care of the planet.

The Queensland Government's website mentalwellbeing.initiatives.qld.gov.au has some great suggestions for activities you can practice.

FEELING A BIT 'DOWN'? THEN PULL THOSE SHOULDERS BACK!

"Shoulders back, stand tall and sit up straight." Such was the enthusiasm of many a parent to correct posture as we grew up.

Physiotherapists say there is no perfect posture when it comes to averting back and shoulder pain, but emerging evidence suggests that the way we sit and stand can have a meaningful effect on our mood and self-confidence.

Scientists investigating the psychology of posture say that it is tiny changes in the way we carry ourselves that are the most effective in making us feel more alert and less fearful. People with depression often slouch their droopy shoulders mirroring their down mood. So, what happens if they simply sit up straighter? They may feel more upbeat and less fatigued, say researchers from the University of Auckland.

Previous research had focused on the link between posture and mood in healthy populations, says Elizabeth Broadbent, Ph.D., one of the authors of the new study. She says compared to sitting in a slumped position, sitting upright can make you feel prouder after a success, increase your persistence at an unsolvable task and make you feel more confident in your thoughts.

But would a simple change in posture have any impact on people with depression? It seems the answer is 'yes'. In the study, people with mild to moderate depression were asked to sit upright and that reduced their fatigue and increased their enthusiasm over a short time period, compared to individuals who sat in their usual posture.

People who sat upright, spoke more words in total during the stressful speech task, but reduced how much they used first-person singular pronouns (such as "me" and "I"). This suggests that they had more energy, a less negative mood and were less self-focused – changes consistent with easing of depressive symptoms.

If you have depression that's causing serious distress and interfering with your daily life, good posture is no substitute for professional treatment. But as an addition to treatment, occasionally reminding yourself to sit or stand up straight, might help you feel more upbeat and energetic. This far, there's only limited evidence to support this approach, but there's also very little risk in trying it. In any case, improving slouchy posture may have other health benefits. Poor posture can lead to backaches, shoulder and neck pain and headaches.

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.

LIVING LONGER – SOME FOOD FOR THOUGHT

If you're looking to extend your life, then it seems sourcing and cooking our own food matters. A study of 900 elderly Spanish people carried out by the University of Navarra found that the consumption of ultra-processed foods – such as frozen pizzas, hot dogs, chicken nuggets, instant noodles, chocolate bars, fizzy drinks, sweetened breakfast cereals and flavoured yoghurts – increased the likelihood of having shortened Telomeres.

According to the Australian Academy of Science “Telomeres are little protective caps at the ends of the DNA molecules that make up our chromosomes. Their job is to stop the ends of chromosomes from fraying or sticking to each other, much like the plastic tips on the ends of shoelaces.”

Telomeres become shorter and less effective over time as chromosomes replicate. Scientists view them as markers of an individual’s biological age at a cellular level.

The modern diet of highly processed foods is likely to be causing the cells of our bodies to age faster. Processed foods tend to be energy-dense, rich in refined carbohydrates, saturated fats and salt, and contain low dietary fibre – features associated with various life-threatening diseases.

Last year, a study of 45,000 middle-aged people led by Paris-Sorbonne University found that every 10% increase in intake of ultra-processed food was linked to a 14% increased risk of death within the next eight years. Producers of processed foods often add flavourings and emulsifiers for taste, as well as colourings and other cosmetic additives to enhance appearance. But they are nutritionally poor and often unbalanced. Some of the offenders:

- Packaged supermarket sliced bread – if it contains emulsifiers or colourings, this bread counts as ultra-processed. Mass produced bread can contain up to 26 ingredients and additives, and while bread can contain highly processed white flours with a higher glycaemic index (GI), meaning they are digested quicker, giving you a raised blood glucose level and spiking your insulin levels.
- Pre-packaged ready meals – these commonly contain high levels of salt, sugar and fat and low levels of other nutrients your body needs.
- Breakfast cereal – these often make health claims such as being high in fibre. The unhealthier ones are also high in additives and sugar.
- Sausages and bacon – processed meat has been classified by the World Health Organisation as a group one carcinogen as evidence has linked them to stomach and bowel cancer.
- Fruit-flavoured yoghurt – if it contains preservatives, sweeteners, stabilisers or colourings, it is ultra-processed.

The individual is responsible for what’s put in their mouth but there is debate about the role that government and community health can play in promoting more healthy diets.

Some health experts say our health services need to change from just treating illness when it happens to focusing more on preventing it. So, doctors need to promote healthier lifestyles, including cooking our own meals from scratch.

CAN THE POST COVID-19 ECONOMY BE BUILT ON COMPASSION?

The economic recovery depends on a sector that puts people before profits. That’s the claim of Social Ventures Australia (SVA), a not-for-profit organisation that seeks to alleviate disadvantage in society.

So, retirees: keep being generous with your charity donations. You could just be rescuing the jobs for other Australians.

SVA says the charity sector has always been a boost to the economy, its contribution being the equivalent of 8.5% of national GDP and employing more than one in 10 employees. According to CEO, Suzie Riddell, that’s around the same number of people as retail trade, and more people than the construction, professional, scientific and technical services, and manufacturing industries.

The economic contribution may be even greater, because unlike many other industries, charities also leverage the time and effort of volunteers. In 2018, 3.7 million people volunteered in registered charities across the country. In 2014-15, the value of volunteer labour to the charities sector was estimated as \$12.8 billion in terms of their cost in wages to hire, if paid.

SVA analysis shows that while the JobKeeper payments are helping to support charities’ income and workforce for now, it is only temporary and there are other steps governments should take to help charities evolve their operating models, partner more effectively with other charities, and make better use of technology as well as improve their impact measurement. Ms Riddell says investing now will not only sustain the sector, it will create employment and lead to a more resilient community in the future.

The COVID-19 crisis has shaken the charities sector and the livelihood of many beneficiaries, clients, employees and volunteers. Charities are managing the confluence of service disruption, falling income, rising demand and higher operating costs. Charities are responsible for delivering many essential services on behalf of Commonwealth, State and

Territory governments. People and communities rely on these services, which would be compromised if charities are no longer viable.

Charities are also a critical source of support for vulnerable members of our community. The demand for support is likely to remain high while the economy is recovering. SVA says a thriving charitable sector is essential to economic recovery.

ELDERLY CHARGED THOUSANDS IN FEES FOR HOME CARE PACKAGES

It's understandable, given the coronavirus crisis in our aged care sector, that more and more elderly people are seeking care while staying in their own homes.

Despite the Aged Care Royal Commission urging immediate action, one year on there are still more than 100,000 people waiting for a home care package. But those lucky enough to have one still face fees of thousands of dollars charged by their provider – and some are paying more in fees than they spend on actual care.

An ABC 7.30 Report aired on 8 September 2020 focused on how home care works. Elderly Australians who don't want to go into a nursing home can apply for a taxpayer funded package ranging from almost \$9,000 a year for someone needing a little help to just over \$50,000 for someone with high level needs. That government subsidy pays for carers, cleaning and equipment.

But instead of the money going directly to the person needing care, it goes to a middle man, a home care provider who manages the money and who can take fees of 30, 40, 50% or more. The Government doesn't regulate those fees because it wants to promote competition, but others say most elderly people aren't capable of shopping around.

Interviewing several families receiving Care Package funding, the ABC disclosed that the fees taken by the providers included items such as home visits, managing and co-ordinating care. Each recipient has an account established and any monies not used on the client sit in an account called unspent funds. Around the country, these unspent funds now total over \$1 billion in taxpayers' money. It's a windfall for home care providers because they can invest that money and keep the profits.

Aged Care Minister, Richard Colbeck, indicated in the interview that "is one of the reasons that we

want to reform the way the system works. We have currently got a piece of legislation in the Parliament to change the way that operates." When questioned by interviewer Anne Connolly "but at the moment it's not going back to the Department of Health to help get rid of that waiting list?" Richard Colbeck's response was "we have to change the way the system operates to do that."

Since the interview, the Government put that legislation on hold and unspent funds with providers continue to grow, and so does the list of people waiting for a home care package.

SPRING OUTLOOK: Wetter than average spring likely

The Bureau of Meteorology has released its 2020 Spring Outlook, showing much of Australia has a high likelihood of above average rainfall in the coming months. The Outlook also shows daytime temperatures are likely to be average to below average throughout southern Australia and warmer than average in the north. Overnight temperatures are likely to be above average for the entire country, with the only exception being south-west WA.

The Bureau's Manager of Climate Operations, Dr Andrew Watkins, said the outlook was being largely driven by changes in sea surface temperatures in the tropical Pacific and Indian oceans. "Most long-range forecasts analysed by the Bureau, including from our own climate model, are indicating a La Niña could develop in the spring, which typically results in above-average winter-spring rainfall for Australia, particularly across eastern, central and northern regions. A La Niña also typically brings cooler and cloudier days, more tropical cyclones, and an earlier onset of the first rains of the northern wet season."

Dr Watkins said spring was typically a time of year when outlook models had a higher reliability. "At this time of year, we start to see some of our main climate drivers locking in, which gives more certainty about what our weather patterns will be like in the coming months. "We're starting to see that in the Pacific with a La Niña beginning to take shape, and we are also seeing some changes in the Indian Ocean, which may also boost the chance of rain during spring."

Dr Watkins said the recent winter period is likely to be one of the warmest on record, with above average temperatures particularly prevalent across WA and Qld.

He also said that while the start to winter was very dry, August was the first wetter-than-average August since 2016. Overall, winter was drier than average for every state except NSW. It was particularly wet in Gippsland in Victoria and the south coast of NSW. Earlier in the winter period, conditions were drier than normal, as rain bearing weather systems were being blocked by a belt of high-pressure systems sitting across the country."

Spring outlook:

- High chance of exceeding average rainfall across the state, particularly in south and eastern parts of the state due to the increased likelihood of a La Niña event.
- Above average temperatures are predicted for the northern half of Qld.

ONLINE ASSISTANCE FOR SENIORS

National Seniors Australia has suggested the federal government offer a targeted supplement to assist older Australians access the internet.

National Seniors Chief Advocate, Ian Henschke, says connecting online has been a lifeline for older Australians during coronavirus lockdowns. "In so many cases the internet has been their window to the outside world. Older Australians have taken to technology such as FaceTime, Skype and Zoom because it was the only option for 'face-to-face' communication with friends and family," Mr Henschke said. "With social interactions and services increasingly delivered online, it's unfair that many pensioners don't have the skills, confidence or funds to use the technology."

National Seniors has suggested a \$10 per month internet supplement to 1.6 million full-rate pensioners would cost the government only \$192m per year. It has also provided another option of the NBN offering a 50 mpbs service at a wholesale price for households receiving financial assistance.

Mr Henschke says online technology is helping older Australians in both their physical and mental health. "Assisting seniors to access this technology is an investment in their health given capabilities that telehealth provides. It's an investment in their later lives," he said.

BRANCH CONTACT DETAILS

If you have any queries please contact our Secretary, **Graham Tienan**, on Mobile 0407 736 453 or email nsacoorparoossec@gmail.com.

SMILE

- ❖ I wonder why we are so obsessed with trying to find intelligent life on other planets, when we can't even find intelligent life here?
- ❖ I'm at that delusional age where I think everyone my age looks way older than I do.
- ❖ Gardening season is off to a great start: I planted myself in front of a TV four weeks ago, and I've already grown noticeably.
- ❖ Home School Day 22: My child asked why I was talking to myself. I told her it was a Parent/Teacher conference.
- ❖ Never in my wildest dreams did I imagine I'd go up to a bank teller with a mask on asking for money.

A little boy opened the big family Bible. He was fascinated as he fingered through the old pages. Suddenly, something fell out of the Bible. He picked up the object and looked at it. What he saw was an old leaf that had been pressed in between the pages.

"Mama, look what I found," the boy called out. "What have you got there, dear?"

With astonishment in the young boy's voice, he answered, "I think it's Adam's underwear!"

