

**WELCOME** – It is certainly disappointing that our lives are still being impacted by these flare-ups of COVID-19 and we needed to cancel our July branch meeting, however it was wonderful to have 15 members and guests brave the cold and mask mandate to enjoy morning tea at Easts Leagues Club on Monday 26 July. As this casual get together has proven popular, we will continue on the last Monday of each month other than when we have organised a day bus trip.

## AUGUST MEETING

Our next branch meeting will be held on **Thursday 12 August** in the Anzac Room at the Coorparoo RSL Club. Arrival will be at 10:00am for a 10:30am start with morning tea provided. The cost is \$6.00 per person payable on arrival.

Our guest speaker will be Chris Grice, General Manager, National Seniors Australia, who will provide an update on current campaigns, research and advocacy.

Join fellow members for a light lunch at the RSL Club after the meeting (at your own cost).

The remaining dates for 2021 branch meetings are 9 September; 14 October; 11 November

## ANNUAL GENERAL MEETING

The Annual General Meeting of the Coorparoo Branch will be held on **Thursday 9 September** following our guest speaker presentation.

All current members of your committee have agreed to re-nominate for the 2021-2022 financial year, however, if any current financial 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 (also Guest Speaker Coordinator)  
Committee - Carole Clayton, Elsie Debney, Joan Jell, Julie Jermy

## NEXT MORNING TEA CATCH-UP

Join fellow members and guests for a relaxing morning tea (at your own cost) and a chat outside of our regular monthly meetings. Our next morning tea catch-up will be held on **Monday 30 August at 10:00am at Easts Leagues Club, 40 Main Avenue, Coorparoo.**

There is ample free parking, or it is a short stroll from the bus way on Old Cleveland Road. The club opens at 10:00am. We hope to see you there.

## DAY BUS TRIP – SAVE THE DATE

Save the date of **Monday 27 September** for our next day bus trip. Full details of destination and cost will be provided at our next branch meeting.

## CARE KITS FOR KIDS DONATIONS

As a branch, we would like to continue supporting this organisation through the donation of items to assist these children. Items, with suggestions listed below, can be brought to our monthly meetings and will be delivered to Care Kits For Kids. Most can be purchased at discount shops, and not everything needs to be provided each month. Every donation will help Queensland children who are displaced through no fault of their own.

**August** – Hair brush, comb, bands, clips, baseball cap

**September** – summer pyjamas, girls crop top sizes 12, 14, 16

**October** – Reading book (all genres), small soft toy or doll (no buttons or beads)

**November** – Back pack, small lunch box

## ARE YOU A KNITTER?

Many of our members were kind enough to knit scarves and beanies during the winter months last year which were donated to the Mission to Seafarers Brisbane. These are then distributed to ship's crew members who are heading to colder climates.

If you are interested in doing this again could you please advise Graham Tienan so we can have an indication as to any contribution we can make to this organisation as a branch.

## ENJOY READING?

Don't forget our book swap at each monthly meeting. There are some great books available for

only a gold coin donation which goes towards club activities. Donated books are all in good condition and can be swapped back another month.

## ALZHEIMER'S VS DEMENTIA – WHAT'S THE DIFFERENCE?

A few years ago, the organisation Alzheimer's Australia changed its name to Dementia Australia. It wasn't a flashy rebranding exercise but an opportunity to take on a name that better reflected one of the key challenges of ageing. As the second leading cause of death affecting half a million Australians in 2021, it is important that we better understand this scourge.

In summary, dementia is the overall term, like heart disease, that covers a range of symptoms associated with loss of memory and cognitive decline. They also affect behaviour, feelings and relationships.

Alzheimer's on the other hand, is a disease that causes dementia and accounts for 60-80% of dementia cases.

Dementia refers to symptoms that are the result of a deterioration of brain function. Dementia is often incorrectly referred to as "senility" or "senile dementia", which reflects the formerly widespread, but incorrect, belief that serious mental decline is a normal part of ageing.

Symptoms include loss of memory; problems with thinking, learning, memory and language; behavioural and emotional problems; difficulties performing daily activities.

The most common forms of dementia are:

- Vascular dementia
- Dementia with Lewy bodies
- Dementia from Parkinson's disease
- Frontotemporal dementia
- Creutzfeldt-Jakob disease
- Alzheimer's disease

People may have two or more types of dementia which are called mixed dementia.

Alzheimer's disease is the most common condition that causes dementia. People who have Alzheimer's disease have abnormal structures, called 'plaques' and 'tangles', build up in the brain. These disrupt nerve cells and affect the way they communicate with each other. Eventually the nerve cells die.

Alzheimer's usually begins with mild memory loss. Other symptoms include:

- Having trouble recalling events
- Difficulty learning new things
- Trouble finding the right work
- Trouble solving problems
- Trouble making decisions
- Difficulty perceiving three-dimensional objects
- Being irritable

The symptoms can become more severe, and new symptoms may appear. Eventually, people with Alzheimer's disease may need around-the-clock support.

While both dementia and Alzheimer's are associated with the cognitive decline that often accompanies ageing, they are not considered a normal part of ageing.

Other forms of dementia and Alzheimer's get worse over time, and unfortunately there is no cure. Medications are sometimes used in the treatment of dementia, but they can only slow the condition's progress or treat symptoms – they will not cure dementia.

## FIFTH INTERGENERATIONAL REPORT (IGR) RELEASED

In July the federal government released its fifth Intergenerational Report (IGR) in almost 20 years. It talks of a smaller economy dealing with the burden of a rapidly ageing population. History tells us we have to take these claims with a grain of salt.

The first IGR was back in 2002 and was put out by former Treasurer Peter Costello. He focused on the growing cost of the pension as a percentage of the nation's gross domestic product (GDP), among other issues.

Labor Treasurer, Wayne Swann, had his moment in the sun and he too focused on the problem of the so-called 'silver tsunami'. He opened his report with, "The ageing of the population is the major factor driving the slowing in economic growth."

The last intergenerational review was released by former Treasurer Joe Hockey in 2015. Bizarrely, he started talking about people living to 150! "It's highly probable that a child is being born that is going to live to 150. That's a long time."

That's right, it's a long time – a ridiculously long time. The fact is we are not living in a science fiction world but one based in reality, and a child born today is highly unlikely to live to 150.

It is statements like these that are pushed on the population that feed intergenerational warfare, and are used to justify budget cuts to payments and services to older people. Yet six years on, we have had to have a Royal Commission to get some decent quality of life for our ageing population.

Respected actuary Michael Rice put out a paper three years ago showing some of the early predictions about the costs of ageing, in particular the cost of the pension, turned out to be patently wrong. Rice found that the cost of the pension by 2050 was actually going to fall, not rise as a percentage of GDP, because more and more people get the benefit of superannuation and sustained growth in super.

The 2002 report said the age pension would be 4.6% of GDP by 2042. On present trend it will be half that.

Don't forget the three trillion dollars invested in our superannuation system is providing capital to fund our businesses and economy, lessening our reliance on foreign investment, and contributing to Australia's wealth. We have the fourth largest pension fund assets in the world. Those investments are funding retirement incomes, generating jobs and enriching our nation.

Since the introduction of compulsory super almost 30 years ago we have become net exporters of capital, and at 2.4% of GDP Australia has one of the lowest cost pension systems in the world.

Then there is the other side of the coin. Why focus so much on the health issues of older Australians? Childhood obesity is a huge problem caused by an ever-increasing diet of highly processed food and lack of exercise. The latest data suggest obesity and diabetes, along with mental health, drug and alcohol related illness, could be stalling longevity, possibly winding back Joe Hockey's prediction.

The futurists often get it wrong. Who could have foreseen the technological change brought about by the smart phone in 2002? Who knows what will happen with COVID-19 and the more worrying variants appearing? Look at what this latest intergenerational report says, but take it with a huge pinch of salt, and recognise that one thing stays the same: every intergenerational report sees older Australians as a liability and not an asset.

Perhaps it's best to read that and recognise older Australians are an asset not a tsunami or an economic time bomb. (*Ian Henschke, NSA Chief Advocate*)

## I'M STILL HERE

(*Patricia A. Fleming*)

My looks are nothing special,  
My face reveals my age,  
My body shows some wear and tear,  
And my energy's not the same.

Too often my memory fails me,  
And I lose things all the time.  
One minute I know what I plan to do,  
And the next it may just slip my mind.

I try hard to avoid my mirror.  
There are things I would rather not see,  
And even those times when I just catch a glimpse,  
I can no longer recognise me.

The things I used to do with ease  
Can now cause aches and pains,  
And the quality of the things I do  
Will never be quite the same.

I always compare my older self  
To those younger versions of me,  
And I know I'm wasting too much time  
Missing who I used to be.

But the thing that really makes me sad  
Is despite what people see,  
Underneath my tattered, worn out shell,  
I'm still the same old me.

My heart can still feel endless love,  
And at times it still can ache.  
My heart can fill with so much joy,  
And then it can suddenly break.

My soul can still feel sympathy  
And longs for forgiveness and peace,  
And there are times its light shines boldly through,  
And times when it longs for release.

It's true, maybe now that I'm older,  
Feeling lonely may be status quo,  
But it also has made me more willing  
To forgive and let past conflicts go.

So maybe to some I look ugly and old,  
A person who barely exists.  
I'm still quite aware of the beauty inside,  
And my value should not be dismissed.

So although not as strong and no beauty, it's true,  
I'm still here and want so much to live,  
And I know that there's no one in the world quite like me,  
And no one who has more to give.

## WHAT OLDER AUSTRALIANS REALLY THINK ABOUT YOUNGER AUSTRALIANS

A new report by National Seniors Australia has revealed older Australians care a lot about younger Australians and the issues they face, now and in the future.

The report, titled *“Worry about the younger generation – Older Australians’ intergenerational solidarity”* follows a survey of almost 3,000 seniors who were asked to nominate which issues they are concerned about affecting the younger generation.

Among the top issues raised were:

- ❖ Unemployment and job security – 31%
- ❖ Housing affordability - 27%
- ❖ Education – 20%
- ❖ Mental health – 10%
- ❖ Climate change – 9%

Other issues raised included physical health and wellbeing, drugs and alcohol, violence and crime, social media, and poor parenting.

National Seniors CEO, Professor John McCallum says: “There’s too much commentary from economists and opinion writers that pits older people against younger generations. What’s been missing in the conversation is what each generation thinks about the other. This report goes some way to filling that gap.”

The survey asked respondents to write in a text box to express their views or concerns. “Whilst there were negative views on some younger people’s behaviours, the majority of the comments were positive. In fact, far from frowning about younger people, many seniors have empathy and expressed admiration and respect for them,” Professor McCallum said.

Examples of this sentiment were comments such as:

- ❖ “My experience with the young indicates the future is in good hands.”
- ❖ “My messages are for older people not the younger people, many of whom have sound and constructive ideas.”
- ❖ “Mostly they seem to have the right ideas, even if we oldies don’t appreciate them.”

There was also a theme of sadness in the comments that younger Australians might not lead as fortunate a life as the older generation has.



## THE #1 REASON TO CHECK YOUR #2S

The 2020 National Bowel Cancer Screening Program (NBCSB) monitoring report states about 15,500 people of all ages were diagnosed with bowel cancer in Australia every year, and it killed more than 5,000 – it’s the second biggest cancer killer after lung cancer.

Bowel cancer develops in the wall or lining of the bowel. It begins when cells grow too quickly, forming a clump known as a polyp or adenoma. Most are benign (non-cancerous), but some can become cancerous. If left untreated, the cancer can spread to other areas of the body.

Both men and women are at risk of developing bowel cancer. The risk is greater if you:

- Are over 50 years of age
- Have a family history of bowel cancer or polyps
- Have a personal history of polyps or adenomas (pre-cancerous growths)
- Have a history of inflammatory bowel disease such as Crohn’s disease or chronic ulcerative colitis

The best way to reduce your risk of bowel cancer is to be physically active; limit alcohol intake; avoid smoking; eat a healthy and balanced diet; and keep a healthy body weight. (*Source: Queensland Health*)

## NO SWEET SPOT FOR SOFT DRINKS

Sugary drinks are bad, so you’ve switched to diet drinks. These findings may make you think again.

Research findings show that people who more frequently consume sugary beverages such as

sodas and fruit juices are more likely to have poorer memory, smaller overall brain volumes and smaller hippocampal volumes – an area of the brain important for memory.

Diet soft drinks are often touted as a healthier alternative to regular soft drinks. However, both sugar and artificially-sweetened beverage consumption has been linked to cardio metabolic risk factors, which increases the risk of cerebrovascular disease and dementia.

Researchers found that people who drank diet soda daily were almost three times as likely to develop stroke and dementia when compared to those who did not consume diet soda. "This included a higher risk of ischemic stroke, where blood vessels in the brain become obstructed and Alzheimer's disease, the most common form of dementia," researcher Dr Matthew Pase of the Boston School of Medicine said.

In these studies approximately 4,000 participants over the age of 30 were examined using Magnetic Resonance Imaging (MRI) and cognitive testing to measure the relationship between beverage intake and brain volumes as well as thinking and memory.

The researchers then monitored 2,888 participants age 45 and over for the development of a stroke, and 1,484 participants age 60 and older for dementia for ten years.

The researchers point out that pre-existing conditions such as cardiovascular disease, diabetes and high blood pressure did not completely explain their findings. For example, people who more frequently consumed diet soda were also more likely to be diabetic, which is thought to increase the risk of dementia. However, even after excluding diabetics from the study, diet soda consumption was still associated with the risk of dementia.

Although the researchers suggest that people should be cautious about regularly consuming either diet sodas or sugary beverages, it is premature to say their observations represent cause and effect. Future studies are needed to test whether giving people artificial sweeteners causes adverse effects on the brain. The best suggestion would be to drink less diet drinks and instead consume more water. (Source: *Boston University, School of Medicine*)

## A BRIEF HISTORY OF COORPAROO

Coorparoo was chosen as the name of the suburb at a public meeting in 1875, before which it was known as Four Mile Camp. The name Coorparoo is likely derived from an Aboriginal name for Norman

Creek, probably recorded by early surveyors as *Koolpuroom*. The word is thought to refer to a place associated with mosquitoes.

The Coorparoo Clan lived south of the Brisbane River and generally camped along creeks. They continued to occupy watercourse campsites after white settlement, but other clans from the region began to move into South Brisbane. In 1846, there were reports of Aborigines raiding produce along Norman Creek. A visitor in 1855 reported many camps and fishing spots between Stones Corner and the mouth of Norman Creek. In 1959 an eighty-year-old woman told of frequent corroborees on the banks of the creek in Norman Park.

On 17 June 1856, ten farms were sold from the Parish of Bulimba near Stones Corner. Investors bought all but two of them. The next year James Warner surveyed land on the other side of the road for a second land auction. Samuel Stevens donated two acres of his property near the junction of Cavendish and Old Cleveland Roads for use of a school. In 1876, the Coorparoo State School was opened and Frederick Robinson began offering public transport in a wagonette from Coorparoo Junction to Victoria Bridge.

The 1880s land boom was a spur to profit from land. The construction of the bridge at Stanley Street and the development of the Stanley Bridge Estate made the area more attractive to purchasers. In 1887, the tramway was extended to Buranda, putting the western end of Coorparoo close to tram travel.

In 1884, 222 suburban allotments in the "Wecker Estate" were auctioned, and in 1886 the "Langlands Estate, East Brisbane" offered 568 allotments commencing a few yards beyond the junction of the Cleveland and Logan Roads, with extensive frontage to the Cleveland Road. In 1888 "St Leonards Estate", adjoining "Langlands Estate" was advertised for auction as close to the Coorparoo railway station.

Coorparoo had been part of the Bulimba Divisional Board since 1879. However, in 1888, as a result of dissatisfaction with this situation, a petition was taken resulting in the creation of shire of Coorparoo. A bridge was built at Burnetts Swamp (Stones Corner) and important road improvements took place. In 1889 there were 2,500 people in the shire.

After World War 1, land prices increased as property sales boomed. Coorparoo did not really begin to expand again until the tram service was extended to Stones Corner in 1902 and Coorparoo Junction 1915. The number of houses increased from 613 in 1911 to 1,467 ten years later.

In 2009, the Myer Department store building was compulsorily resumed by the Queensland Government for the Eastern Busway and bus station, However, in 2015 the old building was demolished and a new development known as Coorparoo Square opened in 2017 featuring three residential towers, Dendy Cinema, Aldi Supermarket and speciality retailers and coffee shops. The Coorparoo bus station was not built, however under the development is a void for the future Eastern Busway station.

The 2016 Census recorded 16,282 residents in Coorparoo with a median age of 34 years (four years younger than the Australian average).

## DIGITAL MENTORING

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.

If you are interested in increasing your confidence, skills and online safety in using digital technology, and would like assistance and training on actually getting online, Freya Tienan has completed the National Seniors Australia Digital Mentoring course and may be able to assist. Contact Freya on 3397 3304 or 0409 397 330 to see if she can help.

## 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

### JOB ADS THAT ACTUALLY RAN!

- Waitress Wanted. Must be 18 years old with 20 years' experience.
- Now hiring: cemetery superintendent. The ideal candidate must be able to supervise in a fast-paced environment.
- Wanted, SCUBA diving instructor: no experience necessary.
- Editors Wanted (looks like editors are needed for these help wanted ads too!)
- Recruitment co-ordinator: you will assist in the day to day running of the team.
- Cab Drivers Wanted. Must have good driving & criminal record.
- Job offer: to cook people with or without experience.
- Piano player wanted. Must have knowledge of opening clams.
- Wanted: a counselling psychologist to coordinate mental health prevention initiatives.

### NEW SUPERMARKET

A new supermarket opened near my house. It has:

- an automatic water mister to keep the produce fresh. Just before it goes on, you hear the sound of distant thunder and the smell of fresh rain.
- when you approach the milk cases, you hear cows mooing and experience the scent of fresh hay.
- when you approach the egg case, you hear hens cluck and cackle, and the air is filled with the pleasing aroma of bacon and eggs frying.
- the veggie department features the smell of fresh buttered corn.

I don't buy toilet paper there anymore!

**When I'm an old lady I'm going to leave snacks in little bags on the floor all over the house in case I fall down**

