

WELCOME – it was good to see so many members and guests at our first meeting in 2021. Sadly, some members were not able to attend due to other commitments, and others have advised they are not as active as they used to be, but we hope they continue to keep in touch. Our guest speakers from Care Kits For Kids Qld were very interesting and, as a branch, we are delighted to help this not-for-profit organisation as much as possible. Further details on how members can assist each month are within this newsletter.

St. Patrick's Day is celebrated on 17 March so we encourage members to be 'Seen in Green' at our March meeting, and our Smile section is dedicated to those wonderful Irish jokesters, Paddy and Murphy, which we hope you enjoy.

BRANCH MEETINGS

Our next branch meeting will be held on **Thursday 11 March 2021** in the Anzac Room at the Coorparoo RSL Club. This room is located to the right of the main foyer and should provide more space for members than the usual Submariners Room downstairs.

Arrival will be at 10:00am for a 10:30am start with morning tea provided. The cost is \$6.00 per person. As it will be close to St Patrick's Day, members are encouraged to be "**Seen in Green**". This could be through clothing, wigs, glasses, hats etc., as long as it is a green theme - use your imagination! A prize will be awarded to the best "Greenie".

Our guest speaker will be Rhiannon Koplick, Client Package & Relationship Specialist, of Pres Care to discuss home assistance.

We will continue to hold our monthly meetings on the second Thursday of each month with the dates for 2021 being:

8 April	13 May
10 June	8 July
12 August	9 September
14 October	11 November

MARCH BIRTHDAYS

Best wishes to the following members who celebrate their birthdays in March:

Evelyn Jamieson	Anne Leach
Lorraine Knight	Denise Munns
Marjorie Richardson	Christine Sanders
Graham Tienan	Pat Will

We hope your special days are made memorable by family and friends.

MYSTERY BUS TOUR

Our first bus trip for 2021 will be on **Monday 29 March** to a mystery destination. Coordinated by **Pat Will**, she assures us that members have never



been to this venue before as a group. The bus will leave the Coorparoo RSL Club at 8:30am and return approximately 4:00-4:30pm. Cost is \$63.00 per person which includes the coach tour, morning tea and lunch. Bookings, and payment, can be made at, or before, our branch meeting on 11 March.

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

CARE KITS FOR KIDS DONATIONS

Our February guest speakers were Stephanie Hinrichs and Matilda Fritjers from Care Kits For Kids Qld Inc who provided a very interesting insight into the number of Queensland children aged 00 to 16 years who are in out-of-home crisis care, which at June 2020 sadly totalled 11,300.

As a branch, we would like to support 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 bought 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.

March – Roll-on deodorant (no glass or spray); small shampoo and/or conditioner

April – Underwear (sizes 12, 14, 16 or small men/women), socks

May – Biro, HB or coloured pencils, sharpener, eraser, ruler

June – Long pants, jackets, tops, beanies (all sizes)

July – Face washer, soap, toothpaste, toothbrush & cover

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

POSITION VACANT

Carole Clayton, who has organised our very informative guest speakers for our monthly meetings over the last few years, has decided to step down from this roll, but will continue to assist the committee. We sincerely thank Carole for all her efforts in co-ordinating these speakers from very diverse areas.

We are looking to fill this position on our committee, and would ask our members to consider taking on the roll. You would be required to seek out and contact appropriate speakers, co-ordinate their presentation requirements, and assist them on the day of their presentation as required. Please contact our Secretary, **Graham Tienan** on 0407 736 453, if you are available and interested in this position, or have any questions.

QR CODES & HOW TO USE THEM

You've probably seen QR codes. They look a bit like barcodes made up of square-shaped patterns.



QR stands for 'quick response', and information is stored within its maze-like lines that can be read by smartphones. QR codes give you instant access to a website without having to type in, or remember, the website address.

They have become more popular in shops, cafes, pubs, cinemas, restaurants and check-in points as a means of recording people visiting their premises. This allows contact tracing to be more easily achieved by authorities tracking COVID-19 throughout the community.

How to COVID safe check-in with a QR code.

- Open the camera or the QR reader application on your smartphone.
- Point your camera at the QR code taking in the whole square pattern to scan the QR code.
- A notification will pop-up on screen (generally at the top)

- Click on the notification to open the website link.
- Enter your contact details (and add any additional people or dependents in your group)
- Select 'Check in'
- A confirmation will appear on your screen when you've successfully checked in.

What do I need to scan a QR code?

All you need is your smart phone or tablet! Most smartphones have built-in QR scanners built into their cameras.

Some tablets, such as the Apple iPad, have QR readers built into their cameras.

Some older devices may require an App to read QR codes. You can download these Apps from the Apple App Store and Google Play store on your smart phone. Please note, you must have a smartphone to scan a QR code.

Don't have a smartphone?

Inform a staff member and the business will be able to take your details another way, such as recording them on a computer or tablet device. Currently, only Victoria is allowing paper check-ins.

COVID-19 VACCINATION IN AUSTRALIA

The Australian Government began rolling out the COVID-19 Vaccination Program from 22 February. Initial doses of vaccines are going to:

- Aged care and disability care residents and workers
- Frontline healthcare workers
- Quarantine and border workers

Why these groups are prioritised

There is significant global demand for safe and effective vaccines to end the COVID-19 pandemic. As vaccines become available, they will be given to people who are in higher risk groups.

Priority groups are identified by taking into account current public health, medical and epidemiological evidence on who would be most affected if they contracted COVID-19.

For example, health and aged care workers are a priority group because they are at high risk of contracting COVID-19 due to their frequent contact with people. They are also more likely to transmit the virus to vulnerable people through their work in hospitals and aged care facilities. It is for everyone's

benefit that this group is prioritised for vaccination so they can continue providing essential care.

The national rollout strategy details at time of writing are:

Phase 1a – Quarantine and border workers; Frontline health care worker sub-groups for prioritisation; Aged care and disability care staff; Aged care and disability care residents

Phase 1b – Elderly adults aged 80 years and over; Elderly adults aged 70-79 years; Other health care workers; Aboriginal and Torres Strait Islander people over 55 years; Adults with an underlying medical condition including those with a disability; Critical and high risk workers including defence, police, fire, emergency services and meat processing

Phase 2a – Adults aged 60-69 years; Adults aged 50-59 years; Aboriginal and Torres Strait Islander people 18-54; Other critical and high risk workers

Phase 2b – Balance of adult population; Catch up any unvaccinated Australians from previous phases

Phase 3 – Under 16 if recommended

Whether you are in a priority group or not, the best thing you can do is stay up to date, consult with your own GP, and continue to be COVIDSafe. The Australian Government will provide further information about how vaccines will be rolled out over the coming months.

The benefits of getting a COVID-19 vaccine

Having the COVID-19 vaccine can reduce the chance of you suffering from COVID-19, and from becoming seriously ill from complications if you do contract the virus. We currently don't know if the vaccine stops the spread of the virus, or how long protection will last. No vaccine is 100% effective, meaning some people who receive the vaccine may still get COVID-19. However, people who have the vaccine but go on to get COVID-19 will have milder symptoms and will be likely to get better more quickly.

Having a COVID-19 vaccine is highly recommended, but the decision is ultimately up to each person. It will not be mandatory for the general population. As with most vaccines, it will not only benefit you, but also those around you – those in your home and in your community.

In the meantime, everyone still needs to practice good hygiene, maintain physical distance and stay at home if you are sick and get tested.

(information sourced from www.health.gov.au)

CORONAVIRUS SCAMS BOOM – HERE'S HOW NOT TO BE A VICTIM

Australians are being warned to watch out for COVID-19 scams as the country starts its vaccination rollout. Fake vaccine scams have already cost victims millions of dollars overseas – and now cybersecurity experts fear fraudsters will pounce on vulnerable Australians.

A scam email sent in the United Kingdom included a link to “register” for the vaccine, when no registration for the real vaccination is required. The fake site also asked for bank details to either verify identification or to make a payment. **This is despite the vaccine being free.** Other online criminals have sent fraudulent text messages claiming to be from a government authority, offering people priority access to a vaccine for a fee.

What should you look out for?

If you get a text message or an email from the ‘government’ wanting you to click on a link to provide information or get help it's probably a scam, and you could be risking your online security and money.

Scammers are pretending to be government agencies providing information on COVID-19 through text messages and emails ‘phishing’ for your financial information. These contain malicious links and attachments designed to steal your personal and financial information.

You may think it couldn't happen to you, but the Australian Competition and Consumer Commission (ACCC) Scamwatch says the scams are so persuasive that Australians so far have lost \$6,280,000 to scammers during the pandemic.

Common scams include phishing for personal information, online shopping, and superannuation scams. Scammers are hoping that you have let your guard down. **Do not provide your personal, banking or superannuation details to strangers who have approached you.**

Scammers may pretend to have a connection with you. It's important to stop and check, even when you are approached by what you think is a trusted organisation. If you have any doubts at all, don't proceed. Visit the Scamwatch webpage for general warnings and media releases on COVID-19 scams.

Some text messages or emails appear to come from ‘GOV’ or ‘myGov’ with a malicious link to more information on COVID-19. Scammers are

pretending to be government agencies providing information but these contain malicious links and attachments designed to steal your personal and financial information. Tips to protect yourself:

- Don't click on hyperlinks in text/social media messages or emails, even if it appears to come from a trusted source.
- Go directly to the website through your browser. For example, to reach the MyGov website type 'my.gov.au' into your browser yourself.
- Never respond to unsolicited messages and calls that ask for personal or financial details, even if they claim to be from a reputable organisation or government authority – just press delete or hang up.

Superannuation scams

Scammers are taking advantage of people in financial hardship due to COVID-19 by attempting to steal their superannuation, or by offering unnecessary services and charging a fee. The majority of these scams start with an unexpected call claiming to be from a superannuation or financial service.

The scammers use a variety of excuses to request information about your superannuation accounts, including:

- Offering to help you access the money in your superannuation
- Ensuring you're not locked out of your account under 'new rules'
- Checking whether your superannuation account is eligible for various benefits or deals.

Online shopping scams

Scammers have created fake online stores claiming to sell products that don't exist – such as cures or vaccinations for COVID-19, and products such as face masks. Tips to protect yourself from these types of scams:

- The best way to detect a fake trader or social media shopping scam is to search for reviews before purchasing.
- Be wary of sellers requesting unusual payment methods such as upfront payment via money order, wire transfer, international funds transfer, preloaded card or electronic currency, like Bitcoin.

DIETITIANS IN AGED CARE: A RECIPE TO SAVE MILLIONS

With aged care a hot social and political topic, accredited dietitians have entered the age care debate with recommendations they say would save more than \$80 million per year, which would otherwise be spent on costly malnutrition treatment.

Dietitians Australia (DA) say older Australians have a right to food that is nutritious, familiar, culturally and medically appropriate, as well as to eat appetising meals in an enjoyable setting. And dietitians are in the best place to ensure standards are maintained. That's the thrust of the organisations' eight position papers outlining a raft of recommendations to eliminate malnutrition and give older people the nutritious and tasty food most of us take for granted.

DA says the position statements outline how dietitians can provide support across the spectrum of aged care and help improve the health and quality of life of our ageing population. This includes mandatory malnutrition screening – and quarterly re-screening – which should be embedded within community care and aged care homes.

The release of the position statements comes ahead of the National Congress on Food, Nutrition, and the Dining Experience, being held in Sydney in mid-February. Run by the Department of Health and the Maggie Beer Foundation, leaders in aged care will meet to discuss issues facing the sector.

To improve the dining experience in aged care homes, the federal government is being called on to introduce a national policy for nutrition care. This policy should include standards for meals and the mealtime environment, and assistance with eating and drinking. Aged care providers ideally should engage an Accredited Practising Dietitian (APD) in the assessment of the mealtime and dining experience in residential care using Dietitians Australia's 'Menu and Mealtime Quality Assessment for Residential Aged Care'.

"Weight loss and malnutrition are not natural parts of aging. It is vital that we take action to tackle this costly issue. Regular screening will help stop malnutrition in its tracks and prompt aged care homes to address the issues which are contributing to malnutrition." DA spokesperson Julie Dundon

AN ODE TO CORONAVIRUS – Pam Ayres

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 a red rag to a bull!

So here you find me stuck inside
For four 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 flaming flour!

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

TIPS FOR BETTER BLADDER CONTROL

Bladder control is something most people take for granted – until it's gone. But if your bladder control could be better, it's important to know you're not alone. Roughly 33% of people aged 30-70 suffer from incontinence issues.

The most important first step to better bladder control is to find the cause, treat the problem. Make sure you see your GP or specialist to discuss how incontinence is affecting our day-to-day life. Together you can work to discover why that might be so, and what you can do about it. But there are things you can also do every day by yourself to help keep your bladder healthy and minimise problems.

1. **Keep Fighting Fit** – the heavier you are, the more your weight presses on your pelvic floor and abdominal region. Eat lots of fibre, fruits and vegetables, and stay active and healthy to keep your bowels regular.
2. **Drink at least 1.5 litres or 8 glasses of water per day** – unless your doctor says otherwise. This might seem counterproductive when you're running to the bathroom so often. But reducing your fluid intake can make things worse not better, as concentrated urine will irritate your bladder's lining.
3. **Decrease caffeine, alcohol and fizzy drinks** – These can stimulate your bladder, giving you the urge to go to the toilet more frequently to pass smaller amounts of urine. As in most things, moderation is the key.
4. **Ditch the smokes** – smoker's cough is bad enough without feeling like you need to go to the toilet every time you do it. Persistent coughing weakens your bladder, which can then cause bladder leakage.
5. **Don't strain when you go to the toilet** – it can weaken your pelvic floor muscles and cause bladder leakage which leads us to the next point.
6. **Flex your floors** – your pelvic floor muscles connect to your bladder via nerves, so training them to be stronger can help you control your bladder. It's important to do your pelvic floor exercises 2-3 times per day for best results.
7. **Avoid foods that compromise bladder control** – some foods can irritate the bladder, causing you to go to the toilet more frequently. Watch out for chocolate (another source of caffeine), as well as spicy or acidic foods like tomatoes and citrus fruits.
8. **Don't hold back** – not emptying your bladder completely can cause infection. So don't hold on, let it all go!

9. **But don't go "Just in case" either** – try to go to the toilet only when your bladder is full, and you need to go.
10. **Take a walk** – people with fluid build-up in their legs should elevate their legs or exercise daily to promote fluid re-absorption back into the system. If walking is a problem, an alternative is chair aerobics.
11. **See your GP for a urine test** – if your urine smells offensive, or if you are passing small frequent amounts of concentrated urine (dark in appearance). You may have a Urinary Tract infection (UTI).

(information from Independence Australia)

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.

SMILE

Two Irishmen are hammering floorboards down in a house.

Paddy picks up a nail, realises it's upside down and throws it away.

He carries on doing this until Murphy says, "Why are you throwing them away?"

"Because they're upside down!" says Paddy.

"You daft twat" replies Murphy, "Save 'em for the ceiling."

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Paddy is driving home from the pub and gets pulled over by a police officer. The officer says, "Good evening sir. Do you know why I pulled you over?" Paddy replies, "I'm guessing you think I was drunk driving."

The officer informs Paddy that he is correct and tells him, "Tell you what. My shift is ending soon so if you can spell the alphabet backwards I'll let you go without any fuss."

In a clear and calm voice Paddy quickly says, "ZYXWVUTSRQPONMLKJIHGFEDCBA."

The officer, who is impressed by the oration, now believes that Paddy is clean and states, "Wow, I couldn't do that sober."

Paddy replies, "Me neither!"

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Old man Murphy and old man Sean were contemplating life when Murphy asked, "If you had to get one or the other, would you rather get Parkinson's or Alzheimer's?"

"Sure, I rather have Parkinson's", replied Sean "Tis better to spill a couple of ounces of Jameson whiskey than to forget where you keep the bottle!"

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Paddy took two stuffed dogs to the Antiques Roadshow...

"Ooh!" said the presenter, "This is a very rare breed. Do you have any idea what they would fetch if they were in good condition?"

"Sticks" replied Paddy.

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Paddy is doing some roofing for Murphy. He nears the top of the ladder and starts shaking and going dizzy.

He calls down to Murphy and says, "I tink I will ave to go home, I've gone all giddy and I feel sick."

Murphy asks, "Ave yer got vertigo, Paddy?"

Paddy replies, "No, I only live around the corner."

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"Mr Murphy, I have reviewed this case very carefully" the divorce court judge said, "And I have decided to give your wife £775 a week."

"That's very fair your honour" Murphy replied, "And every now and then I will try to send her a few quid m'self."

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Murphy says to Paddy "If you were stranded on a desert island, who would you most like to be with you?"

"Me uncle Mick" replies Paddy

"What's so special 'bout him?" asks Murphy

"He's got a boat" says Paddy

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NEWSFLASH... The Irish SAS were dropped into Russia last week with orders to take Vladimir Putin out...

So far...news reports say...he's been to the cinema twice...and last night they went Ten Pin Bowling!

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Two Irishmen were working in the public works department. One would dig a hole and the other would follow behind him and fill the hole in.

After a while, one amazed onlooker said: "Why do you dig a hole, only to have your partner follow behind and fill it up again?"

The hole digger wiped his brow and sighed, "Well, I suppose it probably looks odd because we're normally a three-person team. But today the lad who plants the trees called in sick."

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Paddy and Mick are walking down the road and Paddy has a bag of doughnuts in his hand.

Paddy says to Mick: "If you can guess how many doughnuts are in my bag, you can have them both."