

WELCOME – It was good to see our members and guests participating in our “Easter Hat” themed meeting on 22 April, even though it was delayed a couple of weeks due to COVID restrictions. Congratulations to Marilyn McLintock who was selected as our first prize winner by our guest speaker, Deanne Lawrie from Elder Abuse Prevention, and to Gwendolyn Ungerer as runner-up. Thanks also to everyone who contributed items towards supporting the Care Kits For Kids Qld charity in April – these items are greatly appreciated.

As we celebrate Mother’s Day on Sunday 9 May, we wish all members who are Mothers, Grandmothers and Great Grandmothers a wonderful day.

BRANCH MEETINGS

Our next branch meeting will be held on **Thursday 13 May 2021** in the Anzac Room at the Coorparoo RSL Club. This room is located to the right of the main foyer. Arrival will be at 10:00am for a 10:30am start with morning tea provided. The cost is \$6.00 per person. Members are encouraged to share a special Mother’s Day moment with our group.

Our guest speaker will be Judith Hoyle, from Bird Life Southern Queensland, who will share the importance of how birds interact with humans in our gardens and parks.

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

| | |
|------------|-------------|
| 10 June | 8 July |
| 12 August | 9 September |
| 14 October | 11 November |

MAY BIRTHDAYS

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

| | |
|---------------|-------------------|
| Sandra Ager | Patricia Giumelli |
| Margaret Kidd | Joan Saal |
| Heather Tye | |

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

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 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.

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

REFLECTIONS ON MOTHERHOOD

- To the world you are a Mother, but to your family you are the World.
- A mother is like a FLOWER, each one beautiful and unique.
- A mother is your first friend, your best friend, your forever friend.
- Life doesn’t come with a manual, it comes with a Mother.
- A Mother’s love will never end - it is there from beginning to end.
- Being a Mother is learning about strengths you didn’t know you had...and dealing with fears you didn’t know existed.
- Mums are like buttons – they hold everything together.
- Motherhood is a choice you make every day to put someone else’s happiness and well-being ahead of your own; to teach the hard lessons; to do the right thing, even when you’re not sure what the right thing is; and to forgive yourself, over and over again for doing everything “wrong”.
- God couldn’t be everywhere, so that’s why he invented Mothers.
- It’s not easy being a Mother, if it were easy, fathers would do it. (The Golden Girls)
- Motherhood is the exquisite inconvenience of being another person’s everything.

- A worried Mother does better research than the FBI.
- Everything we do as a parent makes an impact...even when it seems like nothing we do is making a difference!
- A child is going to remember who was there, not what was spent on them. Kids outgrow a toy and outfits, but they never outgrow time and love.

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 A MORNING TEA CATCH-UP WITH FELLOW MEMBERS

As a chance for members to get together outside of our monthly meetings, we would like to try getting together for morning tea (at your own cost) on the last Monday of each month.

Our first opportunity will be **Monday 31 May 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. We hope to see you there.

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 to club activities. Donated books are all in good condition and can be swapped back another month.

WAS THE DEVELOPMENT OF THE COVID-19 VACCINE RUSHED?

Information from the Queensland Government's Department of Health states that while the development was done quickly, the vaccine was not rushed. The term "rushed" suggests something was done differently than normal, or that corners were cut.

In fact, as a response to the impacts of COVID-19 felt right around the world, unprecedented funding and collaboration occurred between regulators, governments, vaccine developers and scientists.

In a normal vaccine trial, enough people have to get the disease to know whether it works or not. With COVID-19, because the virus was so widespread, and disease occurs soon after infection, it was possible to complete the studies much sooner.

No testing phase has been skipped. Instead, some of these phases have been combined, or run at the same time as each other. Having these 'overlapping' time frames has helped develop the COVID-19 vaccine quickly and help make it available earlier to save lives.

TOP REASONS WHY AGE PENSION CLAIMS ARE REJECTED

Seniors and their families can spend long hours working through the often complicated and demanding application process. To then be rejected can be extremely frustrating and humiliating. Many just give up and never try again.

Services Australia, the Commonwealth department that oversees Centrelink, has issued explanations about why it knocks back some applications. You can find more detailed information on the Services Australia website.

You haven't been an Australian resident for long enough – To get the Age Pension you generally need to have been an Australian resident for at least 10 years. For at least five of these years, there must be no break in your residence. Some people however can get the Age Pension if they've been a resident less than 10 years.

You don't reply to Services Australia's request for more information – Make sure you reply to requests for information. The department will write to you if it needs more information to assess your claim. If you don't reply within the time given in the letter, your claim will be rejected. Make sure you read department letters or myGov Inbox messages if you sign up for them.

You own assets above the cut-off point – Assets that you and your partner own in and outside Australia are included in the pension assets test. Review the assets types that are assessed on their website. The department's Financial Information Service (FIS) can help you understand your financial affairs and options.

Your income is above the cut-off point – Your and your partner's income from all sources is included in the income test. Review the standard rules on how earning income affects the pension. FIS officers can help you understand how changes to your income could affect your pension claim.

You don't give Service Australia documents they need – When you claim online, the department will let you know which documents you need to provide before you can submit the claim. The paper claim has a checklist to ensure you give all the documents you are asked to provide. This helps the department to assess your claim faster.

Before claiming – research on how to prepare to claim, or contact FIS if you need help to work out how changes to your income and assets could affect your claim. (Source: Services Australia)

FROM THE MOUTHS OF BABES!

A mother was in a shop with her recently potty-trained two year old, when the child told her she need to "go potty", so they ran to the bathroom...

She started doing her business as someone took the cubicle beside them. The toddler asked if that lady was going potty too, and was told that she was. When the lady finished, the toddler started clapping and shouted "You went potty all by yourself – good job, lady!"

WHAT CAN YOU DO ABOUT SCAM CALLS?

Anyone who has a landline or mobile phone has received a scam phone call at one time or another. Some days it might feel like you only receive calls from scammers!

Phone calls are the top method of contact that scammers use, as they often have computers to make the call for them. They might even use a recorded message. Some may ask you to press 1 for more information and transfer you directly to the scammers.

Examples of common telephone scams include:

- Scammer claiming that you have a computer virus or another issue which requires you to grant the caller remote access to fix
- Scammer claiming to be from your bank wanting to confirm your personal details
- Scammer claiming that you have an outstanding debt with the taxation office, and if you don't make immediate payment, you will be arrested

According to Scamwatch's *Targeting Scams 2019 Report*, the fact that Australians lost \$32.6 million to telephone scams clearly shows these scams work!

What can you do to protect yourself?

- Be wary of all incoming calls and verify that the caller is who they say they are. You can do this by ending the call, finding their number online or on company letterheads, and calling them directly. If they had tried to call you, there should be details on file.
- If you receive a call that you think might be a scammer, hang up. Some people worry that it is rude to hang up on people, but it is rude that the scammer wants to steal your money!
- Block the number on your phone to prevent them from contacting you again
- Do not share your personal details such as banking details or passwords

If you think you have been scammed, report it to Scamwatch at scamwatch.gov.au.

If you would like to discuss this further, call the **Seniors Enquiry Line on 1300 135 500**. They can provide you with additional information and resources so you are able to better educate yourself to the risk of scams. They can also refer you to the appropriate supports if you have fallen victim to a scam.

The Seniors Enquiry Line is a free, telephone-based helpline which provides information and referral support to Queensland Seniors and carers. The Seniors Enquiry Line accepts all sorts of enquiries – no question is too big or too small.

DEMENTIA ACTION NOW – CALL TO ADDRESS RECOMMENDATIONS

The Royal Commission identified dementia as a core focus of the reform of Australia's aged care system, but what's it going to do? That's the understandable question being asked by dementia advocacy and education organisation, Dementia Australia.

At a Parliamentary Friends of Dementia event recently held at Parliament House in Canberra, Dementia Australia CEO Maree McCabe called on politicians to prioritise dementia when addressing recommendations in the Royal Commission into Aged care Quality and Safety's Final Report.

"With 472,000 Australians living with dementia, 70% of them living in the community, and of those in residential aged care 70% having a moderate to

severe form of cognitive impairment, there needs to be a significant commitment to dementia care made by the Federal Government in words and in action,” Ms McCabe said.

“The frustrations and fears felt by people living with dementia and carers are valid. They have contributed in good faith, for many years to reviews and inquiries, and now have entrusted their lived experience expertise to the Royal Commission. Dementia is a progressive, terminal disease. People living with dementia cannot put their symptoms on pause while waiting for change. They are devastated that to date little action has been taken.”

“Within the 148 recommendations are 14 key areas with a specific focus on dementia. We welcome these recommendations and now call on the federal government to demonstrate they are serious about making quality dementia care core business for aged care in Australia,” Ms McCabe said.

Recommendations broadly cover the need for clearer support pathways; assessing the impact of dementia-specialist support; introducing new regulations on chemical and physical restraint; calling for a review of aged care standards as they relate to quality dementia care; fast-tracking a national aged care worker registration program, and specifying that as a condition of approval of aged care providers; and all workers engaged by providers who are involved in direct contact with people seeking or receiving services in the aged care system undertake regular training about dementia care.

Other recommendations focus on the importance of carers, the impact of quality indicators and a need to clarify roles and responsibilities across the sector. Ms McCabe adds, “If you get dementia care right, you get it right for everyone.”

Dementia Australia says it has provided the federal government with a plan on what is needed to deliver quality dementia care and to respond to the Final Report:

1. **Dementia Support Pathways:** An integrated and specialist service response with a single access point, that is a centralised, national telephone and online service that sits alongside My Aged Care.
2. **Transformed Dementia Workforce Capability:** An integrated approach to build dementia capability and expertise of the aged care workforce by mandating minimum levels of dementia education. Development dementia practice leaders will support the application of this learning as well as promote practice

change. This will ensure the aged care workforce has the necessary skills, knowledge and capability to provide quality care and support to people living with dementia.

3. **Dementia-Friendly Design:** Developing and embedding a set of robust, evidence-based and practice-informed dementia-friendly standards. This will enable physical environments that support people living with dementia to be as independent as possible.

For support, please contact the National Dementia Helpline on 1800 100 500. An interpreter service is available, and the Helpline is open 8:00am-8:00pm Monday to Friday, excluding public holidays. The National Dementia Helpline is funded by the Australian Government. People looking for information can also visit dementia.org.au.

OLD AGE IS GOLDEN

Old age is golden I've often heard it said,
But sometimes I wonder as I crawl in my bed.
With my ears in my drawer, my teeth in a cup
And my eyes on a shelf until I wake up.
When sleep dims my eyes, I think to myself,
Is there anything else I should put on that shelf?
The reason I know my youth has been spent,
Is my get-up-and-go has got-up-and-went!
But I really don't mind as I think with a grin,
Of all the fun places my get-up has been!

I CARE ABOUT CLIMATE CHANGE – BUT WHAT'S THE COST?

Polls suggest we care about climate change but that hasn't translated into wins for parties pushing hard reform. New research explains “it's important, but not the most important.”

New research, published in *The Conversation* found that 80% of surveyed Australian voters think it's important to cut greenhouse gas emissions. This includes 70% of those who vote for the Coalition parties. That, and aversion to personal impact of policy change, seem to sum up the attitude of many of the 2,033 voters who were surveyed for the study in July 2019, two months after the election.

Report authors Rebecca Colvin and Frank Jotzo from the Australian National University's Crawford School of Public Policy and the Centre for Climate and Energy Policy respectively, found stark differences along political party preferences in terms of how important voters think it is.

“Our research suggests the question about social support for climate action in Australia is no longer:

“does climate change matter to enough Australians?”. Instead, the critical question may well be: “Does climate change matter enough to Australians to shift climate politics?” the authors asked.

The climate policies of the two major parties were very different, with the Labor Party campaigning on ambitious mitigation targets, and the incumbent Coalition maintaining the status quo of very limited climate policy.

In the study, 52% said climate change was important when deciding their vote, but climate was the most important issue for only 14% of voters. Even among those who said they felt it was extremely important to reduce greenhouse gas emissions, most (58%) said climate change was important, but not the most important issue, when deciding their vote.

The research also explored the extent voters were willing to accept a personal cost to support climate action. Most voters (72%) said they'd be willing to incur some personal cost in return for emissions reductions. Across the political spectrum, the proportion of voters willing to accept a small personal cost is relatively similar: 60% of progressive voters, 55% of conservative voters.

Younger people were more likely than older people to consider it important that Australia reduce greenhouse gas emissions. Younger people were more willing to incur a personal cost to support climate action, and to consider climate change when deciding their vote.

The researchers concluded if political leaders pursued stronger climate action, they could rest assured most of the voting population will broadly support them, along with most of their own voter base – regardless of which party is in power. “This will become only more pronounced with gradual generational change, and likely changes in attitudes within age groups. In any case, it's clear divisive politics that result in climate delay have a limited shelf life,” the authors predicted.

SEVEN MORNING BRAIN EXERCISES TO CLEAR YOUR MIND

Brain exercises can help get you through your day. “Working out areas of the brain before a full day can set us on a path of increased agility and flexibility in our thinking and enable us to communicate more calmly and effectively with our family and colleagues,” says Dr Jennifer Wolkin, a clinical neuropsychologist. Fold a mix of these brain

exercises into your morning routine and you'll find yourself working smarter and more efficiently from the get-go.

Relax with a good read – In today's fast-paced day and age, it's hard to remember to unplug and take time for the simple things that relax and stimulate the mind. Reading is certainly one of those – be it a chapter book, newspaper, or online article. “Some of the best activities to perform are ones that enrich the brain with new information, like reading.” says neurosurgeon Dr Jason Liauw. “Taking in a good book or the morning paper is not only a calming way to start your day, but it also can help you reorient your priorities, taking you momentarily out of the daily grind from yesterday before today's begins.” Most importantly, reading can also cause a frameshift in your mind, so that when you're in the middle of your day, you may be able to look at your routine and tasks through a different lens.

Do exercise – you probably know how important the role exercise plays in your health and mood, but there are some additional brain-boosting reasons to sneak in a workout before work. “Exercise actually alters brain chemistry and has even been likened to the effect of taking antidepressants,” says Wolkin. “It signals the release of several key neurotransmitters, many of which play a vital role in keeping our brain sharp as we age.” Exercise also helps pump blood flow and oxygen to the brain, allowing your grey matter to work to its highest capacity, which translates to better and sharper decision making, judgment, and memory.

Practise meditation – “Studies have found that the amygdala, known as the brain's ‘fight or flight’ centre and the seat of our fearful and anxious emotions, decreases in brain cell volume after mindfulness practice,” says Wolkin. “The impact mindfulness exerts on our brain is born from routine – a slow, steady and consistent reckoning of our realities, and the ability to take a step back, become more aware, more accepting, less judgemental and less reactive.” Meditators also show a greater ability to recall information needed more quickly and efficiently, says brain expert Daniel Amen, double-board-certified psychiatrist, physician, and author of *Time for Bed Sleepyhead*.

Play classical music in the background – The gentle, peaceful sounds of classical music from the likes of Mozart and Beethoven have long been touted as beneficial to the brain and productivity in general. “Listening to classical music while getting dressed in the morning or exercising is a one-two punch of neural circuitry that's been shown by researchers to significantly improve verbal fluency,

cognitive functioning, and overall focus and concentration,” says Dian Griesel.

Play a fast logic-based game – lifelong learners are definitely onto something, as continued education – not just higher education – promotes brain health and creates new neural connections. “Even just taking a stab at a crossword puzzle or taking online quizzes that challenge your mind, can help build cognitive reserves,” says Wolkin. The best tasks for the brain are not only challenging, but are varied and novel – think Sudoku, or memory recall games or apps. “It’s important to keep brain-boosting activities constantly changing with increasing complexity as well as cross-training brain activities that use different parts of the brain,” says Dr Kristin Mascotti. “Consistency is key, and many of these techniques can be done in just a few minutes every day with different skills tested on different days.”

Make a gratitude list – when you bring your attention to the things in your life for which you’re grateful, your brain actually works better, especially with a gratitude list. “Brain imaging studies show that negative thought patterns change the brain in a negative way, but that conversely, practicing gratitude literally helps you have a brain to be grateful for,” says Dr Amen. Every day, write down five things you’re grateful for – whether that’s your dog, your job, or that the football season has started back up again.

Get a good night’s rest – it sounds obvious, but between 33-45% of adults report they get insufficient sleep at least one night per month, according to the Sleep Health foundation. “Sleep is proven in countless studies to help our ability to recall – which directly affects our capability to control both our behaviour and learning,” says Griesel. “Sleep deficits actually result in performance comparable to intoxication.” The best way to prime your body for a great work performance the following day is to stick to a sleep schedule. Make sure that it doesn’t change much on the weekends. Also, remember to practice a relaxing bedtime ritual, like reading a book. Make sure your room is dark and cool at an ideal temperature of around 19C degrees.

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 nsacooparooec@gmail.com.

SMILE

- BBC NEWS – Man shot 200 times with upholstery gun. Surgeons revealed he is now ‘fully recovered’.
- They say every piece of chocolate you eat shortens your life by two minutes. I’ve done the maths - it seems I died in 1537!
- Apparently, it’s only appropriate to say “Look at you! You got so big!” to children. Adults tend to get offended.
- We all know mirrors don’t lie...just be grateful that they don’t laugh!
- We are not aging, we are ripening to perfection!
- Age is merely the number of years the world has been enjoying you!
- If things get better with age, then I must be getting close to magnificent!
- If you haven’t grown up by age 50, you don’t have to.
- I’ve reached that age where my brain goes from “You probably shouldn’t say that.” To “What the hell, let’s see what happens.”
- I remember being able to get up without making sound effects... Good Times!
- I hate it when I see an old person and then realise that we went to high school together.

