

**WELCOME** – Spring is definitely in the air with the temperatures warming up. 27 members and guests enjoyed the day bus trip on 23 September to the Plant Shack at Deception Bay where they had time to browse, before enjoying lunch at the Redcliffe Leagues Club and a drive along the foreshore. Thanks to all who participated in our raffle with Olive being the delighted winner of the \$50 gift voucher for the Plant Shack. Thanks to Pat Will for organising such an enjoyable day trip.

## ANNUAL GENERAL MEETING

The Annual General Meeting was held on 9 September 2021 with the committee for the 2021-2022 financial year being:

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

As Carole Clayton decided not to continue her role on the committee we thank her for her invaluable assistance over many years and organising the guest speakers for our monthly meetings.

As we would like to appoint a guest liaison person to assist new members with settling in during meetings etc, we would be delighted to hear from any members who are interested in taking on this role.

## OCTOBER BRANCH MEETING

The next branch meeting will be held on Thursday 14 October in the Anzac Room at the Coorparoo RSL Club. Arrival from 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 Jo Westh from 4 Voices Global Ltd, a not-for-profit organisation that assists women in domestic violence or homelessness through the Power of Connection.

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

The last branch meeting for 2021 will be 11 November.

## MORNING TEA CATCH-UP

Join fellow members and guests for a relaxing morning tea and a chat at Easts Leagues Club, 40 Main Avenue, Coorparoo from 10:00am on the last Monday of each month. The dates to the end of 2021 are 25 October and 29 November.

There is ample free parking, or it is a short stroll from the bus stops. The club opens at 10:00am and we hope to see you there.

## OCTOBER BIRTHDAYS

Best wishes to Joy Scott and Valda Studders who celebrate their birthdays in October. We hope you enjoy your special day with family and friends.

## CARE KITS FOR KIDS DONATIONS

As a branch, we support this organisation through the donation of items to assist children who are displaced through no fault of their own. 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 in need.

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

**November** – Backpack, small lunch box

## MISSION TO SEAFARERS BRISBANE DONATIONS

As Capt Ross Nicholls, President of the Mission to Seafarers will be our guest speaker at the November branch meeting, we would like to present him with any beanies and scarves that our members have been kind enough to knit throughout the year.

Please bring any items you have prepared along to our October or November meetings so we can collate them for presentation in November.

## QUEENSLAND SENIORS MONTH

Connecting with one another has never been more important. For the first time Council on the Ageing (COTA) is celebrating Seniors Month from 1-31 October with the theme *Social Connections*. People of all ages, cultures and abilities can participate in inclusive events and activities, celebrating the

important and essential roles older people play in our communities.

Beginning on the United Nations International Day of Older Persons, the month will end on National Grandparents Day, 31 October.

Seniors Month aims to:

- Improve community attitudes towards older people and ageing
- Facilitate community participation and activity by older people, including those from Indigenous and culturally and linguistically diverse backgrounds
- Enhance community connections and inter-generational relationships

This aligns with the Queensland Government's and COTA Queensland's vision of building age-friendly communities in Queensland, and COTA coordinates Queensland Seniors Month on behalf of the Queensland Government. Both COTA Queensland and the State Government value the contribution older people have made – whether as volunteers or in the workforce, community leaders or carers, grandparents, or advocates.

More information on planned activities can be found on their website [qldseniorsmonth.org.au](http://qldseniorsmonth.org.au).

## FROM THE MOUTHS OF BABES...

A Sunday school teacher asked her class, "What was Jesus' mother's name?"

One child answered, "Mary."

The teacher then asked, "Who knows what Jesus' father's name was?"

A little one said, "Verge."

Confused, the teacher asked, "Where did you get that?"

The child said, "Well, you know, they are always talking about Verge n' Mary."

\* \* \* \* \*

3-year-old Reese:

"Our Father, who does art in heaven, Harold is His name. Amen."

\* \* \* \* \*

After the christening of his baby brother in church, Jason sobbed all the way home in the back seat of the car.

His father asked him three times what was wrong. Finally, the boy replied, "That minister said he wanted us brought up in a Christian home, but I want to stay with you and mum."

\* \* \* \* \*

A mother had been teaching her three-year old daughter the Lord's Prayer at bedtime for several evenings.

The child would repeat the lines from the prayer after her. Finally, she decided to go solo.

The mother listened with pride as her child carefully enunciated each word, right up to near the end of the prayer, when she said "Lead us not into temptation, but deliver us from E-mail."

## BEING BRAIN HEALTHY CAN REDUCE YOUR RISK OF DEMENTIA

New statistics from the Australian Government Department of Health reveal that dementia is the second leading cause of death in Australia. Up to 472,000 Australians are living with dementia and the number of Australians with dementia is projected to more than double by 2058.

According to the Department of Health the government is investing in aged care reform to better support people living with dementia.

Here are some suggestions how you can keep your brain healthy and reduce your risk of dementia:

- Keep mentally stimulated
  - Maintain an active social life
  - Eat a healthy, balanced diet
  - Stay physically active
  - Reduce your alcohol intake
  - Quit smoking
  - Maintain a healthy weight
  - Manage your other health conditions
- (Source: *Australian Institute of Health and Welfare*)

## A SENIOR CITIZEN DEFINED

A Senior Citizen is one who was here before The Pill, television, frozen food, credit cards and ball point pens. For us, time-sharing meant togetherness, not computers, and a chip meant a piece of wood.

Hardware meant hard wear, and software wasn't even a word. Teenagers never wore slacks. We were before pantyhose, drip-dry clothes, dish washers, clothes dryers and electric blankets.

We got married first and then lived together (how quaint can one be?) Girls wore Peter Pan collars and thought cleavage was something butchers did. We were before Batman, vitamin pills, disposable nappies, pizzas, instant coffee and even Chinese takeaways.

In our day, cigarette smoking was fashionable, grass was for mowing, and pot was something you cooked in. A gay person was the life of the party and nothing

more, while Aids meant beauty lotions, or help for someone in trouble.

We are today's Senior Citizens, a hardy bunch when you think of how the world has changed and of the adjustments we have had to make. (Anon)

## **STUDY: SEVEN IN 10 RESIDENTS RECEIVE ANTIBIOTICS**

A Macquarie University study, published in *PLoS One*, examined antibiotic use in residential aged care internationally through 90 articles representing 78 studies between 1985 and 2019. The study found that 68% of Australian aged care residents received an antibiotic over a 12-month period, which was a higher proportion than residents in the United Kingdom and Ireland (54%) and the Netherlands and North America (63%). Lead researcher Dr Magda Raban said the results were concerning.

"It tells us that we're using antibiotics too frequently in Australian residential aged care and we need very targeted initiatives to try and reduce this," Dr Raban told *Australian Ageing Agenda*. "We know that overuse of antibiotics leads to antimicrobial resistance. But it also can lead to adverse effects in the residents that are taking them," said Dr Raban, a senior research fellow at Macquarie University's Australian Institute of Health Innovation.

Aged care residents are already more susceptible to having adverse effects because they are older, Dr Raban said. "They're also usually on a number of medications and adding an antibiotic to that can interfere with both medications as well," she said. The research also found that only 29 per cent of antibiotic use in aged care homes in Australia and overseas was appropriate.

Dr Raban said the findings highlighted the need to better address antibiotic use in residential aged care. "It points to the fact that there is room for improvement in terms of antibiotic use," Dr Raban said.

The study found that penicillin, cephalosporin and trimethoprim are the top three antibiotic classes used in Australian residential aged care facilities while quinolones is more common in North America, Western Europe, Southern Europe and Eastern Europe. This is where Australia performs better than other regions, Dr Raban said.

"The good news here is that the antibiotics that are used in Australia are not high risk for antimicrobial resistance antibiotics. So, in terms of that in Australia, we perform better than other regions because other regions' use classes such as quinolones, which are

meant to have more restricted use". She said quinolones should only be used "at the second line" and infrequently.

Australian hospitals have targeted programs to ensure appropriate antibiotic use but this is lacking in residential aged care, Dr Raban said. "There needs to be specific initiatives for aged care providers to reduce the unnecessary use of antibiotics, such as linking IT systems to provide real-time data...the current problem is that digital systems collect a lot of data that remains locked within the system. We need to work out a way that we can have that data readily available for the providers to use," she said.

"With our work, we are trying to focus on how digital systems can play an important role with this in this area and how a well-designed system would be able to provide decision support at various points in the care process. "Ideally with these systems, aged care providers should be able to monitor their antibiotic use," Dr Raban said. (Source: *Australian Ageing Agenda*)

## **GREEN SPEED BUMPS FOR THE ELECTRIC CAR REVOLUTION**

In coming decades, electric vehicles are poised to become so reliable they will outsell those propelled by fossil fuels.

Fossil fuel vehicles account for about 10% of the global greenhouse-gas emissions driving climate change. Governments worldwide are promoting or mandating the switch. Automakers have pledged at least US\$300 billion to go electric and compete with Tesla Motors, the leader of companies created to build all things electric.

The race is on to switch to cars whereby an electric motor, battery and single-gear gearbox replace an internal combustion engine, radiator, fuel tank and multi-gear transmission and clutch. Electric cars have only 20 moving parts compared with about 2,000 in fossil-fuel vehicles.

The switch to electric, is hampered by the limits to battery power and thus distance. The infrastructure to ensure country-wide charging needs to be built. Another hurdle is that while electric vehicles are simpler to make, because they have fewer parts, a battery that is the size of the back seat makes the cars more expensive to produce. The 60% higher price tag on average, is slowing sales even though electric car owners save money on energy costs (up to 70%) and maintenance.

Another challenge is that while green cars emit no local pollution, their environmental benefits come with caveats. The first is that generating the electricity for recharging produces emissions, although emissions will fall over time as grids use more renewables. A second qualification is that batteries make electric vehicles more emissions-intensive to manufacture. The raw materials needed for battery cells, especially cobalt, lithium and rare earth elements, give off emissions during the smelting process. Thirdly, batteries are a challenge to recycle.

The switch to electric comes with some social costs. The typical electric car requires six times the mineral inputs of fossil-fuel counterparts by weight and securing triple the number of raw materials can be problematic. A notable social cost is that more than 60% of the world's cobalt supply comes from the Democratic Republic of Congo where children become ill and die mining for US\$2 a day to attain the ore. Another possible side effect is that securing the supply of key battery ingredients, located in far fewer countries than oil, might add to tensions between the West and China.

Electric cars right now are more a luxury purchase due to their higher price. However, already 30% of global sales of mopeds, scooters and motorcycles are electric because the price differential over petrol equivalents is lower. Car sales will trend the same way if the price gap to fossil power is eliminated. Of the three touted future trends in driving – car sharing that makes ownership redundant, fully autonomous driving and electric vehicles – a world of green cars is the most believable.

More advancements in the fuel economy of fossil fuels would reduce the case for electric vehicles. A halfway switch to hybrids might slow the switch to fully electric, while unexpected leaps in hydrogen power could make electric cars passe. Governments might wind back green subsidies to repair their finances (especially as some will lose revenue from fuel excise). Any delay in battery improvements would slow the switch. Banning conventional cars might misfire if the masses can't afford electric. (*Source: Magellan Group*)

## **PRIVATISING AGED CARE ASSESSMENTS – WHY THE FUSS?**

Currently, if you want to be assessed for taxpayer subsidised aged care you must be assessed by federal government funded Aged Care Assessment Teams (ACAT) or the Regional Assessment Services (RAS). In most cases, these services are delivered by the states and territories.

The Aged Care Royal Commission recommended these services be replaced by a single assessment process.

The federal government agreed and is proposing to do so by putting the services to tender, potentially including aged care providers and other commercial interests. This has led to some state governments, aged care advocates, and medical peak bodies to slam the move as privatising the assessment process.

The latest voice to join in are doctors. The Australian Medical Association (AMA) is urging the government to scrap plans that could potentially privatise the assessment process for aged care services, warning the move would risk the health of older Australians and open the system up to conflicts of interest. The AMA said the process must remain with the state and territory health services, and be based on Aged Care Assessment Teams, rather than the Regional Assessment Services model that only assesses lower needs.

The Royal Commission did not recommend privatisation but the AMA said the tender process plan leaves assessments open to privatisation and conflicts of interest, with providers likely to seek to take on this role.

“Aged care assessments must remain independent of aged care providers and be delivered by health professionals, especially geriatricians who are trained in dealing with the complex medical needs of the frail and elderly,” AMA President Dr Khorshid said. The AMA said the Royal Commission's recommendation was very clear that assessors must be independent from providers because they are effectively deciding on a person's level of funding for aged care services, such as home care packages.

**Government response** – The Minister for Senior Australians and Aged Care Services, Senator Richard Colbeck, said the government has consistently refuted claims that its intention is to privatise the assessment process for aged care. “The tender arrangements will include measures to ensure that conflicts of interest are managed,” said Senator Colbeck.

**How aged care assessments are changing** – From October 2022, the single assessment workforce will be responsible for residential aged care funding assessments as the transition to the Australian National Aged Care Classification occurs.

The government says this will establish a more integrated aged care system that provides a continuum of services for senior Australians. There are currently three different assessment workforces:

- Regional Assessment Services for the Commonwealth Home Support Programme
- Aged Care Assessment Teams for the Commonwealth Home Support Programme, Short Term Restorative Care, Transition Care, Home Care Packages, Residential Respite and entry to Residential Care, and;
- Clinicians working in residential aged care making assessments for residential care funding.

Health Department information says, "This means under the current arrangements, senior Australians must undergo multiple assessments with different assessment organisations as their needs change, and assessments are not consistent." (Sources: *Australian Medical Association; Australian Government Department of Health*)

## NATIONAL SENIORS FAIRER CONCESSIONS CAMPAIGN PUTS DOLLARS IN YOUR POCKET

Without doubt, one of the most talked about topics among older Australians are concessions. Concessions are critical to you as cost-of-living pressures mount.

National Seniors has developed the calculator so older Australians can easily look up their concessions and see what they offer. The new concessions calculator tells you the savings you receive in each state and territory and gives you a concession total for each concession card.

Not all cards are equal! Northern Territory and Western Australia extend several concessions to low-income self-funded retirees who hold a Commonwealth Seniors Health card. In most other jurisdictions, concessions are limited to Pension Concession Card holders.

While there is nothing inherently wrong with jurisdictions offering different concessions, states like Western Australia might be in a good financial position to offer concessions to low-income self-funded retirees simply because they have a lower proportion of older citizens and a booming mining sector. However, it is important that seniors are not unfairly disadvantaged because of regional inconsistencies.

It leaves National Seniors with important questions about concessions. Do concessions reflect actual living costs? Are they arbitrarily set? These are issues that will be investigated as part of the ongoing campaign.

If you want to check out your concessions and use the calculator, then visit the Concession Campaign Page

on the National Seniors website. You can show your support for fairer concessions by signing up to the campaign as well.

Help promote the campaign and the work National Seniors is doing for all older Australians by sharing the information and calculator on social media.

## HOW TO TAKE THE STRESS OUT OF DOWNSIZING

Downsizing or reducing the size of your home, usually involves selling your property and buying a better suited one. So here are three simple ways to make downsizing easier.

**Decide if now is the right time to downsize** – you should do your homework on the financial implications of downsizing. For instance, house prices have increased across all capital cities with an increase of 18.8% over the year. So, can you afford to buy first then sell, or will you need to sell before you buy? What will this mean for any settlement period?

Are you 65 or over? If so, you could be eligible to contribute up to \$300,000 each (\$600,000 for a couple) from the sale of your home to your superannuation. There are specific criteria to consider, so you must seek financial advice to maximise any profits from the sale while minimising transaction costs and taxes.

Research the market before you sell or buy and seek professional advice on maximising your sale price. It pays to compare several agents to see what they suggest in terms of an achievable market value, their fees and commission structure, and marketing and advertising costs.

**Don't rush in** – buying and selling property should always be a carefully thought-out decision, no matter what your reasons for moving. If you're considering downsizing don't just rush into a new home or location. After all, it may take some time to adjust to your new environment once you've bought – emotionally, physically and practically.

Begin by working out exactly the type of place you want to move to – whether that's a flat, a villa or smaller house or an aged care facility – and in what location. Usually that will be somewhere close to services, amenities and friends and family.

When you're inspecting properties, you may find it helpful to write a check list so you don't get swept up and forget what you really want in your new place. That might be a northerly aspect, a garage, an internal laundry or a 10 minute walk to transport. But don't be

too rigid. Even though you're moving somewhere smaller, it's likely you'll have to make a compromise somewhere along the line. And above all, don't keep comparing the new property to the house you're leaving – remember you're downsizing not recreating the old family home in another location!

**Don't try to do it all alone** – At Homesuite they know that whatever the reasons, lifestyle or health, the process of moving from one home to another can be complicated. The number one question always starts with "what is my current property worth?"

Homesuite helps remove the stress of the downsizing process with independent, dedicated and trustworthy property advisors who can provide expert advice on aspects of the journey, from negotiating selling costs, pre-sale repairs, de-cluttering and even advice on removalists.

As a National Seniors member you can download a free Homesuite Property Report to learn the estimated value of your home. (*Sponsored content from Homesuite*)

## 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](mailto:nsacoorparoosec@gmail.com).

## SMILE

I was thinking about old age and decided that old age is when you still have something on the ball, but you are just too tired to bounce it.

When people see a cat's litter box they always say, "Oh, have you got a cat?" I just say, "No, it's for visitors!"

Employment application blanks always ask who is to be called in case of an emergency. I think you should write, "An ambulance"

The older you get the tougher it is to lose weight because by then your body and your fat have gotten to be really good friends.

The easiest way to find something lost around the house is to buy a replacement.

Have you ever noticed that the Roman Numerals for forty (40) are XL.

The sole purpose of a child's middle name is so they know when they're really in trouble.

Aging: Eventually you will reach a point when you stop lying about your age & start bragging about it. Some people try to turn back their "odometers." Not me - I want people to know why I look this way. I've travelled a long way and a lot of the roads were not paved.

You know you are getting old when everything either dries up, sags or leaks.

Ah! Being young is beautiful but being old is comfortable.

