

WELCOME – Thanks to Pat Will for organising the day trip to the Scenic Rim for the Winter Harvest Festival. It was a great day out visiting Rathdowney, Aratula and Kalbar and thankfully the weather had cleared. Our July meeting guest speaker, Sally Romano, from the Genealogy Society Queensland provided some great tips on tracing family history which she described as writing a mystery novel with plenty of twists and turns. Thanks again to everyone who provided items for the Care Kits For Kids collection – these items are always appreciated.

GENERAL MEETING AND ANNUAL GENERAL MEETING

Our August branch meeting and Annual General Meeting will be held on Thursday 11 August at the Coorparoo RSL Club. Arrival will be at 10:00am for a 10:30am start with guest speaker, updates on branch and national activities, raffles and refreshments. The cost will be \$7.00 cash per person payable at the door. Our guest speaker will be Damien Thompson from the Chimera Legacy Foundation.

All members and guests are invited to attend the Annual General Meeting which will be conducted at 11:45am. A light lunch of sandwiches, baguets, muffins and juice will be provided following the AGM.

All current members of your committee have agreed to re-nominate for the 2022-2023 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)
Welfare Officer Julie Jermy
Committee Elsie Debney, Lorraine Field, Joan Jell

BRANCH MEETINGS

The remaining meeting dates for 2022 are Thursdays 8 September, 13 October & 10 November. We hope you can join us.

MORNING TEA CATCH-UP

Morning tea catch ups at Easts Leagues Club, 40 Main Avenue, Coorparoo, will be on Monday 25 July and Monday 29 August from 10:00am.

There is ample free parking, or it is a short stroll from the bus stops. The car park opens at 9:50am and the club opens at 10:00am. We hope to see you there.

AUGUST BIRTHDAY

Best wishes to Bob Deathridge who celebrates his birthday in August. We hope you enjoy your special day with family and friends.

NORTH STRADBROKE ISLAND DAY TOUR

Pat Will has organised a day bus trip to North Stradbroke Island for **Monday 15 August 2022**. The bus will depart the Coorparoo RSL Club at 7:45am to travel to Cleveland to meet the ferry for the crossing to North Stradbroke Island. The crossing takes approximately 45 mins and morning tea can be purchased at the onboard cafe. We will return to the RSL Club around 4:00pm.

The coach will arrive on the island at around 10am with the first stop being Brown Lake, before heading to Point Lookout where you can stretch your legs on the Gorge Walk. The full walk is approximately 1.2 kms, however you can do only half the walk and access the viewing platforms. Visiting at this time of year there is a chance of seeing a whale or two on their annual migration journey. We will then cross the island to Dunwich where we will enjoy a later lunch at the Little Ships Club before boarding the passenger ferry back to the mainland, arriving at 3:00pm to meet our connection coach for travel back to Coorparoo.

The cost of the coach, ferry and lunch will be \$70.00 per person and bookings are essential. Please contact Pat Will for enquiries or bookings on 0437 774 049.

SAVE THE DATES TO CELEBRATE CHRISTMAS 2022

Day bus trip – Monday 5 December – enjoy a day bus trip visiting a country location for lunch with more details to be advised closer to the date.

Christmas lunch – Thursday 15 December – join members and guests to celebrate the Christmas season with a two-course lunch at the Coorparoo RSL Club. More information will be available closer to the date.

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.

CARE KITS FOR KIDS DONATIONS

Some suggestions of items are listed below that 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.

August – roll-on deodorant (no glass or spray), shampoo, conditioner (travel or small size)

September – Summer pyjamas, girls crop tops (all sizes to 16)

October – Reading book (all genres & ages), small soft toy or doll (no beads or stick-on eyes)

November – Backpack, small lunch box

MISSION TO SEAFARERS BRISBANE

Many members have been industriously knitting beanies and scarves which are donated to the Mission To Seafarers Brisbane. These are donated to the Mission which then distributes them to ship's crew members who are heading to colder climates.

We have some patterns and a box of wool that has been donated to our branch if members would like to collect some at the next meeting.

DENDY CINEMAS, COORPAROO

Thanks to our friends at Dendy Cinemas, Coorparoo, for providing complimentary tickets for use as raffle prizes over the coming months. Look out for these great movies currently showing:
TOP GUN: MAVERICK (action); *ELVIS (Biography)*; PHANTOM OF THE OPEN (comedy); *WHERE THE CRAWDADS SING* (drama); THE GRAY MAN (action)

and coming soon:

THE FORGIVEN (drama – 28 July); *BULLET TRAIN* (action - 4 August); JUNIPER (drama - 4 August); *THE PRINCESS (documentary – 11 August)*; ANDRE RIEU Happy Days Are Here Again! (musical – 27-28 August)

If you love movies, why not Join the Club! Become a member of Club Dendy to receive discounted tickets and candy bar items, exclusive offers, birthday rewards and much more. Visit Dendy Cinemas Coorparoo or online at dendy.com.au for more details and become a member.

EYE HEALTH

Most Australians say that sight is their most valued sense, so we need to make sure everyone has access to the eye care they need.

In Australia, over 13 million people have one or more chronic (long-term) eye conditions, according to self-reported data from the ABS 2017-18 National Health Survey. Common eye conditions that cause vision loss include cataracts, macular degeneration, and diabetic retinopathy (damage to the retina from diabetes).

Aboriginal and Torres Strait Islander communities suffer vision impairment and blindness at three times the rate of other Australians and have high rates of trachoma (an eye infection) in some areas.

Some eye conditions are caused by genes or ageing. But you can reduce your risk of many eye conditions by caring for your eyes and leading a healthy lifestyle. It's also important to get regular eye tests. Around 90% of all blindness and vision impairment in Australia is preventable or treatable if detected early.

Here are some things you can do to care for, and help protect, your eyes:

- ✓ Use eye protection – if you work in an environment where there's a risk of getting something in your eyes (such as dust, wood chips, metal fragments or chemicals) protect your eyes by wearing a face visor or a pair of wrap-around goggles. It is also a good idea to wear eye protection when playing sport and at home when using garden equipment, cleaning, or working with chemicals.
- ✓ Protect your eyes from UV light – ultraviolet light can lead to cataracts and age-related macular degeneration. Wear sunglasses with good UV protection and a sun hat.
- ✓ Clean hands – avoid touching your eyes with dirty hands. This will reduce the risk of you getting an infection. It is a good idea to wash your hands with warm soapy water before and after touching your eyes.
- ✓ Don't rub your eyes – try to avoid rubbing or scratching your eyes as this can lead to an infection.
- ✓ Avoid triggers – if your eye discomfort is triggered by allergies, try to avoid the cause of your allergic reaction. Common triggers include fur, dust, pollen, and certain foods. Wear sunglasses outside to avoid pollen getting into your eyes.
- ✓ Don't share personal items – avoid sharing things like towels, face washers or make-up as this could pass on an infection. Use your own personal items and try to make sure no one else uses yours.
- ✓ Cleaning your eyes – any eye discharge should be gently cleaned from the eye area using a cotton wool pad soaked in water. Use a different pad for each eye. Always wipe from the corner of the eye (nearest the nose) outwards to prevent

cross-contamination of any infection into the other eye.

- ✓ Soothing your eyes – a cold compress may soothe your eyes. A clean damp face washer that has been submerged in very cool water is ideal.
- ✓ Avoid looking directly at the sun – looking directly at the sun may cause damage to your eyes because they are sensitive to the strong ultraviolet rays of the sun. If you're outside on a sunny day try wearing sunglasses to help minimise contact between your eyes and the sun's rays.
- ✓ Be careful with screens – for your eyes' health, sit at least an arm's length from a computer screen and don't hold a screen too close to your eyes. Give your eyes a rest every 20 minutes by looking at something six metres away for 20 seconds. Make sure the room is well lit and that there isn't a reflection on the screen.
- ✓ Eye tests – optometrists recommend that you have an eye test every two years. If you have diabetes, are over 60 years, or have a family history of eye conditions talk to your optometrist.
- ✓ Diabetes – having diabetes puts you at a higher risk of developing some eye conditions. Have regular eye tests and always ensure that your blood sugar level and blood pressure are stable and properly controlled. If you smoke and have diabetes you have a greater risk of developing eye problems.
- ✓ Smoking – smoking is linked to several eye conditions including cataracts, age-related macular degeneration, thyroid eye disease and general eye irritations. If you smoke try to cut down or quit.
- ✓ Having a healthy lifestyle – foods containing antioxidants (like green leafy vegetables, Omega 3 fatty acids (fish), vitamins C and E and minerals like zinc and selenium may help prevent macular degeneration. Exercising will help prevent diabetes. *(Source: Health Direct)*

THE LOGIC OF CHILDREN

A primary school teacher had 26 students in her class. She presented each child in her classroom the first half of a well-known proverb and asked them to come up with the remainder of the proverb. It's hard to believe these were actually done by first graders (six- year olds) as their insight might surprise you.

Proverb

Don't change horses

Strike while the

It's always darkest before

Never underestimate the power of

You can lead a horse to water but

Don't bite the hand that

No news is

Answer

- until they stop running

- bug is close

- daylight saving time

- termites

- how?

- looks dirty

- impossible

A miss is as good as a
You can't teach an old dog new
If you lie down with dogs, you'll

Love all, trust
The pen is mightier than the
An idle mind is

Where there's smoke there's
Happy the bride who

A penny saved is
Two's company, three's
Don't put off till tomorrow what

Laugh and the whole world laughs
with you, cry and

There are none so blind as
Children should be seen and not

If at first you don't succeed

When the blind lead the blind

A bird in the hand

Better late than

- Mr.
- Maths
- stink in the morning
- me
- pigs
- the best way to relax
- pollution
- gets all the presents
- not much
- the Musketeers
- you put on to go to bed

- you have to blow your nose
- Stevie Wonder
- spanked or grounded
- get new batteries
- get out of the way
- is going to poop on you
- pregnant

HOW TO CHOOSE THE RIGHT LEGAL DECISION-MAKER

As we get older, sometimes we may no longer be capable of making our own decisions. Dementia, stroke and head injury can impair our thinking. The problem is that some of life's most crucial decisions have to be made during our later years.

Some people may choose to appoint a medical treatment decision-maker or an enduring power of attorney to make certain decisions on their behalf. Alternatively, a legal tribunal or court may appoint a guardian or trustee to help guide decisions about health care, finances, accommodation, and lifestyle.

Who is the right person to take on this important role? – Is it a family member or partner who knows you best? Or someone with time and energy? Perhaps someone who understands the services you need – like a nurse, accountant, or real estate agent? The role of a decision-making representative has changed significantly in recent years, shifting from a paternalistic approach to a more person-centred focus.

Taking care – These days, guardianship has moved from deciding what's deemed to be in the individual's "best interests" to what best reflects their "will and preferences." Previously, decisions were made for the person by their guardian or representative, new laws

now require representatives to enact the person's "will and preferences." That is, to make decisions with them.

This is an important difference. The newer model gives the represented person more autonomy over personal, financial, and other decisions. It recognises that even though a person may struggle with aspects of decision-making, they should not be excluded from decisions about how they live their life.

Representatives bring their own biases, perceptions and lived experience to the role of supporting another person to make decisions. The representative faces the challenge of setting aside their own opinion and, instead, stepping into the shoes of the represented person to give effect to what they want.

What to look for when selecting a legal decision-making representative.

1. Deep understanding – an intimate understanding of your situation is crucial. An ideal representative is someone who actively listens and has a holistic view of your circumstances. This may come from discussions with you and your loved ones. The representative must be careful your views are not outweighed by those of family or friends, who are often more vocal. They should have a deep sense of who you are as an individual.
2. Self-awareness – The person you choose should be able to describe their personal views and values and understand how their perspective may influence their decisions. This is vital to mitigate the effects of pre-existing bias. They should be able to reflect on their own lived experiences, to understand how their history shapes their approach to decision-making. They should be able to assess whether what you would do is the same as what they think you should do, and why.
3. Effective documentation – A record of conversations between the representative and represented person often helps to illuminate a person's will and preferences. Writing or recording compels us to commit to an idea and explain what we mean. It helps to clarify what is intended far better than a one-time conversation that may be remembered differently by participants. *(Source: Prof Joseph Ibrahim, Health Law and Ageing Research Unit, Department of Forensic Medicine, Monash University and Amelia Grossi from Monash University)*

CENSUS SIGNALS CHANGES FOR OLDER AUSTRALIANS

The Australian Bureau of Statistics (ABS) has begun releasing the first of their data and insights from the 2021 Census. This initial data release has revealed some unexpected insights that are likely to shape our

nation and government policy in the months and years to come.

Millennials & baby boomers – The 2021 Census found the number of millennials (those born 1981 to 1995, or aged 25 to 40) in Australia is now equal with the number of baby boomers (born 1946 to 1965, or 55 to 75 years old). Baby boomers and millennials each have over 5.4 million people, with only 5,662 more baby boomers than millennials counted on 10 August 2021. Over the last ten years, the millennials have increased from 20.4% of the population in 2011 to 21.5% in 2021. At the same time, baby boomers have decreased from 25.4% in 2011 to 21.5% in 2021. This is in contrast to 1966 when baby boomers represented 40% of the population.

This shift could see marked changes in how the different population groups are treated from a policy point of view. National Seniors Australia's CEO and Head of Research, Professor John McCallum says a declining baby boomer population doesn't mean they should be forgotten by the government.

"While we need to be careful not to categorise Australians of different ages, the baby boomers are the ones who will have needs for care earlier than millennials," Prof McCallum says. "The recommendations of the Royal Commission to improve care have left a big question: who is going to pay for the improvements and how? Watch this space over the next year for answers that will satisfy the millennials who may have to pay levies or other contributions to support the improvements in aged care."

While the baby boomer population is on the decline overall, the number of people aged over 65 years has increased by more than 700,000 since the 2016 Census, taking the total number of people aged over 65 to 4.4 million people. Subsequently, the number of people needing care has also risen from 642,822 to 963,048, which is an increase of 49.8% in five years. This population shift means more needs to be done to protect and support the needs of Australia's ageing population.

Who is providing care currently? While baby boomers may be increasingly requiring care, they are also the population that is providing care the most, according to the 2021 Census. Around one in eight (or 12.8%) of baby boomers reported caring for other people's children, and two thirds of these are female (67.5%). They are also the generation that is mostly likely engaged in volunteering and unpaid assistance of others.

This data mirrors the findings of recent National Seniors' research, which reported a third of older

Australians said they volunteered between one and ten hours per week. A further 10% volunteered more than 10 hours per week. The number is likely even higher, as our research showed there is a difference of opinion about whether caring work counts as volunteering, with some participants saying their caring responsibilities are a reason they don't volunteer.

Health and wellbeing – Another key area highlighted in the Census is the number of people suffering from long-term health conditions. Over eight million people reported having a long-term health condition, including two million suffering from mental health, arthritis, or asthma.

It is an issue disproportionately affecting older Australians, with almost 63% of people aged over 65 years suffering from at least one long-term health issue. This data shows how important affordable and accessible healthcare is for the wider population, but particularly for older Australians. National Seniors Health Costs campaign is pushing for reduced out-of-pocket health care costs for all older Australians. (Sources: ABS, ABC News, Guardian)

MENSA

Mensa is a national organization for people who have an IQ of 140 or higher. Several of the Mensa members went out for lunch at a local café. When they sat down, one of them discovered that the salt shaker contained pepper & the pepper shaker was full of salt.

How could they swap the contents of the two bottles without spilling any & using only the implements at hand? Clearly this was a job for Mensa minds. The group debated the problem, presented ideas & finally came up with a brilliant solution involving a napkin, a straw & an empty saucer.

They called the waitress over, ready to dazzle her with their solution. "Miss," they said, "We couldn't help but notice that the pepper shaker contains salt & the salt shaker.... " But before they could finish, the waitress interrupted, "Oh! sorry about that." She leaned over the table, unscrewed the caps of both bottles & switched them.

There was dead silence at the Mensa table. Kind of reminds you of the government, doesn't it? Don't confuse IQ and education with common sense.

COVID 'BRAIN FOG' LINKS TO ALZHEIMER'S

Brain fog is one of the most common symptoms experienced by COVID-19 and long COVID sufferers. Triggering confusion, headaches, dizziness, and memory recall problems, these symptoms bear a frightening similarity to those experienced in the early

stages of dementia, but does this mean there is a relationship between the two?

A new study from La Trobe University's Institute for Molecular Science has found the neurological symptoms of long-COVID like brain fog are caused by amyloid clumps (toxic clumps of protein) in the brain, which is similar to what happens in the brains of those with dementia. Dr Nick Reynolds said the research reveals there are striking similarities between the early stages of neurodegenerative disorders (such as Alzheimer's disease and Parkinson's disease) and the lasting effects of COVID-19.

What is Long COVID? A person is usually considered to have long COVID if their symptoms persist for longer than four weeks after their initial infection. Symptoms of long COVID can include memory loss, sensory confusion, severe headaches, and even stroke in up to 30% of cases. Long COVID can persist for months and for some, even up to a year after they were infected.

Should we be worried? If you've had COVID-19 and are experiencing cognitive symptoms like the above, there's no reason to panic just yet. The researchers say the relationship is still unclear and doesn't necessarily mean there will be lasting damage or that the changes observed affect thinking, memory or other brain functions. In other words, the presence of the amyloid clumps in the brains of long COVID sufferers doesn't necessarily mean that it is the cause of their reported neurological symptoms. While there is evidence that the virus can enter the brain of infected people, the precise mechanisms causing these neurological symptoms still require further exploration.

New drugs possible. If future studies do confirm that the amyloid clumps observed in their research are in fact contributing towards long COVID, then it may be possible to treat these symptoms with drugs developed to combat conditions like Parkinson's or Alzheimer's.

"If brain fog is being caused by these amyloid clumps, then there is 30 years of drug development into neurodegenerative disease, which can be relooked at in the context of COVID-19", Dr Reynolds said. "Drugs which didn't quite have a strong enough efficacy to work against very serious and irreversible diseases like Alzheimer's might have a much better success with brain fog-type symptoms."

But studying the brain can pose ethical challenges. "You're never going to want to, for instance, biopsy somebody's brain because they have a headache," Dr Reynolds said. "Brain scanning capabilities like PET scans and MRI scans are getting better all the time,

but it's still very challenging to image these very small clumps of proteins." (Source: La Trobe University)

TRUSTED TRADIE

One of our members was very happy with the electrical work carried out by Gimpel Electrics, 1705 Logan Road, Upper Mt Gravatt. Phone 3343 4066 or email admin@gimpelectrics.com.au. They offer work in electrical, solar, air-conditioning, energy storage and thermal inspection.

WELFARE OFFICER

Please notify Julie Jermy on 3395 2056 of any member you know who is ill or injured, so that we can give our support where needed.

BRANCH CONTACT DETAILS

If you have any queries please contact our Secretary, Graham Tienan, on mobile 0407 736 453 or email nsacooparoosec@gmail.com. Do remember to update any changes to details. Emergency contacts need to be current.

SMILE

I went through the McDonald's driveway window and I gave the cashier a \$5 bill. Our total was \$4.25, so I also handed her 25c.

She said, "You gave me too much money."

I said, "Yes I know, but this way you can just give me a dollar back."

She sighed and went to get the manager who asked me to repeat my request.

I did so, and he handed me back the 25c, and said "We're sorry but we don't do that kind of thing."

The cashier then proceeded to give me back 75 cents in change.

Do not confuse the people at Maccas!

We had to have the garage door repaired.

The repairman told us that one of our problems was that we did not have a 'large' enough motor on the opener.

I thought for a minute, and said that we had the largest one made at that time, a 1/2 horsepower.

He shook his head and said, "You need a 1/4 horsepower."

I responded that 1/2 was larger than 1/4 and he said, "NOOO, it's not. Four is larger than two."

We haven't used that repairman since..

My daughter went to a Mexican fast-food place and ordered a taco.

She asked the person behind the counter for 'minimal lettuce.'

He said he was sorry, but they only had iceberg lettuce.

I was at the airport, checking in at the gate when an airport employee asked, "Has anyone put anything in your baggage without your knowledge?"

To which I replied, "If it was without my knowledge, how would I know?"

He smiled knowingly and nodded, "That's why we ask."

The pedestrian light on the corner beeps when it's safe to cross the street.

I was crossing with an 'intellectually challenged' co-worker of mine. She asked if I knew what the beeper was for.

I explained that it signals blind people when the light is red.

Appalled, she responded, "what on earth are blind people doing driving?!"

She is a government employee.....

When my wife and I arrived at a car dealership to pick up our car after a service, we were told the keys had been locked in it.

We went to the service department and found a mechanic working feverishly to unlock the driver's side door.

As I watched from the passenger side, I instinctively tried the door handle and discovered that it was unlocked.

"Hey," I announced to the technician, "it's open!"

His reply, "I know. I already did that side"

