

WELCOME – Thanks to Pat Will for organising the mystery day bus trip in March where everyone enjoyed the drive through the very green countryside to our final destination at Binna Burra. It was also good to see so many members participate in the Easter theme of our April meeting, and congratulations to Gwendolyn Ungerer who was selected as our first prize winner by our guest speaker Barry Collis from Angel Flight. Barry gave us an insight into the valuable work they do to assist remote patients access medical treatment in the city areas and it was a surprise to learn just how many patients there are. Thanks to everyone who contributed so much towards supporting the Care Kits For Kids Qld charity in April.

2022 BRANCH MEETINGS

Our May branch meeting will be held on Thursday 12 May 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 per person payable at the door.

Our guest speaker will be Caylee Jeffery from History Queensland who will talk about her book "Under the Lino".

We hope you can join us and perhaps stay for lunch at the club afterwards (at your own cost). The remaining meeting dates for 2022 will be:

9 June	14 July
11 August (AGM)	8 September
13 October	10 November

DAY BUS TRIP – BRIBIE ISLAND

Our next day bus trip will be on Monday 30 May when we head north to Bribie Island where we will enjoy lunch at the Bribie Island Surf Club. The bus will leave the Coorparoo RSL Club at 8:30am and return at approximately 4:00pm.

Cost is \$60 per person which includes the coach tour, morning tea and lunch. Lunch will be a choice of five options:

- Crumbed port schnitzel with chips and salad; or creamy mash, vegetables and gravy
- Petite fish and chips and salad
- Beef rissoles with creamy mash, vegetables and gravy
- Grilled chicken tenderloins with chips and salad
- Curry of the day with steamed rice

Dessert will be provided as an alternate drop. Please advise your selection of meal at the time of booking and whether you have specific dietary requirements such as gluten free.

Bookings, and payment, can be made at or before our branch meeting on Thursday 12 May. All enquiries should be directed to Pat Will on 3398 8726 or 0437 774 049.

MORNING TEA CATCH-UP

If you aren't participating in the bus trip on Monday 30 May please consider continuing to meet other members 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 stops. The car park opens at 9:50am and the club opens at 10:00am. We hope to see you there.

MAY BIRTHDAYS

Best wishes to:

Sandra Ager	Patricia Giumelli
Margaret Kidd	Joan Saal

who celebrate their birthdays in May. We hope you enjoy your special day with family and friends.

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.

May – Long pants, jackets, tops, beanies (sizes 0-16)

June – Underwear, socks (all sizes to 16)

July – Hairbrush, comb, bands, clips, baseball cap

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

MUSICALS AT QPAC...

"9 TO 5 THE MUSICAL" matinee at 1:00pm on Wednesday 15 June

One of our members who purchased two tickets for this performance is now unable to attend. Ticket cost is \$69.00 each. If anyone is interested in these tickets please advise Freya Tienan on 0409 397 330 or nsacoorparoopres@ozemail.com.au.

“GIRL FROM THE NORTH COUNTRY” matinee at 1:30pm on Wednesday 14 September
We still have four tickets available for this performance at \$79.90 each. If anyone is interested in these tickets please advise Freya Tienan on 0409 397 330 or nsacoorparoopres@ozemail.com.au.

ARE YOU A KNITTER?

Many of our members have been kind enough to knit beanies and scarves during the winter months 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 a committee member so we have an indication as to what contribution we can make to this organisation as a branch.

WE ALL LOSE SOMEONE SPECIAL THROUGHOUT OUR LIVES

We thought this verse might help with the loss.

Today’s the anniversary
Of the day that I lost you,
And for a time it felt as though
My life had ended too.

But loss has taught me many things
And now I face each day,
With hope and happy memories
To help me on my way.

And though I’m full of sadness
That you’re no longer here,
Your influence still guides me
And I still feel you near.

What we shared will never die
It lives within my heart,
Bringing strength and comfort
While we are apart.

HOW CHILDREN PERCEIVE THEIR GRANDPARENTS...

My young grandson called the other day to wish me happy birthday. He asked me how old I was, and I told him, 80. My grandson was quiet for a moment, and then he asked, "Did you start at 1?"

* * * * *

After putting her grandchildren to bed, a grandmother changed into old slacks and a droopy blouse and proceeded to wash her hair. As she heard the children getting more and more rambunctious, her patience grew thin. Finally, she threw a towel around her head and stormed into their room, putting them back to bed

with stern warnings. As she left the room, she heard the three-year-old say with a trembling voice, "Who was THAT?"

* * * * *

I didn't know if my granddaughter had learned her colours yet, so I decided to test her. I would point out something and ask what colour it was. She would tell me, and she was always correct. It was fun for me, so I continued. At last, she headed for the door, saying, "Grandma, I think you should try figuring out some of this stuff for yourself!"

* * * * *

When my grandson asked me how old I was, I teasingly replied, "I'm not sure."
"Look in your underwear, Grandpa," he advised. "Mine says I'm 4 to 6."

* * * * *

A 6-year-old was asked where his grandma lived. "Oh," he said, "she lives at the airport, and when we want her, we just go get her. Then, when we're done having her visit, we take her back to the airport."

COULD YOUR MEDICATIONS BE MAKING YOU SICK...OR WORSE?

Falls, confusion, trouble remembering and concentrating, dry mouth, constipation, and trouble urinating? It's easy to think these are just signs of getting older, but they could be caused by something else...your medications.

"There are lots of commonly used medicines that can cause these effects," says Kate Annear, NPS MedicineWise medical adviser and GP. "The list includes medicines for depression and anxiety, allergy medicines, pain medicines, medicines that treat Parkinson's disease and medicines to improve urination. The problem can be worse for older people as they often take more medicines, but also, the body changes as you age, and these medicines have a stronger effect on older people," says Dr Annear.

"Taking too many of these medicines called anticholinergic (an-tee-koh-li-nur-jik) medicines, is associated with a 60% increase in falls that lead to hospitalisation, a 50% increase in the risk for dementia and a 30% increase in risk of death.

"Many people put some of these symptoms down to just getting older, but they may be related to the medicines you are taking. It is important to know your medicines and ask your doctor if you are unsure about anything. Your doctor may recommend a home medicines review," says Dr Annear.

"The review involves you, your carer if you have one, your doctor and a specially trained pharmacist working together to help you manage your medicines. Some of your medicines may not be needed anymore, and the

review may find and prevent medicine-related problems.” Medication reviews for residents can be carried out in aged care facilities.

NPS MedicineWise has produced information in collaboration with the Older Peoples Advocacy Network (OPAN) and Carers Australia to help people prepare for a medicines review, ask questions, and understand the options around changing medicines. www.nps.org.au (Source: NPS MedicineWise)

BATTERY RECYCLING POWERS ON

A federal government-backed battery recycling scheme, B-cycle, has launched nationwide and aims to combat a growing waste stream.

It's estimated that 150 million loose or removable used batteries are stored in homes across the country, used in tools, toys, wristwatches, and remote controls. That's not counting the hundreds of millions that have gone to landfill. The scheme aims to prevent 90% of these batteries from ending up there.

B-cycle's website (bcycle.com.au) will help Australians identify their nearest drop-off point where used batteries can be taken for collection. They will then be recycled into paint, computer parts, and metal tools. Currently, the network boasts 2,351 drop-off points with another 1,200 to be added to the list over coming weeks. Retail stores including Aldi, Bunnings, Officeworks and Woolworths, along with community organisations such as Lions Club will act as collection points.

Trevor Evans, the Assistant Minister for Waste Reduction and Environmental Management, noted the Australian Government has invested \$1m for the Battery Stewardship Council to establish and launch B-cycle, the new national recycling scheme for batteries. “All Australians can help Australia move to a circular economy in which we routinely recycle and reuse our waste resources by taking their used batteries – including household batteries, power tool batteries, camera batteries, and e-bike batteries – to participating drop off points,” he said.

Individuals are urged to wrap the battery terminals in clear sticky tape before disposing of them to reduce the risk of them catching fire.

As well as helping the environment, it is important to recycle batteries because the commodities inside them are valuable in an age that is increasingly reliant on battery storage. Lithium is growing in demand as we scale up our reliance on renewables such as electric cars and solar energy storage. If more batteries aren't recycled we may run out because future renewables rely on those same minerals and metals that are used

in batteries. The World Bank projects that our demand for battery materials will increase by 500% by 2050.

- ✓ **Good for the environment** – B-cycling keeps batteries out of landfill, so less-toxic materials end up in our ecosystem. Reusing the materials in every battery means that we need to mine less from the earth and can conserve our natural resources.
- ✓ **Good for Australia** – Nearly all the materials in batteries can be reused. Giving new life to finite natural materials like lithium, cobalt and manganese means we can safeguard Australia's resource and energy security and have enough for future generations.
- ✓ **Good for you** – Getting dead batteries out of your home means you protect your family and the environment from toxic materials. B-cycle makes sure every battery you drop off gets B-cycled safely.

The closest drop-off points for our Coorparoo branch are the Woolworths or Aldi stores at Coorparoo. (Source: B-cycle Battery Recycling)

SENIOR CITIZENS

Senior citizens are constantly being criticized for every conceivable deficiency of the modern world, real or imaginary. We know we take responsibility for all we have done and do not try to blame others.

HOWEVER, upon reflection, we would like to point out that it was NOT senior citizens who took:

- The melody out of music
- The pride out of appearance
- The courtesy out of driving
- The romance out of love
- The commitment out of marriage
- The responsibility out of parenthood
- The togetherness out of the family
- The learning out of education
- The service out of patriotism
- The Golden Rule from rulers
- The nativity scene out of cities
- The civility out of behaviour
- The refinement out of language
- The dedication out of employment
- The prudence out of spending
- The ambition out of achievement

And we certainly are NOT the ones who eliminated patience and tolerance from personal relationships and interactions with others!

And, we DO understand the meaning of patriotism, and remember those who have fought and died for our country.

YES, I'M A SENIOR CITIZEN!

- I'm the life of the party...even if it lasts until 8 pm.
- I'm very good at opening childproof caps...with a hammer.
- I'm awake many hours before my body allows me to get up.
- I'm smiling all the time because I can't hear a thing you're saying.
- I'm sure everything I can't find is in a safe secure place, somewhere.
- I'm wrinkled, saggy, lumpy, and that's just my left leg.
- I'm beginning to realise that aging is not for wimps.

Yes, I'm a SENIOR CITIZEN and I think I am having the time of my life! Spread the laughter; share the cheer; let's be happy while we're here.

BONE HEALTH

Bones make up the framework of our bodies. They help us move, give our body strength and protect our organs. Keeping bones healthy helps us feel well, keep active and reduces the risk of diseases like osteoporosis. If you can factor the below into your everyday life, your bones will be forever grateful.

- ✓ **Exercise** – any exercise done working against gravity helps bones grow stronger and harder.
- ✓ **Consume calcium** – even though you can't build more bone mass after your 20s, your bones are constantly regenerating so it's important to consume calcium-rich foods or drinks like milk, cheese, yoghurt, green leafy vegetables and fish with edible bones like sardines.
- ✓ **Get some Vitamin D** – while you can get vitamin D from some foods, the majority of our vitamin D intake comes from sunshine. To get more sun enjoy regular outdoor activities like walking to the bus or hanging out the washing. (*Source: Queensland Health*)

THREE SIGNS IT'S TIME TO START THE HOME CARE PACKAGE PROCESS

Sometimes it's the smallest things that can lead to problems with health and safety at home - like no longer being able to clean your home the way you'd like to, or having trouble with stairs. Feros Care Wellbeing Manager, Monique Gorham, knows this better than anyone. As a Registered Nurse, she says the key to home care is to get help early on – but often, people are hesitant to do so.

"Getting help early is the best way for seniors to remain healthy and safe in their own homes," Monique

says. "Ageing can either be managed well or managed poorly, and there's so much we can do to help through that process."

Monique works with clients on Government-funded Home Care Packages, which are designed to deliver services to older Australians. Services can range from housework and transport to allied health, nursing, and even things like lawn mowing. Here's how to know that it might be time to look into the Home Care Package process:

1. It's no longer easy to do the things you're used to doing –

Like anything to do with an individual's health, ageing requires close monitoring and careful maintenance so potential problems can be addressed before they become serious.

"Something seemingly innocuous like no longer being able to clean your house can lead to problems down the track with health and safety," says Monique. "Getting help early produces better outcomes and is the best way for seniors to remain healthy and safe in their own homes." Monique says people need to ask for help when they first need it and recommends starting the Home Care Package process as soon as something becomes a struggle.

2. Things aren't quite right – but you find yourself playing down the seriousness of –

When it comes to organising a Home Care Package, the first step is to contact My Aged Care to organise a free assessment that will determine what level of care you require. Providers like Feros Care can also help you navigate this process.

However, Monique says when people are being assessed, they have a tendency to play down their difficulties. She says it's important to put pride aside so you can get the help you deserve. "A lot of people try to 'soldier on' but we strongly advise against this as it may delay your approval and therefore your access to help," says Monique. "If you are honest about how difficult things can be, you have the best chance of the government recognising you need assistance."

3. You know you'd like help but you're just not sure what a provider might be able to do -

Once approved for a Home Care Package, seniors can choose a provider to deliver the services they need, giving them choice in how they'd like to spend their allocated funding.

Monique feels proud to be in a position to make people's lives easier and improve their situation. For example, if someone has had an injury, aids and equipment can be provided to stay safer and offer home exercise programs to increase strength and

balance. "There is no judgement in my role," Monique says. "At the end of the day I am here to keep seniors as independent and enabled as possible. People want to stay in their homes and I'm here to do everything in my power to make that possible." (Source: *Feros Care*)

IS IT SAFE TO GET THE COVID-19 VACCINE WITH THE FLU JAB?

As winter virus season approaches, older Australians and other vulnerable groups have been given the green light for a fourth COVID-19 vaccine to be administered alongside the flu vaccine.

A new "winter booster" vaccine program for influenza and COVID-19 has been announced ahead of the winter virus season. Seniors and other vulnerable individuals at greatest risk of severe illness can now receive a fourth dose (or fifth in some cases) of the COVID-19 vaccine, at the same time as their annual influenza vaccine.

It's even more important to get a flu jab this year, as it's predicted to be a particularly bad flu season. COVID-19 lockdowns and social distancing measures resulted in far fewer numbers of influenza cases over the last two years. However, now that these health measures are being lifted, it is expected we'll see a big resurgence of influenza.

Influenza affects people of all ages and can be severe, leading to hospitalisation and death, particularly among older people, young children, and those with underlying health conditions.

Who is eligible for the flu vaccine?

Anyone aged 6 months or older can receive the flu vaccine. Those who meet one or more of the categories below can access the vaccine for free through the National Immunisation Program:

- People aged 65 years and older
- People with medical risk factors
- All Aboriginal and Torres Strait Islander people
- All children aged 6 months to 5 years
- Pregnant women

Those who do not meet the above criteria may still be able to receive it for free or be reimbursed through a workplace, school, or other program.

Will I get the flu from the flu vaccine?

No, this is a myth. Flu vaccines work by prompting your immune system to create antibodies that recognise and fight the virus if you are later exposed to it. Your immunity is at its highest within three to four months after vaccination. These antibodies continue to protect you for around 8.5 months after vaccination, but gradually decrease over time – generally, this time

period is longer than the flu season. This is partly why we need to get flu vaccines every year.

The other reason for the yearly jab is that the four strains of influenza virus (A, B, C and D) are constantly mutating over time. Influenza A and B are the two deadliest, which is usually what the vaccine protects you against each year.

Is the fourth COVID-19 vaccine really necessary?

At this stage, not everyone is recommended to receive a fourth vaccine. It is currently only recommended by the federal government for at-risk groups to help better protect them from the COVID-19 virus and severe illness if they contract it. Vaccine immunity reduces over time. Not getting a booster when recommended could mean hospitalisation or death for those who are in higher risk categories.

Who is eligible for the fourth COVID-19 vaccine?

Several groups, who are identified as being at the greatest risk of severe illness from COVID-19 are eligible to receive a fourth dose (or fifth for some immunocompromised individuals) of the vaccine:

- Anyone aged 65 years or older
- Those who live in aged care or disability care facilities
- Immunocompromised individuals aged over 16 years
- Aboriginal and Torres Strait Islander people aged 50 years and older.

When and where can I get my fourth COVID-19 vaccine?

The fourth vaccine is available now for anyone who is part of the above four categories if four months have passed after receiving their third dose of the vaccine.

However, if you have had COVID-19 since receiving your booster, you will have to wait four months after you were infected before you can receive your fourth dose.

Which COVID-19 vaccines are available?

Pfizer and Moderna are the preferred vaccine by the federal government's expert vaccine advisory group Australian Technical Advisory Group on Immunisation (ATAGI), however AstraZeneca is available for individuals who are unable to have mRNA vaccines for medical reasons. Novavax is also available for individuals who are unable to have any other vaccine.

Flu vaccines & COVID-19 vaccine

Unlike earlier COVID-19 vaccines, you can get the COVID-19 vaccine and the flu vaccine at the same time (provided you are eligible for your fourth dose), otherwise you can get the flu vaccine at a different time.

Is the fourth vaccine mandatory?

To be considered up to date with your COVID-19 vaccination the federal government says you must have "all doses recommended for your age and health needs". (Sources: Department of Health, The Conversation, ABC News)

ELECTION 2022 – INFORMATION YOU NEED TO KNOW

We go to the polls on Saturday 21 May to vote for a new Commonwealth Government and the Australian Electoral Commission (AEC) has great resources and advice about voting to suit your situation and circumstances.

Will there be COVID19 safety measures at polling places?

There will be a range of COVID-19 safety measures at polling places, which include the requirement for election staff to be vaccinated and to wear a face mask. There will also be things that we have become used to like physical distancing and using hand sanitiser. These may slow down the process, so please be patient with the polling staff.

Electoral Commissioner Tom Rogers has said, "Australians can feel comfortable to vote in-person this federal election. With most of us able to lead our daily lives in the community you can take comfort that we'll have more COVID-19 safety measures in place at voting venues than your local shops."

Can I vote early?

You can vote early, either in-person or by post, if on election day you:

- Are outside the electorate where you are enrolled to vote
- Are more than 8km from a polling place
- Are travelling
- Are unable to leave your workplace to vote
- Are seriously ill, infirm, or due to give birth shortly (or caring for someone who is)
- Are a patient in hospital and can't vote at the hospital
- Have religious beliefs that prevent you from attending a polling place
- Are in prison serving a sentence of less than three years or otherwise detained
- Are a silent elector
- Have a reasonable fear for your safety

Consider your options carefully. Voting early in-person may be a better option than voting by post.

While elections are in-person community events, Australians who can't make it in-person, can apply for a postal vote.

Political parties can send postal vote applications in the mail, or you might get a text message linking you back to a party website. However, direct AEC applications are the quickest and best method, and you can apply directly through the AEC website. (Source: Australian Electoral Commission)

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

- What do you call a melon that's now allowed to get married? Cantelope.
- What does a Thesaurus eat for breakfast? A synonym roll.
- A man got hit by a rental car. He said it Hertz.
- Nowadays Lance is a very uncommon name. But, in medieval times, people were called Lance a lot.
- Someone broke into my garage and stole my limbo stick. Seriously, how low can you go?
- Anyone who can do as much at 75 as they could do at 25 wasn't doing much at 25.
- I need to re-home a dog. It is a small terrier and tends to bark a lot. If you are interested, Let me know and I'll jump over the neighbours fence and get it for you.
- The oldest computer can be traced back to Adam and Eve. It was an Apple but with extremely limited memory. Just one byte and then everything crashed.
- I wasn't originally going to get a brain transplant, but then I changed my mind.
- I used to be indecisive; now I'm not so sure.
- Sleeping comes so naturally to me, I could do it with my eyes closed.



**Embarrassing our kids,
that's just one of the
services we offer!!!!!!**