

**WELCOME** – Thanks to everyone who participated in our post-Melbourne Cup activities – the black and white theme was very well represented and congratulations to Rita Pyyvaara who won the prize for best outfit. Thanks to Merv Field for being our official starter for the “running of the race” which was a bit of fun, and congratulations to our winners – Rosslyn Dallaghy, Remy Barker & Carmel Bedser.

Heather Turner from the Mission to Seafarers Brisbane was overwhelmed by the generosity of our members as we presented her with many bags of knitted scarves, beanies and booties. Thanks again to everyone who contributed their time and materials and spreading the word to family and friends of this very worthy organisation.

We are delighted to confirm that donations of \$250 have been made to both the Mission to Seafarers Brisbane and 4 Voices Global to assist with their not-for-profit charity work over the Christmas period.

Tanya Small, our guest speaker from Hearing Australia provided some important information on the importance of managing hearing loss early. If anyone would like more information or an appointment, please contact Tanya on [tanya.small@hearing.com.au](mailto:tanya.small@hearing.com.au) or 0412 047 372.

The presentation by Assoc Prof Shannon Rutherford from the Ethos Program at Griffith University highlighted the impact of extreme heat events on the health of older people, and their research and monitoring program provides invaluable information. If you would like to participate in the program by having heat monitors installed in your home during the summer months (December-March) please contact them on 07 5552 7903 or [ethos@griffith.edu.au](mailto:ethos@griffith.edu.au).

If we don't have the opportunity of seeing you at one of the last activities for the year, we would like to wish you and your families and friends a very happy Christmas and a safe and healthy New Year. We look forward to meeting up again next year.

## SAD NEWS

We have received the very sad news that branch member, Bruce Purnell, passed away on 7 November after a long battle with cancer. We offer our sincere condolences to his wife Jenny and their family.

## MORNING TEA CATCH-UP

Our last morning tea catch for this year up will be on **Monday 18 November** from 10am at Easts Leagues Club and will recommence on **Monday 20 January 2025**. This is always a great informal way to get to know fellow members outside the confines of a branch meeting.

The dates for 2025 are:

20 January	17 February
17 March	14 April
19 May	16 June
21 July	18 August
15 September	20 October
17 November	

## DAY BUS TRIP – CELEBRATING CHRISTMAS

Seats are still available if you wish to join members and guests for our last day bus trip for 2024 on **Monday 2 December**. The coach will depart the Coorparoo RSL Club at 8:00am and return at approximately 4:30pm. Cost is \$70 per person which includes the coach tour, morning tea, and two-course lunch at the Bearded Dragon Hotel at Mt Tamborine. Unfortunately, tea and coffee are not provided as part of the meal but can be purchased separately as

required. Please advise any special dietary requirements at time of booking.

A Christmas raffle will be drawn during the lunch, so all members are encouraged to donate one or two small gifts, wrapped in Christmas paper, that can be used as prizes during the raffle to raise funds for our branch charities.

All bookings and enquiries should be made with **Pat Will** on 3398 8726, 0437 774 049 or email [patsywill@gmail.com](mailto:patsywill@gmail.com). Payment can be made on the day or by direct deposit to the Coorparoo National Seniors, BSB: 084 391; Account: 047949379. If using this method, please include your name so it can be matched to the payment.

## LORD MAYOR'S SENIORS CHRISTMAS PARTY

All 16 complimentary tickets have now been allocated for the Lord Mayor's Seniors Christmas Party at **1pm on Thursday 5 December** which will be held in the main auditorium of the Brisbane City Hall in Adelaide Street.

For those who have requested tickets, **Margaret Hill** will meet you outside the main doors of the City Hall in King George Square at 12:40pm to distribute the tickets. If you are unable to attend, please advise Margaret as soon as possible on 0401 296 056 so your ticket can be offered to another member.

## BRANCH CHRISTMAS LUNCH

Join members and guests to celebrate the Christmas season with a two-course lunch of roast ham/vegetables and Christmas pudding/custard at the Coorparoo RSL Club from **12:00pm on Thursday 12 December**. Cost is \$30 per person. Guests are very welcome, and payment can be made prior, or on the day. Bookings close on Thursday 5 December.

**Joy Scott** has kindly offered to coordinate this function, so if you wish to attend please advise Joy by Thursday 5 December on 0417 605 055 or njscott40@gmail.com including any special dietary requirements.

## BRANCH MEETINGS

Our monthly branch meetings will recommence on **Thursday 13 February 2025** 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.

The dates for 2025 are:

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

If you are new to the branch and wish to park at Coles opposite the RSL please remember to advise your number plate to Pat Will on 3398 8726 at least 48 hours prior so she can pass this information on to the parking organisation. If Pat already has your number plate listed, you don't need to advise her again.

## DECEMBER & JANUARY BIRTHDAYS

Best wishes to the following members who celebrate birthdays in December and January. We hope you enjoy your special day with family and friends.

<b>December</b>	<b>January</b>
Lorraine Field	Roslyn Dallaghy
Stephen Leather	Joan Hedger
Lydia McLeod	Joan Jell
Shirley Mills	
Freya Tienan	
Gwendolyn Ungerer	

## COMMUNITY PANTRY DRIVE

Thank you to everyone who has contributed food items to the community pantry drive each month – all items have been gratefully received. If you would like to continue this community pantry drive by providing good quality non-perishable food items that can be passed on to help the needy and homeless in our area, please bring items along to each meeting where

we will collect and distribute them to a local organisation. Please ensure that all items are well within use by date.

## WELLBEING OFFICER

If you are, or know of any member who is ill, injured, or in need of help please notify Jan Jackson on 0411 987 174 so that we can give our support where needed.

## BRANCH RECYCLING ITEMS

Many members have been providing juice/milk bottle caps to Julie Jermy for recycling, however Julie has advised that she no longer has the facility to dispose of these environmentally, so please **do not bring** these items to meetings anymore.

Joy Scott has however advised she has a source that can recycle used tablet blister packs. If you are interested in recycling these items please bring them along to any of our monthly meetings.

## DENDY CINEMAS COORPAROO

Thanks to our friends at Dendy Cinemas Coorparoo for providing complimentary tickets for use as raffle prizes throughout the year. Look out for these movies coming soon:

RED ONE (action); THE MET LIVE: GROUNDED (opera); PADDINGTON 2 (adventure); WICKED (musical); YOU SHOULD HAVE BEEN HERE YESTERDAY (documentary); MOANA 2 (animation); GIRL FROM THE NORTH COUNTRY (musical); THE AUSTRALIAN BALLET LIVE: THE NUTCRACKER; MUFASA: THE LION KING (adventure); A REAL PAIN (comedy)



## SENIORS DESERVE BETTER HOUSING OPTIONS

The housing crisis is affecting Australians of all generations, but it's hitting seniors especially hard. While some are struggling to find suitable, long-term rental accommodation in a market where rents are rising, others find themselves in homes that are too big or otherwise no longer fit for purpose.

For many, retirement villages have seemed to be the perfect solution, offering security, peace of mind, and a relaxed, enjoyable lifestyle. However, in line with NSA's long-held concerns, recent reports on the ABC have highlighted pitfalls for people who sign up for retirement villages without fully understanding the product being offered.

Their complaints range from long and complicated contracts to high exit and refurbishment fees, and punitive rules and regulations. Some contracts are up to 149 pages long and are written in complex language. They often include a "deferred management fee" upon exit, which can be as much as 35% of the purchase price. On top of this fee, residents or their families are often required to pay for refurbishment of their home. Residents caught in this situation can be left with less money when exiting and find themselves unable to afford the standard of aged care they expected.

One resident told the ABC she bought into a retirement village 11 years ago for \$384,000 but will leave with just \$81,000 after the operator deducts its fees. Another said she lost \$130,000 out of the \$365,000 she paid to enter a village. Leanne Gundry, whose mother has recently moved from a retirement home into aged care, is among family members calling for greater transparency in retirement village contracts.

"Like you have 'smoking's dangerous for health', you should have a financial health warning on any sort of a residential village contract," she told the ABC.

Daniel Gannon, the executive director of lobby group, Retirement Living Council, said the sector had worked for years to have the size of contracts slashed but admitted there was "a bit more work to do. Some operators have reduced their contract sizes by up to 30% but there is still way too much complexity in these contracts," he said.

Other residents have complained about the way retirement villages control their lives, from limiting the time guests can stay with them to dictating whether they can have a pet. Long-term residents of one facility on Queensland's Sunshine Coast were told in August they would lose access to services, including meals, in-room emergency calls, laundry, community social

bus, and lifestyle program as the village transitioned to rental-only accommodation. The residents were on a variety of leasehold arrangements. Those with 99-year leases who believed they would be able to remain for life may find themselves having to move.

Minister for Financial Services, Stephen Jones, said tougher regulations for retirement villages were on the agenda for a meeting of state and territory consumer ministers in December. "There clearly needs to be a significant improvement in the conduct of retirement village operators. We will consider the best pathway forward in consultation with the states. We want all Australians to retire with dignity."

Independent South Australian MP Rebekha Sharkie, who has been calling for a crackdown on retirement villages for 18 months, has described the contracts and fees as "corporatised elder abuse. Retirement village residents have been waiting years, so we need urgent action not just an agenda item that gets pushed back again," she said.

**National Seniors calls for change** – NSA has long called for changes to the regulation of retirement villages. While many residents are happy with the financial implications of this type of housing, others are not. They have been calling for reform of the sector for many years to address the lack of transparency regarding exit fees and charges. This is critically important as aged care costs increase.

Central to this is a call for national legislation which can be achieved in two ways:

1. Most dramatic is recognising retirement villages as financial products which would then come under financial services laws.
2. Have all states and territories agree to harmonise state-based legislation by adopting nationally agreed protections.

The benefit of national legislation isn't just for consumers, it will also benefit retirement village providers who have to deal with significant red tape due to inconsistent laws. (Source: ABC, NSA)

## CASH WITHDRAWALS REBOUND

Data for ATM withdrawals shows that cash is still king as far as many Australians are concerned. The number of withdrawals from the machines increased by 767,600 (2.7%) between July and August according to Reserve Bank of Australia (RBA) data. The total value of transactions in August 2024 was significantly more than in the same month last year.

The figures show that cash usage is trending up, despite banks restricting access to physical currency by closing many branches and ATMs. Because an increasing proportion of available ATMs are privately

operated and charge a fee, it means that many of us are prepared to pay for withdrawals just to have cash in our pockets.

Although cash use has dropped over recent years, exacerbated by the pandemic, the recent trend has seen more physical money in the economy. RBA statistics show a spike in the value of banknotes on issue, from \$100.6 billion in the last week of September to \$100.8 billion on 2 October. This follows news that a quarter of Australians still rely on cash when buying from small business.

Meanwhile, the Federal Government has said it will ban extra charges on debit-card transactions by 2026. Assistant Treasurer Stephen Jones said the use of electronic transactions saved money for banks, because it cost them to move cash around, but these savings were not being passed on. "It might seem like a small charge every time you tap and go, but it punches a big hole in your wallet at the end of the year when you add up all of those fees," Mr Jones said. "Clearly, there's excessive charging going on here and we want to get to the bottom of it."

**The Keep Cash campaign** – The NSA campaign calls for cash to be available as a form of payment alongside cards and digital transactions. As NSA chief executive, Chris Grice, said, "Many seniors are not comfortable transacting online because they're not tech savvy, and they are concerned about online and credit card scams. In many cases, cash is all they're familiar with and is their only way to make purchases. Although online facilities are convenient for many of us, digital systems also pose risks during outages and natural disasters, highlighting the importance of cash being an option during emergencies."

As the latest figures seem to confirm cash will be the preferred means of payment for many Australians for many years to come. (*Source: ABC, news.com.au*)

## WHAT HAPPENS WHEN YOU DON'T DRINK ENOUGH WATER?

Not drinking enough water during the hotter summer months can make you very ill. Severe dehydration can lead to dizziness and collapse. If you are showing any signs of dehydration, drink some water straight away. Seek medical advice if you still don't feel better.

Signs that you are dehydrated and need to drink more water include:

- Feeling thirsty
- Dark coloured urine
- Headaches
- Dry skin, tongue and mouth
- Tiredness
- Irritability

- Light headedness or fainting

Older people are at greater risk of dehydration because they naturally feel less thirsty. Their kidneys may also not work as well. Memory problems and not being very mobile can make it harder to stay hydrated. Certain types of medicines such as diuretics and laxatives can also lead to dehydration. For older people, not drinking enough water over a long period of time can lead to problems such as constipation and confusion.

**What if you don't enjoy drinking water?** – you can vary the taste of plain tap water by keeping water in the refrigerator, so it is cool and refreshing or by adding some berries, lemon slices or other fruit for a change in flavour.

You could also try sparkling water (not soft drink) or herbal teas. Look for some recipes for iced tea, but avoid iced tea with added sugar as a regular drink. Also, remember that plastic bottles used for bottled water are not good for the environment.

**Is it possible to drink too much water?** – Drinking too much water can lead to a dangerous condition called hyponatremia. When this happens, the levels of sodium in your blood become too diluted. This can sometimes happen when people drink too much while doing intense physical activity, such as running a marathon. Babies can also have too much water if their formula is too diluted.

People with chronic kidney disease, heart failure or liver disease cannot get rid of water from the body as efficiently. If you have these conditions, it's a good idea to talk to your doctor about how much water to drink. If you have another long-term medical condition, it's a good idea to talk to your doctor about how much water you need.

**How much water should I drink?** – The amount of water that you should drink varies greatly from person to person. It depends on what you eat; your age; what the temperature is; whether you have a medical condition; how your metabolism works; if you are exercising. There is no strict amount of water you should drink each day. It's especially important for children and older people to drink enough water. As a general rule:

- Males need about 10 cups (2.6 litres or 2600ml) of fluids every day
  - Females need about 8 cups (2.1 litres or 2100ml) of fluids a day – add another cup a day if you're pregnant or breastfeeding
  - Children need about 4 to 5 cups of fluids a day
  - Teenagers need 6 to 8 cups of fluids a day
- (*Source: Health Direct*)



## CERTAIN FOODS CAN HELP BOOST YOUR HYDRATION LEVELS TOO...

You can also get extra hydration by stealth too. That's down to incorporating foods with high water content into your diet. Here are some suggestions:

- **Cucumber** – this humble fruit has the highest water content of any solid food. Put it into salads, add to a ham and cheese sandwich, or eat it as a snack. Cut slices to dip into hummus to improve the taste factor.
- **Iceberg Lettuce** – Another winner on the water front, it is a great base for salads.
- **Celery** – A great source of water and fibre, it's also a really simple snack too - try spreading some peanut butter onto stalks as a treat.
- **Tomatoes** – They're packed with lycopene which helps protect your cells from damage, alongside Vitamins A and C.
- **Asparagus** – Rich in Vitamin K and folate (Vitamin B9), and a variety of antioxidant nutrients, including Vitamin C, beta-carotene, Vitamin E and the minerals zinc, manganese and selenium.
- **Strawberries** – a healthy, sweet treat, they're high in water, fibre and Vitamin C.
- **Cauliflower and cabbage** – low in calories but packed with fibre and essential vitamins and minerals, they can be steamed as winter vegetables or shredded for summer salads.

Be careful however of fruits that may have high water content but also have high sugar content such as mangoes, grapes, cherries, pears and watermelon.  
(Source: BlueCare)

## A PROVEN TECHNIQUE THAT HELPS CARERS FALL ASLEEP IN MINUTES

We all know it's not easy to fall asleep when you're a carer. Even when you finally get the chance to rest, the constant stress and worry of caring can make it difficult to fall asleep. And if you need to wake during the night to assist your loved one, it only adds to the problem. But as any carer knows, sleep is essential for your health and well-being.

Fortunately, there's a simple technique that's helping people fall asleep in just minutes. It's free, requires no special training or equipment, is drug-free, and can be done by anyone at any time.

**How well does this technique work?** This sleep technique is reported to work for 96% of people who tried it for six weeks. That timeframe is important to note because the method may not work immediately – it often takes practice.

“Michael” who tested the technique for the full six weeks, found it to be effective. It took about a week for him to start falling asleep within a few minutes of applying the technique. While it didn't work 100% of the time, by the fourth week, it worked for him the majority of the time. Interestingly, Michael found that one of the visualisation exercises seemed to work better than the other, so it's a good idea to experiment with both to see which one suits you best.

**Will this technique work for you?** It's definitely worth a try. It only takes two minutes, costs nothing, and is drug-free. This is a much better option than relying on sleep medications, which don't always work effectively and can come with unwanted side effects or long-term health issues. To give the technique a fair shot, try it consistently over the full six weeks.

**How to use the 2-minute sleep technique to fall asleep fast** – This technique, originally designed for high-stress environments, involves muscle relaxation, breathing, and visualisation to calm the mind and body. Here's how you can use it:

1. Prepare your environment: sit on the edge of your bed. Ensure that only your bedside light is on, your phone is silenced, and your alarm is set for the morning.
2. Relax your facial muscles: begin by scrunching up your face to create tension, then slowly let your muscles relax completely. Let your tongue naturally loosen as well.
3. Relax your shoulders: allow gravity to pull your shoulders downwards. Then let your arms drop, one side at a time, allowing them to hang loosely by your sides.
4. Focus on your breathing: as you relax, breathe in and out, listening to the sound of your breath. With each breath, feel your chest loosen further, and allow gravity to help relax your thighs and lower legs.
5. Clear your mind: once your body feels loose and relaxed, try to clear your mind for 10 seconds. If thoughts pop up, let them pass without dwelling on them – just focus on keeping your body loose and relaxed.
6. Visualisation: now, picture one of these two calming scenarios:
  - Imagine yourself lying in a canoe on a calm lake, with clear blue skies above;
  - or, picture yourself lying in a soft hammock, gently swaying in a pitch-black room
 If visualisation isn't your thing, repeat the mantra “Don't think, don't think, don't think” for 10 seconds to clear your mind.

Going through these steps should take around two minutes. After completing them, lie down, turn off the

bedside light, and hopefully, you'll drift off to sleep within minutes.

For carers juggling the demands of looking after their loved one and dealing with interrupted sleep patterns, this technique may be a simple yet powerful tool to ensure you get the rest you need. Sleep is vital not just for your own health, but for providing the best care possible for your loved one. Give this technique a try - your mind and body will thank you. (Source: *Australian Carers Guide*)

## 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 your details. Emergency contacts need to be current.

## SMILE

- A gingerbread man went to the doctors complaining about a sore knee. "A sore knee?" the doctor said. "Have you tried icing it?"
- What do you get if you eat Christmas decorations? *Tinsillitis*
- I have this incredible ability to predict what's inside a wrapped present. *It's a gift.*
- What does Santa do when his elves misbehave? *He gives them the sack.*
- Why did the red-nosed reindeer help the old lady cross the road? *It would have been Rudolph him not to.*
- What do you get when you cross a snowman with a vampire? *Frostbite.*
- Did you hear about the man who stole an advent calendar? *He got 25 days.*
- Who does Santa call when his sleigh breaks down? *The Abominable Towman.*
- What did the third wise salesman say after his friends had already presented gold and frankincense? *But wait – there's myrrh!*
- The only Christmas present that I got this year was a deck of sticky playing cards. *I find that very hard to deal with.*
- Who hides in the bakery at Christmas? *A mince spy!*
- What kind of photos do elves take? *Elfies!*
- Which one of Santa's reindeer has the best moves? *Dancer!*
- What is it called when a snowman has a temper tantrum? *A meltdown!*
- What's the best Christmas present to receive? *A broken drum – you just can't beat it!*
- What's the difference between Santa Claus and a knight? *One slays a dragon, the other drags a sleigh.*

- How do you know Santa is good at karate? *He has a black belt!*
- How does Santa Claus keep track of every fireplace he has already visited? *He keeps a log!*  
\* \* \* \* \*

Many years ago our whole family was going to have Christmas together so my brother and I decided to make their drinks – gin and tonic! However, due to being kids we added too much alcohol and my grandmother, grandfather and one of my aunts were a little drunk trying to cook the dinner. My grandmother was very giggly and telling the oven to sit still and stop moving; my aunt was trying to ice the cake (oh boy was that a mess up!); and granddad was singing all the naughty versions of Christmas carols, then getting told off by his mother-in-law.

After dinner my brother and I scooted off to our rooms with our gifts while the adults snoozed. When they woke up later that day they had the worst hangovers!  
\* \* \* \* \*

The parents began to assemble the special Christmas gift they had for their children. They had ordered a kit for a tree house and received the plans for it. However, the materials they received were for a sailboat. They wrote to the company to complain. The company's reply: "While we regret the inconvenience this mistake must have caused you, it is nothing compared to that of the man who is out on a lake somewhere trying to sail your tree house."



*This is our last newsletter for 2024 with the next edition available in mid-January 2025.*