

WELCOME – Thanks to all our members who contributed items to our three charities – Care Kits For Kids, 4 Voices Global and the Community Pantry drive. These items are always appreciated, and your generosity is amazing. It was wonderful to see six new guests at our June meeting and we look forward to welcoming them back to future activities. Our guest speaker, Mike Freeman, from the Stamp Collecting Club of Queensland, opened our eyes to the huge variety of stamps worldwide, and the various groups within our region specialising in everything 'posted' from letters, postcards and stamps. Our third annual Paper Plane making competition generated a lot of fun and would make the Wright Brothers proud of their efforts (even their first flight only lasted 12 sec and travelled 36 m). Congratulations to Bob, Wayne and Glory who flew their creations the furthest!

BRANCH MEETINGS

Our next branch meeting will be on **Thursday 11 July** at the Coorparoo RSL Club. Arrival will be at 10:00am for a 10:15am start with guest speaker, updates on branch and national activities, raffles, and refreshments. The cost will be \$7.00 per person payable in cash at the door.

Our guest speaker will be Sarah Fettell, Community Awareness Officer, Surf Life Saving Qld who will discuss water safety for seniors. Why not join fellow members for a light lunch at the RSL Club after the meeting (at your own cost).

The Annual General Meeting will be held on Thursday 8 August and we are looking for members willing to help or join the executive committee. Nomination forms will be available at the July meeting.

The remaining dates for 2024 are:
8 August (AGM) 12 September
10 October 14 November

JULY BIRTHDAYS

Best wishes to Bev Camamile, Kay Foster, Mary Francis, Margaret Gerard, Marilyn McLintock, Bruce Nesbit and Olive Whelan who celebrate their birthdays in July. We hope you enjoy your special day with family and friends.

MORNING TEA CATCH-UP

Our next morning tea catch up will be on **Monday 15 July** from 10am at Easts Leagues Club. This is a great informal way to get to know fellow members outside the confines of a branch meeting. There is ample free parking or it is close to bus services.

The remaining dates for 2024 are:
19 August 16 September
21 October 18 November

DAY BUS TRIP – CELEBRATE CHRISTMAS IN JULY IN TUMBULGUM

Join us for a day bus trip to Tumbulgum, NSW, on Monday 29 July where we will celebrate "Christmas in July" at the Tumbulgum Tavern. The bus will depart the Coorparoo RSL Club at 8:00am and return at

approximately 4:30pm. Cost is \$65.00 per person which includes the coach tour, morning tea and two-course lunch.

Please nominate your choice of main and dessert when booking, and advise if you have any special dietary requirements:

Main Course:

- Beer battered fish and chips served with salad
- Chicken Caesar Salad
- Chicken Schnitzel served with chips, salad and gravy on the side
- Beef & Bacon Pot Pie served with mash and veg.
- Crumbed Lemon Pepper Calamari with chips and salad
- Bangers and mash with steamed vegetables

Dessert (all served with a splash of whipped cream):

- Brownie
- Apple Pie
- Passionfruit Cheesecake

As part of the Christmas celebration, we will be holding a 'lucky dip'. This will consist of everyone who would like to participate in purchasing a novelty gift of approximately \$2-\$3 and wrapping it in Christmas paper. All the donated lucky dips will be placed in a central place and all guests will be issued with a numbered ticket. When your number is called you can select your prize. If you wish to participate in this activity, you will need to donate a prize when arriving for the bus trip. Please ensure your purchased prize is not of an offensive nature.

All bookings and enquiries should be made with Pat Will on: T: 3398 8726; M: 0437 774 049; E: patsywill@gmail.com. Payment can be made at the 11 July branch meeting 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.

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.

ENJOY READING?

Don't forget our book swap at each monthly meeting. There are some great books available for only a gold coin (\$2 or \$1) donation which goes towards our club charity donations. Donated books are all in good condition and can be swapped back another month.

CARE KITS FOR KIDS DONATIONS

Thank you to everyone for your monthly contributions to this wonderful charity – every item is greatly appreciated. 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.

July – Hair brush, 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

WINTER COAT DRIVE FOR CHARITY

Thank you to everyone who has brought a coat to our recent meetings which have been passed on to 4 Voices Global for distribution to people in need. They are very appreciative of any assistance that we can give.

If you still have a coat or jumper that you no longer wear that you would like to donate to this good cause, please bring it along to our 11 July meeting. All items should be in a good and clean condition.

COMMUNITY PANTRY DRIVE

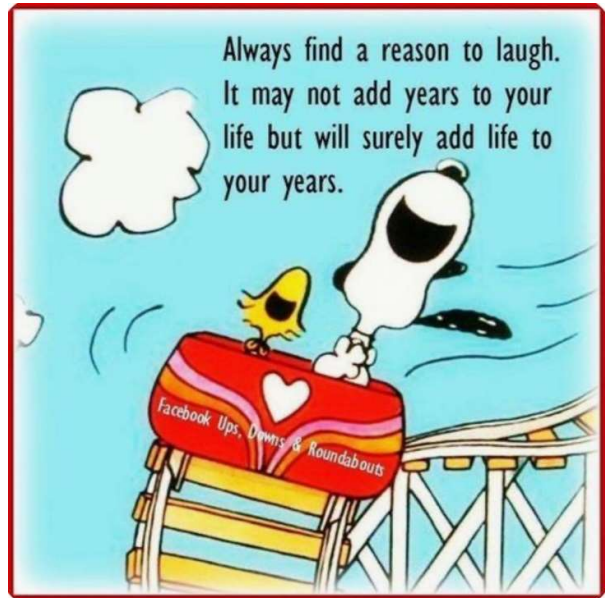
We would like to continue supporting a local community food pantry by supplying good quality non-perishable food items that can be passed on to help the needy and homeless in our area. Items such as biscuits, long-life milk, juice, canned fish, vegetables, fruit etc. that can be easily opened and don't need heating are welcome.

If you would like to assist, 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.

MISSION TO SEAFARERS BRISBANE

Thanks to our many members who have been industriously knitting beanies and scarves which will be 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 will collect these items towards the end of the year for presentation to a representative of the Mission.



I'M THE SAME OLD ME

(Maya Angelou)

When I was in my younger days,
I weighed a few pounds less,
I needn't hold my tummy in
To wear a belted dress.

But now that I am older,
I've set my body free;
There's the comfort of elastic
Where once my waist would be.

Inventor of those high-heeled shoes
My feet have not forgiven;
I have to wear a nine now,
But used to wear a seven.

And how about those pantyhose-
They're sized by weight, you see,
So how come when I put them on
The crotch is at my knee?

I need to wear these glasses
As the print's been getting smaller;
And it wasn't very long ago
I knew that I was taller.

Though my hair has turned to gray
And my skin no longer fits,
On the inside, I'm the same old me,
It's the outside that's changed a bit.

DENDY CINEMAS COORPAROO

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

LIFE AFTER FIGHTING (action); THE ROAD TO PATAGONIA (documentary); A QUIET PLACE – DAY ONE (horror); KILL (action); MIDNIGHT OIL: THE HARDEST LINE (documentary); THE MOUNTAIN (adventure); HORIZON: AN AMERICAN SAGA (western); THE BIKERIDERS (crime); MAXXINE (crime); KINDS OF KINDNESS (drama)

HOME CARE SENIORS STAY IN HOSPITAL LONGER

People on home care packages spend more than twice the number of days in hospital compared to those living in residential aged care. That's the surprising key finding of a South Australian study that examined emergency department (ED) presentations, unplanned hospitalisations, potentially preventable hospitalisations and time in hospital.

The national data compiled by Flinders University and the University of South Australia researchers included people aged 65 years and older from around Australia, with 203,278 individuals living in residential aged care and 118,999 receiving home care packages in the community. People on home care packages spent 7,745 days in hospital per 1,000 individuals, compared to 3,049 days for individuals living in residential aged care.

Home care recipients accounted for 43% of ED presentations, 40% of unplanned hospitalisations, and 12% of preventable hospitalisations. This contrasted with 38%, 33% and 8% in the same categories for aged care home residents. Unplanned hospitalisations and ED presentations are burdensome both for patients and the health system.

A key reason for home care package recipients staying longer in hospital could be that when, because of the condition that hospitalised them, they needed to move out of their private home and into an aged care home. That could involve waiting for a suitable place to become available. In the meantime, the patient would continue to be hospitalised.

When transition from home care to residential aged care is deemed necessary after a hospital admission, several complex challenges can impact discharge, including:

- Legal issues associated with guardianship, enduring power of attorney, and settlement of financial matters.

- The need for families to consider a range of options with the older person before deciding on their future care, noting that in some cases the transition to residential aged care can feel daunting for both the older person and their family.
- Finding a suitable bed in a residential aged care home can also be an issue, particularly if a patient has dementia, high care needs, or challenging behaviours.
- Issues with a patient's eligibility, with some older people requiring care not covered by either the aged care or disability (NDIA) programs administered by the Commonwealth and/or jurisdictions, making discharge to a suitable care facility more complicated.

Researchers said the findings highlight the challenges faced in long-term care settings, particularly those receiving home care, and the need for further efforts to address high rates of unplanned hospitalisations and ED presentations experienced by an increasing number of older Australians. The researchers concluded that with the ageing population, understanding older people's use of health care was essential for planning and provision of services, already under stress.

They also suggested that hospitalisations were stressful and potentially harmful to the older patient and could lead to those living in the community moving to residential aged care sooner, at an increased, and potentially avoidable, financial burden to the taxpayer. They said the government should act to minimise the early transition of home care package patients into residential aged care by improving support and enabling them to live independently at home for as long as possible. (Source: CSIRO, SAHMRI)

RIDDLES TO TEST YOU!

1. What can travel around the world but stays in the same corner?
 2. You can find it in Mercury, Earth, Mars, Jupiter, and Saturn, but not in Venus or Neptune. What is it?
 3. What breaks but never falls, and what falls but never breaks?
 4. I am always hungry and will die if not fed, but if you water me, I'll die. What am I?
 5. Before Mount Everest was discovered, what was the highest mountain in the world?
 6. What is always in front of you but can't be seen?
 7. People make me, save me, change me, raise me. What am I?
 8. Which word is written incorrectly in the dictionary?
 9. Who makes moves while sitting down?
 10. What gets wetter while it dries?
- (answers last page)

KICK UP YOUR HEELS – Ballroom dancing offers benefits to the aging brain

Social ballroom dancing can improve cognitive functions and reduce brain atrophy in older adults who are at increased risk for Alzheimer's disease and other forms of dementia. That's the key finding of Helena Blumen, Assoc Prof of Medicine and Neurology, Albert Einstein College of Medicine and her team recently published study in the *Journal of Aging and Physical Activity*.

In the study, 25 adults over 65 years of age were enrolled in either six months of twice-weekly ballroom dancing classes or six months of twice-weekly treadmill walking classes. None of them were engaged in formal dancing or other exercise programs. The overall goal was to see how each experience affected cognitive function and brain health.

While none of the study volunteers had a dementia diagnosis, all performed a bit lower than expected on at least one of the dementia screening tests. They found that older adults who completed six months of social dancing and those who completed six months of treadmill walking improved their executive functioning – an umbrella term for planning, reasoning and processing tasks that require attention.

Dancing, however, generated significantly greater improvements than treadmill walking on one measure of executive function and on processing speed, which is the time it takes to respond to or process information. Compared with walking, dancing was also associated with reduced brain atrophy in the hippocampus – a brain region that is key to memory functioning and is particularly affected by Alzheimer's disease. Researchers also know that this part of the brain can undergo neurogenesis – or grow new neurons – in response to aerobic exercise.

While several previous studies suggest that dancing has beneficial effects on cognitive function in older adults, only a few studies have compared it directly with traditional exercises. This study is the first to observe both better cognitive function and improved brain health following dancing than walking in older adults at risk for dementia. The researchers believe that social dancing may be more beneficial than walking because it is physically, socially and cognitively demanding – and therefore strengthens a wide network of brain regions.

While dancing, you're not only using brain regions that are important for physical movement. You're also relying on brain regions that are important for interacting and adapting to the movements of your

dancing partner, as well as those necessary for learning new dance steps or remembering those you've already learned.

Why it matters – nearly 55 million older adults worldwide have Alzheimer's disease or a related dementia, yet there is no cure. Sadly, the efficacy and ethics surrounding recently developed drug treatments are still under debate. The good news is that older adults can potentially lower their risk for dementia through lifestyle interventions, even later in life. These include reducing social isolation and physical inactivity. Social ballroom dancing targets both isolation and inactivity.

What still isn't known - Traditional aerobic exercise interventions such as treadmill-walking or running have been shown to lead to modest but reliable improvements in cognition – particularly in executive function. This study builds on that research and provides preliminary evidence that not all exercise is equal when it comes to brain health. Yet the sample size was quite small, and larger studies are needed to confirm these initial findings. Additional studies are also needed to determine the optimal length, frequency and intensity of dancing classes that may result in positive changes. (*Source: oversixty.com.au*)

PEELING BACK THE TRUTH ABOUT SUPERMARKET PRICING

Never before have supermarkets been under such public scrutiny and consumers under extreme cost-of-living pressures. Various inquiries into alleged supermarket misconduct involving suppliers, staff, customers, and regulators have dominated recent news. The Senate Select Committee on Supermarket Prices is the latest inquiry to deliver a report.

In a submission to the committee, National Seniors Australia expressed your concerns about high prices and poor unit price labelling. They are pleased the committee has acknowledged their contribution and addressed the issues raised.

Unit Pricing – NSA told the committee it was important that seniors could easily compare products and prices across different brands. However, price comparison relies on consumers having easy access to information to enable it. In recent times, comparing is getting more difficult, and the display of this information is inconsistent across supermarkets.

The Grocery Unit Pricing Code requires certain grocery retailers, such as supermarkets, to provide consumers with the unit price (price per standardised unit of measure) to facilitate value comparisons. This enables informed consumer choice and competition between brands and products. Unfortunately,

supermarkets do not always provide unit pricing in ways that are easily legible and understandable, especially for older people with vision impairment.

The Australian Competition and Consumer Commission (ACCC) administers the Grocery Unit Pricing Code and should be taking stronger action to monitor and enforce unit pricing to enable consumers to make informed decisions about product prices. This is especially critical when product sizes are inconsistent or change over time.

NSA and the Queensland Consumers Association (QCA) recommended that the ACCC give higher priority to monitoring and enforcing retailer compliance with the Unit Pricing Code of Conduct and be resourced to do so. NSA would also like the Federal Government to establish an independent, national review of the unit pricing system to assess and improve the effectiveness and administration of the current unit pricing and other relevant legislation.

Committee recommendations – NSA is pleased the committee's report to the federal government reflects their recommendations and wants the government to strengthen the Unit Pricing Code and force supermarkets to:

- Adopt a mandatory information standard for unit pricing, including improvements to the legibility and prominence of unit prices, and changes in price and size of products.
- Standardise and rationalise discount and promotional terms, to prevent promotional material indicating a discount when one is not available.
- Prominently disclose and changes in the price or size of a product.

The committee also wants the ACCC to be given increased enforcement powers to better police compliance with the Unit Pricing Code and the Food and Grocery Code of Conduct and prosecute offenders.

Truth in Labelling – It is not only shoddy compliance with unit pricing, including difficult to understand information, that frustrates supermarket shoppers but also the size, legibility, and accuracy of shop labelling. For example, the three big supermarkets – Coles, Woolworths, and Aldi – are under fire for potentially misleading consumers with promotional and “sales” labels.

Consumer advocacy group, Choice, found that one in four shoppers had difficulty telling whether certain promotional price tags represented a genuine discount on the usual price. A variety of price tags from the supermarkets – including “While Stocks Last”, “Super Savers”, “Down Down”, “Prices Dropped”, and

“Member Price” – were examined in the research and more than 1,000 consumers across the country were surveyed.

“Our research shows that there is widespread confusion, and the supermarkets are arguably using the various labels to manipulate and impede informed purchasing decisions,” Choice said.

Small Print Labelling – Small type and labels with confusing designs make it difficult to read and understand, compounding the problem NSA raised at the Senate inquiry about inadequate unit pricing information. Older people and those with disabilities are particularly disadvantaged. It's not just an issue with supermarket shelf labels but also packaging information. The information print is too small and in colours that make it difficult to read for many people.

Fresh from its success in submitting to the Senate inquiry, the QCA, supported by NSA, is campaigning to have supermarkets improve labelling. QCA's Ian Jarratt says the legibility problem is not just the fault of the content generators but also the consumer regulators and the legislation that fail to stipulate the size and prominence of packing information.

“There is a requirement that consumer information should be displayed so it is prominent and legible. But it is only principle based,” Mr Jarratt said. “There is no indication as to what that means – no minimum print size is specified or there is no set objective and measurable standard set. Much more needs to be done to ensure that information to help consumers make informed choices is very easy for all consumers to notice, read, understand and use.”

Discrimination laws – People with a disability are most affected and the QCA suggests non-compliance may amount to breaking anti-discrimination laws. “Existing general consumer law prohibitions against misleading or deceptive conduct might also be relevant, and also might be an unfair conduct prohibition if that is enacted,” Mr Jarratt said. “There is a great need for legislative changes and for monitoring and enforcement of compliance to be a higher priority for regulators and to be better resourced.” Mr Jarratt urged consumers to “complain to the relevant regulator when they experience consumer information that is not easy to read, notice, understand, and use.” (*Source: ABC, Choice, The Conversation*)

UROLOGISTS WARN MEN NOT TO IGNORE SIGNS OF PROSTATE CANCER

The Urological Society of Australia and New Zealand (USANZ) is warning that too many high-risk younger Australian men are in the dark about their prostate

cancer risk as a new report predicts cases to double by 2040. The Lancet Commission on Prostate Cancer suggests cases worldwide will soar from 1.4 million to 2.9 million over the next 20 years.

USANZ Genitourinary Oncology Special Advisory Group deputy leader, Assoc Prof Weranja Ranasinghe, has long experience with prostate cancer, including diagnosing a friend with the condition. He said although the findings are alarming, Australia is well-placed to manage the spike thanks to the availability of advanced diagnostic tools, improvements in treatments, and quality control registries.

However, all this needs to be coupled with more awareness. "Australia is better placed than many other nations to deal with a sharp spike in prostate cancer cases, but the urgent review of guidelines can't come soon enough," he said. "Prostate cancer is not commonly understood or spoken about, particularly amongst high-risk younger men, leaving too many in the dark about their cancer risk and that can be deadly. Prostate cancer is already a major cause of death and disability, and the most common form of male cancer in more than 100 countries. It's the most commonly diagnosed cancer in Australia with over 25,000 new cases every year, and more than 11 deaths a day."

Case Study – Assoc Prof Ranasinghe has a weekly squash lesson with Melbourne player and coach Malcolm McClarty. Malcolm had been experiencing frequent pain in his right hip area for about 12 months before he mentioned it to another of his clients, a top medical oncologist, in October last year.

Having lost his younger sister to pancreatic cancer just months earlier, the 63-year-old father of three had been brushing off the pain, thinking it was a niggling sporting injury. Malcolm credits the oncologist who ordered a prostate-specific antigen test (PSA), with saving his life.

Malcolm was devastated to learn his cancer was aggressive Stage Four and had spread to three spots in the pelvic bone. Malcolm also experienced other symptoms including frequent and weak flow urinating at night. He will begin radiotherapy, with chemotherapy on the cards as well. But his attitude is positive, he's hoping to live for another six to 10 years.

Malcolm's message for other men is simple, if you're 50 or older get tested for prostate cancer now. He warns waiting can lead to complex and limited treatment options. (Source: www.usanz.org.au)

BRANCH CONTACT DETAILS

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

SMILE

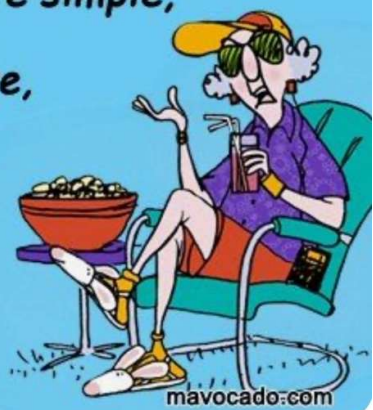
Actual complaints received by Thomas Cook Vacations:

- When we were in Spain, there were too many Spanish people there. The receptionist spoke Spanish, the food was Spanish. No one told us that there would be so many foreigners.
- It is your duty as a tour operator to advise us of noisy or unruly guests before we travel.
- I was bitten by a mosquito. The brochure did not mention mosquitoes.
- My fiancée and I requested twin beds when we booked, but instead we were placed in a room with a king bed. We now hold you responsible and want to be reimbursed for the fact that I became pregnant. This would not have happened if you had put us in the room that we booked.

* * * * *

For a number of years Murphy had serious hearing problems. He finally went to the doctor and the doctor was able to have him fitted for a set of hearing aids that allowed Murphy to hear 100%. A month later Murphy went back to the doctor for a follow-up and the doctor said, "Your hearing is perfect. Your family must be really pleased that you can hear again." Murphy replied, "Oh, I haven't told my family yet. I just sit around and listen to the conversations. I've changed my Will three times!"

The secret of staying young is to keep life simple, eat healthy, and of course, LIE ABOUT YOUR AGE.



Riddle answers: 1. Stamp; 2. The letter 'R'; 3. Morning and night; 4. Fire; 5. Mount Everest; 6. The future; 7. Money; 8. The word "incorrectly"; 9. A chess player; 10. Towel (How did you go?)