

**WELCOME** - Thanks to Pat Will for organising the day bus trip to the Lockyer Valley and visit to Pohlman's Nursery before enjoying lunch at the Royal Hotel in Gatton which all members and guests greatly enjoyed. The weather was pleasant and the spring floral options spectacular in the nursery. Our October meeting guest speaker, Paul Hobbs from Caring Cuisine offered some wonderful options for people seeking fresh, wholesome meals delivered to their door whenever and wherever in Brisbane they are needed. This is a great casual or permanent option for seniors.

As always, our sincere thanks to everyone for your generosity in providing items for Care Kits For Kids, the community food pantry, and the knitting of beanies and scarves for the Mission to Seafarers Brisbane.

## FINAL 2024 BRANCH MEETING

Our final branch meeting for 2024 will be on **Thursday 7 November** at the Coorparoo RSL Club. Arrival will be at 10:00am for a 10:15am start with guest speakers, updates on branch and national activities, fun time, raffles and refreshments. The cost will be \$7.00 per person payable in cash at the door.

Enjoy some Melbourne Cup fun with our Black & White theme. Wear your racing carnival hats or fascinators to show off your fashion flair. We'll also be enjoying a race (of sorts) with everyone getting a winner from previous Melbourne Cups to share in some fun prizes.

We will have two guest speakers:

- Tanya Small, Senior Consultant at Hearing Australia
- Erika Buenafe from the Ethos Project at Griffith University to discuss heat health for older Queenslanders.

We will also be joined by a representative from the Mission to Seafarers Brisbane to collect the knitted items. Why not join fellow members for a light lunch at the RSL Club after the meeting (at your own cost). This is the last meeting for 2024 with the next meeting being held on Thursday 13 February 2025.

## MISSION TO SEAFARERS BRISBANE

Thanks to our many members and friends who have been industriously knitting beanies and scarves which will be donated to the Mission to Seafarers Brisbane which then distributes them to ship's crew members who are heading to colder climates. These should be brought to our November meeting for presentation to a representative of the Mission in attendance.

## MORNING TEA CATCH-UP

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

## NOVEMBER BIRTHDAYS

Best wishes to Margaret Atkin, Jan Jackson, Mary Lambrose, Jenny Purnell and Elwyn Welsh who celebrate their birthdays in November. We hope you enjoy your special day with family and friends.

## DAY BUS TRIP – CELEBRATING CHRISTMAS

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.

Our Christmas raffle will be drawn during the lunch, so all members are encouraged to donate one or two 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 at the 7 November 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.

## 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 will be \$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](mailto:njscott40@gmail.com) including any special dietary requirements.

## CARE KITS FOR KIDS DONATIONS

Thank you to everyone for your monthly contributions to this wonderful charity – every item is greatly appreciated. Our last suggestion for this year would be backpacks or a small lunch box, but any items from clothes, books, hair brushes etc. are greatly appreciated. They can be purchased at discount shops. These will be delivered to Care Kits For Kids ready for the Christmas period.

## COMMUNITY PANTRY DRIVE

If you would like to assist our 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.



## 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:

LIKE MY BROTHER (documentary); THE HOPEFUL (drama); MEMOIR OF A SNAIL (animation); HERE (drama); LEE (drama); PHANTOM OF THE OPERA at the ALBERT HALL (musical); RED ONE (action); UNBREAKABLE, THE JELENA DOKIC STORY (documentary); GLADIATOR II (action)

## AGED CARE REBOOT

While who pays what gets most of the media attention, there is much more to the new Aged Care Act as the draft bill is tabled in parliament.

You could be forgiven for thinking that the announcement in September of bipartisan support on aged care reforms was only about funding arrangements. While the changes to co-contributions are important, and something that older people and their families will rightly scrutinise, they are but a small part of a huge change to the aged care system.

The new Act's 574 pages respond directly to around 60 recommendations within the Aged Care Royal Commission final report (and that doesn't include the many subordinate legislation, standards, and rules that regulate the aged care sector). So what does it mean for you?

**Headline protections** – There are several headline protections for older Australians that have been agreed as part of the negotiations between Labor and the Coalition.

- Anyone already approved for a Home Care Package on the date of the announcement will be grandfathered on the existing funding rules and will continue with the existing contribution regime.
- No person under the new rules will pay more than a total of \$130,000 in co-contributions across the Support at Home and non-clinical care contributions in residential care under the revised lifetime contribution cap.
- The new Support at Home program will also have a defined list of services and capped budgets for certain items to reduce overcharging by providers.
- The family home will continue to be largely exempt from the aged care means test as per its current treatment.

**Statement of Rights** – One of the biggest changes to the Aged Care Act is the inclusion of a Statement of Rights. This includes a positive duty on providers to take all reasonable and proportionate steps to act in

ways that are compatible with a person's rights as set out in the legislation.

These rights are not absolute. In practice, they can be balanced with other rights, the rights of others, and the need for compliance with other laws. The rights will also not be enforceable by a court or tribunal. Ultimately, it will be up to the new Complaints Commissioner to assess whether these rights have been breached and what actions should be taken if a conflict is not resolved and requires escalation.

Disappointingly, the draft Act continues to locate the Complaints Commissioner within the Aged Care Quality and Safety Commission. National Seniors argued in an earlier submission that the Complaints Commissioner should be located within a separate statutory body to give older people greater trust. NSA still hopes this will be changed before the Act is passed through parliament.

**Aged care funding changes** – The draft Act includes a new system to change the way services are funded. Both sides of politics ruled out an aged care levy to pay for increased demand for aged care services. Despite it being a key recommendation of the Royal Commission, both sides cited it as politically unpalatable. Instead, the government formed an Aged Care Taskforce to determine an alternative approach.

While no one wishes to pay more, it is clear that aged care is becoming an increasing cost to the Federal Budget. Funding reform was needed to improve the quality, accessibility, and sustainability of aged care services into the future. The compromise that was delivered by the Taskforce, and signed off by Labor and the Coalition, is a funding model that guarantees full government funding for clinical care services (e.g. nursing care) but increases consumer contributions for non-care services (e.g. gardening and accommodation) in both the home and residential care settings. These non-care services are ones that most people pay themselves throughout their lives.

This change means government can deliver services to more people, reducing waiting times for home care and assuring financial sustainability for the providers delivering aged care services. It will also mean that higher level home care packages offering up to \$78,000 of support in a year will be on offer helping older people to age at home.

**Support at Home** – One of the key parts of the new Act is the framework it provides for the new Support at Home program, which will amalgamate the various home care services available into a single streamlined program.

Older people have a strong preference to receive care at home, and this new system will provide greater access to home-based care by realigning government funding. The new Support at Home program will have eight levels with services within each split into three categories:

- Clinical
- Independence
- Everyday living

Clinical care services, like nursing care, will be fully funded by government regardless of a person's means.

Services that promote independence will be fully funded by government for full pensioners but attract a co-contribution of between 5-50% for part-pensioners and Commonwealth Seniors Health Card holders (CSHC), presumably on a sliding scale relative to means, and a co-contribution of 50% for self-funded retirees without a CSHC.

Services related to everyday living (such as gardening) will attract a 17.5% co-contribution from pensioners, a co-contribution of between 17.5-80% for part pensioners and CSHC holders, and a co-contribution of 80% for self-funded retirees without a CSHC.

While this will mean some people will be required to meet more of the costs of non-clinical care, people should be less likely to wait for a package, with government claiming this should reduce the wait time for home care services to less than three months under the new system.

**Next steps** – The reforms within the new Aged Care Act are critical to restoring faith in the aged care system. NSA believes many of the changes will improve access to services for people who need them. However, there is a lot of detail and NSA will continue to examine the draft bill along with other seniors organisations. NSA will provide a submission to the Senate committee inquiry outlining any concerns. Importantly, they will continue to demand appropriate transparency and accountability from providers as a precondition for greater consumer contributions to non-care supports. *(Source: Dr Brendon Radford, Director of Policy and Research, NSA)*

## GET READY FOR SEVERE WEATHER SEASON

The Queensland government is encouraging residents to prepare ahead of the severe weather season. Getting ready is easy and it doesn't have to cost a lot of money. Small actions can ensure you stay safe and comfortable when severe weather hits.

Older Australians can be particularly vulnerable to extreme weather. Taking some time to think about what you will do if this happens can go a long way to making you feel safer. Here are some things you can think about:

## Understand your risk

- Impacts from extreme weather are different for everyone.
- Learn about what can happen where you live and how it could affect you. Your risk may be different to other people in your community.

## Have a plan

- Make a household emergency plan so you know what to do in extreme weather. It takes just a few minutes but will give you peace of mind.
- Think about what important documents you might need, any special requirements you have, your regular medication and who you can call on to help you if you need assistance to evacuate.
- Include your key contacts and carers.

## Pack a kit

- Prepare an emergency kit and store it somewhere safe so you have the things you need during and after a natural disaster.
- Consider that you may not be able to get to a supermarket or pharmacy for supplies for a few days and make sure you have a copy of your household emergency plan.

For more information visit [www.getready.qld.gov.au](http://www.getready.qld.gov.au).

## SENIORS ENQUIRY LINE

The Seniors Enquiry Line is a free state-wide telephone helpline which provides information and referral support to Queensland seniors and their support networks.

If you have a question or concern but don't know where to start, you can call the Seniors Enquiry Line and their friendly staff will provide you with the information you need and link you with supports that may be able to help. You may call about home help, finances, scams, social connection or if you are eligible for concessions and discounts. No question is too big or too small.

Contact the Seniors Enquiry Line between 9am-5pm Monday-Friday (excluding public holidays) on 1300 135 500. Alternatively, you can email [sel@ucommunity.org.au](mailto:sel@ucommunity.org.au). For more information, visit <https://seniorsenquiryline.com.au>

## SWAP SALT FROM YOUR DIET TO RADICALLY IMPROVE YOUR HEALTH

Salt, as most of us know it, is sodium chloride. That's the ingredient we are talking about. Australians consume double the recommended amount of sodium each day, mostly from salt. Our diets today, now contain a whopping five times more sodium than the diets of our paleolithic ancestors. The recommended dietary intake of sodium is 2000mg per day. Just two pieces of vegemite toast will set you back 866mg so it's pretty easy to exceed your daily limit.

**The link between heart health and salt** - The problem with sodium chloride is that if you eat too much of it, it can have a negative impact on your health. Most particularly the health of your heart, and the arteries and vessels that supply blood to your heart and brain. Diets high in sodium cause raised blood pressure and increased cardiovascular risk. That's because sodium encourages the body to retain fluid, which can increase the fluid volume of your blood and increase blood pressure.

In Australia, 44% of all deaths are caused by heart disease, hypertension (high blood pressure) and stroke. Given that sodium is implicated in heart health, eating too much is no trivial matter. The World Health Organization's position is that reducing sodium intake is one of the most cost-effective measures we can implement to improve health and reduce the burden of cardiovascular diseases.

## Is sodium found in foods or just by adding salt?

Sodium is a mineral that occurs naturally in foods but in small quantities. The problem, however, is that salt (made up of 40% sodium and 60% chloride) is added to foods in excess during manufacturing or cooking. The majority of dietary sodium, however, comes from eating packaged and prepared foods. It's added, as salt, during the manufacturing process to enhance flavour, preserve foods and extend shelf life.

**What are high salt foods?** Topping the list for high salt foods are the suspects you'd expect to see, such as potato chips, corn chips and savoury snack foods as well as fast foods like pizza, burgers and hot chips. Processed meats, such as bacon, ham, sausage, and deli meats, are notoriously high in sodium. These meats are often preserved with salt, making them a significant source of sodium in many diets. Any dehydrated or packet foods like soups, noodles and instant pasta are high in salt, as are most packaged sauces and condiments.

**Could breakfast be your saltiest meal of the day?** If you're worried about your sodium intake, watch out for the bread. Bread, it turns out, is the top contributor of dietary sodium in Australia. There is a huge variance

in the sodium levels across bread and bread roll products, and a seemingly healthy bread isn't necessarily lower in salt. Store bought wraps and flat breads also tend to contain a deceptively large quantity of salt to assist with longer shelf life, so be aware. Always read the packaging if you're needing to eat a low sodium diet.

You might also be surprised to learn that many breakfast cereals and muesli bars also contain high amounts of added salt. If you're looking for low salt options, choose foods with no more than 120mg sodium per 100g, or meals that don't exceed 600mg sodium per serving.

**What's the easy swap? Potassium-enriched salt.** – There are now several substitutes you can buy. They are made by combining sodium chloride with potassium chloride (both naturally occurring minerals).

Heart Salt for example, is just one of these low sodium, high potassium salts. It's Australian made and owned and contains 56% less sodium than regular salt. It's totally natural and has no noticeable taste difference to regular salt, enabling substitution without detection! Studies show the effectiveness of products like Heart Salt in reducing the risk of cardiovascular events, stroke and premature death. That's why organisations like the George Institute for Global Health are encouraging not only everyday Australians, but also Australian food manufacturers, to make the switch to potassium-enriched salt.

You can purchase these salts in most supermarkets if you're cooking yourself or like to add a sprinkle of salt to your meal at the table. If you're eating 'ready to eat' meals, it may be harder to find low sodium options. Some home delivered meal companies have already swapped to potassium-enriched salts. Searching 'low salt ready meals' on the internet should help you to locate them.

**7 top tips on reducing your sodium intake** - If you suffer from high blood pressure, cardiovascular disease or have a family history of them, you may need to consider a low sodium diet. Here are some easy tips to help you get started.

1. Eat mostly fresh, minimally processed foods.
2. Choose low-sodium products (less than 120mg/100g sodium or under 600mg sodium per meal).
3. Swap to Heart Salt (56% less sodium).
4. Use herbs and spices to flavour food.
5. Limit your use of commercial sauces, dressings and instant products.
6. Reduce your consumption of packaged products.
7. Remove the salt shaker from the table.

(Source: [australiancarersguide.com.au](http://australiancarersguide.com.au); [dietlicious.com.au](http://dietlicious.com.au))

## PROSTATE CANCER MENTAL HEALTH SUPPORT CALL

Every year, 24,000 men are diagnosed with prostate cancer, with 40% considered at risk of mental distress. As if the physical trauma of prostate cancer is not enough, men who are diagnosed with the disease face mental health issues, which are not sufficiently catered for.

That's according to University of South Australia researchers who want more support for men both during and immediately after a diagnosis of prostate cancer. "Prostate cancer is the most common cancer affecting Australian men. But despite high survival rates, psychological issues are one of the most frequently reported unmet needs among prostate cancer survivors," lead researcher, Dr Tenaw Tiruye, said.

The study tracked mental health issues among 13,693 South Australian men with prostate cancer, finding that 15% began mental health medications directly after a prostate cancer diagnosis, with 6% seeking help from mental health services. Dr Tenaw Tiruye said the study highlighted an acute need to offer mental health services and support for all men diagnosed with prostate cancer.

It's an important finding, not only highlighting the percentage of prostate cancer patients who seek mental health supports, but notably, those who do not. The study concluded mental health screenings should be incorporated in routine prostate cancer diagnoses.

"Prostate cancer can take a serious toll on the mental health of men throughout all stages of the illness – including diagnosis, surveillance, treatment, and follow-up – with an estimated one in six people experiencing clinical depression. "In fact, the rates of depression and anxiety among prostate cancer patients are significantly higher than those in the general population, as is the risk of suicide."

The study found that 15% of patients started anti-anxiety and antidepressant medications at the time of the diagnosis, and that 6% looked for mental health support. The researchers say this shows that men are more likely to commence psychotropic medications (drugs) than seek out mental health services, but also shows a significant gap in those men who have not sought help.

Fewer than a quarter of men ask for help when it comes to their mental health. The reasons are unclear but include the stigma of mental health and fear about being seen as weak. (Source: *The Prostate Cancer Foundation of Australia*)

## SCAM ALERT

NSA has been made aware of scammers targeting individuals, particularly the elderly, and visiting their homes, pretending to represent trusted organisations such as banks or government officials.

Typically, these scammers initiate contact by phone and convince unsuspecting victims to hand over their bank cards and/or cash – either by leaving it in the mailbox or giving them directly – along with their PINs and passwords. They claim this is necessary to prevent scams or assist in an ongoing investigation. Once in possession of these items, the scammers swiftly access victim bank accounts, stealing funds.

Please be aware that no legitimate organisation will ever request your card, cash or passwords in this manner. Always verify the identity of anyone who contacts you by reaching out to the organisation directly using a trusted phone number. If you suspect you've been targeted, please contact your financial institution immediately.

## 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

Morris and his wife Esther went to the state fair every year, and every year Morris would say, "Esther, I'd like to ride in that helicopter". Esther always replied, "I know Morris, but that helicopter ride is \$50 – and \$50 is \$50".

One year Esther and Morris went to the fair, and Morris said, "Esther, I'm 85 years old. If I don't ride that helicopter, I might never get another chance". Esther replied, "Morris, that helicopter is \$50 – and \$50 is \$50".

The pilot overheard the couple and said, "Folks, I'll make you a deal. I'll take the both of you for a ride. If you can stay quiet for the entire ride and not say a word, I won't charge you! But if you say one word, it's \$50." Morris and Esther agreed and up they went. The pilot did all kinds of fancy manoeuvres, but not a word was heard. He did his daredevil tricks over and over again, but still not a word. When they landed, the pilot turned to Morris and said, "By golly, I did everything I could to get you to yell out, but you didn't. I'm impressed!"

Morris replied, "Well, to tell you the truth, I almost said something when Esther fell out, but you know - \$50 is \$50."  
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An elderly Florida lady did her shopping and, upon returning to her car, found four males in the act of leaving with her vehicle. She dropped her shopping bags and drew her handgun, proceeding to scream at the top of her lungs, "I have a gun, and I know how to use it! GET OUT OF THE CAR!" The four men didn't wait for a second threat. They got out and ran like mad.

The lady, somewhat shaken, then proceeded to load her shopping bags into the back of the car and got into the driver's seat. She was so shaken that she could not get her key into the ignition. She tried and tried, and then she realised why. It was for the same reason she had wondered why there was a football, a Frisbee, and two 12-packs of beer in the front seat.

A few minutes later, she found her own car parked four or five spaces further down. She loaded her bags into the car and drove to the police station to report her mistake. The sergeant to whom she told the story couldn't stop laughing. He pointed to the other end of the counter, where four pale men were reporting a car jacking by a mad, elderly woman described as white, less than five feet tall, glasses, curly white hair, and carrying a large handgun.

No charges were filed. Moral of the story? If you're going to have a senior moment...make it memorable!

