

WELCOME – Our September meeting guest speaker, Dr Augustine Conteh from Q1 Care, provided very interesting information on his organisation as a licensed NDIS provider offering disability support, aged care, home care services, and transport assistance. October is a month with many activities focused on seniors starting on the 1st as International Day for Older, Persons; 1-31st Queensland Seniors month; 9th Ageism Awareness Day; 13-19th Carers Week; 14-20th Get Online Week and 27th National Grandparents Day all recognising the contributions of older persons and the issues that affect their lives – so please enjoy some of the activities available during the month. As always, our sincere thanks to everyone for your generosity in providing items for Care Kits For Kids, the community food pantry, the winter clothing donated to charity, and the knitting of beanies and scarves for the Mission to Seafarers Brisbane.

BRANCH MEETINGS

Our October branch meeting will be on **Thursday 10 October** 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, fun time, raffles and refreshments. The cost will be \$7.00 per person payable in cash at the door.

Our guest speaker will be Paul Hobbs, Operations Development Manager, Caring Cuisine, a not-for-profit provider of high-quality meal services across Brisbane. Why not join fellow members for a light lunch at the RSL Club after the meeting (at your own cost).

The last meeting for 2024 will be on the new date of Thursday 7 November.

OCTOBER BIRTHDAYS

Best wishes to Veronica Dunner, Madonna Johansen, Morgens Johansen, Patricia Mackie, Glory Mason and Joy Scott who celebrate their birthdays in October. 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 21 October** 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.

The last catch-up for 2024 will be on 18 November.

DAY BUS TRIP – NOTE NEW DATE

Enjoy a drive in the country on **Monday 14 October** as we head to Pohlmanns Nursery at Adare where we will have an opportunity to tour the nursery and purchase plants or garden products ready for spring. The bus will depart the Coorparoo RSL Club at 8:00am and return at approximately 4:30pm. Morning tea will be provided on the way, and lunch will be at the Royal Hotel in Gatton.

Cost is \$60.00 per person which includes the coach, morning tea, nursery visit and two-course lunch. Please advise any special dietary requirements at time of booking.

All bookings and enquiries should be made with Pat Will on 3398 8726, 0437 774 049 or email patsywill@gmail.com. Payment can be made at the 10 October 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 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 they will be allocated closer to the event and your contact on the day will be Margaret Hill. If you are unable to attend, please advise Margaret as soon as possible on 0401 296 056 so it can be offered to another member.

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 CHRISTMAS LUNCH – HOLD THE DATE

Join members and guests to celebrate the Christmas season with a two-course lunch at the Coorparoo RSL Club from **12:00pm on Thursday 12 December**. More details will be available shortly.

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.

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

November – Backpack, small lunch box

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.

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 which then distributes them to ship's crew members who are heading to colder climates. These can be brought to our meetings in October and November for presentation to a representative of the Mission in November.

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:

PAUL MCCARTNEY AND WINGS – ONE HAND CLAPPING (documentary); MY OLD ASS (comedy); JOKER: FOLIE A DEUX (drama); THE CRITIC (crime); A DIFFERENT MAN (drama); THE APPRENTICE (biography); GREEDY PEOPLE (comedy); MEMOIR OF A SNAIL (animation)

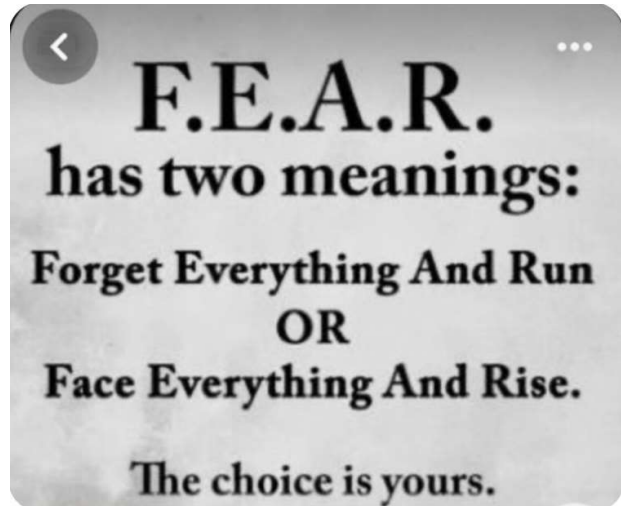
QUEENSLAND SENIORS MONTH

Love getting older in Queensland,,, Get ready to celebrate all there is to love about getting older during Queensland Seniors Month 2024. Held in October, Seniors Month begins on the United Nations International Day of Older Persons (1 October) and includes Grandparents Day (27 October 2024).

Embrace the things you love at inclusive events and activities across the state. You can celebrate your love for:

- connections
- sport, recreation, and the outdoors
- family and friends
- contributing to your community
- caring for others
- volunteering

Events during Seniors Month let you connect with a range of activities in your local area that promote positive health and wellbeing and opportunities to continue your lifelong learning journey. Everyone can connect and celebrate with older Queenslanders at local activities and events across the state. Find an event near you at www.qldseniorsmonth.org.au.



NATIONAL CARERS WEEK – 13-19

October

National Carers Week is a time to recognise, celebrate and raise awareness of the +3 million Australians who provide care and support to a family member or friend.

Carers are people who provide unpaid care and support to family members and friends who have a disability, mental health condition, chronic condition, terminal illness, an alcohol or other drug issue or who are frail aged. Over a third of carers in this country are providing that unpaid support to an older person. Being the caregiver for an older Australian comes with its own unique set of challenges. You are more likely to deal with mobility issues, advance care plans, incontinence, challenging behaviours and dementia.

In a recent national survey by *Carers Australia* of key issues affecting the over 65s, the vast majority of respondents identified to caring for someone with physical disability or age-related frailty, followed by dementia and then chronic but non-terminal illness. A significant proportion identified they were caring for someone with a mental illness.

Caring needs present very different challenges (especially when it comes to older people) and the services which need to be navigated and accessed. Add to those the complexity, long wait times and (often) spotty service delivery, the burden on carers is immense.

National Carers Week is an opportunity to raise community awareness among all Australians about the diversity of carers and their caring roles. As the national peak body representing carers, *Carers Australia* is focused on influencing national government policy and service funding to support carers and those they care for. In the aged care space, they engage with the national government and their public service agencies on such matters as the development of quality indicators to shape and judge the performance of different kinds of aged care service providers, which are carer inclusive, in the sense that carers must be regarded as partners in care and the health system. They also advocate increasing funding to aged care with a particular focus on the provision and encouragement of respite opportunities, which are so badly needed by many carers.

This National Carers Week they encourage you to prioritise self-care, connect with local carer networks and take part in an event happening near you!

For more information about event information, links to social media and a treasure trove of useful articles, visit the National Carers Week homepage which includes links to each state carers network. www.carersweek.com.au

A LITTLE POEM FOR SENIORS

Another year has passed and we're all a little older.
Last summer sure felt hotter and winter seems much colder.
There was a time not long ago when life was quite a blast
Now I fully understand about "living in the past".

We used to go to weddings, football games and lunches.
Now we go to funeral homes and after-funeral brunches.
We used to go out dining and couldn't get our fill.
Now we ask for doggie bags, come home and take our pill.

We used to often travel to places near and far.
Now we get sore asses from riding in the car.
We used to go to nightclubs and drink a little booze.
Now we stay home at night and watch the evening news.

That, my friend, is how life is
And now my tale is told.
So enjoy each day and live it up...
Before you're too damned old.
(anonymous)

EXERCISE 'SNACKING' MAY KEEP YOU HEALTHY

If going to the gym doesn't appeal, research suggests short bursts of everyday activity, such as housework, can reduce the risk of some cancers.

More than 1,800 cancer cases diagnosed in Australia this year are likely to be the direct result of physical inactivity and its links to obesity. A Sydney University study has shown that the more you move at a higher intensity as part of your daily living, the lower your risk of developing cancer, especially the 13 types associated with physical inactivity. These include liver, lung, kidney, gastric cardia (a type of stomach cancer), endometrial, myeloid leukaemia, myeloma, colorectal, head and neck, bladder, breast and oesophageal cancer.

A total of just four-and-a-half minutes of vigorous activity that makes you huff and puff during daily tasks could reduce the risk of some cancers by up to 32%. The basic idea is that, instead of condensing your daily exercise into a single session, you have micro-workouts throughout the course of your day.

Study participants – 25,000 non-exercisers with an average age of 62 – wearing wrist accelerometers, were tracked daily and their clinical health records recorded over seven years to monitor for cancer. As few as four or five minutes of vigorous intermittent lifestyle physical activity (VILPA) was associated with a substantially lower cancer risk compared to no VILPA.

Activities could be what you do every day – but done in short bursts and with gusto. These include vigorous housework, carrying heavy shopping around the grocery store, bursts of power walking, or playing high-energy games with the grandkids.

Lead author Professor Emmanuel Stamatakis of the university's Charles Perkins Centre said adults who don't exercise are at increased risk of developing certain cancers such as breast, endometrial, or colon, but until recently the impact of less structured forms of vigorous physical activity was unable to be measured. "It's only through the advent of wearable technology like activity trackers that we are able to look at the impact of short bursts of incidental physical activity done as part of daily living," he said. "If we take opportunities to get out of breath and raise the heart rate for a couple of minutes and repeat this process consistently several times a day, there are very promising health benefits. As I let my coffee brew in the morning, I do dips on my worktop or a set of push-ups."

Those who practise VILPA endorse the study's findings. "I can see the value of persevering with VILPA," said one exerciser. "Lacking the time or discipline to hit the gym every day, exercise snacking has proved surprisingly easy to incorporate into my working schedule."

What the researchers found

- The steepest gains in cancer risk reduction were seen in people who did small amounts of VILPA compared to those who did none. Benefits continued with higher levels of daily VILPA, particularly for physical activity-related cancers.
- Most VILPA (92%) occurred in bouts of up to one minute.

They excluded study participants who could skew the results including due to previous cancer diagnosis or diagnosis within a year of enrolment.

Other influences such as age, smoking status, BMI, cardiovascular disease, sleep, diet, and hereditary cancer risk were also taken into account. *Source: Sydney University, AFR*

OLDER AUSSIES AT RISK OF MALNUTRITION

Dietitians warn that signs of poor diet among the elderly may not always be obvious. A high incidence of malnutrition among older people has led to a call for national dietary guidelines for those at risk.

This follows reports and that as many as one in two older people may have an insufficient diet, and that 68% of people in aged care are either malnourished or at risk of malnourishment. The issue has been addressed in the ABC program, *Maggie Beer's Big Mission*.

Karly Bartrim, the aged care interest group convenor at Dietitians Australia, told the ABC that there was currently no mandatory malnutrition screening in aged care. "Malnutrition is so prevalent in aged care but dietitians are only being involved when there's weight loss, which is often a flow-on effect," she said. "If we were included earlier, we could prevent that weight loss from occurring."

Dietitians Australia notes that malnutrition is known to:

- Increase the risk of falls and pressure injuries
- Increase hospital admissions
- Have adverse outcomes on mortality rates.

Judi Porter, a professor in dietetics at Deakin University, said symptoms of malnutrition are sometimes mistaken for 'normal' signs of ageing. She said people with dementia were at particular risk and it was difficult to establish whether they have eaten. "If a

family member asks what you had for lunch you might just say, 'a sandwich' because you had a sandwich for the last 80 years, but perhaps you didn't actually have the sandwich," she told the ABC.

Physical barriers to older people eating properly include ill-fitting dentures and dysphagia, which is difficulty in swallowing. Grief, clinical depression, and loneliness can also be factors in a poor diet. Signs of malnutrition include:

- Loss of 5-10% of body weight over three to six months
- Drops in energy levels and cognitive function
- Loss of muscle mass
- A weaker immune system and wounds that take a long time to heal.

The good news is that a healthy diet for older people can include foods we all enjoy – including ice cream. Dietitians recommend a diet including:

- Red meat, fish and chicken or if following a plant-based diet seeds, legumes and nuts
- Eggs
- Full cream dairy products such as milk, yoghurt, custard, ice cream and cheese
- Margarine or butter
- Oil
- Pastries and chips

(Source: Connect; ABC; Dietitians Australia)

CRITICAL RISKS CAN LEAD TO DEMENTIA

Nearly half of dementia cases worldwide could be prevented or delayed if just 14 risk factors were modified. These include looking after your brain health, body health, and heart health, according to the 2024 update of the Lancet Commission on the prevention, treatment and care of dementia reports.

Geir Selbaek, a member of the commission and research director at the Norwegian National Centre for Ageing and Health, said the research had for the first time demonstrated a casual link between addressing the "modifiable" risk factors and reducing the likelihood of developing dementia by up to 45%.

Throughout our life we can take steps to reduce the risks of developing dementia – which has no cure – or at least delay its impacts until later in life. Responding to the research, Dementia Australia said, "With 421,000 people in Australia living with dementia and this figure projected to double by 2054, a focus on government-funded public health and promotion is needed."

The 14 risk factors are:

- High low-density lipoprotein cholesterol
- Vision loss

- Lower levels of education
- Hearing impairment
- High blood pressure
- Smoking
- Obesity
- Depression
- Physical inactivity
- Diabetes
- Excessive alcohol consumption
- Traumatic brain injury
- Air pollution
- Social isolation

What you can do – Educational and mentally stimulating activities, even in later life, can reduce the risk of dementia. Wearing hearing aids, if hearing impaired, doubles the time it would take to progress from mild cognitive impairment to dementia, from an average of two to four years.

Dementia experts say a striking lesson to emerge from the research was that “there’s a lot that you can do to decrease your dementia risk ... in terms of physical activity, probably mental activity and so on ... even when you are 80-plus”. While the risk factors are things individuals can address, such as smoking, other issues, such as air pollution and early childhood education, need structural changes in society.

Dementia Australia Executive Director, Services Advocacy and Research, Dr Kaele Stokes, said it was important to raise public awareness about these self-help actions. “While dementia is complex and people living with the condition have in no way brought dementia on themselves, this research shows that with significant commitment and investment by governments to raise awareness of these modifiable risk factors, we could be preventing or delaying the impact of dementia in the future,” Dr Stokes said.

The number of people living with dementia globally is expected to almost triple by 2050, with health and social costs related to the condition estimated to be more than \$US1 trillion (\$1.54 trillion) a year. Some high-income countries, including the United States and United Kingdom are seeing reductions in the proportion of older people with dementia, the report found. It attributed the fall, in part, to “building cognitive and physical resilience over the life course and less vascular damage”. (Source: *Dementia Australia, The Lancet*)

WHY IT’S HARD TO LEAVE YOUR COMFORT ZONE

Travelling abroad with a few items from home in your luggage is normal – if you don’t overdo it. Imagine this scene: You are in Paris, one of the world’s great culinary capitals, and you are feeling hungry. Instead

of seeking out a charming bistro, brasserie, or patisserie, you instead find yourself in McDonald’s ordering Un Big Mac et des frites. Is there something wrong with you?

Well, probably not. Although it would be a shame to travel the world only to end up eating something you might easily buy at home, you wouldn’t be alone in doing so. Take, John Phillips, a British man described as “an extremely fussy eater”. After years of holidaying abroad and only eating chips, he now carries his own food with him. So, what’s going on here?

For some travellers like John, it’s a matter of extreme personal preference. Others, including those with delicate digestive systems, carry around this idea that buying and consuming a brand you know – McDonald’s, KFC, Coca-Cola – is a “safe” option. Indeed, many global corporations insist on high standards of quality control, including hygiene practices, in their foreign outlets.

But it goes deeper than that. At the core of our attachment to familiar foods is a fundamental psychological need for security and comfort. Travelling often places us in environments that challenge our routines and comfort zones. This can lead to feelings of anxiety and stress, as we navigate different languages, customs, and social norms. Familiar foods act as anchors, providing a sense of stability and continuity in an otherwise unpredictable setting.

From a psychological perspective, these familiar elements serve as a form of emotional regulation. They help mitigate the stress and anxiety associated with being in a foreign environment. When we consume comfort foods or carry cherished items from home, we are reminded of a place where we feel safe, understood, and accepted. This connection to home helps to soothe the discomfort of being away.

Nostalgia is a powerful emotion that can significantly influence our attachment to certain foods and other items. For example, a slice of cake made from your grandmother’s recipe can transport you to a time when life felt simpler and more secure. This nostalgic connection reinforces the emotional comfort derived from familiar foods, making them essential components of our travel experience. Some things are associated with our cultural identity or traditions that we want to hold on to, even when we travel.

It’s the reason why they sell a lot of Tim Tams at duty free stores in Australian international airports, and why Qantas uses the Peter Allen song, *I Still Call Australia Home*, in its advertising.

The upshot is that you shouldn’t feel embarrassed about seeking out Vegemite while you are touring the

world. At the same time, however, travel is all about experiencing new things. As long as you know what you're getting yourself in for – for example, most of us should avoid ordering something “spicy” in Thailand – you may be surprised just how tasty the local food can be. After all, it wasn't all that long ago that McDonald's was something you could only eat in America!

BRANCH CONTACT DETAILS

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

SMILE

After attending a meeting, a lady couldn't find her keys. She quickly gave herself a personal 'TSA Pat Down'. They weren't in her pockets. Suddenly she realised she must have left them in the car.

Frantically, she headed for the car park. Her husband had scolded her many times for leaving her keys in the car's ignition. He's afraid that the car could be stolen. As she looked around the car park, she realised he was right. The car park was empty. She immediately called the police and gave them her location, confessed that she had left her keys in the car, and that it has been stolen.

She then made the most difficult call of all to her husband: “I left my keys in the car and it's been stolen.” There was a moment of silence. She thought the call had been disconnected, but then she heard his voice. “Are you kidding me?” he barked, “I dropped you off!”

Now it was her turn to be silent. Embarrassed, she said, “Well can you come and get me?” He retorted, “I will, as soon as I convince this cop that I didn't steal your car!”

An elderly man placed an order for one hamburger, French fries, and a drink. He unwrapped the plain hamburger and carefully cut it in half, placing one half in front of his wife. He then carefully counted out the French fries, dividing them into two piles and neatly placed one pile in front of his wife. He took a sip of the drink, his wife took a sip and then set the cup down between them.

As he began to eat his few bites of hamburger, the people around them were looking over and whispering. Obviously they were thinking, “That poor old couple – all they can afford is one meal for the two of them”. As the man began to eat his fries a young man came to the table and politely offered to buy another meal for

the old couple. The old man said “they were just fine – they were used to sharing everything”.

People closer to the table noticed the little old lady hadn't eaten a bite. She sat there watching her husband eat and occasionally taking turns sipping the drink. Again, the young man came over and begged them to let him buy another meal for them. This time the elderly woman said “no, thank you, we are used to sharing everything”.

Finally, as the man finished and was wiping his face neatly with the napkin, the young man again came over to the lady who had yet to eat a single bite of food and asked “what is it you are waiting for?”

She answered, “the teeth”.

