

WELCOME – Thanks to everyone who participated in our post-Melbourne Cup activities – the red, white or blue theme was very well represented, and congratulations to Robyn Wöbcke who won the prize for best outfit. Thanks to our guest speaker Tom Law for being our official starter for the “running of the race” which was a bit of fun, and congratulations to our winners – Robyn Wöbcke, Jenny Purnell and Barb Marshall.

Tom Law provided some excellent motivational inspiration on the benefits of keeping fit and healthy as we age with his three things to do daily – wake up happy; find a way to exercise daily; and do something nice for yourself. Remember to Exercise; Memorize and Socialize. Thanks to everyone who joined in the fun during his final dance-exercise to the beat of Lam Bada – you really showed you’re still in the groove!

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.

CELEBRATE CHRISTMAS WITH A DAY-BUS TRIP TO NOBBY

Located between Toowoomba and Warwick, Nobby is a rural town known for its association with Steele Rudd of “Dad and Dave” fame and Sister Elizabeth Kenny, an Australian nurse recognised for her innovative treatment methods for polio.

There are still seats available for the bus trip that will depart from the **RSL Club at 8:00am on Monday 1 December** and returning approximately 4:30pm. Cost will be \$80.00 per person which covers the bus trip, morning tea and two-course lunch at Rudd's Pub.

Lunch will be an alternate drop of Chicken Schnitzel or Crumbed Flathead served with garden fresh salad, and a buffet selection of desserts served with fresh cream, custard and home-made ice cream. Special or gluten free diets should be advised at time of booking. Tea and coffee will also be available.

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 M: 0437 774 049; T: 3398 8726 or E: patsywill@gmail.com. Payment can be made at our 13 November branch meeting or by direct deposit to the Coorparoo National Seniors, BSB: 084 391; Account 047949379. Please include your name so it can be matched to the payment.

LORD MAYOR'S SENIORS CHRISTMAS PARTY

All 16 complimentary tickets have been allocated for the Lord Mayor's Seniors Christmas Party at **1:00pm on Thursday 4 December** which will be held in the main auditorium of the Brisbane City Hall in Adelaide Street.

For those who have requested tickets, Freya Tienan 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 Freya as soon as possible on 0409 397 330 so your ticket can be offered to another member.

BRANCH CHRISTMAS LUNCH

There are still seats available for the branch Christmas lunch at the new **Parkside Community & Services Club, 131 Ridge Street, Greenslopes from 12:00pm on Thursday 11 December**. Cost is \$30 per person for a two-course lunch of Turkey Roulade with Christmas Trimmings and Christmas Pudding and brandy custard. Guests are very welcome and payment can be made prior, or on the day. **Bookings are essential and close on Thursday 4 December.**

If you wish to attend please advise Graham Tienan on 0407 736 453 or nsacoorparoossec@gmail.com and advise any special dietary requirements.

DECEMBER/JANUARY BIRTHDAYS

Best wishes to *Lorraine Field, Stephen Leather, Lydia McLeod, Shirley Mills, Freya Tienan and Gwendolyn Unger* who celebrate birthdays in December.

Rosslyn Dallaghy, Joan Hedger, Joan Jell and Margaret Morton celebrate their birthdays in January. We hope you all enjoy your special day with family and friends.

BRANCH MEETINGS

Our monthly branch meetings will recommence on **Thursday 12 February 2026 at the Parkside Community Services Club, 131 Ridge Street, Greenslopes. Arrival will be at the new time of 9:30am** for a 9:45am start with guest speaker, updates on branch and national activities, raffles and refreshments. The cost will be \$8.00 cash per person payable at the door.

The dates for 2026 are:

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

There is ample off-street parking at both the front of the club off Ridge Street and rear of the Club off Pear Street, or bus access is within walking distance from the South East Busway Greenslopes station or Route 172 stop at Barnsdale Place.

MORNING TEA CATCH-UP

Our first morning tea catch up for 2026 will be on **Monday 19 January 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 dates for 2026 are:

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

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.

COMMUNITY PANTRY DRIVE

Thank you to everyone who has contributed food items to the community pantry drive each month – all items are greatly appreciated. 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.

WHITE HAIR SYNDROME – WHEN YOU’RE THE LAST CUSTOMER SERVED

It is a generally accepted fact that when we head out on the town to spend on goods or services, we want to have a fun time and be treated with respect. Whether we are buying a coffee or a new fridge, none of us want to face patronising attitudes and backs turned against us. Yet that has been the experience of many older Australians as customers in retail and hospitality venues.

National Seniors Australia’s latest research report, *Experiences of Ageism in Retail and Hospitality*, showcases written comments by over 130 Australians aged 50 or older about being ignored or poorly treated as customers in shops, bars, and cafes. The comments were written in response to a question in the 2024 National Seniors Social Survey, in which older Australians were asked whether they had experienced exclusion or discrimination based on their age.

The 1,000 people who said ‘yes’ described many and varied forms of discrimination and exclusion, which were fully reviewed in the 2025 report on the question, *Elements of Ageism 4: Experiences of Exclusion and Discrimination*. But people’s experiences in retail and hospitality settings stood out as worthy of special attention.

This is an under-appreciated form of ageist exclusion that needs to be addressed. NSA therefore created this targeted report so that people in the retail and hospitality industries can read about the problem in older Australians’ own words.

Not a trivial problem – The consequences of ignoring an older customer or serving them last may seem small to the person doing it. Being left behind happens to us all once in a while, as upsetting or infuriating as it may be. But when it happens repeatedly, it is debilitating to the person on the receiving end. The report reproduces all 130 comments received on this topic, to help readers get a sense of its prevalence and what it is like to experience the same thing over and over.

Feeling invisible is a common experience.

Comments included:

“Sometimes in stores, shop attendants ignore you as if you are not there.”

“I feel like I’m invisible at times, especially in restaurants. I often joke that it’s a good time to rob a bank as no-one sees me!”

“In cafes and restaurants have had the experience of being overlooked or forgotten about. I tell my children it is my new superpower, invisibility.”

When customers are queuing, older people are often served last:

“Sometimes when there are younger ones being served ahead, even when I have been waiting longer.”

“Often when shopping/lining up, you are passed over for a younger customer.”

“I call it the ‘white hair syndrome’. Often the older person is left waiting while others are served.”

Some commenters told us that if they were out shopping with a younger person, customer service staff would often speak to them instead:

"Salespeople have addressed by daughter rather than me, despite the fact that I am the purchaser."

"I have the double-whammy of my assumed older age and being in a wheelchair, so often in a restaurant, café, or other retail environment, the assistant will refer/speak to my companion and totally disregard me, often not even looking at me."

At times the service is actively bad, beyond ignoring older customers:

"I have been treated as if I was an old nuisance by some workers in the deli section of a shop."

"Often get treated by young service providers with disdain. Being almost shouted at when I ask someone to repeat what they said."

Calling out ageism – When this kind of exclusion happens more to older people than younger people, it is clearly ageism – a pattern of discriminatory behaviour based on age. It is illegal. Treating someone differently because of their age contravenes the Age Discrimination Act 2004, whether in customer service or anywhere else.

If a shop or food outlet discriminates against you because of your age, let them know through their customer review channels, including social media. Even send a copy of link to this report if possible. Sometimes people are unaware their attitudes or actions are ageist until it is pointed out to them.

By the same token, if you feel that a business has done a great job of being inclusive towards older people, give them positive feedback so they keep doing it.

It's to businesses' advantage to improve their game. Ageist attitudes are not just bad for customers, they're also bad for business. People who experience ageist service often do not come back and do not spend their money at that business again. One person wrote: *"Often excluded from service in shops – if this happens, I don't use the service again – their loss as I have the means to employ them."* (Source: NSA)

WEATHER, INSURANCE, AND COST OF LIVING – IT'S THE PERFECT STORM

The cost of house and contents insurance has increased significantly, with the national average annual premium rising by about \$343 (14%) in the last 12 months. Some regions have seen even larger increases, with the Northern Territory experiencing an average annual jump of \$700 (17%).

And while the cost of repairs and materials and government taxes are major cost hike drivers, insurers are now warning that the regularity of extreme weather

events will increasingly cause higher premiums.

Insurer, IAG has released its *Severe Weather in a Changing Climate* report, developed in partnership with the U.S. National Science Foundation's National Centre for Atmospheric Research. The report, citing over 360 scientific publications, shows climate change is impacting the severity, frequency, and geographical distribution of weather events, and that the risk to Australian communities is increasing, with many natural hazards worsening in a warming climate.

Key report findings include:

- Short-duration intense rainfall and associated flash flooding, as well as fire weather risks, are of particular concern as they are escalating at a very fast pace.
- Large-to-giant hailstone risks are increasing at the fastest pace over the most populated regions, notably the Brisbane-Sydney-Melbourne corridor of Australia, while northern regions have declining risks.
- Tropical cyclone risks are rising most in southeast Qld, northern NSW and southwest WA, with potential for more intense tropical cyclones even though frequencies are likely to slowly decline.

IAG's chief financial officer, William McDonnell said the insurance group, which includes the NRMA Insurance and CGU brands, found natural events were becoming more intense, at both ends of the weather spectrum. "We can see that storms accelerate faster," he said. "Strangely, things are getting both wetter and drier, so we expect the droughts are worse. There are fewer mild rainy days, but there are going to be more intense downpours."

Bushfires – The report found bushfire weather risks were escalating as climate change drives hotter, drier and more fire-prone conditions, faster than climate models predicted. "Rising temperatures are leading to more days with extreme weather conditions conducive to uncontrollable bushfires, while shifting rainfall patterns are reducing soil and fuel moisture in some areas, creating continuous, fire-supportive landscapes," the report said.

The frequency of heatwaves combined with dry conditions is expected to rise, significantly increasing the number of extreme fire weather days and, as a result, the intensity of bushfires."

Other insurance cost drivers – Depending on the state or territory, government taxes and charges can add 20-40% to the cost of a premium, according to the Insurance Council of Australia. The Council says as these taxes are levied in proportion to the cost of the premium, they penalise those who pay higher insurance premiums because of the greater extreme weather risk they face.

The Council describes the taxes as “unfair and inefficient” and wants them abolished, which it says would improve insurance affordability, strengthen community resilience, reduce reliance on government relief in the aftermath of disaster, and ensure Australians are better protected in the face of increasing risks. Importantly, reforming the taxes would provide cost of living relief, which the council says is a growing reason people are under-insuring their property to save money.

Don't set and forget as prices rise – In 2020 the Insurance Council found 83% of households believed they were underinsured. Chief executive, Andrew Hall, advises people to take inflation into account and not “set and forget” the level of cover. “The cost of rebuilding and repairing homes in the last three years has risen by 40% alone,” he said. “It's critically important when you think about your home and what you are insuring, that you think about the cost of actually repairing and rebuilding it.” (Source: *Insurance Council, IAG*)

PAINKILLERS LINKED TO ANTIBIOTIC RESISTANCE

An Australian study raises concerns over mix of medications used in aged care. The use of common over-the-counter painkillers is fuelling antibiotic resistance, particularly in residential aged care facilities, according to researchers from the University of South Australia.

They found the use of ibuprofen and paracetamol drove antibiotic resistance, with combined use amplifying the impact. Lead researcher, Associate Professor Rietie Venter, said the study assessed the interaction of non-antibiotic medications, the broad-spectrum antibiotic ciprofloxacin, and the *E. coli* bacteria that caused gut and urinary tract infections.

Researchers found that ibuprofen and paracetamol significantly increased bacterial mutations, making *E. coli* highly resistant to the antibiotic. “It's an important finding that has serious health implications, particularly for people in aged care homes, where multiple medications are regularly administered,” Assoc Prof Venter said.

She said the World Health Organisation reported that antimicrobial resistance was a global threat to public health, and that bacterial resistance was directly responsible for 1.27 million global deaths in 2019. “Antibiotics have long been vital in treating infectious diseases, but their widespread overuse and misuse have driven a global rise in antibiotic-resistant bacteria. This is especially prevalent in residential aged care facilities, where older people are more likely

to be prescribed multiple medications - not just antibiotics, but also drugs for pain, sleep, or blood pressure - making it an ideal breeding ground for gut bacteria to become resistant to antibiotics.”

Assoc Prof Venter said the study showed antibiotic resistance was a more complex challenge than previously understood, with common non-antibiotic medications also playing a role. “Antibiotic resistance isn't just about antibiotic anymore. This study is a clear reminder that we need to carefully consider the risks of using multiple medications,” she said. (Source: *Newsreel, Nature*)

WHEN THINGS FEEL TOO OVERWHELMING:

Remember:

ONE DAY at a time

ONE THOUGHT at a time

ONE MOMENT at a time

ONE TASK at a time

WHY SOCIAL CONNECTION MATTERS TO YOUR HEALTH

It might sound like a contradiction, but if you're feeling lonely, you're not alone. One in four Australians experience persistent loneliness, indicating that its associated impact on happiness is something many of us can relate to. The good news is that health benefits can be realised across the lifespan, so it's never too late to build a more connected life.

Causes of loneliness vary, but many of the common contributors are external to you. Societal factors that can lead to loneliness include dispersed family members, cultural disconnection, a reduced sense of community, and increased use of technology. Life events that can lead to loneliness include loss of a loved one, relationship breakdown, moving to a new town, retirement, trauma, and chronic health conditions.

The bottom line is, feeling lonely is not something to be ashamed of. It is feedback that you aren't getting enough of a basic human need – social connection.

Benefits of social connectedness – Social connectedness is more than the absence of loneliness. It also encompasses a sense of belonging within a social network. This could be family, friendships, shared interest groups, work, or neighbourhoods, for example. When we feel connected to others, we receive emotional benefits, such as a lower likelihood of depression. Social connectedness is also linked to better regulation of the ‘fight/flight’ stress response.

Other health benefits are perhaps more surprising; social connectedness can strengthen your immune response and reduce your risk of heart disease. This is likely due to loneliness being linked to inflammation and stress on the body. There is another aspect of our need for social connectedness that equalises us as humans – it's beneficial no matter our age.

Social connectedness in ageing – The famous Harvard “Happiness Study” has tracked adults since 1938 to uncover what makes a healthy, happy life. At age 50, participants’ satisfaction with their personal relationships was the biggest predictor of health at 80 (more important than cholesterol!).

Social contact is a protective factor against dementia, and enhances cognitive reserve – the brain’s resilience to the effects of ageing. The *Healthy Brain Ageing* research team has found that impacts of lifestyle factors, including lower social connectedness, show up in the brain well before any signs of dementia emerge. This includes reduced white matter volume, imbalances in electrical activity and concentrations of neurochemicals.

How to build connections – Each person differs in the amount of social connection they need, so there is no prescription for what is right for you. However, feeling lonely is a signal that you may need more meaningful social connection. For many people, reducing feelings of loneliness can take time. It might be helpful to know, however, that your efforts to connect with others don't have to be big to benefit your health.

Some suggestions are:

- Walk your neighbourhood, offering a smile or wave to people you encounter
- Consider welcoming a pet into your home
- Patronise your neighbourhood’s shops and cafes, and show their staff your appreciation for their service
- Join a group with a common interest, online or in-person
- Follow council websites and community social media pages to find free activities, classes or community events
- Dedicate extra time, however small, to people you care about – it can be as simple as sending a text or voice message
- If you're short on time, turn existing commitments into social opportunities e.g. exercising with a friend or colleague
- Notice who else may be experiencing loneliness, and offer them a friendly conversation

Most of all, be kind to yourself. Feeling lonely is not a fault – it is an experience all humans are susceptible to.

TECH CORNER – AUSTRALIA POST ISSUES CHRISTMAS SCAM WARNING

Christmas is almost here and while it's a season of giving, it's also a time when scammers are on the move. One particular scam that has been on the rise involves people pretending to be interested buyers on Facebook Marketplace or other public groups, where they will send links or QR codes via Messenger that links to fake “Australia Post courier service” websites.

The sites claim that payment needs to be made before the courier collects the item, but the true purpose of these sites is to steal your information.

Australia Post found that more than 90% of Australians had received a scam text or call, and nearly 75% reported being targeted by scammers impersonating a shipping or parcel delivery service.

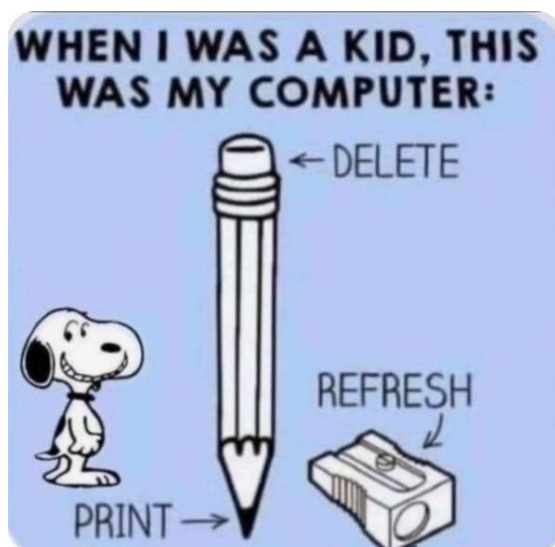
“As the pre-Christmas sales ramp up and more Aussies are expecting deliveries, scammers are exploiting that anticipation and urgency to trick people into clicking fake links or handing over personal information,” Australia Post chief information security officer, Adam Cartwright, said.

The national courier also warned against a new wave of sophisticated scams targeting Australians ahead of Christmas, including one called “Darcula”. This global operation lets criminals rent special software that helps them send fake delivery messages pretending to be from trusted companies, because these messages are sent through secure apps like iMessage or RCS rather than regular text, they can slip past normal security checks, making them harder to spot and block.

Cartwright advised customers to only track parcels through the official AusPost app or website and to ignore any messages requesting personal information. “If you receive a message asking for personal or payment details, you can be confident it's not from us. In fact, the safest way to track your item is through the official AusPost app or website,” Cartwright said. (Source: Over60)

BRANCH CONTACT DETAILS

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



SMILE

Some Christmas riddles

What did the stamp say to the Christmas card?
Stick with me, and we'll go places!

What's every parent's favourite Christmas carol?
Silent Night

Why are Christmas ornaments addicted to Christmas?
Because they get hooked on trees their whole life.

Did you hear about the man who stole an Advent calendar?
He got 25 days.

Why was the snowman looking through the carrots?
He was picking his nose!

How does the snow globe feel this year?
A little shaken.

Why is Santa so good at karate?
Because he has a black belt!

What goes Ho, Ho, Ho, thump?
Santa laughing his head off!

What's Santa's favourite type of music?
Wrap!

Christmas trivia:

- Christmas Pudding was originally a porridge made with beef or lamb. The porridge also contained alcoholic drinks like wine or beer and contained meat until the mid-Victorian period.
- The official name for Turkey is 'Meleagris gallopavo' which means 'guinea-fowl chicken-peacock'; but they are neither of those!
- Christmas Crackers were originally called 'Bangs of Expectation'. They were invented by a London sweet maker called Tom Smith as a new and fancy way of selling his sweets.
- In Catalonia, a popular Christmas decoration is "The Pooping Log". You feed it goodies from 8 to 24 December, then it poops them out so you can eat them over Christmas!

- In Sweden, watching old Disney cartoons on Christmas Eve afternoon is VERY popular. Every year, since 1959, at 3pm the 1958 Disney special "From All of Us to All of You" is shown on TV!
- In Finland (and some other Nordic countries), visiting a cemetery on Christmas Eve afternoon is a popular outing. The cemetery and graves are lit up with lanterns and candles.
- In Japan, Christmas is known as more of a time to spread happiness rather than a religious celebration, with Christmas Eve thought of as a romantic day for couples to spend together and exchange presents.

Hillbilly Medical terms:

Artery: the study of paintings
Bacteria: back door to cafeteria
Barium: What the doctors do when patients die
Benign: What you be after you be eight
Cat scan: Searching for Kitty
Cauterize: Made eye contact with her
Caesarean Section: A neighbourhood in Rome
Colic: A sheep dog
Dilate: You lived longer than expected
Duct Tape: Suture on a roll
Enema: Not a friend
Fester: Quicker than someone else
Fibula: a small lie
Impatient: Distinguished, well known
Labor Pain: Getting hurt at work
Morbidity: A higher offer than I bid
Nitrates: Cheaper than day rates
Outpatient: A person who has fainted
Pelvis: Second cousin to Elvis
Recovery Room: Place to do upholstery
Rectum: Damn near killed him
Secretion: Hiding something
Seizure: Roman emperor
Tablet: A small table
Terminal Illness: Getting sick at the airport
Tumour: More than one
Urine: Opposite of you're out

