

WELCOME – Several members recently enjoyed a visit to Mt Coot-tha summit for wonderful views across Brisbane before enjoying a walk through the Botanical Gardens on what was a perfect autumn day. Our May meeting guest speakers provided some very interesting information, with Scott Bennett from Niagara Therapy Australia, discussing the management of circulation, mobility and wound treatments, followed by Franz Sauter and Denise from Rotate who encouraged members to increase recycling of a variety of small everyday items. Read on for more information on this activity. Our sincere thanks to Lyn Potter for providing the wonderful floral pins to celebrate Mother's Day which we hope everyone had an opportunity to enjoy.

BRANCH MEETINGS

Our next branch meeting will be on **Thursday 12 June** 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 \$8.00 per person payable in cash at the door.

Our guest speaker will be Greg Hopper, the trade travel manager of National Seniors Travel to discuss travel options and benefits of booking through NSA.

The remaining dates for 2025 are:

10 July	14 August (AGM)
11 September	9 October
13 November	

MORNING TEA CATCH-UP

Our next morning tea catch up will be on **Monday 16 June** 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 remaining dates for 2025 are:

21 July	18 August
15 September	20 October
17 November	

DAY-BUS TRIP – VISITING BESTBROOK FARMSTAY

There are still seats available for our next day-bus trip on **Monday 26 May** departing the Coorparoo RSL club at 8:00am and returning at approximately 4:30pm. The destination is Bestbrook Farmstay which is a lovely country property on the Cunningham Highway on the way to Warwick. Lunch will be an alternate drop so if anyone has dietary requirements please advise at the time of booking.

Cost is \$75.00 per person which includes the coach, morning tea, and lunch.

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 arranged at the 8 May 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.

EXPLORE BRISBANE BY PUBLIC TRANSPORT

If anyone is interested in exploring some of what Brisbane has to offer by public transport we have planned a morning visit to Southbank then a cruise on the City Cat to Portside at Hamilton on **Monday 23 June**. We will meet at 9:30am at the Brisbane sign at Southbank to catch the ferry to depart at 9:41am for Hamilton.

If anyone is interested in participating, could you please advise Freya Tienan on 0409 397 330 so we can finalise arrangements.

JUNE BIRTHDAYS

Best wishes to *Carmel Bedser, Julie Jermy and Barb Marshall* who celebrate birthdays in June. We hope you enjoy your special day with family and friends.

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

If you would like to contribute to a local community pantry to assist those in need in our local area, please bring along some items of good quality non-perishable food to our branch meetings. We will collect and distribute them to a local organisation. Please ensure that all items are well within use by date.

CARE KITS FOR KIDS

As part of our relationship with this organisation our branch members contribute small items each month with some suggestions of items listed below that can be brought to our monthly meetings. Not everything needs to be provided each month, and most can be purchased from discount shops.

When dropping off your contributions from the May meeting, it was requested if when we contribute clothing items in future they could be in larger sizes, ie from sizes 10-16.

June – Underwear, socks (all sizes to 16)

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

MISSION TO SEAFARERS

In the past, our members have been kindly knitting beanies and scarves which are donated to the Mission to Seafarers. These items are given to any crew members visiting Brisbane who may need warm clothing when their ships are heading to colder climates. If anyone is interested in continuing this activity, we will collect items for donation to the Mission in November.

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.

BRANCH RECYCLING ITEMS

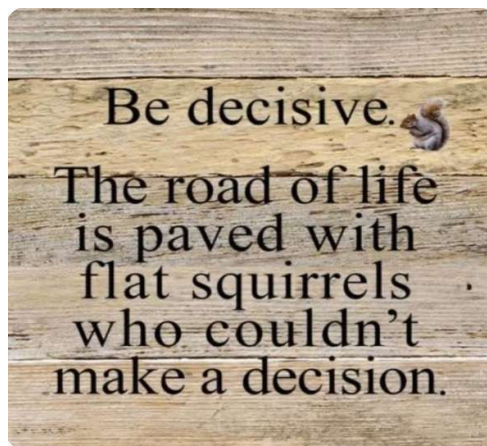
After the very interesting presentation by Franz Sauter from Rotate, and his sidekick Denise, at our May meeting, we will start a small recycling box for the following items:

- Plastic bottle tops (ONLY coded 2, 4)
- Pens, highlighters, white outs
- Toothpaste tubes and brushes
- Corks
- Batteries
- Soaps
- Stamps
- Blister tablet packs
- Plastic bread tabs

If you are interested in recycling any of these please bring them along to any of our branch meetings where we will arrange recycling.

DID YOU KNOW?

That St John's Cathedral in Ann Street, City, offers a range of free morning concerts from 11:00am on the first Thursday of every month. Whether strings or woodwind, voice, piano or percussion, the performances from Queensland Conservatorium and The University of Queensland are always immersive and transformative with the music stimulating many tastes.



WHAT YOU NEED TO KNOW ABOUT MEASLES

It may seem like something from the past, but measles is back – and it's a serious health issue.

Many older Australians recall measles as a common childhood illness, often dismissed as a mild inconvenience. However, measles is a highly contagious viral infection that can lead to severe complications, including pneumonia, encephalitis (brain inflammation), and even death.

Recent outbreaks in Australia and globally have reignited concerns about measles, prompting some seniors to reassess their immunity status and consider vaccination. Measles spreads through respiratory droplets when an infected person coughs or sneezes. Initial symptoms resemble those of a cold – fever, cough, runny nose, and sore eyes – followed by a distinctive red, blotchy rash. While anyone can contract measles, certain groups are at higher risk of severe outcomes, including young children, pregnant women, and people with weakened immune systems.

While you may not fall into any of those groups, if your friends, colleagues, or family members do, then you need to know about measles.

As of early 2025, Australia has reported a significant rise in measles cases, with the number of cases reported in the first quarter of the year close to the total number of cases last year. Health officials attribute this increase to a decline in vaccination rates during the COVID-19 pandemic and increased international travel to regions experiencing outbreaks, such as Southeast Asia.

If you are not convinced about the danger of measles, consider that, worldwide, it claimed more than 100,000 lives in 2023. The World Health Organisation estimates that vaccination averted more than 60 million deaths from measles between 2000 and 2023.

So, should you be immunised? The Australian Immunisation Handbook provides clear guidelines regarding measles vaccination:

- People born before 1966: Most are considered to have acquired natural immunity due to widespread measles circulation during their early years.
- People born during or since 1966: Those without documented evidence of receiving two doses of a measles-containing vaccine or without serological proof of immunity should consider vaccination. This is particularly crucial for healthcare workers; childhood educators and carers; people working in long-term care or correctional facilities; international travellers, especially to regions with ongoing outbreaks.

Given that confirmed cases have occurred in people born before 1966, if there is any doubt about immunity, vaccination may be recommended. Doctors say that receiving two doses of the measles-mumps-rubella (MMR) vaccine is essential for optimal protection. Some adults may have received only one dose during childhood, leaving them partially protected. Ensuring two documented doses can significantly enhance immunity.

The MMR vaccine is available through general practitioners and immunisation clinics. While the National Immunisation Program (NIP) does not cover booster vaccines for seniors, you can purchase additional vaccines privately if needed. Consulting with a healthcare professional can provide personalised advice based on your individual health status and risk factors. (*Sources: ABC, Guardian, News, Immunisation Handbook, Health Direct*)

ARE YOU OVERSPENDING WITHOUT REALISING IT?

You've worked hard to enjoy your retirement, so managing your money well is essential. Whether you're living on a pension, superannuation, or other savings, managing your money wisely is key to ensuring financial security.

However, many retirees unknowingly overspend, often on small, routine expenses that add up over time. Here are some common overspending traps and tips to help you stay in control of your finances.

Unnecessary subscription services – Many people sign up for multiple streaming services, magazine subscriptions, or memberships they rarely use. It's easy to forget about these automatic deductions, but they can cost hundreds of dollars a year. Review your bank or credit card statements regularly and cancel subscriptions you don't need.

Impulse purchases and special offers – Retailers often target seniors with "limited-time" offers and discounts, leading to unnecessary purchases. Whether it's online shopping, home goods, or holiday deals, always ask yourself, "Do I really need this?" Making a shopping list and sticking to it can prevent impulse spending.

Eating out too often – Cafes and restaurants are convenient, but frequent dining out can be expensive. Even small daily purchases such as takeaway coffees can add up. Consider meal planning and cooking at home more often. It's healthier and much cheaper in the long run.

Not comparing insurance and utility providers – Many seniors stick with the same health, home, and car insurance providers for years, often paying more than necessary. Similarly, electricity and gas bills can be reduced by shopping around for better deals. Use comparison websites to check if you can save money by switching providers.

Supporting your family beyond your means – Helping children and grandchildren financially is common, but it's important to ensure it doesn't compromise your own financial wellbeing. Be honest about what you can afford and consider non-monetary ways to support loved ones, such as offering your time or expertise.

Overpaying on phone and internet plans – Many retirees continue paying for large mobile data plans or premium internet packages they don't fully use. Check if a lower-cost plan meets your needs and switch to a more affordable option. You may also want to compare providers and consider switching from the NBN to mobile data or vice-versa.

Overspending doesn't always come from extravagant purchases: it's often the result of small, unnoticed expenses. Regularly reviewing your spending habits, creating a budget, and making mindful financial decisions can help you stretch your retirement savings further. By taking control of your finances today, you can ensure a comfortable and stress-free future. (*Source: NSA*)

ARE YOU ALWAYS LATE? YOU MAY BE 'TIME BLIND'

Time blindness is not a medical diagnosis, but a term used to describe difficulty in perceiving and managing time. People with time blindness struggle with estimating how long tasks will take, adhering to schedules, and transitioning between activities.

According to *Healthline*, "Time blindness is a cognitive condition that causes difficulties in perceiving and managing time, often leading to challenges in punctuality and planning." This condition is commonly associated with Attention Deficit Hyperactivity Disorder

(ADHD) and Autism Spectrum Disorder (ASD). Individuals with time blindness may:

- Under or over-estimate how long a task will take
- Suffer chronic lateness
- Procrastinate
- Miss deadlines
- Struggle to transition from one task to another
- Lose track of time, leading to stress and anxiety
- Make impulsive decisions without considering time constraints

Research suggests that time perception issues stem from neurological differences, particularly in the prefrontal cortex. This area of the brain regulates executive functioning, which includes time management. People with ADHD often experience dysfunction in this region, affecting their ability to track time. Additionally, dopamine dysregulation, a common trait in ADHD, can impact how individuals perceive time. Studies suggest that people with ADHD often feel time is moving too quickly, making it difficult to complete tasks efficiently.

Managing time blindness – while time blindness can be challenging, several strategies can help:

- Use timers and alarms to set reminders for tasks and transitions
- Create visual schedules using planners, to-do lists, and digital calendars
- Break down large tasks into smaller, manageable steps
- Establish routines
- Increase awareness of time by practicing mindfulness techniques
- Identify ‘time drains’ – activities that consume time – and set boundaries

For those struggling significantly with time blindness, cognitive behavioural therapy (CBT) and ADHD medication may help. Stimulant medications, which regulate dopamine levels, have been shown to improve time perception.

Of course, you should never take medicine without consulting your doctor and getting a legal prescription. Working with a professional therapist or coach specialising in executive functioning may also be beneficial. (*Source: Healthline*)

HIGH COST OF ‘FREE SUGARS’

If you’ve got a sweet tooth, you need to know that all sugars are not the same. ‘Free sugars’ are often mentioned in discussions about nutrition and health, but what exactly are they, and why do they matter?

The term refers to sugars added to foods by manufacturers, cooks, or consumers, as well as sugars naturally present in honey, syrups, and fruit juices. These sugars are distinct from those found naturally in whole fruits, vegetables, and milk.

Understanding the difference between free sugars and naturally occurring sugars is key to managing our health, particularly in older age when the body’s ability to process sugar efficiently begins to decline.

Here’s a closer look at how free sugars affect our health, with a focus on their impact as we age.

What are free sugars? – Free sugars include all forms of sugar added to foods and drinks. These can be found in a variety of products such as:

- Sugary drinks (soft drinks, fruit juices, energy drinks)
- Sweetened baked goods (cakes, biscuits, pastries)
- Processed foods (sauces, ready meals)
- Confectionery

The term ‘free sugars’ also applies to naturally occurring sugars found in honey, fruit juice, and syrups, but it does not include the sugars found in whole fruits, vegetables, and dairy products, where the fibre or protein content helps slow down sugar absorption. Free sugars provide a quick source of energy but with little nutritional value. When consumed in excess, they can have several negative health effects, which become more pronounced as we age.

Increased risk of obesity: Free sugars are often consumed in large amounts through sugary drinks, desserts, and processed foods. These high-calorie foods contribute to weight gain, particularly because they don’t make you feel full in the same way that whole foods with fibre do. Obesity is a significant risk factor for a range of health problems, including cardiovascular disease, type 2 diabetes, and certain cancers.

Type 2 diabetes: As we grow older, our body’s ability to manage blood sugar declines. Consuming high levels of free sugars leads to repeated spikes in blood sugar, forcing the pancreas to produce more insulin. Over time, this can result in insulin resistance, a precursor to type 2 diabetes.

Heart disease: Diets high in free sugars are linked to higher levels of harmful fats in the blood, such as triglycerides, and can lead to increased blood pressure and inflammation. These factors raise the risk of cardiovascular disease, the leading cause of death worldwide.

Dental health: Sugar is one of the leading causes of tooth decay. As we age, our dental health becomes more vulnerable, and consuming free sugars increases the risk of cavities and other dental issues. Poor oral health can affect overall well-being and can lead to difficulty eating and poor nutrition.

Potential cognitive decline: Emerging research suggests that diets high in added sugars may negatively affect brain health. Excessive sugar consumption has been linked to an increased risk of cognitive decline and diseases such as Alzheimer's. While the exact mechanism is still being studied, reducing free sugar intake may help protect brain function as we age.

How to reduce free sugar intake – reducing free sugars can help manage weight, lower the risk of chronic diseases, and promote overall health, particularly for older adults. Here are some practical tips:

- Choose whole foods instead of fruit juices or sweetened snacks, because the fibre slows absorption of sugar.
- Replace sugary drinks with water, herbal teas, or unsweetened beverages.
- Read the labels, as many processed foods contain hidden sugars, which can be listed as glucose, sucrose, or high-fructose corn syrup.
- Prepare meals at home so you can control the amount of sugar you add to your food.

Be mindful of sugar intake and making healthier dietary choices, you can reduce your risk of obesity, diabetes, heart disease, and even cognitive decline, ultimately improving quality of life and longevity. Always consult a qualified medical professional before making changes to your diet and fitness regime.
(Source: Health Direct)

ACCESS THOUSANDS OF DISCOUNTS WITH THE EAT | PLAY | SAVE APP

As part of your National Seniors membership, members receive exclusive access to thousands of discounts on the EAT | PLAY | SAVE app – developed in partnership with Frequent Values by Entertainment. You can save with thousands of discounts on dining, takeaway, shopping, gift cards, local services and more!

Discounts are available Australia-wide and can be redeemed repeatedly, 365 days a year. This means members can enjoy discounts of up to 20% at their local participating eateries or attractions every day, even if they've used that discount previously. So it's worthwhile downloading the app onto your phone.

OUR STRANGE LANGUAGE

When the English tongue we speak,
Why is "break" not rhymed with "freak"?
Will you tell me why it's true
We say "sew" but likewise "few"?

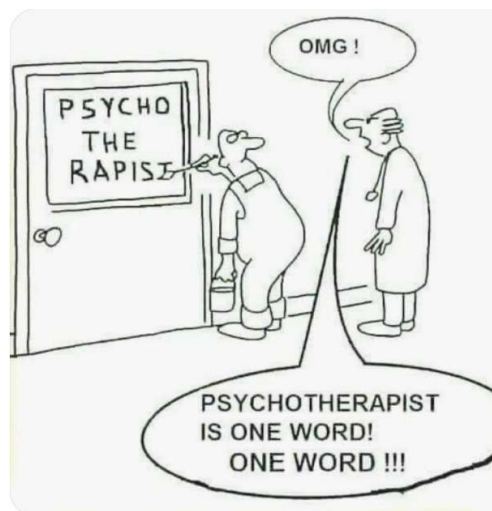
And the maker of a verse
Cannot rhyme his "horse" with "worse"?
"Beard" sounds not the same as "heard";
"Cord" is different from "word";

Cow is "cow", but low is "low";
"Shoe" is never rhymed with "foe";
Think of "hose" and "dose" and "lose";
And think of "goose" and yet of "choose";

Think of "comb" and "tomb" and "bomb";
"Doll" and "roll" and "home" and "some";
And since "pay" is rhymed with "say",
Why not "paid" with "said", I pray?

We have "blood" and "food" and "good";
"Mould" is not pronounced like "could",
Wherefore "done" but "gone" and "lone"?
Is there any reason known?

And, in short, it seems to me
Sounds and letters disagree.



TECH CORNER

Have you seen a sketchy Netflix text lately? You're not alone. These scams are making a comeback, with fraudsters sending fake messages about subscription issues, hoping you'll click a fraudulent link. They're getting smarter too- some URLs look more legitimate than ever.

It's important to remain sceptical - if you get one of these messages, **don't** tap the link. If you already have, don't enter any information - just close the page.

To be safe, go to the official Netflix app or website and check your account directly to verify the claims. Netflix will never ask for your login details, payment info, or personal data through text or email. They also won't direct you to pay through a third-party site.

Quick tips to help keep you safe:

1. Always double-check any claims made in text messages by going straight to the official app or website.
2. Never share your password or account details-no legitimate company will ask for them through text.
3. Stay cautious and question every SMS you get-better safe than scammed.
4. Think about stepping up your scam protection for extra peace of mind. (Source: Trend Micro)

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

An elderly man and a 20-year-old are paired together at a golf tournament. They're playing a long par 5 that dog legs around some tall trees. As the 20-year-old sets up his tee shot to hit onto the fairway, the elderly man notes "when I was your age we used to hit over the trees – not around to the side."

So the 20-year-old readjusts and tries to hit over the trees – but can't clear them and loses his ball. He tried again and loses that one too... Then the elderly man says "Of course, when I was your age, the trees were only six feet tall."

A young blond lady decided she wanted to pay off all her bills. She started going door to door in her neighbourhood asking if anyone needed something done for a little money. She knocks on her first door. An elderly man answers.

"Hello, I'm trying to make some extra money to pay off bills. Do you have any odd jobs you need done?" The elderly man replies, "Well, you can paint the porch". She jumps for joy and says "Great! How much will you pay?" "One hundred dollars", said the man. "The paint, rollers, and brushes are in the garage. Knock on the door when you're done and I'll pay you."

The man goes back inside as the young blond bounds off to the garage. "Does that poor girl know our porch wraps around the whole house?", asks the man's wife. "Of course she does, you've heard too many dumb blond jokes."

Just at that moment there was a knock at the door. The man opens it to find a smiling face. "I'm done. And I had enough paint to give it two coats. By the way mister, that's a Lexus – not a Porche."

An elderly man was on his death bed and wanted to be buried with his money. He called his priest, his doctor and his lawyer to his bedside. "Here's \$30,000 cash to be held by each of you. I trust you to put this in my coffin when I die so I can take all my money with me."

At the funeral, each man put an envelope in the coffin. Riding away in a limousine, the priest suddenly broke into tears and confessed, "I only put \$20,000 into the envelope because I needed \$10,000 to repair the roof of the church."

"Well, since we're confiding in each other," said the doctor, "I only put \$10,000 in the envelope because we need a new X-ray machine for the paediatric ward at the hospital which will cost \$20,000."

The lawyer was aghast. "I'm ashamed of both of you," he exclaimed. "I want it known that when I put my envelope in that coffin, I enclosed a cheque for the full \$30,000."

