

WELCOME – Thanks to Pat Will for organising the mystery day-bus trip where we enjoyed some beautiful weather in the Sunshine Coast hinterland and a great pub lunch at Montville. Congratulations to Marilyn, Merv and Yvonne who were the winners of the Easter raffle. All profits from these raffles go towards our branch charities, so all funds are greatly appreciated. It was wonderful to see so many members participate in our Easter festivities during the April meeting, and congratulations to Marilyn, Joan H and Jenny on their winning bonnets. Our guest speaker in April, Nicole Goulding from the Commonwealth Bank, provided some very important information on scams, what to look out for, and the importance of checking before using links.

As Mother's Day falls on Sunday 11 May, we would like to honour and wish all the women who act as mother figures a wonderful day.

BRANCH MEETINGS

Our next branch meeting will be on **Thursday 8 May** 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 speakers are Michelle Ryan, Therapy Consultant from Niagara Therapy Australia to discuss management of circulation, mobility and wound treatments as well as Frank Sauter who will advise on proactive recycling of various daily items.

The remaining dates for 2025 are:

12 June	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 19 May** 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:

16 June	21 July
18 August	15 September
20 October	17 November

MAY BIRTHDAYS

Best wishes to *Sandra Ager, Margaret Kidd and Rose Smith* who celebrate birthdays in May. We hope you enjoy your special day with family and friends.

ANZAC DAY SERVICE AT THE COORPAROO RSL

The RSL will be holding an Anzac Day parade and service on **Friday 25 April**. Members interested in marching can assemble from 7:30am opposite St James Church in Baragoola Street ready to march along Old Cleveland Road to the RSL Club at 8:00am where the Anzac Day Service will commence at 8:30am.

This will be followed by a function from 9:15am, live entertainment from 10am, Two-up & bistro meals from 11:00am; and full club service after 1:00pm.

NATIONAL VOLUNTEERS WEEK 2025

National Volunteer Week is Australia's largest annual celebration of volunteering and will be held from 19-25 May. The theme this year is "Connecting Communities" to celebrate the power of volunteering to bring people together.

Our thanks go to all our Coorparoo branch members who volunteer their time in the local community, but especially to our branch committee who volunteer their time to organise and support all the activities of the branch for the enjoyment of all members. Your committee is:

President	Freya Tienan (& Newsletters)
Vice-President	Jan Jackson (& Wellbeing Officer)
Treasurer	Lyn Potter
Secretary	Graham Tienan (& Guest Speakers)
Bus Trips	Pat Will
Committee	Lorraine Field, Joan Jell, Evelyn Jamieson, Margaret Hill, Joy Scott

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 the Mount Coot-tha Botanic Gardens and lookout on **Monday 28 April**. The 471 bus departs from Stop 12, Ann Street (City Hall) at 9:34am so suggest we meet at 9:25am at the bus stop. We could enjoy a couple of hours exploring the Botanic Gardens or enjoy refreshments at the café, before taking the bus to the lookout for wonderful views across Brisbane before returning to the city early afternoon.

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

DAY-BUS TRIP – VISITING BESTBROOK FARMSTAY

Our next day-bus trip will be 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.

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.

May – Long pants, jackets, tops, beanies (sizes 0-16)

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

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.

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 RECYCLING ITEMS

If you are interested in recycling used tablet blister packs, please bring them along to any of our monthly meetings. We will investigate other items for recycling throughout the year.

FEDERAL ELECTION 2025

The Federal Election, which has been called for **3 May**, is a critical time for National Seniors Australia (NSA) to push for policies that improve the lives of older Australians. NSA has identified six key policies under three key themes, which they will be focusing on during the election campaign:

COST OF LIVING:

- **Retain the deeming rate freeze until a fair method is devised.**
 - Deeming rates affect the amount a part-pensioner receives.
 - Deeming rates have been frozen since the last election, but will expire on 1 July 2025.
 - If the freeze lifts, part pensioners will have their pension cut due to high interest rates.
 - The freeze should continue until interest rates fall and a new fairer method is introduced.
- **Let Pensioners Work by exempting employment income from the pension income test.**
 - Pensioners who want to work lose 50c in the dollar from their pension and must report their income to Centrelink to avoid overpayment.
 - This discourages older people from working in areas such as aged care and agriculture which desperately need mature workers.
 - An exemption of income from the pension income test will remove this barrier.

HEALTH & AGED CARE:

- **Review the private health system to reduce premiums and out-of-pocket costs.**
 - The rising cost of hospital admissions, technologies and specialist fees are pushing up premiums and out-of-pocket costs for patients.
 - It is time for government to undertake a systemic review with the view to redesign the private health care system to reduce premiums and out-of-pocket costs.
- **Provide more home care packages to reduce the waitlist to three months.**
 - The Aged Care Royal Commission recommended the Home Care Package (HCP) waitlist be cleared by immediately increasing the number of packages available.

- There are currently approximately 80,000 people on the home care waiting list with wait times for Level 4 medium priority packages sitting at 12-15 months.
- An immediate increase in the number of home care packages is needed to bring the waitlist down in the short term.

BANKING & SUPERANNUATION:

- **Create an Australia Post bank for regional and rural Australia.**
 - Face-to-face banking is an essential part of the banking system. Bank closures, especially in regional and rural areas, are making the provision of face-to-face banking and cash difficult.
 - The shift to online banking, and the exit of banks, will have the greatest impact on those who are digitally illiterate, vulnerable or simply need face-to-face support (e.g., deceased estates).
 - NSA wants the proposed banking levy used to support Australia Post to obtain an authorised deposit-taking institution (ADI) licence to provide banking services where they do not exist.
- **Protect your hard-earned super by retaining choice and control.**
 - Superannuation is often the single most important investment (outside the family home). Older people rely on their super for financial security in later life.
 - Constant debates and rule changes undermine confidence in the system.
 - Older people value flexibility, choice and control over their retirement savings.
 - We must protect choice and control, so older people have confidence and certainty to make decisions that are in their best interests.

To understand more about NSA's stance on these policies they have created an **election page** on the NSA website with full details of each policy, and a seniors **Vote Scorecard** which can be downloaded and used by members to query candidates support for NSA policies.

1 in 3 voters (5.8 million) are aged 60 or older.

"If You will never Taste a Bad Apple, You will never Appreciate a Good Apple" You have to Experience Life to Understand Life.

SOME KEY POINTS FROM THE NEUAUDIO PRESENTATION

We hope you found Andrew Campbell's information on hearing and brain health informative during his presentation at the March monthly meeting. As there was a lot to take in, and more information they would have liked to include, here are some key points:

- **We hear with our brain, not with our ears** – age and noise related hearing loss is associated with permanent damage to the delicate nerve endings, or 'hair cells' of the inner ear. What happens beyond the ear, with particular reference to the neural pathways that lead to the brain is of most interest because these neural pathways can be strengthened and improved. The Lancet Medical Journal recently published a major article demonstrating that hearing loss is the number one modifiable risk factor for dementia.
- **Social isolation has far-reaching consequences** – common consequences of hearing loss include social isolation and loneliness. Studies have shown strong links between social isolation, depression, anxiety and reduced physical activity. By treating your hearing loss, you're better able to engage and stay sharp in social, family and work situations.
- **Catch it early, treat it early** – Chronic heart disease, cancer, diabetes and hearing loss - none of these chronic conditions could be described as completely curable but they are treatable. Age and noise related hearing loss results in progressive, degenerative processes with neurological involvement. Treatment is most effective when it commences early. On average, Australians have historically waited ten years before treating their hearing loss. The science suggests that's ten years too late.
- **Full time use is key** – to be effective, hearing devices need to be comfortable enough and helpful enough to be worn at least 12 hours per day.

Please note that Andrew offers a complimentary Telehealth consultation to anyone who has attended his presentation and/or someone you care about. To book, please phone 1300 418 852. Their clinic is located at 21 Harry Street, Ashgrove.

WHY DO TEACHERS DRINK?

Here are some genuine answers to questions to equivalent grade 12 students:

Q: What is a turbine?

A: *Something an Arab or Sheik wears on his head. Once an Arab boy reaches puberty, he removes his diaper and wraps it around his head.*

Q: How is dew formed?

A: *The sun shines down on the leaves and makes them perspire.*

Q: What guarantees may a mortgage company insist on?

A: *If you are buying a house, they will insist that you are well endowed.*

Q: In a democratic society, how important are elections?

A: *Very important. Sex can only happen when a male gets an election.*

Q: What are steroids?

A: *Things for keeping carpets still on the stairs.*

Q: What happens to a boy when he reaches puberty?

A: *He says goodbye to his boyhood and looks forward to his adultery.*

Q: Name a major disease associated with cigarettes.

A: *Premature death.*

DEALING WITH MOULD AFTER RECENT WET WEATHER

The combination of moisture and high humidity creates the perfect conditions for mould to grow, which can affect both your health and your home. Sometimes you can see mould when it discolours walls, ceilings, and other surfaces. If you can't see it, you might be able to detect a musty, unpleasant odour instead. Here are some tips to help you try and get on top of any mould in your home.

- **Increase ventilation:** open windows and doors when it is safe to do so and use fans or air-conditioning to improve airflow.
- **Use dehumidifiers & air-conditioners:** if available, run these on the dry setting to reduce humidity levels.
- **Clean damp surfaces quickly:** wipe down damp walls, furniture, and surfaces with a solution of vinegar and water or a mild detergent. Check behind paintings/ photos on the walls as mould can often grow behind these. Household cleaning agents or detergents can do an effective job if used correctly, as can white fermented vinegar cleaning solution. Avoid using bleach, as it is not an effective mould killer.
- **Damp absorption:** if your local supermarket, hardware store, or local discount stores have Damp Rid (or something similar), place these in wardrobes, cupboards, and rooms to help absorb moisture.
- **Wash and dry items:** wash clothing, bedding, and soft furnishings or toys in hot water and dry as soon as possible. If they can't be washed, they should be disposed of.
- **Nonporous items:** items such as glassware and some plastics can be washed in hot water with a bleach solution or disinfectant and air-dried. If

using a dishwasher, clean and disinfect it first before running a full cycle with hot water.

General safety tips:

Health first: wear a mask and gloves when cleaning.

Dispose of heavily affected items: soft furnishings, carpets, and other porous materials that cannot be thoroughly dried may need to be removed.

Report major issues: if you notice significant mould growth, leaks, or other concerns please advise management if you live in a supported living environment.

Effective homemade mould solutions:

If you can't get out to the shops, you may have some of these ingredients already in your pantry.

1. **Vinegar solution** – mix equal parts of white distilled vinegar and water in a spray bottle. Spray the solution on mouldy surfaces, let it sit for about an hour, then scrub and wipe clean. Vinegar's mild acidity helps kill mould and prevents its growth.
2. **Baking Soda paste** – Combine baking soda with enough water to form a paste. Apply the paste to mouldy areas, let it sit for about an hour, then scrub and wipe clean. Baking soda is a natural absorbent and has alkaline properties that can help kill mould.
3. **Tea Tree oil solution** – Mix a few drops of tea tree oil with water in a spray bottle. Spray the solution on mouldy areas and let it sit for a few minutes before wiping clean. Tea tree oil is a natural fungicide that can help kill mould spores.
4. **Hydrogen Peroxide solution** – Mix 3% hydrogen peroxide with water in a spray bottle. Spray the solution on mouldy areas and let it sit for a few minutes before wiping clean. Hydrogen peroxide is an effective disinfectant and can help kill mould.
(Source: BlueCare)

THE ENDURING POWER OF KINDNESS

It's always good to be kind, but it's only as we get older that we appreciate and reap the rewards of paying it forward. In a fast-paced world where stress and competition often take centre stage, kindness remains a timeless virtue with profound benefits. It's not just a moral choice but a scientifically backed path to greater happiness, health, and longevity.

As we grow older, kindness becomes even more significant, offering social, emotional, and even physical advantages that enhance our overall well-being. Research has shown that acts of kindness trigger the release of the "feel-good" hormones, oxytocin and serotonin. These chemicals help reduce stress, lower blood pressure, and boost overall

happiness. In turn, practicing kindness can contribute to a longer, healthier life.

Studies also indicate that those who engage in frequent altruistic behaviour have lower risks of depression and anxiety, which is especially important as we age and face life transitions such as retirement or the loss of loved ones. One of the greatest challenges of ageing is the potential for social isolation.

Acts of kindness – whether through volunteering, helping a friend, or simply offering a smile – help strengthen relationships and create a sense of belonging. A robust social network is linked to improved mental health and a lower risk of cognitive decline. Kindness fosters meaningful connections, ensuring older adults remain engaged with their communities and experience greater emotional fulfilment.

Kindness also has tangible effects on physical health. People who regularly engage in compassionate acts tend to have lower levels of inflammation and a stronger immune system. This is particularly beneficial for older individuals, who are more susceptible to chronic illnesses. Staying socially active and feeling valued can also contribute to a longer lifespan, reinforcing the idea that kindness is a key factor in ageing well.

Sense of purpose – ageing often comes with shifts in identity, especially after retirement or when children leave home. Engaging in acts of kindness provides a renewed sense of purpose. Whether through mentoring, charity work, or simply being a supportive presence in someone's life, older adults can find deep satisfaction in knowing they are making a difference. This sense of purpose is linked to greater life satisfaction and resilience, helping us navigate the challenges that come with age.

Perhaps one of the most beautiful aspects of kindness is its ripple effect. When we show kindness, we inspire others to do the same, creating a positive cycle that outlives us. As we age, the impact we leave behind becomes more meaningful. The kindness we extend today shapes the way we are remembered and ensures that our legacy is one of warmth and love. By choosing kindness, we not only improve our own well-being, but also contribute to a more connected and compassionate world. (*Source: The Science of Kindness, The Art of Kindness*)

WHERE DOES CHARITY BEGIN AND END?

Many of us see charitable giving as an important part of our lives, whether it's to give back to the community,

support causes we believe in, or to leave a meaningful legacy. But how much should we give, how do we choose the right charity, and how can we ensure our donations are making a real impact?

The amount you choose to give depends on your financial situation and personal priorities. Some people follow guidelines such as donating a set percentage of their income, while others prefer to contribute as needs arise. If you are on a fixed income, it's important to balance generosity with financial security. A good approach is to set an annual giving budget that allows you to support charities without compromising your own needs.

With so many charities to choose from, selecting the right one can be overwhelming. Start by considering causes that are meaningful to you – whether it's medical research, environmental conservation, animal welfare, or social services. Research charities that align with your values and focus on those that have a track record of making a difference.

A good way to assess a charity is to look at its mission, transparency, and impact. Reputable charities clearly outline their goals, provide evidence of their work, and are open about how they use donations. To ensure your money is being used effectively, check whether the charity is registered with the Australian Charities and Not-for-profits Commission (ACNC). Registered charities are required to report on their activities and finances, giving you greater confidence in their accountability. You can also review the charity's financial statements to see how donations are allocated. Ideally, a large portion of funds should go directly towards programs and services rather than excessive administrative or fundraising costs.

If you are not able to give financially, there are many other ways to support charities. Volunteering your time, donating goods, or leaving a bequest in your will can also have a meaningful impact.

TECH CORNER - STOP, CHECK, REJECT

If you receive an unusual or unexpected phone call, text message, or email remember to:

- **STOP** – does something seem off? If in doubt, the best thing to do is stop. **Take a breath.**
- **CHECK** – ask someone you trust or contact the organisation directly, using their official details. **Check the Source.**
- **REJECT** – hang up on the caller, delete the email, block the phone number. **Change your passwords.**

Our guest speaker in April, Nicole Goulding from the Commonwealth Bank, has passed on the following contact details if you believe you have been scammed:

IDCARE – 1300 432 273 – If you have provided any personal identification information to scammers
SCAMWATCH – www.scamwatch.gov.au
CYBERCRIME – www.acorn.gov.au
FINANCIAL AND INVESTMENT SCAMS – www.moneysmart.gov.au or you can call the ASIC info line on 1300 300 630
SPAM EMAILS AND SMS – Australian communications and media authority – www.acma.gov.au or call AMCA Customer Service Centre on 1300 850 115
TAX RELATED SCAMS – 1800 008 540 or forward your email tax scam to ReportEmailFraud@ato.gov.au
NATIONAL ELDER ABUSE LINE – 1800ELDERHELP (1800 353 374)
COMMONWEALTH BANK – 132221 OR commbank.com.au/SAFE

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

Let's celebrate Mother's Day:

Q: Tell me, Johnny. Do you say prayers before eating?

A: No, ma'am, I don't have to. My mum's a good cook.

Q: Do you know the difference between a pack of biscuits and a pack of elephants?

A: If no, then it's a good thing mum does the grocery shopping!

Q: Why did the monster's mother knit him three socks?

A: She heard he grew another foot!

Q: Why do mother kangaroos hate rainy days?

A: Because their kids want to play inside!

Q: Larry's mother had four children. Three were named North, South and West. What was her other child's name?

A: Larry.

Q: Why did the mother needle get mad at the baby needle?

A: It was way past its threadtime!

Q: What did the baby corn say to the mama corn?

A: Where's pop-corn?

Q: Why was the mother firefly so happy?

A: Because her children were all so bright.

Q: What's the fastest land mammal?

A: A toddler who's been asked what's in their mouth.

Q: What do you call a petite mother?

A: Minimum



Motherhood:

- Is like a fairy tale, but in reverse. You start out in a beautiful ball gown and end up in stained rags cleaning up after little people
- It's a job that requires no experience, gives no training, pays nothing and you can't quit. Oh, and people's lives are on the line!
- Mums don't wish they could sleep like a baby. They wish they could sleep like a dad!
- Silence is golden – unless you have kids. Then silence is suspicious.

