

WELCOME – A warm welcome to our guests at the May branch meeting and we look forward to seeing them again at future meetings and activities. Our guest speakers were very informative with Nicole Goulding from the Commonwealth Bank discussing the current batch of scams, how to pick them, and how to avoid them; and David Hallesy from National Seniors head office showing various ways members of NSA can save on dining, shopping and gift cards through the Eat|Play|Save app as well discounts on insurance, travel and larger household items through Good Guys Commercial. Our thanks as always to everyone who contributed to the Care Kits for Kids and local community pantry, which we know are always appreciated.

BRANCH MEETINGS

Our next meeting will be on **Thursday 11 June at the Parkside Community & Services Club**. Arrival will be at 9:30am for a 9:45am start with guest speakers, updates on branch and national activities, raffles and refreshments. The cost will be \$10.00 per person payable in cash at the door.

Our guest speaker is Hayley Rotzied, Care Finder at Footprints Community, a not-for-profit organisation that partners with primary health care, hospitals, housing providers, government agencies, and community organisations to ensure that the people they serve can access a continuum of support.

Extensive facilities are available for members to stay for a light lunch after the meeting (at your own cost).

Remaining meeting dates for 2026 are: 9 July; 13 August (& AGM); 10 September; 8 October; 12 November

MORNING TEA CATCH-UP

Our June morning tea catch will be on **Monday 15 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 2026 are: 20 July; 17 August; 21 September; 19 October; 16 November

JUNE BIRTHDAYS

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

NAME BADGES

Please remember to wear your name badge to each meeting to assist new members. If you don't have a name badge and would like to obtain one, please advise our secretary Graham Tienan on 0407 736 453 or nsacoorparoosec@gmail.com so we can organise for them to be made before the next meeting. Cost is \$12.00 for either a pin-on type or magnet type. Please note that magnet type is not suitable if you have a pacemaker.

CARE KITS FOR KIDS

Coorparoo Branch continues our relationship with this not-for-profit organisation with some suggestions of items 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. Every donation will help Queensland children in need.

June – Underwear, socks (all sizes to 16)

July – Hairbrush, 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

The following article was posted on their Facebook page following the delivery of items from our members in May, thanks to Marilyn.



Care Kits for Kids Qld
22h · 🌐

Thank you to our long-term supporters at National Seniors, Coorparoo, who check our urgent needs list before doing a collection for us. This means that everything they give us is exactly what we require at the moment. And thank you to Marilyn for braving the changeable weather conditions on Thursday to deliver it all safely.



COMMUNITY PANTRY DRIVE

If you would like to provide good quality non-perishable food items that can be passed on to a local community organisation to assist those in need in our area, please bring them along to each meeting where we will collect and distribute them. Please ensure that all items are well within use by date.

BOOK SWAP

As agreed at our April general meeting, we will no longer continue the book swap. Any current books we are holding will be delivered to a charity. Thanks to everyone who supported this initiative over the past five years. We did raise \$310 which was distributed to our various charities.

CONCESSION POSTAGE STAMPS

As mentioned during our May meeting, there are several members who don't have access to the internet or printers so they can obtain the monthly newsletter in a timely manner. In this case, we post a copy to them.

With the cost of postage due to rise again, we are seeking assistance from other members who may have spare concession \$0.60 stamps to share some with the club to help cover these costs. If you can help with a book of 5 stamps please bring them to the next meeting you attend. This is greatly appreciated.

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 any of the following items, please bring them along to any of our branch meetings where we will arrange recycling:

- Plastic bottle tops
- Pens, highlighters, white outs
- Batteries
- Blister tablet packs
- PLASTIC bread tags (not cardboard tags)
- Corks
- Soaps
- Stamps

Please note we can no longer recycle empty toothpaste tubes or tooth brushes.

SUNCARE COMMUNITY SERVICES – HEARTBEAT LUNCH

Suncare Community Services is holding a free Heartbeat Lunch for seniors aged 65+ on **Thursday 18 June at the Carina Leagues Club, 1390 Creek Road, Carina**. Many older people can experience loneliness or uncertainty when it comes to aged care, and events like this can make a real difference – both socially and practically.

Arrival will be from 11:30am for lunch from 12:00-2:00pm and is open to all seniors aged 65+. There will also be an optional "Navigating Aged Care" session before lunch commencing at 11:00am which is a relaxed, supportive way for people to ask questions, better understand the system, and feel more confident about their options.

If you are interested, bookings are essential as seats are limited. Call 1800 786 227 to book directly with Suncare Community Services.



CUT TO PRIVATE HEALTH INSURANCE REBATE

The Federal Budget will confirm a cut to the Private Health Insurance rebate for seniors. Higher rebates for seniors were introduced to increase the number of people using private health. Rebates for seniors will be reduced to the amount offered to people under 65. This will increase the cost of an annual policy by hundreds of dollars a year.

Higher premiums for seniors could result in significant numbers of older people dropping or downgrading their policy, with pensioners and part-pensioners most likely affected.

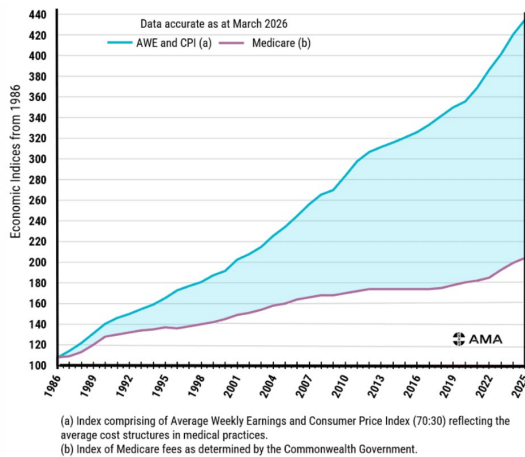
NSA has created a new estimator to show how much more you might pay because of the cut to the health insurance rebate available on their website under [Resources/Calculators](#)

INSURANCE REBATE ANGER TIP OF THE ICEBERG

As anger over the private health rebate cut simmers, doctors sink the boot into government for failing to index Medicare rebates.

The gloves are off. Seniors are reeling from the proposal to cut the private health rebate to pay for aged care. But it's not just seniors who are angry at the Federal Government. The medical fraternity, via the Australian Medical Association, has also stepped up attacks in the face of government criticism of specialists.

They claim the real cost driver of rising specialist fees is the rising gap between what the government pays them via Medicare and the costs of running a specialist practice. The latest iteration of their Gaps poster, which you may see next time you are in for a check-up, highlights the widening gap between Medicare, Average Weekly Earnings, and CPI since 1986. (see below)



According to the AMA president, Dr Danielle McMullen, “We have had decades of under-indexation, and half a decade of a Medicare freeze, leaving the rebate woefully out of reach of covering the cost of care”. The AMA is calling on the federal government to make several policy changes to make health care more affordable for patients. In non-GP specialist care the AMA is calling for:

- Injections into Medicare rebates to doctors
- Reform to the non-gap policy under private health insurance
- An increase in the known gap rate
- Better indexation and transparency of varying insurer rebates
- A greater return of patients’ premiums back to their healthcare.

Supply and demand of specialists – While the amount government pays specialists is clearly part of

the problem, are there other factors at play? The ageing of the population has placed significant demand on health services in Australia. Ageing is associated with greater need and use of health care services. But are we supplying enough specialists to meet this rising demand?

According to the Grattan Institute, the simple answer is “no”. This is partly related to the length of time that it takes to train specialists, which can take at least 12 years! But that isn’t the only issue. As Grattan claims, government-funded training places are determined by specialist colleges, which approve training places.

Curiously, though, the AMA was silent on this issue when discussing the cause of rising specialist fees. According to the vice president of AMA NSW, Dr Fred Betros, “Private specialist fees reflect the real cost of delivering care, including employing nurses, allied health and reception staff, medical and IT equipment, and the cost of running a modern practice which delivers excellence, as well as increasing indemnity costs”.

But surely supply and demand has some bearing on the price patients pay for medical services. For example, one of the areas with rising fees is anaesthesiology. According to ATO income data, there were 3,658 anaesthetists in 2022-24 compared to 2,685 anaesthetists in 2010-11, an increase of 26.5%. Yet over this same time period, the Australian population of people aged 65 and over increased by 49.8%! On face value that appears to be a significant difference between supply and demand.

It’s questions like this that can only be fully understood by conducting a full review of the private health system – including the processes colleges use to determine training places. This review is something that NSA has been calling for over several years and will help shed light on the cost drivers in this sector to hopefully identify solutions. (Source: National Seniors Aust)

SLOW DOWN, BUT DON’T STOP

You don’t have to work out like an extreme athlete to remain fit and healthy. Growing older often brings welcome changes – more time, fewer pressures, and the freedom to choose how we spend our days. But ageing well isn’t about retreating from life. It’s about staying engaged, active within your ability, and connected to others.

In a recent *Business Insider* article, Mar Yvette tells the story of her 84-year-old mother-in-law, Elizabeth, who enjoys a thriving social life. Her approach isn’t extreme fitness or a packed calendar. Instead, it’s a simple commitment to saying “yes” to people and opportunities and keeping a sense of curiosity about the world.

Health experts strongly support this idea. According to the Australian Government's 24-hour movement guidelines, regular physical activity helps older adults maintain independence, by reducing the risk of chronic disease, improving balance, and supporting mental health – even when that activity is gentle or broken into small amounts throughout the day. Importantly, “active” doesn't have to mean “strenuous”. Walking the dog, gardening, stretching, or attending a light exercise class all count.

Just as vital as movement is social connection. The World Health Organisation (WHO) warns that loneliness and social isolation significantly increase the risk of poor physical health, depression, cognitive decline, and early mortality among older people. Australian studies show that people who stay connected through community groups, volunteering, or regular catch-ups are more likely to stay physically active – creating a positive cycle of movement and connection.

Retirement, health changes, or the loss of loved ones can naturally shrink social circles. But new connections can still grow at any age. Local walking groups, libraries, neighbourhood centres, Men's Sheds, and other groups offer low-pressure ways to meet people and try something new, often close to home.

The key message is reassuring: slowing down doesn't mean coming to a full stop. Staying active and social isn't about keeping pace with others; it's about keeping pace with yourself. A short walk with a friend, learning a new skill, or simply showing up to a regular event can make a powerful difference. Ageing is not a reason to shrink your world. With the right support and mindset, it can be a time to keep exploring it – one step, one conversation, and one shared experience at a time. (*Source: Business Insider, Health Department, WHO, Keep Active*)

FIVE SIMPLE WINTER SAFETY CHECKS

As the weather cools and we spend more time indoors, winter is when house fires tend to rise. Heaters are switched back on, wood burners that have been sitting unused are fired up, electric blankets come out of storage, and more appliances are running at once. It is the right time to get ahead of the risk. The difference between a close call and something far more serious often comes down to preparation.

Check your smoke alarms properly – Your smoke alarm is what gives you time to act. Press the test button and listen carefully. If the sound is weak, if it is

chirping, or if the battery needs replacing, it may be time for a new unit.

If you are still using battery-powered alarms that need regular replacement, consider upgrading to photoelectric alarms with a 10-year battery that are interconnected. When one goes off, they all go off. That early warning across the whole home can make all the difference, especially at night.

Turn heaters back on with care – Before first use, check heaters for dust build-up or any signs of damage. Keep them well clear of furniture, curtains and bedding. Never leave heaters running when you are asleep or out of the house. If you use a wood burner, have it professionally cleaned before the season starts.

Do not take chances with electric blankets – Check cords and connections for signs of wear. Warm the bed before you get in, then switch the blanket off before going to sleep. If anything looks worn or heats unevenly, replace it.

Ease the load on your power – Winter can put extra pressure on your electrical circuits. Avoid plugging heaters, electric blankets, and other high-use appliances into the same power board.

Clean your dryer filter after every use. Small habits can significantly reduce risk.

Know how you will get out safely – Take a moment to think it through. Make sure exits are clear, keys are easy to access, and you have a simple plan. If you live alone, it can help to let a neighbour or family member know your routine. This is not about ticking boxes. It is about giving yourself time and protection when it matters most.

If there is one upgrade worth making this winter, it is your smoke alarms. Choose interconnected, photoelectric alarms with a 10-year battery. When one sounds, they all sound. This is the standard your home should meet. (*Source: Watch Smoke Alarms*)

WHY STRETCHING IS IMPORTANT AS WE GET OLDER

You may think of stretching as something performed only by runners or gymnasts. But we all need to stretch to protect our mobility and independence. “A lot of people don't understand that stretching has to happen on a regular basis. It should be daily,” says David Nolan, a physical therapist at Harvard-affiliated Massachusetts General Hospital. And for a lot of older adults, maintaining mobility can be difficult. Muscles and joints weaken and range of movement deteriorates as we age. Stretching benefits include

development and maintenance of strength, improving flexibility, and increased circulation and blood flow, to provide a greater quality of life and healthy ageing.

Some of the benefits of stretching exercises may include:

- **Stretching reduces low back pain and arthritis** – the causes of lower back pain in older adults is commonly a result of osteoarthritis and spinal stenosis. While both are a natural part of ageing and can't directly be avoided, the resulting pain can be managed by stretching exercises. Regular stretching benefits seniors by improving flexibility, range of motion, and elasticity to relieve stiffness in the afflicted joints.
- **Stretching reduces the risk of falling** – The risk of falling is a major concern for older adults. Research has shown that regular bouts of stretching are critical to balance and stability helping prevent against falls. Improving flexibility in the hamstrings, quadriceps, and the lower back along with greater mobility in the hip joint is important in the prevention of falls.
- **Stretching helps improve poor posture** – as we age, our body's water content in connective tissue, such as ligaments and tendons, decreases, resulting in reduced elasticity and flexibility. The tightening of ligaments and tendons in the chest and shoulders in conjunction with years of sitting hunched over a desk will overtime result in poor posture. Poor posture is defined by a forward head posture, rounded shoulders and upper back, and forward pressing hips. The natural S-curve in our spine compresses. This can create pain in the lower back and between the shoulder blades.
- **Stretching increases blood flow and energy levels** – Dynamic stretching is a low-intensity form of stretching that utilizes movement to stretch your muscles. Along with lengthening your muscles, dynamic stretches will also increase circulation and nutrient flow throughout the body – thus increasing the body's energy levels. Examples of dynamic stretches are arm swings, shoulder circles, lunges, leg swings and half squats.

Tips for effective stretching:

- **Warm up before stretching** – A warm up before stretching can be done easily with some light weights or a quick walk. Your muscles need to be warmed up before you start stretching to help you avoid injury.
- **Take your time** – Ease yourself slowly into the stretch. You should feel a mild pulling in your muscles, but it shouldn't be painful. A stabbing pain is a sign that you're stretching too far. If you're new to stretching exercises, remember that

it will take some time for those muscles to loosen up.

- **Relax and breathe** – Never hold your breath while stretching. Breathe into the movement, carefully pushing yourself a bit farther with each breath.
- **Take note of your spine** – be aware of the position of your spine. Don't let it curve too far as this can make you vulnerable to an injury. Keep your back and joints soft, never locked into position.
- **No bouncing** – Don't bounce into a stretch to try to make yourself reach farther. Use steady movements instead of jerking movements to ease into the stretch, as those quicker movements can actually cause the muscles to tighten instead of loosen.
- **Hold that stretch** – Give yourself at least 30 seconds in each stretching position to allow enough time for the muscle to elongate. Breathe, repeat, and try to stretch slightly farther the next time.

Where to start – with a body full of muscles, the idea of daily stretching may seem overwhelming. But Nolan says you don't have to stretch every muscle you have. "The areas critical for mobility are in your lower extremities: your calves, hamstrings, hip flexors in the pelvis and quadriceps in the front of the thigh." Stretching your shoulders, neck, and lower back is also beneficial. Aim for a programme of daily stretches or at least three or four times per week.

Stretching once today won't magically give you perfect flexibility. You'll need to do it over time and remain committed to the process. "It may have taken you many months to get tight muscles, so you're not going to be perfectly flexible after one or two sessions," says Nolan. "It takes weeks to months to get flexible, and you'll have to continue working on it to maintain it."

Find a physical therapist who can assess your muscle strength and tailor a stretching program to fit your needs. If you have chronic conditions such as Parkinson's disease or arthritis, you'll want to clear a new stretching regimen with your doctor before you start. As always, before you start any new physical activity, talk to your doctor first to learn what the best plan will be for your health needs. (Source: 60plusclub.com.au)

DID THE BARISTA KILL OFF THE BILLY?

For much of Australia's history, tea was more than a beverage; it was an everyday ritual. From the billy boiling over an open fire to the teapot warming the kitchen table, earlier generations of Australians drank more tea per person than almost anywhere else in the

world. In fact, before 1950, Australia ranked among the highest tea-consuming nations per capita.

Today, that picture has shifted. Australia is internationally known for its vibrant café culture, skilful baristas, and espresso-based coffee. Historians and market analysts agree that tea consumption declined in the second half of the 20th century as lifestyles changed, cafes replaced kitchens as social hubs, and coffee became associated with modern urban life. Globally, tea remains the second most popular drink after water, but is the home of “billy tea” now a nation of coffee lovers? In many ways, yes – but that’s not the whole story.

Despite coffee’s dominance, around half of Australian adults still drink tea at least weekly, and Australians aged 65 and over remain the most faithful tea drinkers of all. What has changed is how tea is consumed. The traditional pot or billy has largely been replaced by a tea bag. This 20th-century innovation offered speed, consistency, and affordability, and quickly became the default choice in Australian households. So much so, that it’s very hard to find loose-leaf tea in a super-market these days, and once-familiar brands have all but disappeared.

At the same time, the range of teas available has expanded dramatically. Alongside familiar black teas such as English Breakfast and Earl Gray, super-markets and cafes now stock teas from around the world. For example, oolong tea, which sits somewhere between green and black tea, is partially oxidised and valued for its complex, often floral flavour. Another popular newcomer is chai. While the word simply means “tea” in India, in Australia it has come to describe a spiced milk tea made with black tea, milk, and warming spices such as cardamom, ginger and cinnamon. It is quite different from the traditional cuppa.

So, while café culture may belong to coffee, tea remains woven into the fabric of Australian life. It has evolved and adapted but it still offers us comfort, is the perfect accompaniment to a sweet biscuit or slice of cake and serves as a conversation starter. (Source: *Tea in Australia, Corner Coffee Store, Tea Drinking Report, Mudandgee*)

TECH CORNER

A hacker called me and said he had all my passwords. I got a pen and paper and said, “Thank God for that, what are they?”

I was contacted the other day and the caller asked me, “how are you today?” So I explained that my knee was playing up, that my nose was a bit runny and that the gout in my big toe was a problem. As I began to tell

him what I did to lower my blood pressure and how I had a doctor’s appointment lined up, he cut me off...

BRANCH CONTACT DETAILS

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

SMILE

Finally! Blonde men jokes:

A blonde man is in the bathroom and his wife shouts “Did you find the shampoo?”

He answers “Yes, but I’m not sure what to do ... it’s for dry hair and I just wet mine.”

A blonde man spots a letter on his doormat. It says on the envelope “DO NOT BEND”. He spends the next two hours trying to figure out how to pick it up.

A blonde man shouts frantically into the phone “My wife is pregnant and her contractions are only two minutes apart!”

Is this her first child?” asks the doctor.

“No” he shouts, “This is her husband!”

Grandpa’s Face – A little girl was sitting next to her grandfather as he read her a bedtime story. From time to time, she would take her eyes off the book and reach up and touch his wrinkled cheek. She touched her own cheek after she touched his. After a little while of thinking she asked, “Grandpa, did God make you?” He looked at her and said, “Yes, sweetheart, God made me a long time ago.”

She paused for a few seconds and then asked, “Grandpa, did God make me too?”

He replied, “Yes, indeed pumpkin, God made you just a little while ago.”

Feeling their respective faces again she whispered to him, “God’s getting better at it, isn’t he!”

