

**WELCOME** – It was wonderful to see so many members enjoy our first morning tea catch-ups at Easts Leagues Club in January and February as well as members enjoying the facilities at our new meeting venue of Parkside Community & Services Club in February. Our guest speaker, Cody Duroux from Cancer Council Queensland provided some very interesting information on the Council’s activities, and James Waterhouse and Kieran Endean from Kieser Coorparoo offered new insights into how to achieve healthy ageing through resistance and strength exercising. Our thanks as always to everyone who contributed to our donations to Care Kits For Kids and the community pantry which are always greatly appreciated by those in need.

## BRANCH MEETINGS

Our next meeting will be on **Thursday 12 March** at the Parkside Community & Services Club, 131 Ridge Street, Greenslopes. Arrival will be at 9:30am for a 9:45am start with guest speaker, updates on branch and national activities, raffles and refreshments. The cost will be \$10.00 cash per person payable at the door.

Our guest speaker will be Paul Hobbs, Operations Development Manager, Caring Cuisine, a not-for-profit provider of high-quality meal services across Brisbane.

With St Patrick’s Day the following weekend, members are encouraged to celebrate everything Irish and “*be seen in green*”. This could be through clothing, wigs, glasses, hats etc – use your imagination!

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.

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

Meeting dates for 2026 are:

9 April	14 May
11 June	9 July
13 August (& AGM)	10 September
8 October	12 November

## MORNING TEA CATCH-UP

Our next morning tea catch will be on **Monday 16 March** 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 April	18 May
15 June	20 July
17 August	21 September
19 October	16 November

## MARCH BIRTHDAYS

Best wishes to Wayne Francis, Evelyn Jamieson, Lorri Knight, Robyn Morton, Denise Munns, Graham Tienan

and Pat Will who celebrate birthdays in March. We hope you enjoy your special day with family and friends.

## EXPLORE BRISBANE BY PUBLIC TRANSPORT...LET’S VISIT SANDGATE BY TRAIN!

Our first local transport outing is scheduled for **Monday 30 March** where we plan to catch the Shorncliffe train from Buranda station departing at 9:56am, arriving at Sandgate at 10:48am. Members can enjoy morning tea or brunch at one of the local cafes, do some shopping, take a short walk to either the beach on Flinders Parade or visit the Einbunpin Lagoon Park. As this is a 50 min train journey, perhaps we can return on the 1:11pm service, arriving back at Buranda at 2:02pm.

If you plan to catch the train at a different station, please ensure you are on the service that departs Buranda at 9:56am and use the disability service carriage.

If you are interested in joining us for this day trip please advise Freya Tienan on 0409 397 330 so we can finalise arrangements.

## 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 first meeting. Cost will be \$12.00 for either pin-on type or magnet type. Please note the magnet type is not suitable if you have a pacemaker.

## HELP REQUIRED – DAY-BUS TRIPS

Members and guests enjoyed the final day-bus trip of 2025 to Nobby where they celebrated the Christmas Season at the historic Rudd’s Pub just south of Toowoomba. Our sincere thanks to Pat Will for organising this trip as well as many others to a huge variety of locations over the past 12 years.

As we have mentioned previously, Pat has decided she will step down from this position, so we are looking

for another member to take on this role to organise a couple of bus trips outside of Brisbane for the enjoyment of members and guests. Pat has kindly offered to assist and guide anyone considering taking on the role. At this stage no dates have been nominated for these outings for 2026. If you are interested, please advise Freya Tienan on 0409 397 330 so we can discuss future plans.

## CARE KITS FOR KIDS

Coorparoo Branch would like to continue this relationship again in 2026 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.

**March** – Books – lined writing, colouring or scrap books

**April** – Face washer, soap, toothpaste, toothbrush

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

**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

## 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.

## 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 (ONLY coded 2, 4)
- Pens, highlighters, white outs
- Batteries
- Blister tablet packs
- Plastic bread tags
- Corks
- Soaps
- Stamps

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

## BOOK SWAP

If you would like to contribute a book to our fundraising book swap, please bring only one or two to each meeting as we don't have the facility to store many books. Books are available to take for a gold coin (\$2 or \$1) donation. This helps raise funds for local charities we support.

## Very nice Definition of Time:

- **Time is slow** when you wait!
- **Time is fast** when you are late!
- **Time is deadly** when you are sad!
- **Time is short** when you are happy!
- **Time is endless** when you are in pain!
- **Time is long** when you feel bored!
- **Every time**, time is determined by your feelings and your psychological conditions and not by clocks.
- So have a **nice time Always**.

## CAN COFFEE SLOW DOWN AGEING?

For those of us who enjoy a morning brew or two, it's the question we desperately want answered: is coffee good for us? Sadly, it seems that every time there's an item of news in the affirmative, there's another one debunking it. So, we'll continue with the caveat that this article reflects finding from one recent study. It is not health advice.

Research published in *BMJ Mental Health* has uncovered an intriguing connection between coffee consumption and cellular ageing. The study suggests that drinking three to four cups of coffee a day is associated with longer telomeres – the protective caps at the ends of chromosomes that naturally shorten as we age.

Telomeres play a crucial role in maintaining DNA integrity, and their gradual shortening is linked to ageing and age-related diseases. People with severe mental illnesses, such as schizophrenia and bipolar disorder, often have shorter telomeres, which may contribute to their reduced life expectancy.

The research examined 436 adults in Norway, including people with schizophrenia and affective disorders, who reported their daily coffee intake. Blood samples were analysed to measure telomere length, and after adjusting for factors including age, sex, smoking, and medication, the results revealed a striking pattern: those who drank three to four cups of coffee daily had significantly longer telomeres than those who drank none or consumed excessive amounts. The difference in telomere length was equivalent to about five years of biological ageing.

Interestingly, the relationship was not linear. While moderate coffee intake appeared beneficial, drinking five or more cups a day was linked to shorter telomeres, suggesting that too much coffee may negate the positive effects.

Why might coffee help preserve telomeres? The beverage is rich in antioxidants such as chlorogenic acid and cafestol, which combat oxidative stress and inflammation – two key drivers of telomere shortening. These compounds may activate protective cellular pathways, slowing down the ageing process at a molecular level. However, excessive consumption could tip the balance, increasing oxidative damage instead of reducing it.

Although these findings are promising, researchers caution that more studies are needed to confirm whether coffee directly influences telomere length and whether the effect applies to the general population. For now, the evidence adds to a growing body of research suggesting that moderate coffee consumption, up to four cups a day, may offer health benefits beyond mental alertness and enjoyment. *(Source: Science Daily, BMJ Mental Health)*

## **SPOTTO! A BANK!**

Bank online or drive 200 kilometres. This is the alternative People First Bank is essentially giving customers following news that 15 branches will close across NSW, Qld, Vic and SA by mid-March – bringing the total number of People First Bank closures to 36 in just two years. People First Bank Chief Customer Officer, Maria-Ann Camilleri, defends the decision that will leave some towns without any local banks, citing “the way people bank is changing significantly” with “less than 1% of our transactions occurring in branches and fewer than .07% of customers using a branch regularly”.

While there is an undeniable shift in the way customers bank, the question must be asked, “Is the way people bank changing because finding a bank is now as hard as finding a specific-coloured car in the classic Australian road trip game, Spotto!? Perhaps, in 2026, rather than searching for specific-coloured cars,

we should be searching for banks. They are, after all, becoming just as difficult to spot and locate.

But bank closures are not a game. They are a constant source of anger, frustration, and hardship for many older Australians, and others – especially those who live in regional communities, who rely on the essential services they provide. For some people who live regionally, they will need to drive up to 200 kms one way to reach their nearest People First Bank.

For some people, digital alternatives via online services and Apps are not always accessible, reliable, or appropriate. Despite the ease and convenience of online services, for many, nothing compares to face-to-face customer services. When it comes to financial transactions, tellers who provide face-to-face banking do more than help to transact cash – they can play a critical role in helping to identify and protect against instances of financial abuse. Sadly, a very real problem that online banking simply can't detect.

As if these weren't enough reasons to keep banks open, there is a broader principle at stake. Banks benefit from a \$250,000 taxpayer-backed deposit guarantee that underwrites confidence and profitability across the entire banking system. If the public carries that risk, banks should carry a clear community service obligation. Walking away from physical branches while continuing to benefit from public guarantees is not a neutral commercial choice, it is a withdrawal of a community service.

Previously, the Federal Treasurer, Jim Chalmers, proposed a levy on banks that close regional branches. That proposal should be followed through with funds directed to support banks and mutuals that maintain a physical presence in regional and rural communities. If banking is a system underwritten by the public, then access must be part of the equation. Older Australians deserve better than being told to “go digital” when the system itself was never designed with them in mind. Access, trust, and inclusion still matter.

When it comes to the latest round of branch closures, People First Bank claims it has taken “careful consideration” and made a “difficult decision”. But, for a bank whose very name implies it puts people first (assuming both customers and staff – of whom it has been reported up to 70 have their jobs at risk with these latest rounds of closures) – no amount of massaging the message is going to soften the blow for customers who will no longer have a local bank. What was once a short trip to the local branch may as well be a road trip. And for those making the journey, it could take up to 200kms before that can exclaim, “Spotto! A bank!” Show your support for face-to-face banking, cash withdrawals, and keeping cash transactions by joining the NSA *Keep Cash* campaign.

## NEW HOPE FOR REVERSAL OF ALZHEIMER'S

A groundbreaking treatment has helped mice restore their memory loss and is undergoing further trials. Scientists have made an exciting discovery that could one day transform how we treat Alzheimer's disease. A compound called P7C3-A20 has shown remarkable results in reversing memory loss and brain damage in mice with advanced Alzheimer's-like symptoms.

In the study, older mice with severe memory problems were given P7C3-A20 for six months. By the end of the treatment, these mice could remember and learn almost as well as healthy mice. Even more impressive, their brains showed signs of repair, with better blood flow, reduced inflammation, and stronger connections between brain cells.

Neuroscientist and psychiatrist, Andrew Pieper, from Case Western Reserve University in Cleveland, Ohio, said he and other researchers are "very excited and encouraged by our results".

So how does it work? Alzheimer's disease is linked to a drop in a vital molecule called NAD+, which helps brain cells produce energy and stay healthy. P7C3-A20 boosts NAD+ levels, giving brain cells the energy they need to survive and function. This approach is different from traditional treatments that focus only on removing plaques or tangles in the brain. Instead, it helps the brain heal itself.

Researchers also looked at human brain tissue and found similar NAD+ problems in people with Alzheimer's. This means the treatment could potentially work in humans too. However, it's important to note that P7C3-A20 is still in the early stages of research. No human trials have started yet, but plans are underway.

Why is this so exciting? For decades, Alzheimer's treatments have mostly aimed at slowing the disease, not reversing it. If P7C3-A20 works in people as it does in mice, it could offer real hope for restoring memory and independence, even in later stages of the disease. Clinical trials will take time, and researchers must ensure the treatment is safe and effective for humans. But this discovery marks a big step forward and gives us reason to be optimistic.

For now, the best advice remains the same: stay active, eat well, and keep your brain engaged. But keep an eye on this research, too. "The key takeaway is a message of hope," Dr Pieper said. "The effects of Alzheimer's disease may not be inevitably permanent. The damaged brain can, under some conditions, repair itself and regain function." (Source: *Science Alert*, *National Library of Medicine*, *Science Direct*)

## WHY SENIORS LOVE A GOOD MURDER

Crime fiction has long held a special place in the hearts of readers, and its appeal seems to be particularly strong among older people. But why does this genre resonate so deeply? Perhaps the answer lies in its blend of intellectual challenge, nostalgia, and human drama. At its core, crime fiction offers a puzzle. Readers relish the mental stimulation of piecing together clues, analysing motives, and anticipating the detective's or perpetrator's next move.

This sense of engagement provides not only entertainment but also a satisfying exercise for the mind. In an era where passive consumption dominates, crime fiction demands active participation.

Nostalgia also plays a role. Many of us grew up reading the classics of the genre, and revisiting these stories evokes fond memories. Heritage authors such as Sir Arthur Conan Doyle, creator of the iconic Sherlock Homes, and Agatha Christie, whose Hercule Poirot and Miss Marple remain household names, established the blueprint for detective fiction. Their works combine elegant prose with intricate plotting, transporting readers to a world of drawing rooms, country estates, and genteel intrigue. The formula has certainly worked, with an estimated two billion Christie books sold since her first novel, *The Mysterious Affair at Styles*, was released in 1920.

Modern writers have built on this foundation, adapting the genre for contemporary tastes while retaining its essential appeal. Among today's leading voices is Richard Osman, whose bestselling *Thursday Murder Club* series has sold about 15 million copies and captivated readers worldwide. Osman's novels feature a group of retirees solving crimes in a retirement village – a concept that resonates strongly with older readers by placing them at the centre of the action rather than on the sidelines.

Other contemporary authors, such as Val McDermid, Ian Rankin, and Ann Cleeves, continue to deliver gripping narratives that explore both the psychology of crime and the complexities of modern society.

The enduring popularity of crime fiction among older readers may also stem from its moral clarity. In a world often perceived as chaotic, these stories offer reassurance: justice, though delayed, is ultimately served. Along with rich character development and atmospheric settings, crime fiction provides both escapism and a comforting sense of order. Whether revisiting the classics or discovering new voices, many readers find in crime fiction a genre that challenges, entertains, and affirms their love of engaging storytelling. It's a fascination that has translated to

films and television series, and it shows no sign of waning. (Source: NSA)

## NOT EVERYONE CAN READ THIS

If you can read this, you have a strange mind too. I don't believe that I could calculate what I was doing. The phenomenon of the human mind, according to a researcher at Cambridge University, is designed to be in what the letters in a word are, the only important thing is that the first and last letter be in the right place. The rest can be a total mess and you can still read it without a problem. This is because the human mind does not read every letter by itself, but the word as a whole. Amazing huh? Yeah and I always thought spelling was important!

## DON'T JUST SIT THERE, DO SOMETHING

Even when you are seated, you can make the choice to exercise your mind. We all know that exercise is good for us, not just physically but mentally as well. It follows that passive activities such as watching television, are linked to worse memory and cognitive skills.

But that doesn't have to be the case. Researchers have found that "active sitting" – such as reading, playing cards, or doing a crossword puzzle – is associated with better brain health.

Assoc Prof Paul Gardiner, from the University of Queensland's School of Public Health, said the study could be used to refine public health guidelines and improve cognitive health in ageing populations. "Health advice could shift from simply saying 'sit less' to encouraging more mentally engaging activities while sitting," Dr Gardiner said. "This could help people make easy, realistic changes that support long-term brain health and potentially reduce dementia risk."

The study examined the impact of passive and active sedentary activities on cognitive function in more than one million middle-aged and older adults from 30 countries. "Total sitting time has been shown to be related to brain health," Dr Gardiner said. "However, sitting is often treated as a single entity, without considering the specific type of activity. Most people spend many hours sitting each day, so the type of sitting really matters. Mentally active sedentary activities include reading, playing card games and puzzles, computer use, and driving, and relate to positive outcomes, particularly in preserving executive function, memory, and cognitive flexibility. These findings show that small everyday choices – like reading instead of watching television – may help keep your brain healthier as you age."

Researcher, Cynthia Chen, who led the study, said the findings did not suggest people spend more time sitting, but to consider what they are doing while they are sitting. "We know that staying physically active is still essential for overall health," Ms Chen said. "But when we do spend time sitting, choosing activities that stimulate the mind may offer extra protection for our brain. Cognitive abilities often decline with ageing and sedentary time is highly prevalent among older adults. Dementia is the seventh leading cause of death globally and one of the leading causes of disability and dependency among older people worldwide." Ms Chen said the research indicated that activities requiring active thinking, problem solving, and continuous learning could mitigate cognitive decline. The study was particularly relevant as the global population ages.

*(The research, conducted in collaboration with Western University in Canada, Lung Foundation Australia, and Griffith University, has been published in Journal of Alzheimer's Disease.)*

## TECH CORNER – A PEEK INTO THE FUTURE

One of the side effects of getting older is that we get to see a lot of change. Many seniors will remember a time without television or air fryers, or when automatic transmission on cars was a novelty. But time and innovation don't stand still. The world our grandchildren inherit will feel vastly different from the one we grew up in.

From computers that understand images and speech, to cars that drive themselves (or even fly), to medicines that can edit our genes, it's all under development – and this may be the year it comes together in a tangible way. Here are some of the things we may be able to expect soon.

**Tech implants:** Brain-computer interfaces are moving from science fiction to clinical reality. A company called Neuralink is evaluating a fully implantable, wireless interface to help people with paralysis control devices by thought alone. However, early adopters are reminding us to keep our feet on the ground. Magician and molecular biologist Zi Teng Wang implanted a computer chip in his hand to help him perform tricks – but then he forgot the password! This has left him "locked out" of the device inside his own body.

This somewhat amusing story serves as a practical lesson about durability, support, and security when technology is literally under your skin.

**Self-driving vehicles:** robotaxis are expanding across cities in America, and safety statistics from Waymo, the main operator, show markedly lower rates of crashes resulting in injury compared with human

drivers. However, the technology is not yet perfect. In 2025, Waymo needed to tweak the software over concerns its vehicles were passing stopped school buses and were at risk of crashing into some gates and barriers. When a citywide blackout in San Francisco stranded many driverless cars, the company paused its service and pledged to improve its systems.

**Artificial Intelligence (AI):** AI systems now handle text, images, audio, and video in one model, and can work with extraordinarily long documents. Concerns about this technology include their ability to create fake narratives – for example, by producing videos that show real people doing things they didn't do and literally putting words into their mouths. There are also concerns for the environment, as these computers chew up vast amounts of water (for cooling) and electricity.

**Medicines and pharmaceuticals:** The US Federal Drugs Administration has approved Clustered Regularly Interspaced Short Palindromic Repeats (CRISPR) therapy for sickle cell disease, signalling a new era in genetic medicine. In 2025, researchers reported a genetic editing treatment created within months for an infant with a rare metabolic disorder, providing an early glimpse of "on-demand" therapies tailored to a single patient. Other CRISPR trials suggest new treatments for people with certain liver and heart conditions, and for age-related macular degeneration.

**What this means for us:** While many seniors will welcome advances in technology, especially in the medical field, others will approach any changes with caution. When it comes to AI, especially when it is used in the media, there are concerns about what we can believe. As individuals, we need to be vigilant. Collectively, we should look to governments to ensure safeguards are in place to protect us from the abuse of technology. Source: (*Futurism, Neuralink, NIH, ABC*)

## BRANCH CONTACT DETAILS

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

## SMILE

### In honour of St. Patrick's Day:

Paddy and Murphy were sipping their Starbucks when a truck went past loaded up with rolls of lawn. "I'm going to do that when I win the lottery." said Paddy. "Do what?" asked Murphy "Send my lawn out to be mowed."

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Paddy took two stuffed dogs to the Antiques Roadshow... "Ooh!" said the presenter, "This is a very rare breed. Do you have any idea what they would fetch if there were in good condition?" "Sticks." Replied Paddy.

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Paddy stumbles across a mass baptism at a river. He walks into the river and stands next to the preacher who asks "are you ready to find Jesus my son?" Paddy says, "I am sir."

The preacher puts him under the water then says, "Have you found Jesus?"

"No" replies Paddy.

He then puts him under for longer... "Have you found Jesus?"

"No, sir" replies Paddy.

He puts him under for two minutes... "Have you found Jesus?"

Paddy says, "Are you sure this is where he fell in?"

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Two Irishmen are hammering floorboards down in a house. Paddy picks up a nail, realises it's upside down and throws it away. He carries on doing this until Murphy says, "Why are you throwing them away?" "Because they're upside down!" says Paddy. "Yer daft twat" replies Murphy, "save 'em for the ceiling."

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Paddy is doing some roofing for Murphy. He nears the top of the ladder and starts shaking and going dizzy. He calls down to Murphy and says, "I tink I will ave to go home. I've gone all giddy and I feel sick." Murphy asks "ave yer got vertigo, Paddy?" Paddy replies "No, I only live around the corner."

