



## Message from the President

Hello fellow members,

Greetings to everyone with the hope you are all well. Christmas in August, some of you have been really looking forward to this event and a lot of preparation and planning has been done to ensure we all had a wonderful time. However, due to the current situation re COVID-19 the organising Committee have made a decision to **postpone this event** until more information is known, rather than put ourselves at unnecessary risk. We are certain, even though it is very disappointing, all will agree it's for the best. Plans are underway for a Melbourne Cup event at Tiff and Dave's, courtesy of Lyn Martin, and also Christmas at the Blue Fin later in December. We have been looking at different branch meeting venues but they will still have restrictions on attendance numbers. There will be further news on this shortly as our next meeting was down for 13/8. With our year coming to a close, our AGM will be in September and we have had no nominations for Secretary, Trip Coordinator or Activity Officer. The Branch cannot function without someone in these roles and it is too much to ask current MC members to do dual roles. They are not long-term positions anymore as our aim is to renew the Management Committee every 2-3 years so please consider using your past experience as it is also very healthy for the mind, not just the body, to remain active.

Keep COVID safe and hope to see you all soon.  
Peter.



## Committee Members

President - Peter Dunell.....	33729432
Vice President - Lyn Martin.....	0409879329
Secretary - Julie Baldwin.....	32787274
Treasurer - Colin Court.....	0426863506
Membership - Linda Bird.....	37149708
Trips Coordinator - Roebayne Birtles.....	0433191786
Activities Coordinator - Barry Miles.....	38791690



## August Members Birthday

Jane Aslett	Pam Healy
Barbara Barlow	Gillian Hume
Steve Bentley	Lesley Ingram
Norah Blunden	Barry Miles
Graham Dean	Frances Rowe
Patricia Dean	Brian Waldoock
Wendy Donaldson	Barry Weston



## Membership Renewals

With the cancellation of our meetings, we are unable to process your Membership renewals.

If yours falls due while we are in restrictions please contact the National Seniors Australia Head Office on 07 3233 9198. Alternately you can renew online via your membership login.

We request that you please let Linda or Julie know of your new expiry date. It is a requisite of the branch that we keep our Branch Membership Register updated.

We would like to thank members that have already done so.

## Members Welfare

Do you know of any Members who are unwell, had a bereavement in the family or feeling down? Often, we are not aware so if you know of any Members please let our Welfare Officer know. Lorraine Horrocks has kindly taken on this important role for our club this year. You can contact her on 0409275016.

## Welfare Report

A sympathy card was sent to Cheryl Williams for the passing of her Brother.

A get well card and flowers for Linda Bird and also a get well card and chocolates for Julie Baldwin.

Val Summerville has had a bad fall and is in PA Hospital.

### *Riddle me this*

Turn me on my side and I am everything. Cut me in half and I am nothing. What am I?

Answer: see last page

### *Happy Birthday To Us – 9 Fabulous Years*

Where have the years gone? This year is certainly shaping up to be one of the most challenging for us all. Let's not forget how far we've come as a group. Let's be proud of what we have achieved. Let's celebrate the great friendships we have made along the way and best of all let's celebrate our Branch's 9<sup>th</sup> Birthday.

## A Trip Down Memory Lane

Look at this handsome group posing for the camera at Christmas in July 2018 a fun day down at Christmas in July a beautiful day at Harrigan's Restaurant, Calypso Bay. Everyone enjoyed a sumptuous meal, a chance to win one of the great raffle prizes and best of all wonderful company.



## Member News

Isn't this just stunning. Member Pam Healy's beautifully dressed award-winning doll. The handmade, hand painted porcelain doll is a German antique reproduction named Daisy Elmira. Her dress is hand knitted from a 150-year-old heirloom pattern. The lace on her underwear is hand knitted. She has hand knitted socks, handbag and bonnet and handmade leather shoes. She earned a blue ribbon, the medallion and the rosette at the North Brisbane Doll Circle Show in March this year. Congratulations Pam.





# From Head Office NSA

## 2 Recent Articles from National Seniors

We're supporting Melbourne during COVID-19 National Seniors is using its call service to reach out to seniors in Melbourne, including those from a culturally and linguistically diverse (CALD) background. National Seniors is reaching out to hundreds of people in Melbourne's COVID-19 'hot spots' providing them with emotional and mental health support during their time of need. The re-emergence and rapid spread of the virus in Melbourne has highlighted the valuable work of our team staffing the dedicated telephone hotline (1800 171 866). To date, our focus has been calling our branch members especially in rural and regional areas to ensure they are safe and being supported. Already, we've made some 3,000 calls, speaking with members from more than 50 branches. But given the emergency in Melbourne National Seniors is partnering with the Australian Unity CALD Alliance, expanding the service to better support ethnic communities. Specifically, we are working with English speakers in Melbourne's Filipino community who can then engage with other ethnic groups including the Sudanese, and Thai-Burma border Karen people. This positive initiative brings National Seniors' support to CALD communities and helps us build an even bigger National Seniors community. The COVID-19 Older Persons Information Hotline is another service we are providing across the nation. It was established in partnership with the Federal Department of Health and Ageing and in collaboration with other partners, COTA, OPAN and Dementia Australia. Our CEO, Professor John McCallum played a key behind the scenes role with the government, firstly resulting in the release of the COVID-19 Fact Sheet for Older Australians and after extensive survey work via Connect with our members over a five-week period the government then committed to funding the information line. The service is helping older Australians get the critical information they need to stay healthy and safe during the pandemic, providing an accessible one stop source for personal support, questions and up-to-date guidelines. Community feedback tells us the service is very helpful in supporting the health and wellbeing not only of our members, but other older Australians who are feeling isolated and concerned about their situation and COVID-19 at this time.

### The old and the new

Polling firm Roy Morgan has revealed that Australians have overwhelmingly negative feelings about residential aged care in contrast to their largely positive feelings about the older generation.

The research was commissioned by The Royal Commission into Aged Care Quality and Safety and was carried out between October last year and January of this year by phone, polling some 10,518 Australians.

### That warm fuzzy feeling

Breaking with convention, the research defined "older Australians" or "older people" as those aged 70 years and older, asking a series of questions about the way that they were viewed by society.

It found that Australians of all ages thought highly of older Australians, with 90 per cent believing they add value to our society through their work, knowledge and experience.

"Almost all agreed that society has an obligation to look after older people and care for them."

A preference to age at home

The research reinforced the view that older people want to remain in their own homes. This view is one that National Seniors has advocated to government through our ongoing advocacy efforts.

The desire for older Australians to remain in their own home as they age was strong with 80 per cent wanting to stay and 62 per cent preferring their own home should they need care.

The research also found that older people prefer support from family or friends with general activities at home (e.g. shopping, cooking, cleaning and attending medical appointments).

However, there was also a clear preference for paid help for the more intensive and personal activities required when one gets older (e.g. dressing, eating, going to the bathroom and nursing care). There was a view among older people that it was inappropriate for family and friends to undertake such tasks.

When it comes to in-home care services, what was the most preferred? Keeping the house clean.

The research also found that only 11-12 per cent indicated they wish to downsize from their current housing. This is surprising, given the potential benefits of downsizing.

Not only can downsizing make it easier to keep the home clean. More importantly, a smaller, more manageable home with built-in accessibility features can help older people stay in the home as they age and out of residential care.

These benefits were discussed recently in our podcast on downsizing.

Negative view of residential aged care

But when it comes to residential aged care the response was largely negative.

While overall 73 per cent. of those questioned said such facilities were well maintained, 88 per cent believed that the residents there were "often lonely" and only 23 per cent agreed that residents were "happy".

It is no wonder then that the report found that only 25 per cent of older people would prefer to say in residential care if they needed care.

It is important to note that more than half of Australians said they did not know anyone aged 70 or over who was

receiving care, with just 44 per cent knowing someone of that age receiving care at home and 37 per cent knowing someone who was in an aged care facility. Interestingly, Australians who had visited an aged care facility had more positive views about the facilities than those who didn't.

## Treasurer's Report

Treasurer's Report 22nd July 2020 for period 1st – 30th June 2020 The National Seniors Forest Lake Cash Account for the period began with an opening balance of \$8,835.04, received income of \$ 0.07 incurred expenses of \$ 234.00 with a closing balance of \$8,601.11 made up as shown of:

Balance at Bank: \$2,447.30

Heritage Term Deposit \$6,033.81

Petty Cash & Floats \$ 120.00

The closing balance of \$8,601.11 includes committed monies held for,

First Aid \$ 176.00

Seniors Week BBQ \$ 900.00

Trips \$ 26.00

This leaves the Branch with a total of \$7,499.11 in available funds at the end of June. Over the full year our available funds decreased by \$1,592.59, we need to consider how best to raise funds to cover such deficits. Another point to be aware of is that we also need to ensure Trips and Activities costs are fully funded by those participating. This not only includes the trip or activity but any additional costs of items such as snacks, lollies, decorations, raffle prizes etc.

### **Very encouraging message about Senior Citizens - Submitted by Margaret Taylor**

Brains of older people are slow because they know so much. People do not decline mentally with age, it just takes them longer to recall facts because they have more information in their brains, scientists believe. Much like a computer struggles as the hard drive gets full, so too do humans take longer to access information when their brain is full.

Researchers say this slowing down process is not the same as cognitive decline. The human brain works slower in old age said Dr Michael Ramscar, but only because we have stored more information over time. The brains of older people do not get weak. On the contrary, they simply know more.

Also, older people often go to another room to get something and when they get there wondering what they came for. It is NOT a memory problem, it is nature's way of making older people do more exercise.

So there. Now when I reach for a word or a name, I won't excuse myself by saying "I'm having a senior moment". Now I'll say "My hard disk is full!"

## On the lighter side

**The amount of jokes about coronavirus virus has reached worrying numbers. Scientists claim we are in the middle of a pundemic**

**MY BODY  
ABSORBED SO  
MUCH SOAP AND  
DISINFECTANT  
LATELY**

**THAT WHEN I PEE IT  
CLEANS THE TOILET**



**On average, a Panda feeds for approximately 12 hours per day. This is the same as an adult at home under quarantine, which is why we call it a "Pandemic"**





# Roadmap to easing Queensland's restrictions

A step-down approach to COVID-19

Unite against COVID-19

CONTINUING CONDITIONS • Social distancing, 1.5 metres and hygiene • Stay at home if you're sick • Tracking, tracing, rapid response • Frequent cleaning and disinfection

from 11:59pm STAGE 1: 15 MAY 2020 (2 weeks)	commencing from 12 noon STAGE 2: 1 JUNE 2020 (5 weeks)
<b>Family, friends and community</b> <ul style="list-style-type: none"> <li>Gatherings in homes (household plus max 5 visitors, allowed from separate households)</li> <li>Gatherings of up to 10 people: <ul style="list-style-type: none"> <li>outdoor, non-contact activity</li> <li>personal training and pools (indoor and outdoor)</li> <li>public spaces and lagoons (e.g. South Bank Parklands, Cairns, Airlie Beach etc.)</li> <li>libraries, parks, playground equipment, skate parks and outdoor gyms</li> <li>weddings and places of worship</li> <li>hiking and other recreational activities in national and state parks</li> </ul> </li> <li>Funerals (max 20 indoors or 30 outdoors)</li> <li>Recreational travel (max 150kms within your region for day trips)</li> </ul> <b>Businesses and economy</b> <ul style="list-style-type: none"> <li>Retail shopping</li> <li>10 people permitted at any one time for: <ul style="list-style-type: none"> <li>dining in (with COVID Safe Checklist): restaurants, cafes, pubs, registered and licensed clubs, RSL clubs and hotels – no bars or gaming</li> <li>open homes and auctions</li> <li>beauty therapy and nail salons (with COVID Safe Checklist)</li> </ul> </li> <li>All students back at school from 25 May 2020.</li> </ul> <b>Outback*</b> <ul style="list-style-type: none"> <li>Dining in (with COVID Safe Checklist): restaurants, cafes, pubs, registered and licensed clubs, RSL clubs and hotels (max 20 at any one time) for locals only (must show proof of residence) – no bars or gaming</li> <li>Recreational travel including overnight accommodation max 500 kms within the outback only if you live in the outback.</li> </ul>	<b>Family, friends and community</b> <ul style="list-style-type: none"> <li>Gatherings of up to 20 people: <ul style="list-style-type: none"> <li>homes</li> <li>public spaces and lagoons* (e.g. South Bank Parklands, Cairns, Airlie Beach etc.)</li> <li>non-contact indoor and outdoor community sport*</li> <li>personal training, gyms*, health clubs*, yoga studios*, pools* (indoor and outdoor) and community sports clubs*</li> <li>museums*, art galleries* and historic sites*</li> <li>weddings and places of worship*</li> <li>libraries*, parks, playground equipment, skate parks and outdoor gyms</li> <li>hiking, camping and other recreational activities in national and state parks</li> </ul> </li> <li>Funerals† (max 100 people)</li> <li>Recreational travel, camping and accommodation, including caravan parks (anywhere in Queensland*)</li> </ul> <b>Businesses and economy</b> <ul style="list-style-type: none"> <li>Unlimited travel and overnight stays for all of Queensland* (including for school holidays)</li> <li>Dining in or seated drinks in restaurants, cafes, pubs, registered or licensed clubs, RSL clubs, hotels and casinos (no gaming) – up to 20 patrons per room or defined area (indoor or outdoor) for a venue (when following a COVID Safe Industry Plan)</li> <li>20 people permitted at any one time for: <ul style="list-style-type: none"> <li>indoor cinemas*</li> <li>open homes* and auctions*</li> <li>outdoor amusement parks*, tourism experiences*, zoos* and arcades*</li> <li>concert venues*, theatres*, arenas*, auditoriums* and stadiums*</li> <li>beauty therapy, nail salons, tanning, tattoo parlours and spas (with COVID Safe Checklist)</li> </ul> </li> </ul>

\* More with COVID Safe Plan or Site Specific Plan approved by health authorities  
† Max 50 with a COVID Safe Checklist when not complying with the COVID Safe Industry Plan  
\* Outback areas as defined by Local Government Areas  
† Except Bioscience Area or Restricted Areas  
§ Provided contact details are kept for at least 56 days  
V Defined areas no longer required.

**Remote community restricted areas:**

- The restrictions on access to Declared Travel Zones will continue under the CHO Direction: Restricted Access to Remote Communities
- Under the Remote Communities Roadmap, any easing of restrictions in those areas will occur following an assessment of public health advice, response capability and community consultation.

commencing from 12 noon STAGE 3: 3 JULY 2020
<b>Family, friends and community</b> <ul style="list-style-type: none"> <li>Private, non-commercial (e.g. home) gatherings of up to 100 with friends and family</li> <li>Weddings and funerals (max 100 people)†</li> <li>Maximum number of persons at museums, art galleries, libraries and historic sites determined by the one person per 4 square metre rule</li> <li>Sport, recreation and fitness organisations when following a COVID Safe Industry Plan: <ul style="list-style-type: none"> <li>resumption of activity including competition and physical contact is permitted on the field of play</li> <li>indoor sports facilities can open with one person per 4 square metres (off the field of play)‡</li> <li>outdoor sports facilities can open with physical distancing (off the field of play).</li> </ul> </li> </ul> <b>Businesses and economy</b> <ul style="list-style-type: none"> <li>Maximum number of customers for a business at any one time is determined by the 4 square metre rule**</li> <li>For smaller venues below 200 square metres, businesses can have one person per 2 square metres up to 50 persons at a time§</li> <li>The following businesses and areas may re-open with a COVID Safe Plan: <ul style="list-style-type: none"> <li>casinos, gaming and gambling venues (including electronic gaming machines)</li> <li>non-therapeutic massage*</li> <li>saunas and bathhouses*</li> <li>nightclubs</li> <li>food courts</li> </ul> </li> <li>Office-based workers can return to their place of work</li> <li>Up to 25,000 spectators or 50% of capacity (whichever is the lesser) at Queensland's Major Sports Facilities, with a COVID Safe Plan</li> <li>Concert venues, theatres and auditoriums can open and have up to 50% capacity or one person per 4 square metres (whichever is the greater), with a COVID Safe Plan</li> <li>More events allowed: <ul style="list-style-type: none"> <li>fewer than 500 people – no approval needed when following a COVID Safe Event Checklist</li> <li>500 to 10,000 people – need a COVID Safe Event Plan approved by local public health units</li> <li>over 10,000 people – need a COVID Safe Event Plan approved by the Queensland Chief Health Officer</li> </ul> </li> <li>COVID Safe Industry Plans continue to apply with revisions to reflect changes in Stage 3. COVID Safe Checklists continue to apply.</li> </ul>

## BORDERS

### From 12:01pm 10 July 2020

- The Queensland Government will implement enhanced border control measures, including border passes and identification screening.
- From 10 July 2020, any person travelling from New South Wales, Western Australia, South Australia, Tasmania, the Australian Capital Territory and the Northern Territory may enter Queensland subject to completing and signing a border declaration and undertaking to present for a COVID-19 test if they develop symptoms.
- Any person that has been in a COVID-19 hotspot during the past 14 days, including Victoria, must not enter Queensland. The only exceptions (and subject to strict conditions) are:
  - a Queensland resident returning home who will be subject to government directed quarantine
  - a person entering to perform an essential activity approved by the Chief Health Officer
  - a person listed in other limited categories as listed in the border direction.

### Offences and enforcement measures

- All persons entering Queensland must complete and sign a border declaration stating whether they have been overseas or in a COVID-19 hotspot, had contact with a confirmed COVID-19 case or had symptoms consistent with COVID-19. Significant penalties apply for false statements.
- All flights will be checked, and road vehicle borders will be enforced.
- Police will enforce quarantine.
- A person who refuses testing in quarantine will be subject to a further 10-day period at cost.

### Review

- The Queensland Chief Health Officer will review levels of community transmission and may impose additional restrictions should new hotspots occur.

### Ongoing review

- Ongoing review of state-based restrictions will be undertaken based on levels of community transmission. This includes:
  - density requirements, including consideration of moving from 4 to 2 square metres per person for all venues
  - remaining restrictions on high-risk businesses and activities.



## Coronavirus COVID-19



Coronavirus COVID-19 Public Health Advice

### Help prevent coronavirus



Wash your hands



Cover mouth if coughing or sneezing



Avoid touching your face



Keep surfaces clean



Stop shaking hands and hugging



Keep a safe distance

The virus spreads in sneeze and cough droplets, so regularly taking the above measures helps reduce the chance of it spreading.

Riddle Answer:  
The number 8.  
Explanation: On its side, the number 8 looks like an infinity symbol.



Never piss off old people.  
The older they get, the less  
"Life In Prison  
is a real deterrent.



Thank you to the Lions for the use of their facilities for our meetings



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The Committee would like to thank all the supporters of the NSA Forest Lake Branch for photocopying or printing newsletters, meeting minutes and agendas, financial reports and other support material.