



## National Seniors Australia Corinda Branch

### October 2019 Newsletter



National Seniors Australia provides information regarding topics of interest to seniors and a collective voice to ensure matters concerning seniors are heard. Corinda Branch provides a local face to this National Organisation to enable information to be disseminated and Seniors to join together to socialise and meet friends and to have a bit of fun.

#### Meetings

- Branch Meetings are held on the 2<sup>nd</sup> Tuesday of each month February to December.
- We meet at The Croll Memorial Precinct, Sherwood/Indooroopilly RSL Sub-Branch, 2 Clewley St, Corinda. (opposite the Services Club)
- Registration at 9.30am for 10.00am start.
- Meeting fee of \$3.00 includes morning tea

#### Our Guest Speaker in September

##### Rae Hagarty, Dementia Australia

Rae commenced her very interesting talk by clarifying that dementia is not a normal part of ageing it is a brain disease, however it can happen to anyone and the risk increases with age.

Dementia is not one specific disease but a collection of symptoms that are caused by disorders affecting the brain. There are over 100 different types of dementia.

Disorders that are included under the dementia umbrella include Alzheimer's disease, Vascular dementia (caused by stroke or damage to blood vessels in the brain), Lewy body disease that occurs with abnormal clumps of a protein that develops inside nerve cells and Frontotemporal dementia that involves progressive damage to the frontal and temporal lobes of the brain. However, there are many different causes of dementia and it is diagnosed by symptoms, that is if two or more cognitive functions are significantly impaired, for example - memory, language, problem solving or judgement.

Living a brain healthy life is a way of reducing the risk of dementia. This includes managing health problems such as high blood pressure, being socially active, challenging the brain with new activities, trying different things, choosing social activities that involve mental activity and interaction with others, maintaining a healthy body through eating a variety of food from different food groups and getting sufficient physical exercise.



#### Christmas Is Coming

Our Christmas Party and Last meeting for 2019 will be held at 11.00am on 10 December 2019. The venue is the Sherwood Services Club opposite our meeting room at the RSL Branch. A delicious two course Christmas Dinner will be interspersed with fun and games. We hope all our members and friends can join us.

The countdown to Christmas is on!! Please bring your Donations for the Christmas Hamper Raffles the November Branch Meeting.

#### Branch Constitution

As you will be aware National Seniors Australia has been reviewing the individual Branch Constitutions in order to bring them into line with current legislation and the Rule requirements of the Office of Fair Trading with whom the Corinda Branch is a registered entity (as are all other Branches).

This process has now been completed and a revised constitution for all Branches has been endorsed by National Seniors Australia. Corinda Branch will now undertake the process of accepting this revised Constitution for our Branch. To this end a copy of the proposed amended constitution will be distributed at the 8 October Branch meeting and a Special Meeting will be held at 11.30am on Tuesday 12 November following the Branch Meeting for members to vote on acceptance of the amended constitution.

Raisin cookies that look like chocolate chip cookies are the main reason I have trust issues.

## Health Tips

# October for Health Awareness

### October is Breast Cancer Awareness Month

**Breast cancer is the most commonly diagnosed cancer in Australia.**

Its incidence is increasing – with **1 in 7 Australian women** and **1 in 675 Australian men** expected to be diagnosed in their lifetime.

**8 Australian women still lose their life to the disease every single day.**

#### Age and Breast Cancer

**The older women get the higher their risk of developing breast cancer.**

In Australia, breast cancer can occur in younger women, but about three out of four breast cancer cases occur in women aged 50 years and older. However, there are some choices you can make to reduce your chance of developing breast cancer including the following:

#### Reduce your alcohol intake

Research has shown a strong link between alcohol and the risk of developing breast cancer, or breast cancer returning. To reduce your risk, try to limit your alcohol intake to two standard drinks a day.

#### Maintain a healthy weight throughout your life

Women who put on a lot of weight in adulthood, particularly after menopause, may have a higher risk of breast cancer.

#### Be active

Studies have shown that regular exercise reduces the risk of breast cancer. Studies show that moderate exercise, like a brisk walk, can be enough to reduce your risk. The more you do, the greater the benefits.

#### Eat well

A healthy diet, of at least five serves of vegetables and two serves of fruit a day, may help to reduce your risk of cancer. Research recommends sticking to low-fat dairy products, limiting how much red meat and sugar you eat to prevent increasing your risk of breast cancer.

#### Avoid long-term use of hormone replacement therapy (HRT)

Many women use HRT to alleviate the symptoms of menopause and/or osteoporosis and to boost female hormones that lower with age. Once HRT use ends, the risk returns to normal levels.

#### Don't smoke

A landmark US study demonstrated a strong association between active smoking and breast cancer risk.

### Mental Health Week 2019

Saturday the 5th of October to

Sunday the 13th of October.

### **Depression and Anxiety in older people**

It is thought that between 10 and 15 per cent of older people experience depression and about 10 per cent experience anxiety.

Depression is common throughout the Australian population, and older people are more likely to experience contributing factors such as physical illness or personal loss.

Rates of depression among people living in residential aged-care are believed to be much higher, at around 35 per cent.

Unfortunately, many people over 65 still seem to feel there is a stigma attached to depression and anxiety, viewing them as weaknesses or character flaws rather than a genuine health condition.

Older people are also more hesitant to share their experiences of anxiety and depression with others, often ignoring symptoms over long periods of time and only seeking professional help when things reach a crisis point.

**The good news is help is available, effective treatments exist for older people and with the right treatment most older people recover.**

#### Dementia and depression

Depression is thought to affect 1 in 5 people experiencing dementia.

When dementia and depression occur at the same time it may be difficult to distinguish between them because the signs and symptoms are similar. However, **dementia and depression are very different conditions that require different responses and treatment**, so a thorough assessment by a health professional is recommended.

## Depression and Anxiety in older people (cont)

### What to look for

#### Depression in older people

An older person may be **depressed** if, for more than two weeks, he or she has felt sad, down or miserable most of the time or has lost interest or pleasure in most of his or her usual activities, has experienced several of the signs and symptoms across at least three of the categories below.

##### Behaviours

General slowing down or restlessness  
Neglect of responsibilities and self-care  
Withdrawing from family and friends  
Decline in day-to-day ability to function, being confused, worried and agitated  
Inability to find pleasure in any activity  
Difficulty getting motivated in the morning  
Behaving out of character  
Denial of depressive feelings as a defence mechanism

##### Thoughts

Indecisiveness  
Loss of self-esteem  
Persistent suicidal thoughts  
Negative comments like 'I'm a failure, 'It's my fault' or 'Life is not worth living'  
Excessive concerns about financial situation  
Perceived change of status within the family

##### Feelings

Moodiness or irritability, which may present as angry or aggressive  
Sadness, hopelessness or emptiness  
Overwhelmed  
Feeling worthless or guilty

##### Physical symptoms

Sleeping more or less than usual  
Feeling tired all the time  
Slowed movement  
Memory problems  
Unexplained headaches, backache, pain or similar complaints  
Digestive upsets, nausea, changes in bowel habits  
Agitation, hand wringing, pacing  
Loss or change of appetite  
Significant weight loss (or gain)

#### Anxiety in older people

The symptoms of **anxiety** in older people are sometimes not all that obvious as they often develop gradually and, given that we all experience some anxiety at some points in time, it can be hard to know how much is too much. Often older people with anxiety will experience a range of symptoms from the categories below:

##### Behavioural

Avoiding objects or situations which cause anxiety  
Urges to perform certain rituals in a bid to relieve anxiety  
Not being assertive (i.e. avoiding eye contact)  
Difficulty making decisions  
Being startled easily

##### Thoughts

"I'm going crazy."  
"I can't control myself."  
"I'm about to die."  
"People are judging me."  
Having upsetting dreams or flashbacks of a traumatic event  
Finding it hard to stop worrying, unwanted or intrusive thoughts

##### Feelings

Overwhelmed  
Fear (particularly when facing certain objects, situations or events)  
Worried about physical symptoms (such as fearing there is an undiagnosed medical problem)  
Dread (such as fearing that something bad is going to happen)  
Constantly tense or nervous  
Uncontrollable or overwhelming panic

##### Physical symptoms

Increased heart rate/ racing heart  
Vomiting, nausea or pain in the stomach  
Muscle tension and pain  
Feeling detached from your physical self or surroundings  
Having trouble sleeping  
Sweating, shaking  
Dizzy, lightheaded or faint  
Numbness or tingling  
Hot or cold flushes

### Day Trips

**Herman's Tours and Travel**, Corinda have a great selection of day trips if you are looking for an interesting outing.

- Wednesday 16 October – Practically Perfect, the music of Julie Andrews
- Saturday 9 November – Tweed River and Rainforest Cruise

For details and prices Phone **3379 6255**  
Brochure available at the meeting.

### Lord Mayor's Christmas Concert

We have been allocated 10 tickets to the Lord Mayor's Christmas Concert for the 4<sup>th</sup> December 9.15am for morning tea. Please advise the Committee if you would like a ticket.

## NSA Connect News

### Devil in the deeming detail

18 September 2019

National Seniors Australia led the campaign to cut the deeming rates. They are now lower but remain higher than the cash rate, which they were once linked to.

Changes to the deeming rates took effect on 1 July but the payments won't start until the end of September.

The new deeming rates are 1% for assets up to \$51,800 for single pensioners (\$86,200 for couples) and 3% for singles with assets above \$51,800 (above \$86,200 for couples).

The previous rates were 1.75% and 3.25%, respectively.

### Pension rate increase

19 September 2019

The base Age Pension increases by \$6.80 a fortnight from tomorrow.

The base rates of Age Pension, Disability Support Pension and Carer Payment will increase by \$6.80 a fortnight to \$850.40 for singles.

It will increase by \$10.20 a fortnight to \$1,282 for couples combined.

The Energy Supplement remains unchanged at \$14.10 (single) and \$10.60 (couple, each), while the Pension Supplement rises 40 cents for singles to \$68.90 and 30 cents for couples to \$51.90 each.

That brings the total base pension to \$933.40 (single) and \$703.50 (each member of a couple) - overall rises of \$7.20 (single) and \$5.40 (couple, each).

### Branch Calendar September 2019 to May 2020

- |                          |  |
|--------------------------|--|
| Tuesday 8 October        | Financial Advice Matters - Managing your money in retirement.<br>Bring and Buy   |
| Tuesday 12 November      | Oxley Nursery – Choosing and caring for your potted plants.<br><b><u>Special General Meeting</u> at 11.30am to follow the Branch Meeting.</b><br><b>This important meeting is for the purpose of adopting the revised Corinda Branch Constitution.</b> |
| Tuesday 10 December      | Christmas Party at Sherwood Services Club. Fun and Christmas festivities   |
| Tuesday 11 February 2020 | First Meeting for 2020.<br>Ray Krebs – Local nbn Community Ambassador  |
| Tuesday 10 March         | Branch's 30 <sup>th</sup> Birthday and Sausage Sizzle<br>Speaker TBA   |
| Tuesday 14 April         | Arthritis Queensland   |
| Tuesday 12 May           | Estate Planning and Funerals with Ms Loan Chow and Jeannie McIntosh<br>Mother's Day Morning Tea  |

(While the program is correct at time of printing changes may occur due to unforeseen circumstances)

### Elected Branch Committee

July 2019- August 2020

President: Norma Spinetti  
Vice President: Val Spinetti  
Secretary: Bronwyn Quinn  
Treasurer: Heather Hallam  
Publicity Officer: Lorna Norris

### Committee Members

Margaret Maynard  
Wendy Ostrofski  
Ruby McFarlane

### Branch Contacts:

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