

HEALTHY AGEING AND MUSCLE HEALTH

We are very privileged to have people of world renown speaking to us at Brighton Branch. At January's meeting Dr Chris and Jane Bollen gave a very insightful talk on Healthy Ageing and the importance of having a Muscle Health Check. Muscle strength testing can help diagnose many problems in which weakness plays a role. As you lose muscle, you're at increased risk for osteoporosis, falls and injuries. As we age it's normal to experience some reduction in muscle mass, strength and function. These changes begin as early as your 30s and continue at a rate of 3% to 5% per decade.

Good news however - strength training can help us maintain and rebuild muscle at any age. Everyone should be doing strength training as part of their exercise program.

Why It's Important To Do Strength Training As You Age

Without strength training, people can lose up to 30% of their muscle mass between ages 50 and 70, and after 70, the rate of muscle loss accelerates further. An injury due to poor muscle strength can trigger a cycle that dramatically impacts your physical health. After a fall, you may become less active, fearing future accidents. You'll lose muscle mass if you become sedentary, and that increases your risk for more injuries. Muscle loss can also impact your balance and energy. Daily activities such as getting dressed, walking and climbing stairs can become more difficult. You may no longer be able to do things you once enjoyed or live independently.



Jane Bollen, branch president Aileen Merrett and Chris Bollen

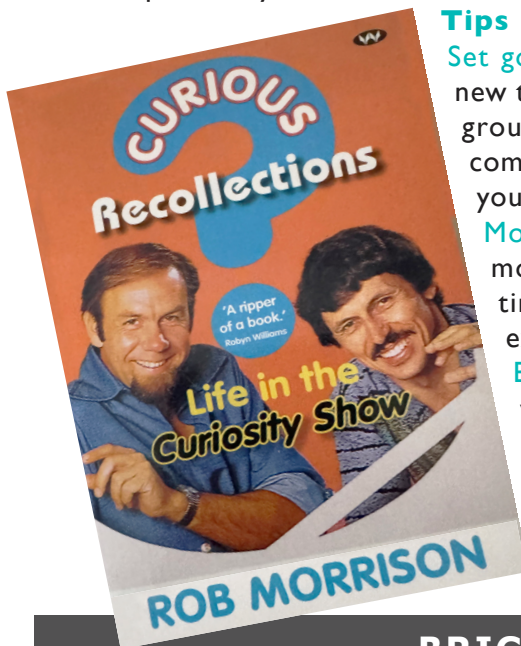
Tips For Starting A Strength Training Program

Set goals: Take regular morning walks or play with your grandkids. If you're new to strength training, start with one set of 8-15 repetitions for each muscle group. Pick a weight that is challenging, but not so much that you can't complete the set. Gradually work up to three sets of each exercise, increasing your resistance or weight as your body strengthens.

Modify exercises: If you're participating in an in-person or virtual class, modify the movement to suit your limitations and range of motion. Over time, your strength and range of motion will increase. Avoid doing any exercises that cause pain.

Be consistent: Commit to a routine and stick with it. You don't need to work out for hours each day. Instead, set aside time for two to three strength training sessions each week.

■ CONTINUED OVERLEAF



Left: one of the many books written by our February guest speaker, Rob Morrison. See article on page 2

BRIGHTON BRANCH MEETINGS

Our Branch Meetings are held on the **3rd Tuesday of each month**, except for December when we do not have a meeting. We meet at the Lighthouse Community Church, corner Jetty Road and The Crescent, Brighton, on the beach side of the railway line.

The meeting starts at 10am, so arrive from 9.30.

Door entry is \$5 and this includes morning tea and a chance to win a door entry prize. Payment of your Annual Subscription can be made at Branch Meetings. Payment using Cash, Visa, MasterCard or Debit Card is available for Subscriptions, Door Entry and Outings

GROWING OLD DISGRACEFULLY

The February meeting is not to be missed! Another speaker of world renown - the well known Rob Morrison, OAM, CF. Rob is an Australian zoologist and science communicator. He co-hosted "The Curiosity Show" which aired on television from 1972 to 1990. He has written or co-written 48 books about science for the general public. His topic for our meeting will be "Growing Old Disgracefully". Of "The Curiosity Show", Rob says: *"What kid doesn't love volcanoes, dinosaurs, animals and explosions."*

Rob is a Professorial Fellow in the College of Education, Psychology and Social Work at Flinders University. From 2000 to 2006, he was President of the Royal Zoological Society of South Australia (promoted as "Zoos SA"), where he oversaw both the smallest metropolitan zoo in Australia, Adelaide Zoo, and the largest, Monarto Zoo (now Monarto Safari Park). During this period, the Society membership grew three-fold.

His research has focused on comparative anatomy of the mammalian olfactory system, and the identification of animals from tracks and traces, to the design of artificial nesting boxes, and techniques to breed animals and birds which face extinction in their native habitats in order to reintroduce them in the wild. He was called as an expert witness concerning dingoes in the case of Azaria Chamberlain's death. He is a founding member of the Friends of Science in Medicine, and he served as its Vice President for many years.

Rob was awarded the Medal of the Order of Australia for his services to conservation and science communication. In 2008 he was named the Senior Australian of the Year for South Australia. His list of awards and recognition is as long as your arm! As a child, Rob says he wanted to be "a farmer, then zookeeper then vet — anything to do with animals".



While at Flinders University, he developed an interest in researching nestboxes. He conducted a statewide project called "The Nestbox Project" in South Australian schools over 1992 and 1993, getting students to design, build and monitor nestboxes to see what used them. This supported the development of better designs, and educated children as to the value of the hollows in dead trees which were being cleared.

Rob is a passionate science communicator, telling an interviewer: *"Science should be as much a part of the spectrum of civilised people's interests as art, music and politics."* For over thirty years, he was a regular contributor and columnist for works including The New Inventors, Science Magazine, Chemistry in Australia, Ockham's Razor, and The Science Show on ABC Radio National. On television, in addition to The Curiosity Show, he was the Channel Ten News science correspondent for ten years, and made regular appearances on shows including The New Inventors, as producer and presenter of science segments for Nexus, a program which was produced by the ABC for the Australian government and broadcast to more than 40 countries in the Asia Pacific region via the Australia Network, and Science Magazine. He has written or co-written 48 books for the general public about science and natural history.

In 1971, Rob was invited onto the Channel 9 children's show "Here's Humphrey" to talk about a possum which he was hand-rearing. The day after that shoot, the network offered him the job as presenter for their new show, which became The Curiosity Show. Rob and scientist Deane Hutton co-hosted over 500 episodes of The Curiosity Show which aired between 1972 and 1990, in 14 countries. The emphasis was on science and nature, with practical demonstrations being a big part of the show, and it also included general craft and music. The Curiosity Show won many national and international awards. Nowadays, he jokingly observes that "It's a bit daunting when some middle-aged, bald bloke comes up and says 'you were a great influence when I was young.'"

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You can even break your workouts into shorter sessions throughout the day. Exercising with a workout buddy can also help you stay motivated and consistent.

Try exercises that challenge your balance: If you're physically able, include exercises that are done while standing to improve your balance. For example, standing and doing a shoulder press with dumbbells challenges your balance more than doing the same exercise seated at a machine. Also include standing body weight exercises, such as single leg balance and lateral leg raises. Weight-bearing exercises will improve your bone health, build muscle and improve overall fitness.

Ask for help: If you're new to strength training, meet with an exercise physiologist, physical therapist or athletic trainer to get started. These professionals can teach you the proper form to benefit from each exercise while avoiding injury. You'll gain confidence as you build your skills, making you feel more comfortable at the gym or class.

Add protein to your diet: As you age, your body requires more protein to keep your muscles strong and body energized. Good protein sources include lean meat, poultry, fish, eggs, low-fat dairy, lentils and beans. Healthy adults should aim to get between 10% and 35% of their daily calories from protein.

Strength training, along with 150 minutes of moderate intensity cardio exercise each week, will help you stay active and injury free.

POSITIVE AGEING FORUM

Two Positive Ageing Forums were held recently, one in Strathalbyn on 31st January and the second on 7th February at Lobethal. Rebekha Sharkie, Independent, Federal Member for Mayo hosted the Forums. She is an “independent voice” and champions issues including aged care reform among others. Rebekha is a good advocate for seniors in the federal parliament.

The Strathalbyn Forum was attended by **National Seniors Chief Executive Officer Chris Grice**, from Brisbane. Graham Sporn, Brighton Branch Vice President attended the Lobethal Forum.

Speakers at Lobethal were **Patricia Sparrow** who leads COTA (Council of the Ageing), a peak body for older Australians. Pat’s career spans community, disability, and aged care, health and advocacy roles. Her topic was the “State of the Nation for older Australians”. Wills, deceased estates and conveyancing among other legal topics were covered by local Lobethal solicitor **Jill Herve**.

Alison Wood from Concessions SA, spoke about how to access concessions and recent changes that have occurred. “It’s worth making an enquiry, even if you find out you are not eligible for a particular concession.” **Carolanne Barkla**, CEO of the Aged Rights Advocacy Services (ARAS) spoke on key issues and advocacy for older South Australians. “Many older people are subject to abuse, physical, financial or emotional”, Carolanne said.

The topic “Dementia-Friendly Communities” was presented by **Liz Withall** from Dementia Australia. “The early signs of Dementia can be very subtle. They’re also different from person to person. You may not have a strong feeling that something’s wrong. You may not even notice any of those early changes”, Liz said. **Natalia Kerrilee** from Carers SA spoke on the topic “Who cares for the Carers?” The final speaker was **Lia Parsons**, author of the book “*Getting Older, Let’s talk about it*”. Lia has over 25 years experience in the aged care sector as a nurse and occupational therapist, and understands the opportunities for ageing well at home and in the community. After each speaker there was a chance for questions and answers.

Afternoon tea was enjoyed mid way through the forum, with delights provided by **Emmaline’s Adelaide Hills** and **Fleurieu Milk Company**. In the adjacent Hall there was a great Expo with many stalls by community and advocacy organisations.



The Forum venue



The attendees were “all ears”



Rebakha Sharkie addresses the Forum

SENIORS FORUMS

On 5th March from 10.30am to 12.30pm, hosted by **Louise Miller Frost MP, Federal Member for Boothby**.

Venue - Marion RSL , 31-39 Norfolk Road, Marion.

If you would like to attend, secure your free ticket by contacting Louise’s office on 8374 0511. Tickets are limited due to venue capacity.

On 4 April from 10am to noon, hosted by **Sarah Andrews, MP for Gibson**.

Venue - Brighton Rugby Club, 410 Brighton Rd, Brighton.

If you have any questions, please do not hesitate to call Sarah’s office on 8377 3500.

SPECIAL EVENTS CALENDAR

Wednesday 26th February - Port Dock Railway Museum. Meet at 10am at the Adelaide Railway Station to catch the train direct to the Museum. Cost \$10 (pay on the day). Return to City by train with **Lunch at the Casino**. Contact is Graham Gurry, phone 8296 7646.

At the Branch Meeting on **18 March**, there will be a presentation ceremony. National Seniors members with connection to Brighton Branch who have 20 or 25 years will receive an award. After the Awards Ceremony, there will be a High Tea in the Lighthouse Church Hall.

Our catering is limited to 60 people. Unfortunately, the maximum number has been reached, but there is a waiting list. If you wish to go onto the waiting list, phone the Club Secretary, Julie Hockley on 0410 053 973.

Thursday 27th March - An exciting **Bus Trip** to the **St Kilda Tramway Museum**. We will enjoy a guided tour, lunch *and a ride on an old tram!* And a visit to the famous **Virginia Nursery** on the way home. Cost \$60. Meet at **9am** in front of the Windsor Theatre. Contact is Graham Gurry, phone 8296 7646.

UPCOMING BRANCH MEETINGS PROGRAM

Our guest speaker on **Tuesday 18 February**, is world renowned zoologist and science communicator, Rob Morrison. His topic is "Growing Old Disgracefully." See article on page 2.

At the Branch Meeting on **15th April**, we are privileged to have Kim Cheater speaking to us on the **history of local historic home "Alwyndor"**, his family's former home.

"It's Not Just Books", a presentation by the Holdfast Library is planned for **June**.

REGULAR NOTICES

After each Branch meeting there is a lunch for members who wish to attend. **On 19th February** the lunch will be at the **Holdfast Hotel**, corner Brighton Road and Pier Street, Glenelg East. If you wish to attend, please put your name on the sheet on the back table at the meeting, so we can advise the hotel of the number of members attending.



Disposable cups for morning tea cost \$269. Recycling is better than cups going into landfill, but still not good for the environment due to the resources used. Cups made sustainably are not as good as reusing, which is the best for our environment.

So we urge you to bring your own mug for morning tea.

And tea/coffee tastes so much better from a "real china" mug!

THE WALKING GROUP meets at **9.30am EVERY TUESDAY** except when there is a Branch Meeting. That week the walk is on the following day.

On Wednesday 19th February, meet at the Broadway Hotel carpark, walk along the Esplanade to Mamma Carmella's Jetty Road Glenelg and return.

On Tuesday 25th February, meet at **Oaklands Reserve carpark** (entrance off Oaklands Rd, opposite Hendry Street at the lights. Drive to the end). Meet near the toilet block, walk to Cafe Finniss on Finniss Street for refreshments and return.

On Tuesday 4th March, meet at the northern end of North Esplanade North Glenelg at the Anderson Ave, corner. Walk along the esplanade to Oaks Plaza Pier Hotel for refreshments and return. **Tuesday 11th March**, meet at the **start of the Brighton Jetty**, to the Inclusive Cafe (in the grounds of Minda) for refreshments and return.

We'd love to have more walkers, so if you'd like to join us (the walks are quite leisurely - or you can just meet for refreshments) contact **Barbara Hansen** 0448 223 075 or **Rose Cearn** 0405 537 910.

If the weather is inclement, individuals can choose whether they wish to walk or not, otherwise meet at the designated refreshment venue.



Printed by

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