

WELCOME TO 2024 – We hope you enjoyed the Christmas and New Year holiday period with family and friends and that you didn't suffer damage during the wild storms. Your committee has been working towards providing another enjoyable social year with branch activities including a variety of guest speakers, morning teas and day bus trips, as well as fundraising and charity donations. We hope you can join us at one of our upcoming activities and look forward to catching up with everyone again.

BRANCH MEETINGS

Our first branch meeting for 2024 will be on **Thursday 8 February** at the Coorparoo RSL Club. Arrival will be at 10:00am for a 10:30am start with guest speaker, updates on branch and national activities, raffles, and refreshments. The cost will be \$7.00 cash per person payable at the door.

Our guest speaker will be Caroline Jamieson, from *Your Life, Your Words* who will share how your stories, your wisdom, your history, and your heart can be preserved for your family and friends.

The dates for 2024 are:

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

CAR PARKING AT COLES

If you are new to the branch and wish to park at Coles opposite the RSL please remember to advise your number plate to Pat Will on 3398 8726 or patsywill@gmail.com at least 48 hours prior so she can pass this information on to the parking organisation. If Pat already has your number plate listed, you don't need to advise her again.

BIRTHDAYS

Best wishes to Robert Cousin, Lyn Edwards, Brian Harding, Ailsa Hay and Margaret Hill who celebrate birthdays in February. We hope you enjoy your special day with family and friends.

MORNING TEA CATCH-UP

Our morning tea catch ups will continue from 10am at Easts Leagues Club on generally the third Monday of the month. This is a great informal way to get to know fellow members outside the confines of a branch meeting. We hope to see you there.

The dates for 2024 are:

15 January	19 February
18 March	22 April
20 May	17 June
15 July	19 August
16 September	21 October
18 November	

BOOK SWAP

We will recommence the fundraising book swap activity again this year. If you have received some books over the Christmas break which you have finished and are happy to donate, 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.

EXCLUSIVE MEMBERSHIP OFFER – Save 20% on a National Seniors membership

To help our members who may be feeling the cost-of-living crunch, as well as encourage new members to join, National Seniors is offering discounts on membership until the end of January. If you are due for renewal, or know of someone who is interested in joining, you can join or renew online using the following discount codes:

- SUBS20 – 20% off 1 year membership
- BRANCH2FOR1SINGLE – 2 years for the price of 1 (single)
- BRANCH2FOR1JOINT – 2 years for the price of 1 (joint)

If you have any issues, or prefer to speak to a person, you can phone 1300 76 50 50 and let David or Robyn know you are from the Coorparoo Branch and provide the relevant discount code above.

CARE KITS FOR KIDS DONATIONS

Our sincere thanks to all members and guests who generously contributed items throughout 2023 to this very worthy organisation that provides backpacks filled with basic necessities for Queensland children who are displaced through no fault of their own.

Care Kits for Kids Qld was recognised at the Queensland Community Achievement Awards in November 2023 as the WINNER of the *Queensland Family and Child Commission Dedicated to Supporting Young Queenslanders Award (2023)*, and a FINALIST in the *Bendigo Bank Community Group of the Year Award (2023, 2022)*. They would like to thank all their extraordinary volunteers, givers, and supporters for your support so that together we can make a difference for children doing it tough.

Coorparoo Branch would like to continue this relationship again in 2024 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.

February – Biro, HB or coloured pencils, sharpener, eraser, ruler

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 – Hair brush, 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

COORPAROO RSL CLUB

MEMBERSHIP DUE FOR RENEWAL

As the Coorparoo RSL supports our club through greatly discounted meeting rates, we encourage our members to also join the Coorparoo RSL Club. Membership is only \$2 per calendar year and scanning your membership card during each visit earns you points for later redemption on food and beverage purchases. You'll also receive food and beverage discounts, club vouchers, member only promotions and a birthday gift!

As a special offer, if you renew your membership before the end of February, you will receive free 2025 membership for the new club when they move to Greenslopes.

Please see the Club reception to renew or join for 2024.

DENDY CINEMAS COORPAROO

Thanks to our friends at Dendy Cinemas Coorparoo for providing complimentary tickets for use as raffle prizes again this year. Look out for these movies coming soon:

THE HOLDOVERS (comedy); ALL OF US STRANGERS (drama); THE IRON CLAW (drama); PRISCILLA (drama); THE COLOR PURPLE (drama); ANATOMY OF A FALL (drama); RICEBOY SLEEPS (drama); ARGYLLE (comedy); FORCE OF NATURE: THE DRY 2 (drama); TRUE ROMANCE (action)

If you love movies, why not join the Club! Become a member of Club Dendy to receive discounted tickets and candy bar items, exclusive offers, birthday rewards and much more. Visit Dendy Cinemas Coorparoo or online at dendy.com.au for more details.

HOW DOES NSA ADVOCACY WORK?

The front page of *The Australian* discusses the impact of cost of living, *The Today Show* focuses on the lack of affordable housing, and ABC's *7.30* has a story on aged care workers. National Seniors features in all of these.

Then there are frequent appearances on *Sky News*, *9NEWS*, *7NEWS*, *ABC Radio*, commercial radio stations, and in articles in major metro and regional newspapers. Aside from the sheer difficulty of achieving coverage in one of these outlets, let alone all of them, and not just once but consistently – what's the point?

How does the media coverage National Seniors Australia 'earn' support our advocacy work and vice-versa?

Wins like stopping the pension age from rising to 70, retaining franking credits, freezing deeming rates, boosting the pension work bonus, increasing the threshold for the Commonwealth Seniors Health Card, rebranding and reducing the interest rate of the Home Equity Access Scheme, reducing the cost of medications, and increasing the maximum rate of Commonwealth Rent Assistance all take time. All these wins are the result of a lot of background work and carefully planned strategies involving research, policy, and media.

Research – In the *National Seniors Social Survey*, we ask your views on a range of issues from health and aged care to retirement income and housing. Your feedback is used to help decide, inform, and support our advocacy agenda and gives weight and credibility to our policy recommendations.

Your shared experiences (through the survey, emails, and letters) show the difference change can make in a way only storytelling can achieve. For example, when we present the need for a fairer pension system and back it up with a real-life couple like Mary and Robert who pay \$920 rent a fortnight, leaving them with just \$300 a week for fuel, food, medical expenses, electricity, etc., the picture we're trying to paint becomes clear and has greater impact.

Policy – Formulating and introducing a new policy takes time. We need to weigh up the diverse needs of our members versus the capability and appetite of government to implement change. It's a discipline that requires building an evidence-based case and then

presenting the costs to government and selling the social, economic, and government benefits. It's asking government to take an action it might not otherwise consider. Persuasive communication at its finest.

Much of our advocacy may not always be visible but it's invaluable and worth the effort. A key task of our policy team is to develop policy submissions and briefing papers, which espouse our thinking about contemporary policy issues or problems. These give us the space to think through complex policy issues, to develop coherent and competent policy recommendations to take to government.

Once a policy is developed, it's pitched or presented to the members of parliament (MPs) on all sides of politics for their consideration and support as well as key government bureaucrats. This involves building relationships and requires ongoing communications and meetings.

Securing a meeting with an MP can be difficult. They are inundated with individuals and organisations requesting their time and attention. This is where National Seniors' high media profile and credibility comes into play.

Media – When it comes to launching a policy, releasing new research, or responding to a government announcement, our engagement with the media is the key to raising awareness and getting the all-important support. It's strategic, considered, and relies on building and strengthening relationships with the media.

Securing media coverage also involves carefully crafting media releases and opinion pieces pitching the policy or story to media outlets and journalists, and convincing them to share our idea. Timing is everything. Occasionally, our plans to launch a policy or release research findings are delayed because of events that overshadow what we're trying to achieve. When that happens, we regroup and adapt our approach accordingly.

We wouldn't secure the extraordinary coverage we do without sound policies and rigorous research to back them up. And we couldn't raise awareness for our policies to a mass audience – including government – without media coverage.

Making inroads – We've seen many positive policy changes to the benefit of older people in the community. Ultimately, we can't do any of this without you, our members, who provide us with the insights, resources, and moral support to continue our work. So, thank you. Our wins are your wins; we should all share in that success. (Source: *National Seniors – Our Generation – Summer 2023*)

PLEASE BE MORE TALKATIVE!

Generally, senior citizens are more talkative. But Doctors say, it's good. Seniors should talk more because there is currently no way to prevent memory loss. The only way is to talk more. There are at least three benefits for senior citizens if they talk more:

- First: Speaking activates the brain and keeps the brain active, because language and thought communicate with each other, especially when speaking quickly, which naturally results in faster thinking reflection and enhances memory. Seniors who do not speak, are more likely to lose memory.
- Second: Speaking relieves a lot of stress, avoids mental illness, and reduces stress. We often say nothing, but we bury it in our hearts and suffocate ourselves. It's true, so it would be nice to give seniors a chance to talk.
- Third: Speaking activates the facial muscles and at the same time, exercises the throat and increases the capacity of the lungs. At the same time, it reduces the risk of eyes and ears deterioration and reduces latent risks such as dizziness and deafness.

In short: the only way to prevent Alzheimer's is to talk as much as possible and communicate actively with people.



BOOSTING ENERGY LEVELS AS WE GET OLDER

As we grow older, it's not uncommon to experience a decrease in energy levels. However, this doesn't have to be an inevitable part of aging. With the right strategies, it's possible to maintain and even boost your energy levels, helping you to stay active and enjoy life to the fullest. Here are a variety of tips and techniques that can help you maintain high energy levels as you age.

Nutritional Strategies for Energy – what we eat plays a crucial role in our energy levels. By making smart dietary choices, you can fuel your body with the nutrients it needs to stay energized throughout the day. Here are some nutritional strategies to consider:

- ✓ **Stay Hydrated** – dehydration can lead to fatigue and decreased energy levels. As we age, our sense of thirst may not be as sharp, so it's important to make a conscious effort to drink enough water throughout the day. Try to drink at least 8 glasses of water a day, and more if you're physically active. Herbal teas and fruit-infused water can also be good options if you're looking for something with a bit more flavour.
- ✓ **Choose Energy-Boosting Foods** – some foods are particularly good at providing long-lasting energy. These include complex carbohydrates like whole grains, fruits, and vegetables, which are slowly digested and provide a steady source of energy. Protein-rich foods like lean meats, fish, eggs, and legumes can also help to keep your energy levels up, as they provide the building blocks for your body's cells.

Physical Activity and Energy – While it might seem counterintuitive, being physically active can actually increase your energy levels. Regular exercise helps to improve your cardiovascular health, boost your mood, and promote better sleep, all of which can contribute to higher energy levels.

- ✓ **Find Activities You Enjoy** – exercise doesn't have to be a chore. In fact, you're much more likely to stick with a physical activity routine if you enjoy what you're doing. This could be anything from walking or cycling to dancing or gardening. Try out different activities until you find something you love. Remember, the goal is to stay active, not to become a professional athlete.
- ✓ **Start Slow and Gradually Increase** – if you're new to exercise or haven't been active for a while, it's important to start slow and gradually increase your activity levels. This can help to prevent injury and make the process more manageable. Start with short, low-intensity workouts and gradually increase the duration and intensity as your fitness improves. Remember to listen to your body and rest if you need to.

Prioritise Quality Sleep – for many, the irony of retirement lies in the challenge of enjoying a restful slumber when the obligation to rise for work no longer exists. However, acknowledging the importance of sufficient sleep, typically around 7 hours per night, is paramount. To enhance your sleep quality, consider refining your nighttime routine:

- ✓ **Mindful Alcohol Consumption** – avoid consuming alcohol close to bedtime. While it may induce momentary drowsiness, it adversely impacts the ability to attain a full night's rest.
- ✓ **Strategic Caffeine Intake** – conclude all caffeine consumption by mid-afternoon, recognising its potential to disrupt sleep patterns.
- ✓ **Digital Detox Before Bed** – disconnect from electronic devices such as computers, smartphones, and TVs well before bedtime. The artificial light emitted from screens can interfere with the body's natural circadian rhythm.
- ✓ **Optimise Sleep Environment** – cultivate an ideal sleep sanctuary of maintaining a cool, dark, and quiet bedroom environment. Consistency is key – strive to adhere to a regular sleep schedule by going to bed and waking up at consistent times.

Should challenges persist in achieving adequate sleep, engaging in a dialogue with your healthcare professional is recommended.

Mental Wellbeing and Energy – Your mental wellbeing can also have a significant impact on your energy levels. Stress, anxiety, and depression can all lead to feelings of fatigue and low energy. Strategies for maintaining good mental health as you age:

- ✓ **Stay Socially Connected** – social connections can play a key role in your mental wellbeing. Regular interaction with friends and family can boost your mood and energy levels. Try to make time for social activities, whether that's catching up with friends over coffee, joining a local club or group, or volunteering in your community.
- ✓ **Practice Mindfulness and Relaxation Techniques** – mindfulness and relaxation techniques can help to reduce stress and improve your mental wellbeing. This can include practices like meditation, yoga, or deep breathing exercises. Even just a few minutes of mindfulness each day can make a big difference to your stress levels and overall energy.

While it's natural for energy levels to fluctuate as we age, there are many strategies you can use to maintain and boost your vitality. By focusing on good nutrition, regular physical activity, and mental wellbeing, you can stay energized and active throughout your later years. Remember, it's never too late to make positive changes to your lifestyle. Start small, be consistent, and over time, you'll likely see a noticeable improvement in your energy levels.
(Source: Article first published by 60plusclub.com.au)

PREVENTING LISTERIOSIS

Listeriosis is a foodborne illness that can be serious for pregnant people, older people, and people with existing health conditions. To keep you and your family

safe it's important to store, prepare and cook your foods carefully.

Deli meats, soft cheeses, seafood and fresh fruits and vegetables are common foods, but they are also high risk for Listeria contamination. Here are some key tips to keep in mind:

- Those most at risk should avoid foods with a high risk of Listeria contamination.
- Ensure hot food is consumed when hot or reheat to be steaming hot.
- Wash hands and surfaces thoroughly before and after handling food.
- Consume perishables within expiration dates.

Most people who get sick with listeriosis have eaten food contaminated with Listeria which is a type of bacteria. Symptoms of listeriosis include fever, nausea, and headache, however Listeriosis can be treated with antibiotics. (Source: Health Direct)

TIPS TO HELP RECOGNISE SCAMS

Today's scams are becoming more and more sophisticated. Previously, poor spelling and grammar made them easy to spot, but new technology means scams are becoming harder to detect. Be Connected has partnered with the National Anti-Scam Centre's Scamwatch to help identify impersonation scams and protect yourself against them.

What is an impersonation scam? Impersonation scams are designed to look like they're from legitimate organisations that you know. They can appear to be from your bank, internet service provider, a government agency, retailer, postal service, toll company or even a scammer pretending to be a friend or family member.

By pretending to be from someone you trust, scammers use a sense of urgency to trick you into paying money or providing personal information, such as important passwords, credit card or banking details. Scammers use a range of methods to get in touch with you, including text messages, phone calls, emails, social media posts, and fake websites that look identical to official websites.

What is spoofing? Scammers can impersonate organisations you know by using technology to make their call or message appear to come from a trusted source. This is known as spoofing. Be scam savvy and question unsolicited contact that asks for personal information, such as a password, or payment of some sort. Contact the organisation it claims to be from directly to confirm.

There are different types of spoofing techniques, including:

- *Caller ID spoofing*: scammers alter their caller ID to show a phone number different to the one being used, making the call appear to come from a legitimate number.
- *SMS spoofing (or alpha tags)*: scammers alter their phone number to appear as a business name (e.g. AusPost). It can make a text message appear in the same conversation or thread as genuine messages from an organisation.
- *Email spoofing*: scammers alter their email address or sender name to make an email look like it's from a trusted source. They may fake the 'From' display name or the email address, often by changing or adding a letter or number to a legitimate domain name (e.g. @amazOn.com instead of @amazon.com).

Common impersonation scams:

- *Bank impersonation scams* – you receive a call or a text message from someone claiming to be from your bank's security department. They inform you of a suspicious transaction, claiming your account has been compromised. They urge you to transfer money to a different account to 'keep it safe' or for 'further investigation'.
You receive a message or email asking you to click on a link to verify your account details. The link takes you to a fake website designed to capture your username, password, and other personal information.
- *Account suspension* – you receive an email or a text message claiming to be from an organisation you know, such as Amazon, PayPal or Netflix. It informs you that your account has been suspended due to suspicious activity and that you'll need to click on a link to confirm your identity so they know it's really you.
Scammers use scare tactics to direct you to a fake website that captures personal details such as your username, password, and banking or credit care details.
- *Unsuccessful delivery attempt* – You receive an email or text message claiming to be from Australia Post or a courier company such as FedEx informing you that there's a problem or hold up with your delivery. To receive your package, you will need to pay a shipping cost or 'update your details'.
- *Toll road scam* – you receive a text from a toll road operator informing you that your toll payment is overdue. You need to take immediate action to avoid paying a fine, so they include a link for you to arrange payment, but it takes you to a fake website designed to steal your financial details.
- *Fake websites* – this is an example where you see an ad on Facebook for a well-known BBQ brand selling for \$100 when it's normally priced at \$900. You click on the link to the retailer site and see

that credit card payments attract a 2.99% fee, so you opt to pay by direct bank transfer to receive a further 5% discount. You receive a confirmation email but no BBQ!. (Source: *Be Connected*)

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 CONTACT DETAILS

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

RECIPE OF THE MONTH

Recipe for a Happy Home:

4 cups LOVE
1 cup FORGIVENESS
2 cups FRIENDSHIP
Barrel of LAUGHTER
Spoonful of GRATITUDE
Dash of KINDNESS
Pinch of PATIENCE
Sprinkle with HOPE

Mix well – bake for a lifetime and SERVE DAILY

SMILE

Vagaries of the English language:

- If money doesn't grow on trees, why do Banks have Branches?
- How do you get off a non-stop Flight?
- Why are goods sent by ship called CARgo and those sent by truck SHIPment?
- Who do doctors 'practice' medicine? Are they having practice at the cost of the patients?
- Why is it called "Rush Hour" when traffic moves at its slowest then?
- Why do Noses run and Feet smell?
- Why do they call it a "TV set" when there is only one?
- What are you vacating when you go on a vacation?
- Did you know that if you have What, When and Where and then replace the "W's" with "T's" the questions are answered!
- Which letter is silent in the word "Scent", the "S" or the "C"?
- Why is the letter "W" in English called double "U"? Shouldn't it be called double "V"?
- The word "SWIMS" upside-down is still "SWIMS"
- Why is there a "D" in fridge, but not in refrigerator?

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A man and his wife were getting a divorce at a local court in Italy, but the custody of their children posed a problem. The mother jumped to her feet and protested to the judge that since she had brought the children into this world, she should retain custody of them.

The man also wanted custody of his children, so the judge asked for his side of the story. After a long moment of silence, the man rose from his chair and replied: "Your Honour, when I put a coin into a vending machine, and a drink comes out, does the drink belong to me or to the machine?"

Don't laugh – he won!

