

**WELCOME** – It has been wonderful to be able to welcome new members to our group over the past couple of months. Our guest speaker at the April meeting, Catarina Hebbard, Artistic Director of IndelabilityArts, provided an inspiring presentation on their inclusive theatre company that offers professional artistic and training opportunities for artists and community members who identify as disabled or neurodivergent. Our first “mystery” bus trip of the year was a delightful visit to a goat farm at Peaks Crossing where we learned about the dairy, and everyone had the opportunity to bottle feed the hungry little kids! Thanks to Pat Will for organising this fun outing.

As Mother’s Day falls on Sunday 12 May, we would like to wish all mothers a wonderful day.

## BRANCH MEETINGS

Our next branch meeting will be on **Thursday 9 May** at the Coorparoo RSL Club. Arrival will be at 10:00am for a 10:15am start with guest speaker, updates on branch and national activities, raffles, and refreshments. The cost will be \$7.00 per person payable in cash at the door.

As agreed at our last meeting, all the proceeds from the entry will be donated to the Cancer Council as part of their Biggest Morning Tea fundraising campaign.

Our guest speaker will be Matilda Marsh, Community Development Officer at ADA Australia, an organisation that provides free advocacy services to older people and people with disability.

The remaining meeting dates for 2024 are:

13 June	11 July
8 August (AGM)	12 September
10 October	14 November

## MAY BIRTHDAYS

Best wishes to Sandra Ager, Patricia Giumelli, Margaret Kidd and Rose Smith who celebrate their birthdays in May. We hope you enjoy your special day with family and friends.

## MORNING TEA CATCH-UP

Our next morning tea catch up will be on **Monday 20 May** from 10am at Easts Leagues Club. 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 remaining dates for 2024 are:

17 June	15 July
19 August	16 September
21 October	18 November

## DAY BUS TRIP –

Our next day bus trip will be on **Monday 27 May** departing the Coorparoo RSL club at 8:00am and returning at approximately 4:30pm. The destination is Toowoomba where we visit the Downs Steam Railway Museum and enjoy a two-course lunch in a heritage dining car.

Cost is \$70.00 per person which includes the coach, morning tea, museum visit and two-course lunch. Please advise any special dietary requirements at time of booking.

All bookings and enquiries should be made with Pat Will on: T: 3398 8726; M: 0437 774 049; E: patsywill@gmail.com. Payment can be arranged at the 9 May branch meeting or by direct deposit to the Coorparoo National Seniors, BSB: 084 391; Account: 047949379. If using this method, please include your name so it can be matched to the payment.

## 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.

## ENJOY READING?

Don’t forget our book swap at each monthly meeting. There are some great books available for only a gold coin (\$2 or \$1) donation which goes towards our club charity donations. Donated books are all in good condition and can be swapped back another month.

## CARE KITS FOR KIDS DONATIONS

Thank you to everyone for your monthly contributions to this wonderful charity – every item is greatly appreciated.

Some suggestions of items that can be brought to our monthly meetings are listed below 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.

**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

## WINTER COAT DRIVE FOR CHARITY

We are looking for donations of winter coats/jumpers that will be provided to the women's charity 4 Voices Global to assist people in need during the colder months.

If you have a coat or jumper that you no longer wear that you would like to donate to this good cause, please bring it along to our 9 May meeting. All items should be in a good and clean condition.

## COMMUNITY PANTRY DRIVE

We would like to continue supporting a local community food pantry by supplying good quality non-perishable food items that can be passed on to help the needy and homeless in our area. Items such as biscuits, long-life milk, tea, coffee, canned tuna, vegetables, fruit etc. that can be easily opened and doesn't need heating.

If you would like to assist, please bring items along to each meeting where we will collect and distribute them to a local organisation. Please ensure that all items are well within use by date.

## 2024 NATIONAL VOLUNTEERS WEEK

National Volunteer Week is Australia's largest annual celebration of volunteering and will be held from 20-26 May. The theme this year is "Something for Everyone" to showcase the array of opportunities available, highlighting how each person can find their meaningful role in making a difference.

Our thanks go to all our Coorparoo branch committee members who volunteer their time to organise and support all the activities of the branch for the enjoyment of all members. Your committee is:

President	Freya Tienan
Vice-President	Pat Will
Treasurer	Evelyn Jamieson
Secretary	Graham Tienan
Wellbeing Officer	Jan Jackson
Committee	Lorraine Field, Joan Jell, Lyn Potter

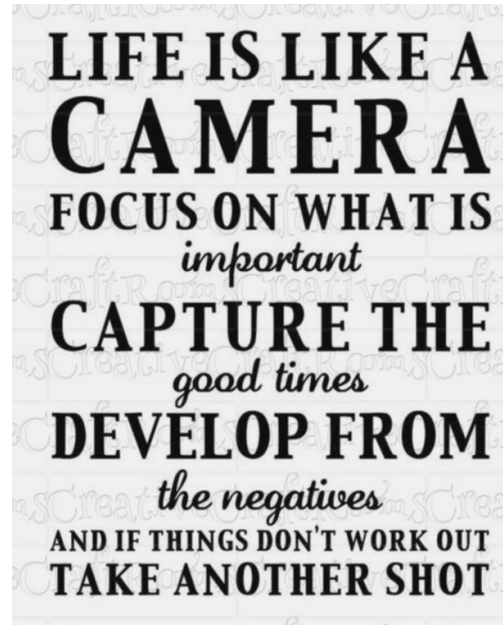
## DENDY CINEMAS COORPAROO

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 FALL GUY (action); THE TEACHERS' LOUNGE (drama); BOY KILLS WORLD (action); GOLDA (biography); RYUICHI SAKAMOTO OPUS (documentary); SHAKESPEARE'S MACBETH (live); TITANIC: THE MUSICAL (history); KINGDOM OF

THE PLANET OF THE APES (action); THE TASTE OF THINGS (drama); RADICAL (drama)

*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](http://dendy.com.au) for more details.*



## 5 SIMPLE TRICKS TO HELP YOU REMEMBER NAMES

Yes, we all forget names, and often in the few seconds after we hear them. Most of the time this phenomenon is due to a lack of attention or concentration. Also, most names have no specific meaning and are thus hard to memorise. "There is no such thing as a good or bad memory, there is just a trained memory and an untrained memory, meaning memory is not something that you have, it's something that you do. It's not a noun, it's a process", says Jim Kwik, brain coach and founder of Kwik Learning & Superhero You.

About a third of your memory is dependent on your genetics and the biological makeup of your brain, but that leaves two-thirds of your memory that can be improved. A major reason you don't recall names is you weren't listening. Someone says their name and two seconds later you don't know it. This is not a memory problem. It is a focus problem.

Here's five simple tricks to remember a name. Here's a scenario – let's say you are introduced to Olivia at your local coffee shop...

1. **Pay attention to the name** – You don't stand a chance to remember a new name if you are daydreaming about your weekend plans. Focus on the person you have just met or are talking to.

Ask Olivia to repeat her name if you have not heard it very well. Make a conscious effort of trying to memorise the name: Focus on it ("Her name is Olivia. I want to remember it.")

2. **Repeat the name of the person you just met** – One way to help you remember a person's name is to find a way to repeat it right after you first learn it. Use the name several times in the conversation. A quick process is the reply, "Nice to meet you, Olivia." And later if the conversation or introductions extend, ask a question with name to finish, "What do you think of this, Olivia?". If relevant, use the person's business card later on to read her name and reflect, just a few seconds, on the conversation. And picture her face later on in the day as you repeat her name.
3. **Relate and elaborate on the name** – Another way to repeat a person's name early on in the conversation is to mention how that person reminds you of someone else you know. Do you know someone else named like this? ("She seems quite happy, like the other Olivia I know from the coffee shop.") Or relate the name to previous information ("Olivia, as in Olivia Newton-John, yes I just loved that movie Grease!").
4. **Focus on a particular feature of a new person's face** – Connecting a name to a visual trait helps anchor the name in your memory. Pick out a facial feature that may be easy to remember. Look at the person's face and search for the most distinguishing feature, whether it is a small nose, large ears, unusual hairdo, stylish fashion, or deep dimples. Often the first outstanding feature you notice is the easiest to recall later.
5. **Repeat a new name when you say goodbye** – Each time you repeat a new name, it helps. Before you leave the party, meeting, wedding, or whatever other type of function you may be at, make sure to say goodbye to the people that you've met using their names. A simple, "Goodbye, John", or "Until next time, John," will go a long way toward cementing the name in your mind and give you a much better chance of remembering it the next time you see the person.

**Remembering names is worth the effort.** Yes, remembering names may seem like a lot of work, but rest assured that the effort is worth it. You know the warm feeling you get when someone says your name, so you can imagine how great it will make other people feel when you can say theirs. And once you make remembering names a habit, it will get easier. (*This article was first published by the 60plusclub newsletter*)

## HEALTHY BONES

Healthy bones are bones that are dense and strong. Your bones are a living part of your body and despite

their strength, they are flexible. They can heal themselves when broken and are constantly being renewed by your body.

Your bones grow throughout childhood and adolescence, and bone renewal (known as 'remodelling') occurs throughout life. Key components of bones include calcium, collagen, and bone marrow. Your bones are affected by the foods you eat and your lifestyle, so looking after your general health will help to keep your bones healthy.

**Why bone health is important** – Bone health is important as your bones support your body, help you to move around and protect sensitive organs like your heart and lungs. As you get older, your bone strength slowly decreases which can sometimes lead to osteoporosis. Osteoporosis is a chronic (long-term) disease in which your bones become hollow and fragile, so that even a minor injury or fall can result in a broken bone.

**What are the symptoms of poor bone health?** Signs of poor bone health include stooped posture and loss of height, and a common symptom is unexplained back pain. Broken bones caused by a minor fall or small injury are also a sign of poor bone health. If your bones are extremely weak, you may experience damaged or fractured bones caused by every-day movement and pressure on your bones.

**What factors put bone health at risk?** There are many different factors that can put your bone health at risk. To keep your bones healthy, it's important to have enough vitamin D and calcium in your diet, quit smoking, drink in moderation and exercise regularly. Some medical conditions can increase your risk of poor bone health, such as HIV, diabetes, or rheumatoid arthritis.

Medicines, such as glucocorticoids – which are sometimes used to treat asthma – and some cancer treatments, can also have a negative effect on your bone health. Having a family history of osteoporosis, being a post-menopausal female, and being older are all risk factors for having weak bones.

### **What happens to your bones as you get older?**

Your bones gradually decrease in strength and density from your 30s onwards. Your bones continuously renew themselves by breaking down and rebuilding bone tissue throughout your life. As you get older, more bone is broken down than is rebuilt, so your bones become weaker over time. Weaker bones are more likely to break if you have even a small injury. They may also develop tiny fractures, which can be painful.

Osteopaenia is a condition that is more common in older people. Osteopaenia means that your bones are less dense than normal, but not so porous as to have a diagnosis of osteoporosis. If you have osteopaenia, you are at greater risk of developing osteoporosis. It is considered an early warning sign that you should be taking action to improve your bone health and reduce your risk of breaking a bone in future.

**What can you do to improve bone health?** You can improve your bone health by:

- ✓ Eating healthy foods and keeping active with weight-bearing exercises
- ✓ Reducing or stopping smoking
- ✓ Drinking alcohol in moderation
- ✓ Getting enough vitamin D from sunlight and calcium from food sources.

**When should you see your doctor?** Speak to your doctor about your bone health if you have a family history of osteoporosis or if you are over 50 and experiencing any of the signs of poor bone health. It is particularly important to speak to your doctor if you have broken a bone from a minor injury or slight fall. Your doctor may complete an 'osteoporosis risk assessment' to help decide if you need treatment and what treatment would be best for you.

Many Australians spend a large part of the day indoors, and many are covered up when outdoors. If this sounds like you, ask your doctor if you need a bone health check. Your doctor may ask you about your symptoms and your medical history, and might ask you to take a bone mineral density test to check the strength and density of your bones. *(Source: Heath Direct)*

## CONSUMERS URGED TO PURSUE THEIR RIGHTS

If you're dealing with a defective product, even after the manufacturer's warranty has expired, you still have redress.

Consumers lodged 28,000 complaints to the consumer watchdog, the Australian Competition and Consumer Commission (ACCC), last year about product guarantees or warranties. Most of these related to motor vehicles, electronics, whitegoods, and homewares. Product and service warranty and quality issues have consistently been the most reported consumer concerns, sparking the ACCC to issue a statement encouraging Australians to know their consumer rights.

The ACCC especially wants us to know and take advantage of consumer guarantee rights under the Australian Consumer Law when dealing with

businesses over defective products or poorly performed services. "When you buy a product or service from a business, you have automatic rights called 'consumer guarantees' under the Australian Consumer Law and they exist regardless of any warranty offered by the business," ACCC Deputy Chair Catriona Lowe said.

The good news is that even if a voluntary warranty, manufacturer's warranty, or extended warranty has expired, you may still be able to use your consumer guarantee rights, which don't have a specific expiry date.

"Consumer guarantees apply for a period of time that is considered reasonable having regard to the nature of the products or services, including the price paid" Ms Lowe said. "This might be longer than the period of any warranty provided by a retailer or manufacturer."

You are guaranteed that the purchased product will be of acceptable quality, match its description and do what a business tells you it can do. If it doesn't, you are entitled to a free repair for a minor problem, or a replacement or refund for anything major. A warranty cannot replace, change, or take away a consumer's basic legal rights.

The acceptable quality guarantee includes that products will be as durable as a reasonable consumer would regard as acceptable for that product. What is reasonable for the durability of a product will depend on things like the type of product, the price, and how it is likely to be used. The ACCC has taken enforcement action against several companies in recent years for misleading consumers about their consumer guarantee rights, and more investigations are underway to address misleading practices and deter businesses from doing the wrong thing.

**What should you do?** – If a product develops a major problem, you should let the business know that you think there is a major problem with it under the consumer guarantees in the Australian Consumer Law. You can tell the business you are rejecting the product, state what remedy you would like, and explain why you think there is a major problem.

Information about consumer rights is available online. This includes information about contacting a business to fix a problem and a complaint letter tool to help consumers prepare a written complaint. If contacting the business does not resolve the issue, as a second step, consumers can contact their local state or territory consumer protection agency about their rights and opinions. *(Source: ACCC)*

## THE LATEST ADVICE AS FLU SEASON ARRIVES

Flu season is on the way and experts are encouraging Australians, especially those aged over 65, to get vaccinated. There's even a special vaccine for the over-65s that contains four times as much flu virus antigen, which stimulates a boosted immune response, compared to the regular flu shot. Health experts are concerned at the low rate of vaccination take up across the nation, which they are putting down to vaccination fatigue.

**Influenza** – Last year's flu season was long, and the 2024 season could be even worse, in part due to super-spreading travellers. That's the view of Dr Michael Clements, vice president and rural chair of the Royal Australian College of GPs.

"We've been isolated in the past, during the pandemic, so there isn't a lot of herd immunity. International travel is full steam ahead and we typically import our influenza from the northern hemisphere," he said. However, a higher rate of infections could also reflect the fact people can now buy at-home testing kits and find out if they have influenza or respiratory syncytial virus (RSV). "In the past, we may never have even known they had influenza."

Unfortunately, your grandchildren may be most at risk this year, with experts saying a significant number of children will be hospitalised. Last year, children between the ages of five and nine had the highest influenza notification rates, and the number of deaths in children under 16 was higher than in many pre-COVID pandemic years. Why? Because although they're healthy, they're not vaccinated.

April is a good month to get vaccinated because the vax reaches peak effectiveness in around four to six months. This means you have some protection when infections start ramping up in May and have maximum coverage at the peak, which is typically in August. The vaccine's effectiveness rate is between 40-60%.

**RSV**- For most people, RSV infection causes a mild respiratory illness. Symptoms usually begin around two to eight days after exposure to the virus and can include: runny nose; cough; wheeze; difficulty breathing; fever; Cyanosis (bluish or greyish colour of the skin)

For the elderly, it's often RSV that triggers the pneumonia that can kill them. The virus can infect the lungs and breathing passages and is the leading cause of hospitalisations in infants nationwide. (Source: ABC, Health Direct)

## THE BIOLOGY OF KINDNESS – GROWING OUR BETTER SELVES

Scientists say that believing in goodness and acting with kindness can lead to healthier, happier, and longer lives.

Karma, paying it forward, what goes round comes round, do to others what you'd have them do to you...this popular wisdom encourages us to be kind to others while at the same time satisfying our more selfish demand of "what's in it for me?". Now science is confirming the healing power of goodness and kindness, not just for the person you're helping but also yourself.

The new book, *The Biology of Kindness: Six daily choices for health, well-being and longevity*, scientifically unravels the impact of being kind on our bodies and lifespan, as well as the effect of four other traits and behaviours: optimism, forgiveness, gratitude, and happiness.

Authors, Immaculata De Vivo, a researcher in molecular epidemiology, and Daniel Lumera, a meditation specialist, roll out evidence including a 2011 pilot study that looked at the impact of an eight-week program of exercises based on kindness, optimism, and gratitude, on people who had been hospitalised for cardiovascular diseases. The participants performed, and recorded, acts of kindness, such as noting positive daily events, giving a compliment, helping with a chore, or buying small gifts. Out of 30 patients, 23 showed signs of clinical improvement.

**What is kindness?** This is a tough question, and the book explains it in greater detail, but it includes "spiritual" well-being. The book shows that the positive nature of active kindness when it produces positive feelings. One study found that volunteering later in life might reduce the risk of developing dementia.

The book suggests there are five essential values – kindness, optimism, forgiveness, gratitude, and happiness – and six strategies we can use to cultivate them, leading to longer and happier lives: physical activity, nutrition, meditation, relationships, music, and connection with nature.

**Biology of wellbeing** – Scientifically, it's all about the length of your telomeres – protective caps at the end of chromosomes. As we grow older, telomeres shorten and become less of a safeguard against disease. De Vivo has studied telomere length and susceptibility to disease, particularly some cancers. Bad health habits such as smoking or living a sedentary lifestyle accelerate the shortening of telomeres. Similarly, good

nutrition and physical activity reduce the rate of telomere shortening.

A 2018 Brigham Young University study analysed DNA samples and the daily fibre intake of more than 5,000 US adults and found an increase of 10 grams of fibre per thousand kilocalories corresponded to 5.4 fewer years of cellular ageing. The finding also confirms a know rule for healthy eating: that plant food is a good source of dietary fibre.

Stress is a great enemy of telomeres, De Vivo writes, because it involves an oxidative process and a state of inflammation, both of which promote telomere shortening. Improving our ability to be happy, optimistic, forgiving, grateful, and kind helps us cope with stress, De Viva and Lumera emphasise. Ways to cultivate these qualities include:

- ✓ Stop sweating the small stuff
- ✓ Let go of grudges
- ✓ Practise meditation

Meditation, we are assured, may not come naturally but can be learned, for example with the help of an expert, discipline, and some lifestyle changes. The authors go on to explain that advanced practitioners of meditation experience the feeling of oneness with all living things.

One reviewer questions the authors' reliance on ageing biomarkers but believes the overarching message of the book still holds good: by cultivating positive behaviours and tweaking our lifestyles, we can lead healthier, happier lives. Whether those behaviours hold the key to longevity is another question. (Source: *New Scientist, The Biology of Kindness*)

## BRANCH CONTACT DETAILS

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

## SMILE

Funny puns:

- My landlord wants to talk about my high heating bills. I told him my door is always open.
- Fruit farmers eat what they can and can what they can't.
- I'm taking steps to overcome my hiking addiction. I'm not out of the woods yet.
- I bought a fake Koi fish – it's my DEKOI.
- Great hide and seek players are really hard to find.
- Laughing out loud is forbidden in Hawaii because it's A Low Ha State.

- When you dream in colour it's a pigment of your imagination.
- I think my wife is putting glue on my firearms. She denies it, but I'm sticking to my guns.
- Man in boxers leads police in brief chase.
- I got booted from the Coffee Club because I wore a Tea Shirt.
- Boarding school taught me how to get on an aeroplane.
- Inspecting mirrors is a job I could really see myself doing.
- To make a long story short I became an Editor.
- I went to the paint store to get thinner – it didn't work.
- It doesn't make any cents but volunteering is rewarding.
- Being in debt attracts a lot of interest from bankers.
- I wear memory foam insoles to remember why I walked into the next room.
- I married my wife for her looks – but not the ones I'm getting lately.
- The banana went to the doctor because it wasn't peeling well.
- When the dentist married the manicurist they fought tooth and nail.
- My wife told me to put ketchup on the shopping list but now I can't read anything.
- I made a chicken salad last night. Apparently they prefer grain.
- I have a black eye in karate.

