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| A picture containing diagram  Description automatically generated | Townsville Region Committee on the Ageing  Voice for Seniors |

SAVINGS TARGETS

Current Retirees Aged 65-69

Single low spend per fortnight- $1115 =$29,000 p.a.= Savings of $73,000

Single medium spend per fortnight $1462 = $38,000 p.a = savings of$258,000

Single high spend per fortnight –

$1962 = $51,000 p.a.= savings of $743,000

Couple low spend per fortnight –

$1615= $42,000 p.a = savings of $95,000

Couple medium spend per fortnight - $2154 = $56,000 p.a. =

$352,000

Couple high spend per fortnight

$2885 = $75,000 p.a.= $1,021,000

(All subject to home ownership)

YOU DON’T NEED AS MUCH IN RETIREMENT

Super funds and industry groups have a vested interest in getting you to contribute more to your super. The Productivity Commission says the Super Funds Australia’s (ASFA) retirement standards are misleading and would lead to a substantially lower standard of living during working life for a middle-income earner. They say these standards equate to a retirement income that is more than people spend before retirement.

President’s Report

Our table and display at the Seniors Expo in August were a great success. Our nautical theme was second to none. Thank you to Lisa, Maureen and Dane for doing the hard yards with their efforts and imagination. All the committee put in time to get TRCOTA out there and noticed. Tony was a brilliant ambassador for us, initiating conversations with people. The free raffle of wine and cheese and the three petitions got people involved. We gained around 200 names and numbers from these. The petitions are ongoing with plans to set up a TRCOTA stand in the mall and other locations to attract interest and signatures. The petitions are: -

ONLINE MENU AND ORDERING IN VENUES

ARMS ON CHAIRS TO AID PEOPLE WITH MOBILITY ISSUES

DISABLED SEATING AND PARKING AT THE STADIUM

Please have your say on the forms included in this issue!

Vicki Trevanion

President

# Spring 2022

Townsville Region Committee on the Ageing (TRCOTA) is an independent not for profit organisation, created to protect and promote the interests and wellbeing of all Seniors in the Townsville region. A chapter of the Council of the Ageing Qld. Inc. (COTAQ), Townsville Region Committee on the Ageing has supported the interests of Seniors for almost 50 years, taking your views to government and the community to ensure your needs are met.

CONTACT DETAILS

Townsville Region Committee on the Ageing Inc

Like us on Facebook

PO Box 92

Garbutt East Q 4814

Email [trcota@bigpond.net.au](mailto:trcota@bigpond.net.au)

Mobile 0412948141

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| --- |
| SENIORS CREATING CHANGE  MEET new friends, LAUGH out loud, SING even if you can’t!!  Ring Jane at TCL 47215511 |

DISCLAIMER

Voice for Seniors is based on information from other sources. While every care is taken in the information therein, TRCOTA does not warrant or represent that it is free from error. TRCOTA also does not accept responsibility for any articles or entries published herein.`

SENIOR’S HOME MAINTENANCE SERVICE NOW WITH LIFETEC & ST.JOHN’S

LifeTec have taken on the City Council’s home maintenance and minor modifications service for seniors. This service is for people over 65 or aboriginals and Torres Strait Islanders over 50. For more details contact LifeTec on 1800 996 887. For Seniors enquiring about the Lawn Mowing service that is now handled by St. John’s Home Maintenance Service. Contact the home maintenance services officer, Margaret Shears on 472 53777. More details on back page.

COME & LEARN TAI CHI QIGONG SHIBASHI

Come and join a happy healthy class of men and women of all ages. The deceptively simple 18 movements of Shibashi are relaxing and easy to learn. While improving fitness, flexibility, balance, coordination and concentration, this holistic exercise also promotes a feeling of inner calm. First lesson is Free. Classes conducted Tuesdays from 1.30-3pm and Fridays from 9.30- 11am at the Annandale Community Centre, Annandale Central Shopping Centre, Macarthur Drive. For details contact Jillian on 47751640

AGE RELATED MACULAR DEGENERATION is the leading cause of blindness in those aged 65 and over. From 1996 to 2001 the US National Eye Institute conducted a study to see if a cocktail of vitamins, minerals and antioxidants could slow the progress of age-related macular degeneration (AMD). Responsible for half of all blindness and severe vision loss in Australia, AMD is a painless (and therefore sneaky) degenerative disease of the retina, the thin layer of tissue that lines the back of the eye and converts light into neural signals that travel to the brain for visual recognition.

Over time, AMD progressively kills off retinal cells in the macula, the part of the retina that provides central vision. Eventually vision has a black hole in the middle and a person is legally blind, although peripheral vision remains intact.

About one in seven Australians over 50 have some evidence of AMD which can be slowed, and the damage reversed to a degree, but there is no cure.

So back to the US study at the turn of this century. It confirmed that daily high doses of vitamins C and E, beta-carotene, and the minerals zinc and copper could help to significantly slow the progression of macular degeneration from the intermediate stage to the ruinous vision-robbing stage. Unfortunately, other studies found beta-carotene doubled the risk of lung cancer in smokers, including those who had quit.

In 2006 a second 5-year study began in the US, seeking to improve the original supplement formulation. The researchers added omega-3 fatty acids, plus plant-derived lutein and zeaxanthin as beta-carotene substitutes. Lutein and zeaxanthin are carotenoids derived from vegetables that have a yellow or orange colour. (Think that adage that eating carrots helps you see in the dark!)

Known as the AREDS2 supplement (for Age-Related Eye Disease Study), it can be bought over the counter or online. However, you should talk to your doctor about these supplements because a 2014 investigation found that pharmacy and health shop shelves were laden with bogus AREDS supplements.

A taxi driver’s Story

I arrived at the address and honked the horn. After waiting a few minutes, I honked again. Since this was going to be my last ride of my shift I thought about just driving away, but instead I put the car in park and walked up to the door and knocked...'Just a minute', answered a frail, elderly voice. I could hear something being dragged across the floor.

After a long pause, the door opened. A small woman in her 90's stood before me. She was wearing a print dress and a pillbox hat with a veil pinned on it, like somebody out of a 1940's movie.

By her side was a small nylon suitcase. The apartment looked as if no one had lived in it for years. All the furniture was covered with sheets.

There were no clocks on the walls, no knickknacks, or utensils on the counters. In the corner was a cardboard box filled with photos and glassware.

'Would you carry my bag out to the car?' she said. I took the suitcase to the cab, then returned to assist the woman.

She took my arm, and we walked slowly toward the curb.

She kept thanking me for my kindness. 'It's nothing', I told her... 'I just try to treat my passengers the way I would want my mother to be treated.'

'Oh, you're such a good boy,’ she said. When we got in the cab, she gave me an address and then asked, 'Could you drive  
through downtown?'

'It's not the shortest way,' I answered quickly..

'Oh, I don't mind,' she said. 'I'm in no hurry. I'm on my way to a hospice.’

I looked in the rear-view mirror. Her eyes were glistening. 'I don't have any family left,' she continued in a soft voice.. ‘The doctor says I don't have very long.' I quietly reached over and shut off the meter.

'What route would you like me to take?' I asked.

For the next two hours, we drove through the city. She showed me the building where she had once worked as an elevator operator.

We drove through the neighborhood where she and her husband had lived when they were newlyweds. She had me pull up in front of a furniture warehouse that had once been a ballroom where she had gone dancing as a girl.

Sometimes she'd ask me to slow in front of a particular building or corner and would sit staring into the darkness, saying nothing.

As the first hint of sun was creasing the horizon, she suddenly said, 'I'm tired. Let's go now'.

We drove in silence to the address she had given me. It was a low building, like a small convalescent home, with a driveway that passed under a portico.

Two orderlies came out to the cab as soon as we pulled up. They were solicitous and intent, watching her every move.  
They must have been expecting her.

I opened the trunk and took the small suitcase to the door. The woman was already seated in a wheelchair.

'How much do I owe you?' She asked, reaching into her purse.

'Nothing,' I said.

'You have to make a living,' she answered.

'There are other passengers,' I responded.

Almost without thinking, I bent and gave her a hug. She held onto me tightly.

'You gave an old woman a little moment of joy,' she said. 'Thank you.'

I squeezed her hand, and then walked into the dim morning light.. Behind me, a door shut. It was the sound of the closing of a life..

I didn't pick up any more passengers that shift. I drove aimlessly lost in thought. For the rest of that day, I could hardly talk. What if that woman had gotten an angry driver, or one who was impatient to end his shift? What if I had refused to take the run, or had honked once, then driven away?

On a quick review, I don't think that I have done anything more important in my life.

We're conditioned to think that our lives revolve around great moments.

But great moments often catch us unaware-beautifully wrapped in what others may consider a small one.

PEOPLE MAY NOT REMEMBER EXACTLY WHAT YOU DID, OR WHAT YOU SAID ~BUT~ THEY WILL ALWAYS REMEMBER HOW YOU MADE THEM FEEL.

Life may not be the party we hoped for, but while we are here, we might as well dance.

CAN YOU SPARE SOME RECYLABLES FOR TRCOTA?

As a fundraising initiative, we are asking our members, friends and contacts to kindly donate some of their dollars from returned containers by using the code C10273076.

HAVE YOUR SAY ON THESE ISSUES

1.ONLINE MENU AND ORDERING IN VENUES

Does this drive you crazy? Would you rather have a paid waiter and a menu?

Name

Contact Phone and/or Email

2. ARMS ON CHAIRS TO AID PEOPLE WITH MOBILITY ISSUES

Do you have difficulty standing up from a chair with no arms. Do you find armless chairs the only option even at a Doctor’s Surgery?

Name

Contact Phone and/or Email

DISABLED SEATING AND PARKING AT THE STADIUM

Do you find getting to your Stadium seat from the Disabled Car Parking area an onerous chore?

Name

Contact Phone and/or Email

(Please cut out and post to us or photograph on your mobile and email or text to us. You will find the address and number on page 1.)

DISABILITY DOESN’T DISCRIMINATE

(BUT THE GOVERNMENT DOES)

Turn 65 and become disabled and the NDIS doesn’t cover you. If you were 65 with a disability when the NDIS was implemented (in your area) you are ineligible for funding.

The Aged Care Royal Commission recommended that people with a significant disability who are on My Aged Care receive funding and supports equal to those people on the NDIS (recommendation 72).

*MEMBERSHIP APPLICATION*

I wish to become a member of *TRCOTA*

*Please circle*

Single Member ($5) Associate Membership ($10)

Mr……….Mrs………….Miss..…….Other……..

Surname………………………………………….

Name……………………………………………..

Address…………………………………………..

…………………………………………………….

……………………….Postcode…………………

Email……………………………………………...

Phone………………………………..…………..

Direct Deposit BSB 633000 ACC 140704263

(Post this form to TRCOTA

PO Box 92, Garbutt East 4814 or scan and email to trcota @bigpond.net.au)

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