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

FROM THE PRESIDENT’S DESK

I have been participating in Compass webinars. The latest two addressed the problems of ageism, and who commits elder abuse. Apparently older people are more likely to be ageist than younger people. We must all be aware of internalising ageism and thus becoming more ageist ourselves, and towards ourselves. Ageism probably begins in infanthood with fairytales of wicked stepmothers and post-menopausal witches, then on into school where children are placed in classes according to age rather than maturity or ability. So, it is hard to fight, but fight we must as ageism is the root of so many social injustices. And on Elder Abuse, it is usually committed by the adult children of the person being abused.

Robodebt – the RC has tossed up many nasty realities. The general impression many have taken is that it targeted welfare recipients labelled “dole bludgers”. Well let me say, as a carer for a chronically ill person that I loved, they targeted me too…relentlessly.

Vicki Trevanion ( President)

****Daily aspirin doesn’t prevent strokes in older, healthy people after all****

The daily use of [low dose aspirin](https://www.nps.org.au/australian-prescriber/articles/drugs-in-secondary-stroke-prevention) has been a mainstay of preventing strokes for decades. While there has always been a risk of bleeding associated with aspirin use, the benefits were thought to outweigh the risk.

Now [new research](https://dx.doi.org/10.1001/jamanetworkopen.2023.25803) led by Monash University has shown daily, low-dose aspirin doesn’t prevent strokes in relatively healthy people aged over 70. And it increases their risk of bleeding on the brain after falls or other injuries. Talk to your doctor before anything else.

What is success?

To laugh often and much; to win the respect of intelligent people and the affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate the beauty; to find the best in others; to leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition; to know even one life has breathed easier because you have lived. This is to have succeeded!

~ Ralph Waldo Emerson

Credit English literature

# Winter 2023

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.

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| SPLaSHSing Play Laugh and Share Happiness!AN INITIATIVE OF TRCOTAINSTRUMENTSSONG LYRICSMUSICIANS SINGERS JOIN IN HAVE FUN  |

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

BLOOD PLASMA – by Lisa Paull, Secretary

Did you know that half the plasma collected each year in Australia – around 400,00 donations – come from 30,000 people. I am one of them. On average we give 12 donations every year, and our plasma is used to make 2,500 transfusions and treatments which are given every day to patients in Australian hospitals.

Plasma is used in so many ways for so many Australians. Donations of plasma contain dozens of antibodies and proteins that cannot be replicated inside a lab. More than 50 serious medical conditions are now reliant on plasma as part of treatment.

Our Lifeblood Donation Centre here in Townsville, hosts many professional and friendly faces who seamlessly streamline the whole process from check-in to donation and afterward.

We can no longer donate blood here in Townsville. The tyranny of distance prevents successful transport of blood to major cities in Australia from regional cities.

Donating plasma is easy and free for all Townsvillians aged up to 75 but, if you are outside of that age range, and a regular donor who has a previous recent history of donation you would be eligible.

[www.lifeblood.com.au](file:///C%3A%5CUsers%5CVicki-pc%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CXZYYCF1O%5Cwww.lifeblood.com.au)

DON’T JUDGE OTHERS UNLESS YOU’VE BEEN IN THEIR SHOES – A story from Face Book

It was from a taxi driver who picked up an elderly man who he describes as being “on a slow train to death”. The man was painfully thin, frail and shaking. He was grieving over the passing of his lifelong partner the year before. So, he is sad and lonely, and he drinks and smokes.

The taxi driver goes on to say he saved the man a slow painful walk by going to the shop for him, to buy his tobacco. “Using his eftpos card, I got his tobacco and the receipt. 25 g of tobacco cost nearly $60. He only got a litre cask of wine because that’s all he could afford. His frailty is largely due to the fact he hardly eats anything. Why? Did I mention the price of the tobacco? Then there’s the wine. Then there’s his rent. How much does that leave out of his pension for food? Nothing!

This poor man has to be helped in and out of a taxi. I expect he’ll die soon. When he does, I wonder if all the doctors and politicians who think they’re helping people like him by making these LEGAL vices so expensive it discourages them from buying them. Yeah right!”

The taxi driver goes on to ask whether those who make tobacco and alcohol so prohibitively expensive in the belief that it will make people stop buying them, will ever realise they are just “killing them sooner and more horribly” because it is only the tobacco and alcohol that make life seem bearable.

WHO GETS YOUR SUPER WHEN YOU DIE? – Continued from previous newsletter

Talking to other recent widows, I have discovered my situation is just par for the course.

Like me, these women are struggling with paperwork and rules and financial discomfort they never dreamed they would have to face as they confronted their grief.

Why on earth have we allowed bureaucracy to dominate our lives so heartlessly at such a painful time? I understand we have to protect against fraud, but surely, we can do that without leaving vulnerable people at financial risk, and without complicating a time of grief so unnecessarily.

Bureaucracy is not likely to get streamlined, so here is some advice for anyone potentially facing this situation — or wanting to get their affairs in order "just in case":

* Obtain certified copies of original certificates, birth and marriage at this stage;
* Have ready certified copies of identity documents, passport, driver's licence, etc;
* Ensure you know where the latest will is, get a certified copy, and have the superannuation fund details ready;
* Make sure there is enough money available to tide a widow/widower over for at least several months after a death;
* And if you are contemplating an eventual burial or interment in an existing family grave, find out who the "holder of right" is, or get that sorted well in advance.

And the best of luck as you navigate this unexpected minefield.

Dr Muriel Porter is a Melbourne-based journalist and author.

FOR THOSE WHO ARE 60 years OLD AND ABOVE PLEASE READ THIS.

Between 60 and death. It's time to use the money you saved up. Use it and enjoy it. Don't just keep it for those who may have no notion of the sacrifices you made to get it. Remember there is nothing more dangerous than a son or daughter-in-law with big ideas for your hard-earned capital.

Warning: This is also a bad time for investments, even if it seems wonderful or fool-proof. They only bring problems and worries. This is a time for you to enjoy some peace and quiet.

Stop worrying about the financial situation of your children and grandchildren, and don't feel bad spending your money on yourself. You've taken care of them for many years, and you've taught them what you could. You gave them an education, food, shelter, and support. The responsibility is now theirs to earn their own money.

Keep a healthy life, without great physical effort. Do moderate exercise (like walking every day), eat well, and get your sleep. It's easy to become sick, and it gets harder to remain healthy. That is why you need to keep yourself in good shape and be aware of your medical and physical needs. Keep in touch with your doctor, do tests even when you're feeling well. Stay informed.

Always buy the best, most beautiful items for your significant other. The key goal is to enjoy your money with your partner. One day one of you will miss the other, and the money will not provide any comfort then, enjoy it together.

Don't stress over the little things. You've already overcome so much in your life. You have good memories and bad ones, but the important thing is the present. Don't let the past drag you down and don't let the future frighten you. Feel good in the now. Small issues will soon be forgotten.

Regardless of age, always keep love alive. Love your partner, love life, love your family, love your neighbour and remember: "A man is not old as long as he has intelligence and affection."

Be proud, both inside and out. Don't stop going to your hair salon or barber, do your nails, go to the dermatologist and the dentist, keep your perfumes and creams well stocked. When you are well-maintained on the outside, it seeps in, making you feel proud and strong.

Don’t lose sight of fashion trends for your age but keep your own sense of style. You’ve developed your own sense of what looks good on you – keep it and be proud of it. It’s part of who you are.

ALWAYS stay up to date. Read newspapers, watch the news. Go online and read what people are saying. Make sure you have an active email account and try to use some of those social networks. You'll be surprised at what old friends you'll meet.

Respect the younger generation and their opinions. They may not have the same ideas as you, but they are the future and will take the world in their direction. Give advice, not criticism, and try to remind them that yesterday's wisdom still applies today.

Never use the phrase: “In my time.” Your time is now. As long as you’re alive, you are part of this time.

Some people embrace their golden years, while others become bitter and surly. Life is too short to waste your days on the latter. Spend your time with positive, cheerful people, it'll rub off on you and your days will seem that much better. Spending your time with bitter people will make you feel older and harder to be around.

Do not surrender to the temptation of living with your children or grandchildren (if you have a financial choice, that is). Sure, being surrounded by family sounds great, but we all need our privacy. They need theirs and you need yours. Even then, do so only if you feel you really need the help or do not want to live by yourself.

Don't abandon your hobbies. If you don't have any, make new ones. You can travel, hike, cook, read, dance. You can adopt a cat or a dog, grow a kitchen garden, play cards, checkers, chess, dominoes, golf.

Try to go. Get out of the house, meet people you haven't seen in a while, experience something new (or something old). The important thing is to leave the house from time to time. Go to museums, go walk through a park. Get out there.

Speak in courteous tones and try not to complain or criticize too much unless you really need to. Try to accept situations as they are.

Pains and discomfort go hand in hand with getting older. Try not to dwell on them but accept them as a part of life.

If you've been offended by someone – forgive them. If you've offended someone-apologize. Don't drag around resentment with you. It only serves to make you sad and bitter. It doesn't matter who was right. Someone once said: "Holding a grudge is like taking poison and expecting the other person to die." Don't take that poison. Forgive, forget, and move on with your life.

Laugh. Laugh away your worries Remember, you are one of the lucky ones. You managed to have a life, a long one. Many never get to this age, never get to experience a full life.

My valued friends, enjoy peaceful life at this point in your life ...

Don't worry... be happy. 

*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

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

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