

REDLAND COTA MAIL



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Printed by courtesy of Andrew Laming, MP, Member for Bowman

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Letter to Herald Sun from COTA Over 50s Executive Director, Dr Geoffrey Bird

Our front page article is a reproduction of a letter sent by Dr Geoffrey Bird to the Herald Sun urging the Federal Government to bring the level of pensions to adequate levels.

Justice will be done and the economy will be well-served in spite of the outrageous claims made about the one-off December payment to pensioners.

GOVERNMENT URGED TO BOOST PENSIONS

The government **should not** use the financial crisis as a means of excusing itself from the responsibility of fulfilling the promises made by Mr Rudd and Mr Swan to develop an effective retirement income system based on the three pillars of; the age pension, superannuation and private savings. These pillars must be designed so that they are structurally sound and well maintained. None of these 'pillars' should find themselves being construed as 'safety nets'. Especially in the case of the 'age pension' pillar, it must be a strong pillar, and deliver adequacy that will enable pensioners to lead a dignified, if modest, lifestyle.

The financial crisis is causing pain to older Australians, pensioners and non-pensioners alike. But it remains the case that pensioners are not only the significant majority of older Australians, but are among the most disadvantaged of our citizens. When the economy shrinks, or unemployment rises, the falling tide lowers all the boats, and pensioners feel the effects of that change.

The government has a crucial role in ensuring that everything that contributes to the robustness of the three pillars is reinforced. That means proper regulation of financial systems, especially the prudential requirements, and it also means not allowing the current financial crisis to diminish the government's commitment to a fair go for pensioners.

Pensions paid to older Australians are immediately returned to the economy as pensioners spend them on essentials – food, clothing, transport and so on. This was precisely the ef-

fect of the receipt by pensioners of the recent bonus payment. They got their car fixed, or their leaking roof sealed, or a new fridge, or bought presents or allowed themselves a celebratory indulgence— and in doing so helped stimulate employment and consumption.

The Harmer & Henry Reviews have been asked by the Government to address the adequacy of the pension and the tax implications of retirement incomes. This is a watershed opportunity in developing visionary policy for the future of the country and all its citizens, not just older Australians.

The financial crisis will be softened by the Government's stimulus of financial support to pensioners. Bringing the level of the pension to an adequate level will further assist. The government should do this in a timely way, so that sooner rather than later Australia's retirement system will be equitable, sustainable and deliver adequacy as a baseline condition for all Australians.

Dr Geoffrey Bird

ITEMS TO REMEMBER

- **RENEW RDCOTA MEMBERSHIP**
- **AGM DATE—THURSDAY 19 MARCH**
- **ROTARY BOWELSCAN STARTS 1 MARCH**
- **SENIORS' WEEK 15 TO 23 AUGUST**

FROM THE PRESIDENT

Dear Redlands COTA supporters

It may already seem some time ago now, but on the occasion of our first newsletter this year, let me wish you a HAPPY NEW YEAR. Welcome back to all our volunteers and supporters.

You will hopefully recall that one of the most significant projects that Redlands COTA has been seeking to establish is a One Stop – Face to Face – Information Hub. With the active support of the other Seniors organisations in the Redlands, we launched our submission for Federal Government funding for this project on 1st April 2008. Unfortunately it was unsuccessful, and that had nothing to do with the quality of our proposal.

Lest the idea goes off the boil, I would like to take the opportunity to refresh our minds about the critical need for such a service in our city. Essentially our proposal is that government departments have established any number of phone and email hotlines to contact when seniors seek information about any matter, particularly those that they encounter as their age progresses.

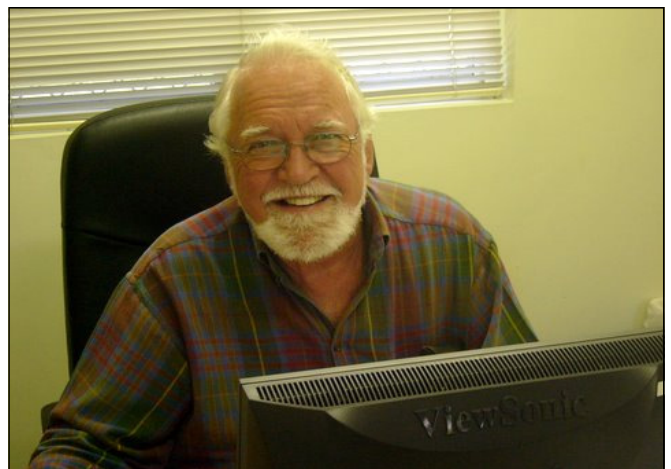
It is our experience that too often Seniors (and not only Seniors!) have difficulty in accessing information, or resolving a problem, or even just being understood from one person to another, through the means of technology. Even telephone systems are just so complex with impersonal recorded voices “Your call will be recorded for training purposes...if you don't wish this please press button one now” – “If you need help with.... press button one” – “If you need help with.....press button two” – “If you need help with.... press button three” and then find that the information you wanted wasn't mentioned on any of the options, or the line you need doesn't answer, or is engaged, or the person you need is not there. There isn't room here to discuss the added problems of attempting to get specific information on-line on the internet. I suggest the number of people out there in the community who use the internet, or can use it, is greater than we are led to believe.

We are hopeful that we will find a source of financial support for the resources we need to establish an Information Hub for Seniors in the Redlands. A place where you may simply drop in to discuss your circumstances with a well trained volunteer who will have the time you need to talk it all through confidentially, and then help you find the correct person in the correct agency to contact, and even assist you in doing that, while also giving you support at the same time.

The Information Hub does not set out to replace the phone and on-line services presently available. It seeks to offer another option that many might find more helpful for their needs, and thus extend the network of support for Seniors.

Please wish us success in 2009 for establishing the Seniors Information Hub.

Ross Wiseman
President



LATE NEWS

It is with regret that we have to inform readers that President Ross Wiseman, because of ill-health, will not be continuing as President or on the Management Committee of the Redlands Committee on the Ageing.

On behalf the Management Committee and members of RDCOTA we thank Ross for his wonderful contribution and wish him a speedy and full recovery.

NOTICES

ANNUAL GENERAL MEETING

The Annual General Meeting of the Redlands District Committee on the Ageing will be held as follows:

Venue: Palm Auditorium, Redlands Sporting Club, Anson Road, Wellington Point

Date: Thursday 19 March

**Time: 10.00am: Morning Tea
10.30am: Annual Meeting**

All members and interested persons are invited to attend to ensure a solid start to 2009 activities.

There will be adequate time during morning tea and after the meeting to meet the new Management Committee and old and new friends to discuss priorities for the year to come.

**RSVP TO 3488 0680 or
seniors@rdcota.org.au by 12 March**

ROTARY SUNRISE RAFFLE

Tickets for the Rotary Club of Redland Sunrise raffle are available at the RDCOTA office for \$2 per ticket.

Prizes are:

First: \$4000 travel voucher for travel anywhere in the world

Second: Five nights accommodation at the Islander Resort, North Stradbroke Is.

Third: Framed, autographed Barry Kidd print of Cassim's Hotel 07

Fourth and Fifth: Dinner for two at Buffet World, Redland sporting Club valued at up to \$48 each.

GUEST SPEAKERS FOR SENIORS GROUPS – FREE

Are you involved with a seniors group which is looking for guest speakers on topics of interest?

RDCOTA is working with Council on the Ageing Queensland (COTAQ) to offer guest speakers to seniors in the Redlands/Bayside area. Interactive and engaging sessions are delivered by trained Volunteer Peer Educators to groups of seniors on healthy ageing topics. Sessions are **FREE**, take 30-60 minutes, with a range of easy to read resources available for all sessions. Topics available at present are:

beyond blue: In partnership with *beyond blue*, the national depression initiative, **beyond maturity blues** is offered, encouraging early recognition of the signs of depression, increasing knowledge of depression and demonstrating that depression is not a normal part of aging.

Seniors Quality Use of Medicines (SQUM): Developed and implemented in partnership with the National Prescribing Service (NPS), assists older people to become active partners in the safe use and management of their medications.

Brand Name or Generic Medicine? Also developed in partnership with NPS this topic is a follow-up to SQUM and looks at the safety and effectiveness of generic brands compared to the original brand.

To book a session:

RDCOTA – 3488 0680 : FAY – 3286 7728 – COTAQ – 3316 2999

Email: seniors@rdcota.org.au : or
education@cotaq.org.au

VOLUNTEER PEER EDUCATORS NEEDED:

Are you interested in becoming a trained Volunteer Peer Educator to assist with delivery of the above sessions?

RDCOTA would like to host a training session for Peer Educators in the Redlands/Bayside area. Training would be undertaken by Peer Education Officers from COTAQ with ongoing support provided by COTAQ and RDCOTA.

Enquiries can be made to any of the above contact phone numbers or email addresses.

ROTARY BOWEL SCAN PROJECT

Rotary is preparing for the 2009 Bowelscan Campaign

It's almost March, which is Bowelscan month. So, remember, EVERY ADULT should BUY A KIT, USE A KIT and, importantly, RETURN A KIT, EVERY YEAR.

Bowel cancer is one of the most widespread forms of cancer in the community, and rarely displays any obvious symptoms until it is too late to undergo effective treatment; hence a key element to its successful treatment is early detection, and annual check-ups are recommended to enable this to occur.

Bowelscan organizers are very keen to promote the importance of early detection for the over 40s, and provide everyone with the opportunity to purchase an inexpensive kit (\$6.00) from their local Redland pharmacy. The kit is easily used in the privacy of your own home to obtain specimens which are returned for free laboratory analysis by Sullivan Nicolaides Pathology.

To give added credibility to this message, the organizers are seeking bowel cancer survivors who may be willing to come forward and share their story to assist in educating the public that it is early detection which can save lives.

Testimonials are very powerful and have helped convince people to pick up a kit in the past. Confidentiality will be maintained at initial contact if so desired. Please phone Rotarians Tony Wills on 3207 3367, or James Pollock on 3286 3217, if you would like to assist, or know someone who is a survivor and whom you think would like to be involved.

Visit www.redlands-bowelscan.org.au to learn more about the project.

ASSISTANCE WITH JOB APPLICATIONS

Redlands District Committee on the Ageing can provide free access to those seeking assistance with the following:

- Job applications
- Writing resumés
- Selection criteria
- Interview performance

Free consultations with a qualified volunteer are available for

- Unemployed
- Mature age
- Migrants

Ring RDCOTA on 3488 0680 or email us on seniors@rdcota.org.au

DON'T FORGET TO RENEW YOUR RDCOTA MEMBERSHIP FOR 2009

**VOLUNTEERS ARE VALUABLE
DURING THE YEAR BUT, EVEN
IF NOT ACTIVE, YOUR
SUPPORT ENCOURAGES
OTHER VOLUNTEERS.**

**MEMBERSHIP RENEWAL ON
NEXT PAGE AND NEW MEM-
BERS ALWAYS WELCOME.**

2009 RDCOTA RENEWAL MEMBERSHIP FORM

Please indicate:

I wish to become a financial member for 2009

Our organisation wishes to become a Financial member for 2009

I/We would like to know more about Volunteering with RDCOTA

I/We wish to make a financial contribution in support of RDCOTA

Our organisation would like a guest speaker from RDCOTA

Name (Individual/Organisation):

.....

Address:.....

.....Telephone:.....

Name of Contact person.....

Email address

Annual Subscription

Individual \$ 5.00

Organization \$20.00

Donation \$

Cheque enclosed \$ _____

Please send to: RDCOTA
P.O. Box 1051
Cleveland, 4163

Your support is sincerely appreciated.

REDLANDS HORTICULTURAL SOCIETY

Is looking for new members

JOIN US every third Monday at
THORNLANDS DANCE HALL from
9am till noon
Corner of Island Outlook Road and Redland Bay Road.

Gardening advice; competitive days; invited speakers; bring and buy; raffles; bus trips.

For further information, contact Chief Steward on 3907 0551

CAREBUS

IS COMING TO RDCOTA

The Carebus will be stationed at the office of the Redland District Committee on the Ageing at 57 Wynyard Street, Cleveland on Thursday 2 April from 9.30am until 1.30pm

Personnel travelling with the bus offer free, confidential information relating to respite care, health and wellbeing issues, disabilities, mental health, medical conditions, falls prevention, dementia, home assistance and support, seniors and veteran's information, as well as federal, state and local government services.

DON'T MISS THIS OPPORTUNITY

Pensioners

*Feel like a break
when shopping in
Capalaba?*

*Read about the
Blue
Care/RDCOTA
Refresh Space.*

"REFRESH" a joint initiative of Blue Care & RDCOTA

**DO YOU HAVE
EMAIL?**

You can receive
your *Redlands
COTA Mail* by
email in colour.

Simply send us
an email saying
you will accept an
electronic news-
letter and we'll
include you on
our list.

It saves us
postage.

Every second Thursday is a "REFRESH DAY" at the Capalaba Library — Seniors are invited to stop by for a chat and a cuppa - if you are in need of a break from shopping or visiting the library, there's a chance to sit for awhile to regain composure and rest the weary feet. For the small price of 50c, "refresh" and have a chat with fellow seniors or take the opportunity to speak with the organisers:

Blue Care

and

Redland District Committee on the Ageing.

Age is no barrier, all welcome!

For further information contact:

Susan Denne/Blue Care 3824 4555

Tony Christinson/RDCOTA 3488 0680

The next two opportunities to "refresh" are

5th March & 19th March 2009

9.30am—12noon

**OUR WEBSITE
HAS RDCOTA
NEWS AND LINKS
TO OTHER
WEBSITES.
HAVE A LOOK
AT
www.rdcota.org.au**

LEGAL SEMINARS - 2009

Honorary Solicitor for the Redland District Committee on the Ageing, Russell Biddle, is prepared to offer short seminars on legal matters in retirement villages or other venues.

Seminars will cover issues such as making wills, enduring power of attorney, issues arising from contracts with retirement villages and other matters of relevance to seniors.

Those interested in arranging a seminar for their village or in attending one in another venue should contact RDCOTA

- by phone on 3488 0680 or
- by email on seniors@rdcota.org.au

Detailed information on seminars will be provided in future newsletters or by separate flyer.

NOMINATION FORM FOR MEMBERSHIP OF RDCOTA MANAGEMENT COMMITTEE 2009

NOTIFICATION OF POSITIONS VACANT ON THE MANAGEMENT COMMITTEE



REDLAND DISTRICT COMMITTEE ON THE AGEING INC.
38TH ANNUAL GENERAL MEETING
THURSDAY 19 MARCH 2009
10.00am - 11.30am
Redland Sporting Club, Anson Road, Wellington Point

I hereby nominate _____ for the position of:

PRESIDENT	
VICE PRESIDENT	
SECRETARY	
TREASURER	
MANAGEMENT COMMITTEE	

Proposer _____ (must be financial member)

Seconder _____ (must be financial member)

I _____ accept nomination & confirm that I am a financial member of Redland District Committee on the Ageing Inc.

Please return by 2.30pm on Thursday 5 March, 2009
To The Secretary, RDCOTA
P.O. Box 1051, Cleveland 4163
or in person to
57 Wynyard Street, Cleveland

RDCOTA would like to acknowledge its sponsors:

Rotary Club of Cleveland

Lions Club of Capalaba

Redlands Sporting Club

RSL Cleveland

Pilot Light Panel Christmas Wrap

Redland City Council

Mater Private Hospital - Redland

George Hartnett Funerals

Biddle Lawyers

Great Southern Garden of Remembrance

Without our sponsors, Redland District Committee on the Ageing Inc. would not be able to reach out into the community as much as it does.

RDCOTA welcomes all contributions to this newsletter.

DISCLAIMER

Whilst every care is taken by RDCOTA in the compilation and publication of this newsletter, RDCOTA does not warrant or represent that the newsletter is free from error nor accept responsibility for any listings, entries, or articles published therein.

In particular, without limiting the generality of the foregoing, RDCOTA expressly denies any responsibility regarding qualifications, expertise and/or experience claimed on behalf of a person or entity referred to in the newsletter, including any product or service offered by any such person or entity. Should any concerns exist, then RDCOTA recommends that independent inquiries should be undertaken by the reader.

RDCOTA shall not be legally responsible for any misrepresentation, loss, damages, cost or expense as a result of any reliance, act, or omission, referred to herein or undertaken by any person or entity howsoever arising.

Do you enjoy listening to old time music?

If yes, this is the program for you!

Silver Memories is a NEW 24 hour a day 7 day a week radio program specifically designed with the older listener in mind.

Music and radio shows from the 1920s – 1950s, that no other Brisbane radio stations play, are broadcast.

There are also segments presenting information and other items of interest to older Australians as well as birthday calls and other announcements.

The aim is to provide entertainment and information to older Australians that is not available elsewhere.

Silver Memories is only available via a radio receiver tuned to the Silver Memories frequency.

If you are 60 years or older and would be interested in participating in a 3 month evaluation of the program



Please contact:

Linda Moran, Project Officer, The Australasian Centre on Ageing, The University of Queensland; Ph: 3346 9226

l.moran1@uq.edu.au

Mail: P.O. Box 1051, Cleveland. 4163

Phone: 3488 0680 FAX: 3488 0681

Office: 57 Wynyard St, Cleveland. 4163

Email: seniors@rdcota.org.au

Website: <http://www.rdcota.org.au>

Office Hours: 9.30am to 2.30pm Monday to Friday