

REDLAND COTA MAIL

Printed at the RDCOTA office: 57 Wynyard Street Cleveland Qld 4163



SENIORS WEEK 2013

Seniors Week has come and gone for another year. While, for some, every week is Seniors Week, judging by the lack of attention paid to seniors issues in the recent election campaign, there is a need to draw attention to seniors in every way possible.

There is a notable absence of actual connection with Seniors Week by some government agencies. State Government funding is made available but there is no noticeable activity from that direction. Fortunately, Local government plays a much bigger part across Queensland and, possibly, throughout Australia. The Redland City Council is represented by the Mayor or her representative at quite a few events. At least one event I attended was well attended by Councillors.

There were no significant new events in 2013. Unfortunately, the Young at Heart classic and short movie event did not eventuate but is likely to be a part of next year's Seniors Week. An event whose title intrigued a few of us, "Exploding Giftbox" at Redlands Museum, did not attract enough inquisitive seniors.

There were still many events which retained their level of enjoyment of previous years. The Redland City Council Seniors Walk, while slightly down on numbers from last year, was successful with no major problems and a great deal of enjoyment on a beautiful August morning.

Those who attended the U3A Redlands breakfast on the following Monday morning would have enjoyed Madonna King's talk on her heroes prominent among them being Professor Ian Frazer OA, the man mostly responsible for the discovery of a vaccine for cervical cancer. Professor Frazer's biography, written by Madonna, has recently been published.

Music was again a feature of my seniors Week visits. The Cleveland State High Decemsexet was again an enjoyable experience and an indicator of the talent of our younger citizens. I enjoyed the Donald Simpson Theatricals performance at Stocklands on Saturday morning. They have performances on 19, 20 and 27 October at the Donald Simpson Community Centre which I can highly recommend. As usual, the Redlands City Band, this year accompanied by Jim and Tonic barbershop quartet was an excellent afternoon's entertainment.

Some of these events cannot cope with too many more participants but, with so many seniors in Redland City, there is scope for many more events if there is the interest. One event which is attended by invitation only, is Inspiring Seniors, where a senior from each Council division is presented with a framed photo and bookmark. This event is intended to pay tribute to seniors who give up time and effort for the benefit of others. It is just not possible for a large audience to attend but it was reported in the local press and a worthwhile addition to Seniors Week.

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eHealth Presentation

A combined meeting of hearing and aged groups was held at the Donald Simpson Centre on Saturday July 13th. RHISG (Redland Hearing Impaired Support Group) with the assistance of RDCOTA (Redland District Committee On The Ageing) Joined by the Redlands Seniors Network and CICADA (Cochlear Implant Club and Advisory Association) Queensland participated in a presentation by Mr. John Marchant and Mr. Brett Stevens from Medicare Local on the eHealth programme.



Mr. Paul Barnes RHISG addressing the meeting with Real Time Captioning

The Meeting was opened by Mr. Paul Barnes as Convenor for RHISG and Mr. Tony Christinson as President of RDCOTA. The Redlands City Council was thanked for supplying funding for the Real Time Captioning of the meeting and the Donald Simpson Centre was thanked for supplying the venue free of charge.



Mr. Tony Christinson President of RDCOTA



Mr. John Marchant

Mr. John Marchant explained that your eHealth records are controlled by yourself. The programme unlike some overseas countries is completely voluntary, and no records are made unless you join into the programme by completing a registration form.

These forms are available at Medicare offices.

The record that is linked to your Medicare number only includes a summary of your medical details such as Medication you are currently using and any major health conditions for example – Diabetic or heart condition. This is to enable registered health professionals such as doctors, nurses and paramedics to look at your summary. Each professional has a registered number that must be entered to view your records, and a log of anyone looking at your record is available for you to check. Any person that did not have your permission can face heavy penalties for looking at your record unless they can show that it was viewed due to a medical emergency and you were unable to provide your permission.

An example of this would be that you had collapsed and were unable to answer questions, the paramedic or Doctor could check your Erecord and discover what medication you were on and provide better medical treatment to you and ensure that any medication you were given did not interact with your current medication.

The presentation was followed by a question and answer time by the 55 persons attending which proved very informative.



...Continued from page 1

RDCOTA is always keen to foster new events which may appeal to seniors and welcomes any suggestions which may lead to new events for Seniors Week in future years. Discussions occur regularly at the Redlands Seniors Network about how we can continue to improve events and activities during this week which enables seniors to enjoy themselves as well as signifying our active presence in Redland City.

Donald Simpson Community Centre AGM

Members of the Donald Simpson Centre are reminded that the Annual General Meeting will be held at the Centre on Friday 27 September 2013 at 10.00am.

As this meeting elects new members to the Management committee, it is important that members of the Centre attend to ensure a Management Committee which will act in the best interests of members both now and in future years. It isn't a long meeting but it is important for the future of the Donald Simpson Centre.

SENIORS

**Do you feel you are losing the race
when it comes to modern
Technology?**

**Mobile phones of all shapes and
sizes, Ipads, Android Tablets,
iPod's, Apps etc.**

**RDCOTA volunteers are available to
assist with either private tuition or
small group workshops.**

**Just phone for an appointment,
bring your manufacturers booklet
along with your mobile d**

Phone 3488 0680

There's no charge

**SENIORS**

Feel like a break
when shopping in Capalaba?
Call in to the Blue Care/RDCOTA

REFRESH SPACE

The Refresh space offers
visitors a cup of tea or coffee
and something to eat
for a small donation of a gold coin.

Refresh Space will be operating
at the Capalaba Library
on the following dates:

Sept. 13, 27;

Oct. 11, 25; Nov. 8, 22; Dec. 6.

MEALS ON WHEELS

- Balanced and nutritious meals delivered to your door 5 days a week.
- Menus planned in association with Dietitians.
- Special diets can be catered for, e.g. gluten free, diabetic, etc.
- Referral from a doctor or other health professional is NOT NECESSARY
- 3 Course Meal for \$9.00 consisting of soup, main meal (meat&3veg), dessert and fruit juice.

❧ VOLUNTEERS ❧

We are looking for:

- Volunteers able to give a few hours to deliver.
- Drivers and Assistants needed deliver meals.
- If using your own vehicle for deliveries a petrol allowance is available to help offset costs.

MEALS ON WHEELS

For more information, ring:
Cleveland: **3286 2626**



WHAT IS DEMOCRACY?

By Stingray .

It seems logical. We divide the country into manageable divisions each of which selects a representative to meet with other representatives to govern us democratically.

The essence of this democracy is that, because there are too many of us to gather for one big vote, our representatives, armed with our majority collective viewpoint, meet on our behalf and make decisions which represent the majority views of the total population.

To make this work effectively, representatives need to set up processes for both propagating and gathering information throughout their division. This might mean using contacts in various centres who will meet with their communities, pass on information or proposals, stimulate discussion and return consensus views to the representative. This process is aided by modern means of communication available today, such as video and teleconferencing and email.

The representative is thus able to integrate information from contacts and form arguments representing a majority view of that constituency.

There are just a few problems which can mitigate against the success of this seemingly simple process of government.

Our views are so disparate on a wide range of topics that it would take a computer-like mind to collect and sort the feedback and process it into a consensus on any particular topic.

Imagine the debate in the party room as members try to sort out what their positions will be on any one of dozens of topics. Ultimately, positions will be reached and those members whose constituents expressed views contrary to those determined in the party room will have to

vote as they are told. Voting against the party line can be punishable by expulsion.

So, is democracy possible? It depends on your definition of democracy. It's possible for one person to make a decision that can affect the lives of many. We know that we aren't consulted in any realistic sense on most topics.

It's true that we do elect people to represent (?) us. Many (far too many) are influenced by what they see and read in the media and vote on lack of or wrong information giving us members who don't properly represent their views. Mostly those members don't make important decisions which are made by a central few.

Today . . .

My dishes went unwashed today

I didn't make my bed

I took her hand and followed

Where her eager footsteps led

Oh yes we went adventuring

My little girl and I

Exploring all the great outdoors

Beneath the sunny sky

We paddled in a crystal stream

We wandered through a wood

My kitchen wasn't swept today

But life was gay and good

Contributed By:

Fay Dougall



Grocery Collection –RDCOTA

We are collecting groceries which we deliver to community organisations for distribution in line with their assistance program. A list of suggested items is available on the Redland Community centre website at

www.redlandcommunitycentre.org

Please help. If you can, by dropping items at our office.



LIONS CLUB OF CLEVELAND CHALLENGE

“Spring Market”

Supporting Local Community Service Projects

Date: Saturday 28 September 2013

Time: 8am to 2pm

Venue: Lions Community Hall

Shore Street North, Cleveland

Next to the Old Schoolhouse Art Gallery

Babies and Children:

Beanies .. Cardigans .. Pullovers .. Toys

Christmas:

Crackers .. Wrapping Paper

Christmas Cakes & Cards ..

Craft:

Slippers .. Scarves .. Clothes Hangers .. Hand Towels

Face Washers .. Blankets .. Baby and Children's Wear

Books .. DVDs .. Videos .. CDs .. Cakes .. Jams .. Pickles ..

Pot Plants .. Knitting Yarn .. Material Remnants

Bric a Brac .. Collectables .. Golf Balls .. Pre-loved Clothing

“Light up YOUR life” soy candles

Special Raffle

Funding Australian Lions Childhood Cancer Research

Secretary Celeste: 3821 0960 President Reg: 3822 4763

14TH JUNE LAST MEETING AT RPAC

Our Mayor, Karen Williams, and the Redlands Council put on this day, complete with morning tea and lunch, with entertainment. It was well attended from various organizations in our area, who depend keenly on volunteers to function and give the services they would like to deliver.

The purpose of this forum was to make us aware of other groups in The Redlands who do valuable work in our community. So that, should our group need assistance outside the realms of our expertise, we knew of how to contact another to help with our problem. The Mayor's hope was we would do this; if she brought us together to meet at this forum.

As our Mayor pointed out, funds are not limitless and in the current economic climate; we all may well lose what little financial assistance we get from government coffers. We therefore have to get creative with ideas to raise funds for ourselves.

The stress of this forum was on the excellent people we have here in The Redlands; our finest resource was actually, **people**. We have to make better use of this invaluable resource.

The second prong of the forum was to workshop ideas; to see how other groups handle their problems and to see if we can put into practice any of these ideas to solve the problems we encounter. To learn from each other; to help each other – hand up and not hand out, was, I believe the expression used.

The guest speakers were wonderful; leaving you with much food for thought; We had a good opportunity to ask questions and to exchange information.

At RDCOTA, we do already know the value of our volunteers, so we had no lesson to learn in this regard; but we will take on board the advice heard at this forum for the future. We have successfully joined the Hearing Impaired Group for an informative morning regarding E Health, so we are doing well with joining other groups to meet and to assist, as best we can. We are, I believe on the right path.

GST Increase No good for Seniors

State Premiers on good incomes constantly reviewed to maintain parity with wage movements may feel no great impost from a rise in the GST but seniors on fixed incomes would be the biggest losers. It would be even worse to impose GST on exempt fresh foods which would potentially push more seniors into relying more on fast foods.

With all the recent hue and cry over the cost to households of the carbon tax. It is nothing short of gross hypocrisy for people who profess to be our leaders to now call for what would be an even greater burden brought about by any increase to the GST.

There are much more lucrative sources of funds than seniors on age pensions and ever-dwindling allocated pensions.

Seniors Information Plus SIP



An RDCOTA service
Face-to face information service for seniors

Volunteers,
trained and with plenty
of references at their fingertips,
are ready to help at our office at
57 Wynyard Street Cleveland

Stop by and chat, or if you need to
know where you can obtain
information phone 3488 0680

Office hours
9.30am to 2.30pm
Monday/Friday.

For more information:
Phone 3488 0680 or
Email: seniors@rdcota.org.au

Readers' Contributions

PART 2 HISTORY OF RDCOTA REDLAND DISTRICT COMMITTEE ON THE AGEING

Summary so far: - RDCOTA was founded in 1970, by a small band of dedicated people working towards promoting the wellbeing of Senior Citizens in the Redlands. One of their major goals was to achieve a place they could call home and this home would be a "Senior Citizens Centre."

A temporary leasing of the old Baptist Church in Doig Street Cleveland served this purpose for approximately 5 years. The Management Committee worked closely with the Redland Shire Council, local Rotary and Lions Clubs to fit out and equip the old Baptist Church to make it a user friendly Rest Room, albeit a temporary "Senior Citizens Centre."

At the 6th AGM President, Mrs. Sykes reported a most productive year. Cr. Wood, Shire Chairman was sincerely thanked for the unstinting assistance given by Council. Others to be thanked were Lions Club and Ladies Lions along with service Clubs in the Redlands. The Rest Room in its current form, was literally buzzing as over 600 people were served cuppa's during the month. General Fund stood at \$798.62 and Building Fund at \$334.40.

Council on the Ageing in Brisbane City was also actively putting forward initiatives, some of which RDCOTA became involved in. One such initiative was the commencement of pre-retirement information groups throughout the State. The course was conducted by Mr. Bill Barnett and covered topics – *(and these topics are very much valid today)*

- Planning now for living in your own home
- The pitfalls of retiring into a new area
- Estate planning and gifting away money
- Emotional aspects of retirement
- Making financial decisions clear, as credit would not be available

A Handyman Scheme to assist 5356 widows and aged pensioners residing in the Redlands was also tabled. This project would be run by pensioners themselves. Once established, Service Clubs would be asked to refer the names of reputable handymen, to be compiled into a list.

The 7th AGM, brought soul searching as to what could be the answer to finding permanent premises for RDCOTA's Rest Room, beyond the

Baptist Church lease. Would the Shire Council supply a Hall or should money be raised to build the all important Seniors Citizens Centre? – cost estimates would be around ½ million – much more than service clubs and seniors groups could contemplate. Government funding would be the only option, however Council did not have suitable land available for such a project. The overwhelming issue of finding a new home for RDCOTA was now firmly entrenched in the minds of the Committee. In the interim, fund raising through cups of tea @ 20c and raffles, selling Lions fruit cakes were ongoing in an endeavour to build the general and building funds up for future needs.

In the meantime RDCOTA members and Redland Seniors were invited to bring their handicraft work to the Rest Room for one week per month. A trading table was set up and items sold on commission. Donations of fabric and yarns were passed on to crafty seniors, providing them with an opportunity to build confidence and income. By July 1978 the Rest Room had served over 8,000 cups of tea and all in all was buzzing along famously. Senior Citizens Awareness Week through the Queensland Council on the Ageing was in the planning stages as RDCOTA decided to take up the challenge to provide a special week of activities for seniors and their families.

Finally it was revealed by Cr. Wood, Council favoured a "Community Centre" over a "Senior Citizens Centre" and plans were on the Mayor's desk. State and Federal Government funding would be sought and a Trust Fund launched towards the construction of a **Community Centre** which would cater to not only seniors but to the community as a whole.

President Sykes, asked for Service Clubs to nominate representatives to attend RDCOTA Meetings as all interested parties would be able to participate in the planning stages of the proposed new **Community Centre**.

Perhaps this was going to be the answer to RDCOTA's need for a new home, as Cr. Wood announced a space in the new centre would be allocated to RDCOTA allowing the group to continue its Rest Room activities.

In February, 1980 tenders were called by Council for the Community Centre to be built in Norfolk Park at a cost estimate of around \$720,000.00

COTA History Park 3 will reveal more as the surprises kept coming, some good, some not so good.

THE QUEENSLAND PLAN

The following information was printed in the Queensland Council on the Ageing email newsletter received in the RDCOTA office on 6 September. It refers to the Queensland plan being prepared by the Queensland Government in which Queenslanders may like to take some interest. RDCOTA through the Redlands Seniors Network is undertaking discussions with the Redland City Council, through the Age-friendly Redlands Committee, on the World Health organisation Age-friendly Cities program which has been featured in earlier newsletters.

COTA Queensland made a submission to The Queensland Plan.

The Plan, which will be released in late 2013, attempts to capture Queenslanders' shared vision for the next 30 years and identify local and statewide priorities.

In our submission we wrote:

Given the global challenges of ageing and urbanisation over the next three decades, COTA Queensland believes the World Health Organisation's age-friendly cities and communities framework is a valuable guide for any 30-year vision for Queensland. The age-friendly cities and communities framework is used in over 100 regions throughout the world. Creating age-friendly cities and communities requires strategic and long-term partnerships between government, business and the community. An age-friendly approach to social planning will promote and recognise better design and planning in homes, the environment, work, training and education, and health systems. We believe that a 30-year plan should aim to improve the resilience of older people who are particularly vulnerable during natural disasters, economic downturns, and social fragmentation.

A 2-day summit regarding the Plan will be held in Brisbane in October. COTA Queensland's Chief Executive Mark Tucker-Evans will attend the Summit to advance the needs of people as they age. You can register to receive regular updates about the Plan by registering online at the following website:

<http://queenslandplan.qld.gov.au/get-involved/register/>

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It's All About NAMES . . .

Have you ever wondered when you travel out in your vehicle, why certain locations are labeled with a name you find difficult to figure out why. There's plenty of "Sandy, Rocky and Stoney Creek's" around, and it's clearly obvious why they are so called. Then there's National Parks like "Goneaway NP"; who went away and why? , This National Park is so far away and located just off the Winton-Jundah Road, that you could assume, whomever had goneaway was gone for good. Then there's a whole area also near Winton, with names like Nottingham Downs, Essex Downs & Yorkshire Downs. I wonder if the local landscape looks, a bit like green English Countryside? It's hard to imagine this, as the area is almost in Australia's Dinosaur country where most of the landscape is a sort of brown colour. Then there's "Snake Range NP," This is a much more realistic name as it's South West of Emerald. Alligator Creek is another confusing name as Australia is not Alligator territory, it's where Crocodilians Rule. Another really intriguing name is the Stopum Blockup Range, within the catchment area of the Burdekin River. Who wanted to Stopum and if that did not work, Blockup from going or coming. Then there's Widgemootha in Western Australia and Dangdongadale in Victoria – I give up as words fail me.

RDCOTA Website

We are trying to maintain an easy-to-read website with information, news and other useful items.

We have added links which may be of interest but are happy to receive suggestions about others which may be useful. Why not make us your home page?

Pension increases September 2013

From 20 September 2013 pension rates will increase in line with cost of living increases.

This will result in an increase of **\$18.70**

Single Age Pension

	Previous Amount	From 20 Sept '13	Increase
Base	\$733.70	\$751.70	\$18.
Supplement	\$61.20	\$61.70	\$0.50
Clean Energy Supplement	\$13.50	\$13.70	\$0.20
Total	\$808.40	\$827.10	\$18.70

Partnered Age Pension (each)

	Previous Amount	From 20 Sept '13	Increase
Base	\$553.10	\$566.60	\$13.50
Supplement	\$46.10	\$46.50	\$0.40
Clean Energy Supplement	\$10.20	\$10.30	\$0.10
Total	\$609.40	\$623.40	\$27.00

Do you think **\$18.70** per fortnight is enough of an increase? If not, by how much do you think the single Age Pension needs to increase?



Would you like to access information from one of the websites mentioned in the COTAMail but don't know how?

Visit the RDCOTA office during business hours: 9.30am-2.30pm and one of our helpful volunteers will access the internet site on your behalf and you can read the information on screen or provide you with a printed copy of the article in which peaked your interest.

2013 RDCOTA**MEMBERSHIP/ RENEWAL FORM**

Redland District Committee on the Ageing Inc.

ABN 89 778 445 390

- ☐ I wish to **Apply for / Renew** financial Membership for 2013 **or**
- ☐ Our organisation wishes to apply for/renew financial membership for 2013
- ☐ I/We wish to make a financial contribution in support of RDCOTA

Name: (Individual / Organisation)

.....

Address:

.....

..... **Postcode**

Telephone:

Mobile:

Email Address:

Annual Subscription 2013

Individual **\$5.00**

Organisation **\$20.00**

Donation **\$.....**

Cash / Cheque enclosed **\$.....**

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COMPUTERS AND THE INTERNET STILL A MYSTERY TO YOU?

Join our

Broadband for Seniors program
and learn to use the computer,
surf the internet and send and receive
emails



There is no charge
Phone **3488 0680**



Or drop in to 57 Wynyard Street
(9.30am to 2.30pm)

Tutorials provided on
Macleay and Russell Islands as well.



RDCOTA Redlands Fifty Plus **Men's Group**

On Friday mornings
from 9.30am the Men's Group meets
in the conference room
at 57 Wynyard Street, Cleveland
for a cuppa and a social get together.
If you would like to attend, just show up
there's no set agenda
more information can be obtained by
phoning **3488 0680**

Celebrate Grandparents Day

Sunday 27 October 2013

Grandparents Day on Sunday 27 October is an
opportunity for everyone to thank grandparents
for their love and support.



If nobody else remembers, celebrate yourself.



VOLUNTEERS NEEDED—Can you help?

Volunteers are people who lend their time and talents,
for no reward or remuneration, to support, encourage
and enhance the lives of others in the community.

Do you have a spare hour or more each week to visit
and use your special talents to be a friend to residents
at **Redland Residential Care**—Weippin Street, Cleveland.

If so, I would love to hear from you.

Please contact Tanya Barton (Volunteer Coordinator) 0409 274 625



Women's Group

For some time now, RDCOTA has hosted a men's Group which meets in our office on a Friday morning for some morning tea and a chat. This has worked quite well and there is now an established group of men who come and go on Friday mornings as it suits them. Of course, men are always welcome to join in.

We have been asked a few times now why we don't have a Women's group. The answer is that, so far, we have not had requests to host such a group. It is possible, though. It is simply a matter of responding to requests, making a room available and initiating the group. As with the men, there is no pressure to attend, no set agenda, just convening for morning or afternoon tea and following whatever format, or lack of format, the group decides.

The conventional wisdom seems to be that women are more socialised than men, already have activities they can attend and do not look for arrangements such as this. However, if you or someone you know is interested, ring our office on 3488 0680 and, if we receive enough calls, we will act. Please contact the RDCOTA office for further information.

Opinion:

Where's the Minister for Ageing?

In a report released last year, the United Nations has declared ageing demographics a "megatrend that is transforming economies and societies around the world", estimating that one in nine people of the world's population of seven billion are over 60. The report also warned that 'the skills and knowledge that older people have acquired are going to waste, with many of them underemployed, underactive and more likely to become a drain on a nation's resources.' Australia's CSIRO states that an ageing Australia is one of six megatrends which will shape this nation in coming decades. Our own Treasury's Intergenerational Report in 2010 noted "The ageing of the population is the major factor driving the slowing in economic growth."

So ageing is a big deal.

And in recent years we had began to see some progress, with positive economic incentives to hire older workers, the appointment of a Commissioner for Age Discrimination, and a pension increase in 2008, albeit a token amount.

Yes, incoming governments must have the freedom to set their own portfolio priorities, and to reshape their ministry to reflect these priorities.

But since when is ageing Australia not a priority? With almost half the population now aged 50 or over, either in retirement or heading there in the next decade, why would we not be placing the highest priority on planning for an older society?

By 2030 the number of over 60s will have nearly doubled. Where will the housing, transport, social services, health care and retirement income come from if we are not making it happen right now? Mr. Abbott yesterday decried the use of long ministerial titles and said that, because something wasn't a ministry, it was not a sign it would not be taken seriously. Well I happen to disagree. We have a veritable avalanche of older Australians moving from full-time work to retirement. They are underfunded and ill-prepared. They will need financial literacy, health incentives and more suitable end-of-life accommodation and care, just to state the obvious. And these services will not magically appear unless they are well planned, funded, and constructed. If no single minister in Abbott Government is responsible for this massive task, then heaven help us.

The lack of females in the Abbott Ministry is a worry. Mr. Abbott says they are 'knocking on the door' – a euphemism for 'not a priority'. The lack of a Minister for Ageing is a scandal. And ageing Australia is clearly not even near, yet alone on, an Abbott government agenda.

What about you? Do you think ageing Australia is in need of its own dedicated Cabinet Minister? Or is Kaye simply getting excited about nothing?

YourLifechoices Newsletter

18 September 2013

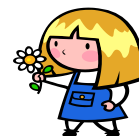
RDCOTA would like to acknowledge its supporters and sponsors:

Rotary Club of Cleveland
Rotary Club of Redlands Sunrise
Rotary Club of Capalaba
Lions Club of Capalaba
Redlands Sporting Club
RSL Cleveland

Redland City Council
Mater Private Hospital - Redland
Great Southern Memorial Park
George Hartnett Funerals
Brumbys Alexandra Hills

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.



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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.

Looking for a speaker for your group?

**Free interactive sessions
are delivered by our trained
volunteers to groups of seniors aged
50 and over.**

**Community Education sessions
include the following topic:**

- **Beyond Maturity Blues**

**For more information or to book a
session for your members, please
contact RDCOTA on 3488 0680 or
by email on seniors@rdcota.org.au**



LINKS TO USEFUL AND INTERESTING WEBSITES

YourLifechoices Magazine May 10 - control+click to read
<http://aboutsensors.taguchimail.com/public/broadcast?sevt=72492043&e=473930de>

Your Lifechoices Magazine May9
<http://aboutsensors.taguchimail.com/public/broadcast?sevt=72358313&e=473930de>

Readers can Google YourLifechoices to access and register to receive these newsletters which contain interesting articles for seniors.

**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**

ARE YOU AN AVID READER?

**We have surplus books in boxes at
our Reception, while stocks last**

Please feel free to help yourself.

A small donation would be appreciated

