

Volume 1 # 6
24 December 2018



PROBUS CLUB OF MARRARA, INCORPORATED

Club No: 29004202

PRESIDENT

KEN COHALAN OAM

PATRON

Kate Worden MLA

Member for Sanderson

SECRETARY

RAY ANDERSSON

Marrara Probus Club Bulletin



Club Information

**Probuss Club of Marrara Inc.
Club Number: 29004202
District: 9550**

Sponsored by Rotary Club of Darwin South Inc.

Email: marra@probussclubs.com.au

Website: <https://www.probussouthpacific.org/microsites/marrara>

**The Probuss Club of Marrara meetings are held on the
second Thursday of each month (except January),
9:30 for 10:00AM at the PINT Club, 165 Abala Road,
Marrara, NT, 0812**

Probuss is all about Friendship, Fellowship and Fun in retirement. Probuss provides you with the opportunity to join together in clubs and to progress healthy minds and active bodies through social interaction and activities with retirees in your community.

Probuss opens the door to new experiences and friendships, you can hear wonderful guest speakers, stay active by participating in a wide range of activities and explore your community, your country or the world. Probuss offers a range of member benefits and to quote a recent Probuss Club member "the day I joined my Probuss Club, I instantly had 100 new friends" – That is Probuss, Friendship, Fellowship and Fun.

**Probuss Club of Marrara Inc. is a 'not-for-profit' and non-fundraising association.
It is non-sectarian. Its objective is to stimulate thought, interest and participation in activities at
a time in life when it is easy to become complacent and self-centred.**

KEN'S KOMMENTS (FROM THE PRESIDENT'S DESK)



Thanks to Kim and Robert NT Police. Fire Emergency Services for their very interesting and important advice regarding safety over the Christmas/New Year period especially if you are going away and leaving your house/unit unattended. The bag of information was most appreciated. Thank you Ray for organising and providing the projector and screen.

I received a Christmas Card that was most relevant.

*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 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:
Because you have lived.
This is to have succeeded.*

Connie and I are taking our two granddaughters out to dinner on Christmas Eve to Little Miss Korea, gee they grow up quickly, but both did very good at school in 2018.

I wish our Probus members and friends all the best for the festive season and look forward to an interesting 2019 through Fun, Friendship and Fellowship. ‘

I look forward to getting together in January 2019



SENIOR SNIPPETS *by Ken Cohalan OAM*

- Vaccine against Alzheimer's – step closer scientists succeeded in preventing build-up of toxic brain proteins link to the disease.
- 2018 Survey of Senior Territorians – run by COTA NT some interesting results from the 900 responses
 - o We are very multicultural 69% born in Aus. but 11% UK, 4% NZ, 13% elsewhere
 - o 68% thought they would be living in the NT in 5 years' time.
 - o Cost of living 36% main reason seniors will leave and most concerned by 46%
 - o 82% feel very safe or relative safe in their community.
 - o 78 support Euthanasia
 - o 74% have Private Health cover, 82% have a will but only 13% have funeral plan
 - o 64% rated their satisfaction level with health and medical services.
- The Secret Diary of Hendrik Groen – 83 ¼ year old retiree living in a Dutch Retirement Village. Book on loan from Darwin Library many of his experiences sound familiar to some of our Probus members.
- Respecting Seniors – Labor's plan to support older Territorians distributed prior to election – Nine items – my comments two implemented, five part, two no action known.
 - o Cost of Living Concessions – to restore to all retirees – in part
 - o Senior Concessions – introduced in part – slow advice and payment
 - o Power & Water Concession – implemented
 - o Bus Travel – implemented
 - o Health – Aged Care beds – discussion but minimal improvement
 - o Better Housing Options – Planning and Retirement Villages – part
 - o Age Friendly Planning & Communities – part
 - o Elder Abuse – funding, agency – achieved – results unknown
 - o Seniors in the work place – have not heard of any results.
- Laugh – Children laugh approx. 100 times per day but Seniors only about 15. Research undertaken on seniors in Europe.

Meet our New Members

As we lead up to the end of 2018, we will look forward to a membership drive for 2019. Watch this space as our membership grows.



A big welcome to our club, that is now 'your club'.

BIRTHDAYS FOR DECEMBER

The President and members of Probus Club of Marrara wish the following members a very happy birthday.

- Kate Gunson
- Sylvia McGough
- Val van Hees

Monthly Meeting Guest Speakers

December

The Probus Club of Marrara Incorporated was pleased to welcome Constables Dye and Cartmill of the NT Police Community and Youth Engagement & Victim Engagement to talk to us on 'Preparing your property for Christmas – A Personal Safety Talk'. They provided an interesting talk on property crime prevention mitigation strategies along with personal safety hints.

A vote of thanks was given to the Constables by the President and a Certificate of Appreciation was presented.



Meeting Snippets

A general discussion was held on whether to have a meeting in January or would members prefer an outing or event to attend. General consensus was for a luncheon to be held in January. This will be looked at in more detail and members advised.

The NT Seniors Expo for 2019 is planned for 31st May 2019 to be held in Pamerston again.

Attendees should be aware that car parking is a problem in the event area so this should be taken into account if you wish to visit the Expo.

More details will be released closer to the date.

Our Christmas luncheon was held at the completion of the meeting with a sumptuous, and filling, lunch put on for us by the PINT Club. Connie provided Rotary Club Steamed Pudding for our desserts and a small gift of chocolates for each member.

Many thanks to Connie for her organising the luncheon and her gift.

There was a couple of raffles held with door prizes provided by our Patron Kate Worden, MLA that were gratefully accepted by the winning ticket holders.

An impromptu raffle was conducted in memory of Eean Thorne with winners receiving gag gifts in his memory. Eean's work in establishing the club was recognised in a speech.

Monthly Meeting in Focus



DEAR DIARY

DATES TO REMEMBER

14 FEBRUARY 2019

NEXT GENERAL MEETING

PINT CLUB 9:30 FOR 10:00 AM



Guest Speaker for February will be advised

Subject: ' To be advised'

Special Events of Interest



Special Interest Groups - 2018



**BOOK CLUB
MEETS AT THE
CASUARINA CLUB**
(in conjunction with the PCDI)
at 11:00AM
Contact Sheena Short for details on
08-8985 4406



GARDEN CLUB
at
Trailer Boat Club
8 Atkins Drive, Fannie Bay
(in conjunction with PCDI)
Starts at 10:30AM
Phone Bev Aitken for meeting dates and
information
Q&A - Bring a plant to raffle

10 PIN BOWLING Third Wednesday of each
month



PLANET 10 PIN BOWLING
9:30 for a 9:45am START
(in conjunction with the PCDI)
69 Progress Drive, Night cliff,
\$8.50 per person



LUNCHEON — POST MEETING

"The Table of Knowledge" will meet post meeting luncheon. Simply join the other members in the dining area of the Pint Club, solve the problems of the world, have a relaxed lunch, get to know your fellow Probus members and enjoy.



Zumba Gold for Seniors

Every Saturday 8:45 for 9:00AM start.

Charles Darwin University Fitness
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Fee - \$10

Do you have a special interest or hobby that members may be interested in sharing with you?

Sport, genealogy - family research, model aircraft flying, craft, sewing, quilting, music appreciation, even cooking groups. Its limited by your craft, interest, skill and imagination.

We are looking for special interest groups for 2019. Speak to the Committee and share your passion.

Health and Exercising for Seniors

Seniors health over the festive season.

The holiday season is a time of fun and festivity. However, there are some health risks that are associated with these times of the year. This is not isolated only to the Christmas and New Year period but may apply to any major holiday. Many of these health problems may occur irrespective of a person's age. Throughout the world, it is known that there is an increase of major and life-threatening health problems during certain times of the year like shortly after Christmas day. It is in these times when a person is more likely to have a heart attack, stroke or a serious complication related to heart failure.

Holiday Heart Syndrome

This phenomenon is known as the **holiday heart syndrome** and the most significant of these is a heart attack. It is more likely to occur in a person with known risk factors like high blood pressure, high cholesterol levels, irregular heartbeat, diabetes mellitus and obesity. In these conditions the heart is already under strain. Changes in diet and lifestyle which is more extreme during the holiday season and often associated with overindulgence then strains the heart even further thereby leading to a heart attack. Most of these risk factors are prevalent in the elderly.

Reasons for Holiday Heart Attacks

Food and Alcohol

One of the main factors during this period of time that may lead to additional strain on the heart is overindulgence both in food and alcohol.

Stress and Physical Activity

The holiday time is often thought to be a time of rest and relaxation, but stress may intensify during these times. Sometimes it is associated with spending more than one can afford (financial stress) or with issues in interpersonal relationships that may often become more complicated during the holiday period (emotional stress). It is also common to exert oneself beyond one's physical ability all in the name of fun and the holiday spirit. In this regard, a time of the year which should be restful can be quite the opposite and strain the heart.

Medication

A common problem, especially in the elderly, during the holiday time is missing out on scheduled medication time. A person may also forget their medication and travel to a holiday destination thinking that they will be fine for a few days without the prescribed drugs. It is almost always unintentional, but these mistakes can be life threatening. The situation may be worsened when a person been then tries to take a double dose of medication to make up for shortfalls which can adversely affect the body.

Ignoring Warning Signs

Nobody likes to be a spoil sport or party pooper and all too often a person ignores the warning signs of a health problem. Chest pain may be passed off as indigestion or heartburn which is common with the big holiday meals. Dizziness may be mistaken for fatigue associated with the increased activity during the holiday time. However, many of the symptoms are a warning sign of an impending heart attack or even a minor heart attack. It can soon be followed by a major and

often fatal cardiac event. It is therefore best to take the festive season in its stride and practice moderation with food, alcohol, activities and socializing which in the end may make the difference between life and death.

<https://www.seniorhealth365.com/health/festive-season-and-holiday-health-risks-in-the-elderly/>

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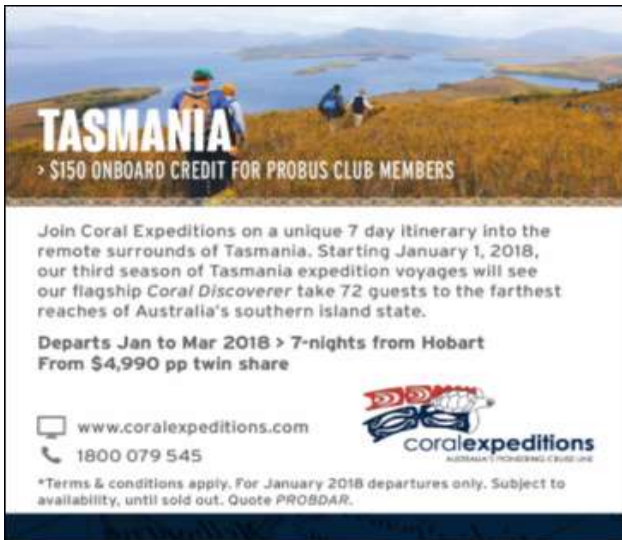


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INSURANCE

All financial members of the Prubus Club of Darwin Inc. are covered by Prubus Insurance. Insurance covers members, visitors and guests whilst attending or participating in a recognised Prubus activity function or meeting (age restrictions may apply)(prior conditions may be taken into considerations)

DISCLAIMER

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