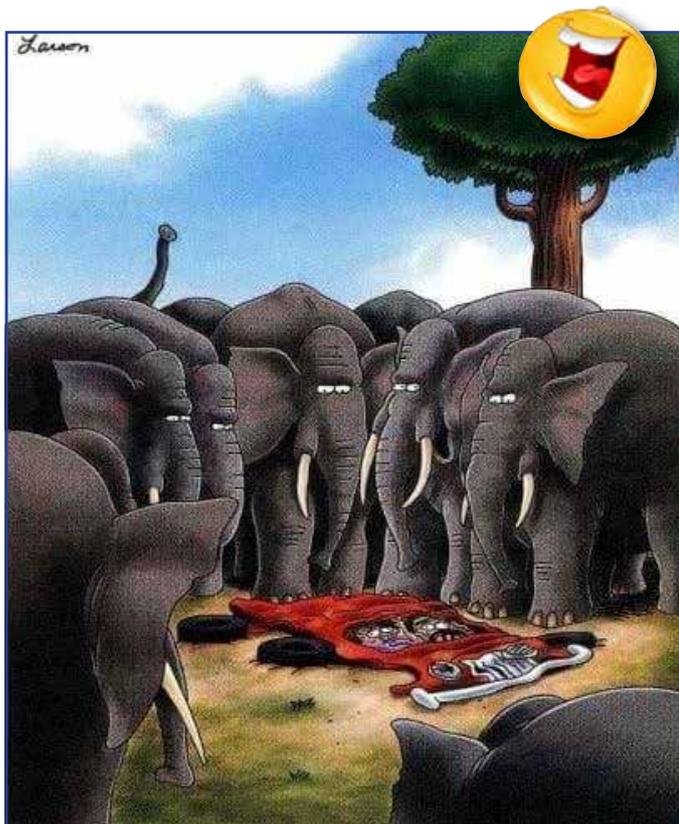


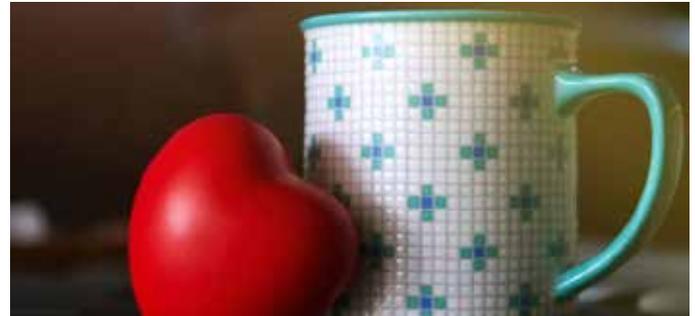
From the Committee

Many of our activities are now at pre-covid levels and we are thankful our tutors have embraced the safety measures we have introduced. We have been very lucky to have the support of the Railway Workshops and Scouts in letting us use their facilities. There are still vacancies for the Theatre Luncheon 42nd street on 27 April. One member has already seen the movie and tells us it is wonderful. An individually packed lunch will be given to each person which you will eat during the movie. Cost is \$22 per head.

Are you making the most of your membership? Have a look at all the activities we offer and see what else you can do. We all need to socialise and participate in the community. Try something new and you may be surprised at how much enjoyment you get.



"You know, sometimes I sort of enjoy this herd mentality."



Science finds cocoa could protect the heart when stressed

Blood vessels function better during mental stress when people are given a cocoa drink

High levels of mental stress can cause stroke, heart disease and thrombosis, but scientists have discovered a drink that could offer protection from these cardiovascular events – cocoa!

The high levels of flavanols in cocoa is believed to be responsible for the positive health effects, according to researchers from the University of Birmingham. The findings suggest that blood vessels are able to function better during mental stress when people are given a cocoa drink containing high levels of flavanols than when drinking a non-flavanol enriched drink.

Report author Dr Catarina Rendeiro explained that when functioning efficiently, the endothelium – a thin membrane of cells lining the heart and blood vessels – could help to reduce the risk of peripheral vascular disease, stroke, heart disease, diabetes, kidney failure, tumour growth, thrombosis and severe viral infectious diseases. But mental stress could have a strong negative effect on this blood vessel function.

“We found that drinking flavanol-rich cocoa can be an effective dietary strategy to reduce temporary impairments in endothelial function following mental stress and also improve blood flow during stressful episodes,” Dr Rendeiro said. “Flavanols are extremely common in a wide range of fruit and vegetables. By utilising the known cardiovascular benefits of these compounds during periods of acute vascular vulnerability

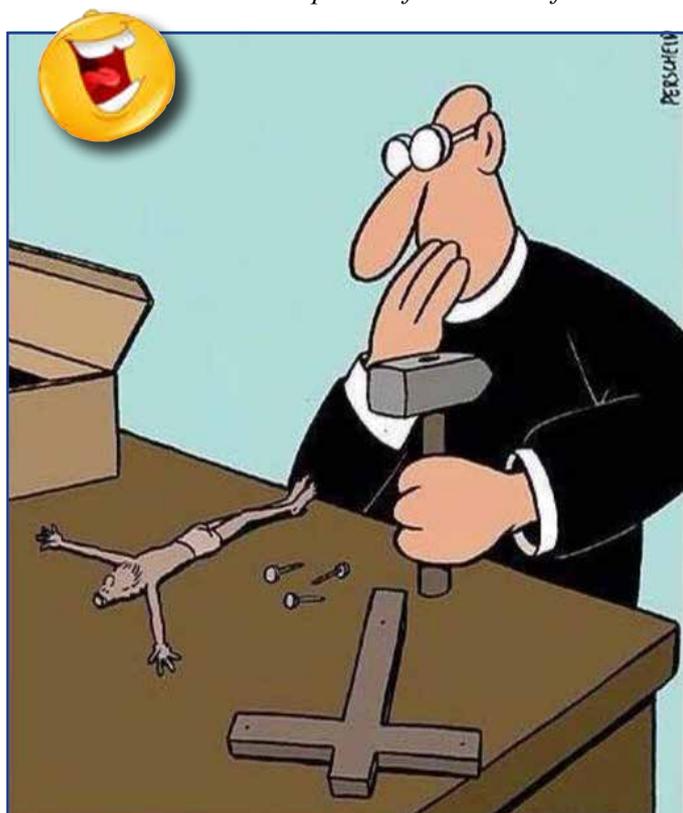
(such as stress), we can offer improved guidance to people about how to make the most of their dietary choices during stressful periods. "The study involved a group of healthy men drinking a high-flavanol cocoa beverage 90 minutes before completing an eight-minute mental stress task, while a different group was given a drink that was not enriched with flavanols.

The researchers measured forearm blood flow and cardiovascular activity at rest and during stress and assessed functioning of the blood vessels up to 90 minutes post stress – discovering that blood vessel function was less impaired when the participants drank high-flavanol cocoa. The researchers also discovered that flavanols improve blood flow during stress.

"Our findings are significant for everyday diet, given that the daily dosage administered could be achieved by consuming a variety of foods rich in flavanols – particularly apples, black grapes, blackberries, cherries, raspberries, pears, pulses, green tea and unprocessed cocoa," Dr Rendeiro said. "This has important implications for measures to protect the blood vessels of those individuals who are more vulnerable to the effects of mental stress."

The flavanols in cocoa, which are also present in dark chocolate, provide many other health benefits, including lowering blood pressure, boosting brainpower and acting as a cough suppressant. YourLifeChoices also reported on a study in 2020 that found drinking cocoa could help those who suffer pain when walking.

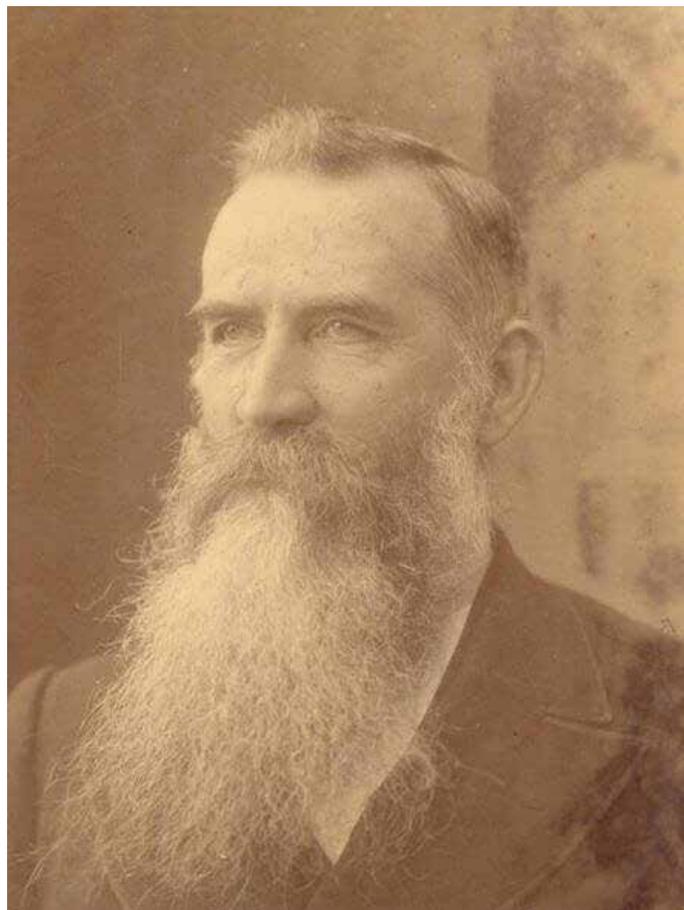
Reprinted from Your Life Choices.



Suddenly, Father Schober was not sure whether he really should have bought the new crucifix at Ikea.

CRESWICK HISTORY

Thomas Cooper... draper and politician



Thomas Cooper was born at Stone, Staffordshire, England in 1832, the son of Thomas Cooper, draper, and his wife Sabia, née Kinnersly.

He migrated to Victoria in 1856 and he opened Stafford House, a draper's shop at 165 Brunswick Street, Fitzroy. In 1859 he moved to Kingston and after a year to nearby Creswick, where he opened a new Stafford House on the corner of Albert and Cambridge Streets.

At first his brother and then Charles Walton were his partners; both partnerships were soon dissolved and Cooper took complete control. He later also undertook work as an auctioneer, mining and general agent and arbitrator. As an active and forceful leader in church work, he was an original trustee of the Creswick Wesleyan Church, circuit steward, teacher and lay preacher.

He was a strong advocate for and leader of the total abstinence societies prominent in Creswick's earlier years.

After settling in business Cooper turned to civic affairs. He headed the poll for a seat in the Municipal Council, established in 1858. In 1862 he was elected its chairman and in 1863 became the first mayor of the new Borough

of Creswick. He filled this position 11 times, still a local record, and worked with vigour to improve the town.

He persuaded the government to hand over a reservoir at Dean, with £3000 as a grant to give Creswick a water supply. Later he was prominent in providing the town with its imposing hall and council offices. He did much to set standards and formulate procedures in the council; he resigned in 1884 but was again a member in 1890-93.

In the 1864 Legislative Assembly elections many influential Creswick citizens persuaded him to nominate, but he was not successful then or at later polls until 1877. He represented Creswick until 1889, when the Creswick electorate was divided. Cooper decided to stand for the new electorate of Allendale but was defeated by (Sir) Alexander Peacock.

In debates he had spoken on many and varied subjects, but more particularly on forests, education and the conditions of teachers, mining and prospecting, railways, water supply and municipal affairs; he was chairman of committees in 1880-89.

At Melbourne in 1857 Cooper married Emma Solloway; of their six children only the younger son survived childhood.

In 1869 on medical advice they visited England after the death of their elder son.

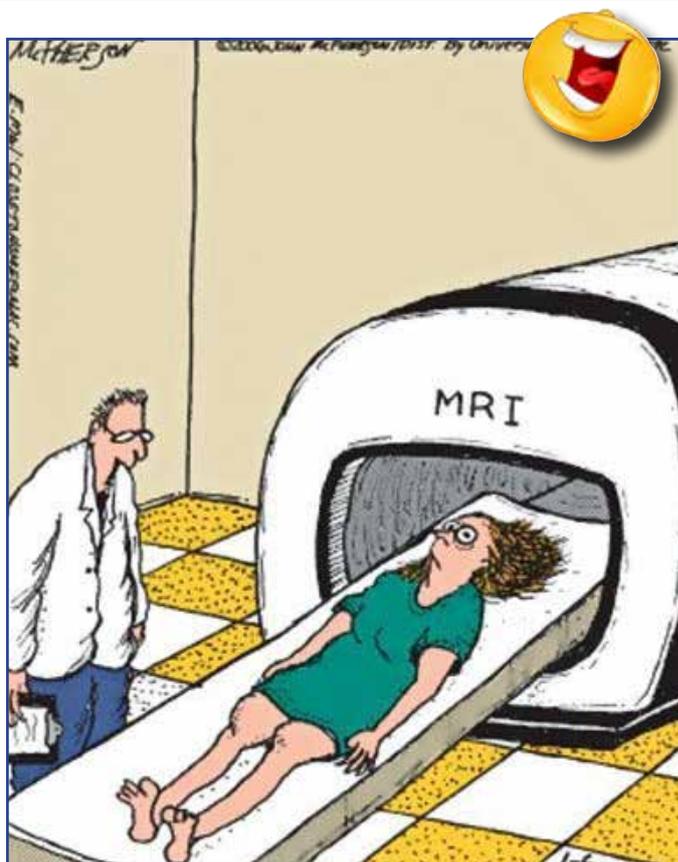
Cooper retired at 68 and soon afterwards died at Creswick on 20 October 1900. His wife died at Hawthorn, Melbourne, on 16 February 1916, aged 84. She was noted for her kindness and her interest in charitable work.

Cooper was without question the outstanding citizen of Creswick in its formative years. His tall, erect figure with flowing beard and confident walk was well known to all. His courtesy, gentlemanly manners and kindness made him notable. As a public speaker his humour and eloquence carried his audiences with him. He had a wide experience of men and great capacity for public affairs. He never cherished enmity or showed bitterness to those who opposed him.

His name is perpetuated in Cooper's Reserve, Cooper Street and Cooper's Corner, the site of his business in Creswick for many years and he is featured on the Creswick Honour Roll.

E.J. Semmens

Information is from the Australian Dictionary of Biography



"OK, Mrs Dunn. We'll slide you in there, scan your brain, and see if we can find out why you've been having these spells of claustrophobia."

Information from the Council on the Aging Australia (COTA)

Since the Aged Care Royal Commission handed down its findings many older Australians have grown increasingly concerned at the apparent lack of action. Whilst I think some of that pessimism is over-stated, whether we get the reforms we need, or not, is not yet settled. In the back offices of government departments, and in parliament house, hard work is being done, but key decisions are yet to be made. Up on the hill lobbyists for those providers who don't want the changes we need – just more money – continue to do their thing.

Whilst we will continue to lobby for the poor quality providers to be forced out of the system, we also should recognise that in a transformed aged care system, good providers, the workforce, older people, their carers and families will all be better off.

The reforms we need will often take years to deliver, so we need Government and industry's commitment now to reform, so that the work can start. To get to the destination, the big decisions need to be made, and most of the funding needs to be committed, this year, in this Federal Budget.

Working with other aged care consumer organisations, COTA Australia has issued a statement on the package of proposals that we think government should follow to implement the Royal Commission report.

You can read it here: [Joint Statement by 12 Aged Care Consumer Organisation.](#)

Drawing on the Royal Commission's final report, the joint statement lays out new arrangements for the governance of aged care that will strengthen aged care's independence, funding, quality control, provider integrity and accountability, while also securing greater consumer influence in the system by the wide diversity of older Australians. Critically, they recommend an Implementation Task Force to drive the reforms with an Independent Chair, and independent members as well as senior government officials.

Other immediate actions called for in the Statement include:

- Immediately increase home care and home support funding; ensure a maximum 30-day wait period for home care by no later than December 2022; and implement a single Care at Home program that provides individualized care by 2023.
- Require providers to publish real-time data on staffing, quality performance, financial information, and consumer experience.
- Abolish the Aged Care Approvals Round/bed licenses and give older people control of their residential care funding and put some competitive pressure on poor providers.
- Establish an Independent Pricing Authority just for aged care.
- Initiate a program of independent Care Finders to help navigate aged care, better information and more advocacy services.

- Develop a comprehensive workforce development plan to ensure we have the right numbers and mix of better paid, better skilled, consumer-focused and continuously improving workers.
- Provide much greater support for family and friend Carers including a major increase in accessible respite care and a network of Carer Hubs,
- Require a commitment to respecting diversity throughout aged care – in standards, in training, in accountability and in access pathways and service design, inclusive of Aboriginal and Torres Strait Islander, CALD, LGBTI and rural communities and people living with dementia, with a mandatory Diversity Framework and Action Plans.
- Provide equitable access to health services including dental care, medication reviews, mental health services, allied health, and restorative care and reablement.
- Legislate a commitment to ensuring the lived experience of older people using care services is given real weight in accreditation, reviews, quality measurement, recruitment and every aspect of the aged care system.
- Develop a funding model that grows with needs and ensures sufficient taxpayer funding, balanced with consumer contributions that are fair, sustainable and simple to understand and administer.
- Commit to a timetable detailing when reforms will be commenced and implemented, and to co-designing them with older Australians.

Ian Yates AM
Chief Executive
COTA Australia

