



Help us choose a new name

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Everyone associated with **Bayside Community Options** has been invited to suggest a new name for our organization.

This follows a recent Special General Meeting at which the name put forward by the Board, Living Unlimited, was narrowly defeated. By law a members' vote of 75% in favour is required to change the name. The proposed name, Living Unlimited, was defeated by a single vote.

As a result, the Board is now asking everybody to put on their thinking caps and send us some further ideas for names. This request is cordially extended to members, staff and all the people who avail themselves of the services we offer.

The new name, when adopted, will be part of a planned rebranding project designed to position us well for the next 20 to 30 years. We're looking for a bright, modern name that's inspirational for staff and community members alike. Ideally, the name you suggest will:

- Reflect the aspirations of so-called baby boomers and others, such as choice, support, connection, freedom, quality of life and recovery;
- Include potential areas for business growth, for example, culturally-diverse communities; mental health and wellbeing; and homelessness;
- Not restrict our geographic expansion;
- Be affirming for staff members when they receive and make phone calls; and
- Be easy to say when answering the phone.


Now, here's the really challenging part: it's important that the name you propose has not already been taken. In our experience, there are dozens of suitable names out there but, unfortunately, most have already been registered by other businesses or organizations.

If you have the time, you may wish to check your idea for a new name against the register of business names available on the internet. Simply Google the words, "National Names Index Australia", and then search the index held by the Australian Securities and Investments Commission. Remember, we can not use any name that has already been registered.

When you have a name that meets these guidelines, please ring us on **3269 1915** or lodge your suggestion on the form below. Kindly give us your suggestions by **Thursday 25 March 2010**.

The Board will consider the suggestions lodged and decide on three potential names, which will then be put to everyone involved through another *Bugle*. You will be asked to tick the name you prefer and return the form to us.

After that, a further Special General Meeting will be called, and a single name put to members. Again, a vote of 75% in favour will be required. If you complete the form below please post it to **P O Box 1131 Nathan Street Post Office, Brighton Q 4017** or give your envelope to your Support Worker to bring into the office.

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You are invited to suggest a new name for our organization.

My name is:

My phone number is:

My suggestion for a new name is:

I like this name because:

A message from the Manager



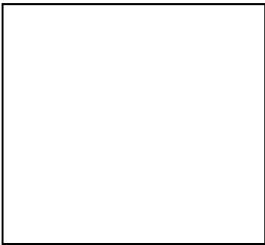
This is an exciting time for us. Soon we hope to have an updated image with a new name and logo, an improved website and brochures. We also want to develop other services which will help us to be viable and financially sustainable into the future. Rest assured, while doing all of this, we are committed to maintaining reliable services that have the personal touch.

Our Accommodation Committee is looking to purchase a property for us to have a permanent home at last. The plan to buy into a local church building did not come to fruition so the Committee is on the lookout for other premises. We want a position in the local community that will give us more “exposure” so people will notice us as they drive by and, at the same time, be a place with a welcoming and “homey” feel that people really appreciate.

Joh has plans for some great new Out ‘N’ About day trips once a month. Our comfortable 12 seat small bus has an extra step so it is easier to get into and the bus is wheel chair accessible. The idea is to have fun, enjoy the good company of others and have an interesting day—all at a reasonable price of \$15 plus your other expenses—snacks and entry fees. By giving everyone a bit of notice it will be possible for people to save some money each week towards these little adventure tours. Until next time...

Warm wishes, *Merilyn*

Manjinder shares some of his story...



Manjinder (his Mum calls him “Lovely”) has kindly offered to share with us something about life and the customs of his place of birth – the Punjab not far from Delhi in India. He says that the state of Punjab is known as the Land of Saints, preachers and goddesses. Punjabi people are known for their hard work, bravery, hospitality, courage, sacrifices and especially for service to the community without discrimination. Customs are an integral part of people’s lives. Younger people touch the feet of their elders as a sign of respect and elders shower their blessings on them.

Family is a true asset for Indian people – grand-parents live with the extended family rather than go into residential care. Marriage is a big three day celebration with wonderful saris and jewellery, traditional food, dance and the bride and her friends put temporary henna tattoos on their hands. Brothers and sisters also celebrate a day in August when sisters put bracelets on their brothers’ wrists, and in return brothers renew their promise to protect their sisters in times of difficulty.

Manjinder is of the Sikh religion. The famous Golden Temple in Amritsar has four doors welcoming people of all religions – Hindus, Muslims, Christians and Sikhs. Did you know that there was a Sikh with Captain Cook when he came to Australia in 1770? Sikhs fought in World War II, sacrificed their lives and are honoured on ANZAC day. Not so long ago the first Sikh was recruited into the Australian Army.



“ **Better to light a candle than curse the darkness.** ”

—Chinese Proverb

Mental health and homelessness

“The Rudd government will fail to meet its target of slashing homelessness in half over the next decade because it is failing to acknowledge the role of mental health issues in fuelling the problem.

Health experts say that despite the government pouring \$6 billions into increased public housing stock in coming years, the homelessness initiative will help people with mental health problems only if support packages are provided to ensure they remain on track to prevent them falling back onto the streets. Mental Health experts warned that the odds were stacked against the government’s target to slash homelessness by 20 per cent by 2013 and by 50 percent by 2020 unless more was done to address the mental health issues that contributed to homelessness.”

—from *The Australian*, 4 January 2010

New Day Trips to Help You Get Out 'N' About

At Bayside Community Options, we'll soon be offering you some attractive new options as part of our popular Out 'N' About program. Out 'N' About provides a range of weekly activities, such as social groups and outings, designed to enhance your opportunities for social interaction and support.

From March 2010, we're organizing day trips once a month on Thursdays, starting with a slice of history in the form of cheese tasting at the Maleny Cheese Factory in the Sunshine Coast hinterland.

In April, we'll be taking a busload of people to the Bribie Island RSL, voted the State's Best Club Food Outlet by Clubs Queensland. Your ideas on destinations, or ways of planning and carrying out new activities are very welcome.

If you'd like to join one of our new day trips, please book early so you don't miss out. **Phone Bayside Community Options on 3269 1915.**

Day trip to Maleny Cheese Factory, Thursday 25 March 2010

- For \$3 you will receive a full cheese tasting and talks on the history of the old factory and a short video presentation; meals and refreshments will be available for purchase on site.
- Pick-up will begin at 7.30am for a 10.00am booking at the cheese factory; we expect to have you home by early afternoon.
- Cost of transport is \$15.00. Total cost for transport and presentation is \$18.

Day trip to Bribie Island RSL Club, Thursday 22 April 2010

- The club's multi-award-winning bistro offers an extensive and enticing mix of bistro and a la carte style meals to enjoy in either air-conditioned comfort or in an open-air setting.
- Pick-up will begin at 9.00am — We'll be dropping you off at home around 2.00pm.
- Cost of transport: \$15.00. Total cost is \$15



Oldest baby boomers about to retire from the workforce

"The baby boomer generation reached adulthood in the West in a period of domestic peace and prosperity which has rarely been matched in history. Due to the privileged life, social trends including the sexual revolution following the invention of the contraceptive pill marked it as 'different', and endowed it with a confidence and sense of entitlement which produced an astonishing ferment in Western democracies. The ferment always assumed the baby boomer generation was an agent of change—at times revolutionary change. Once in the workforce the baby boomers showed themselves not so very different from those who came before or after.

Australia's laws and culture encouraged owner-occupied housing after World War II and the boomers responded eagerly, as their parents did before them. Their enthusiasm kept the proportion of owner-occupied housing steady around 70 percent of all housing over five decades. This also drove the price of houses up. Generous tax rules on housing and rising disposable incomes have led an entire generation to invest and reinvest in ever more elaborate homes.

The recent state of politics illustrates how conservatism has come to dominate as the boomers have aged. After 11 years of John Howard, perhaps Australia's most conservative prime minister ever, this country's voters among whom baby boomers of course predominate, elected Labor's most conservative prime minister ever.

The baby boomers are starting to move on. In their day their dreams and their achievements were great. But the world has changed. Australians of all ages must retain the intellectual flexibility to ensure the certainties of their generation's passing era do not become the obstacles to future progress."

—from *The Sydney Morning Herald*, 2–3 January 2010

Postcards may help people who have attempted suicide

“Postcards sent to hundreds of people in NSW who have attempted suicide, have halved the rate of repeat attempts.

A five-year study involved 772 people at the specialist toxicology service at Calvary Mater Hospital in Newcastle who made and distributed basic postcards enclosed in a sealed envelope. The message on the postcards was simple: Just a reminder the hospital would be happy to hear from the receiver. The postcards also had the address

and phone number of the hospital and two doctor’s names.

The group who received eight postcards over the subsequent 12 months after their initial admission (as well as regular treatment) had fewer suicide attempts.

Five years on, the rate of repeat attempts was still half that of the group who were not sent postcards. This strategy shows the importance of social connection.”

—from *The Sydney Morning Herald, The Weekend Edition*, 2–3 January 2010

Loneliness “should be tackled as part of poverty problem”

“Poverty in Western countries should not be measured by material needs alone. Issues such as loneliness and lack of social support and connections are just as debilitating, a leading British social policy expert warns. Mr. Geoff Mulgan, Director of Britain’s Young Foundation, said that issues such as isolation will become increasingly problematic and the government needed to consider how to take on roles no longer done by family and community.

Welfare systems do not only need to provide cash, housing or even job opportunities to those in need. It may be just as important to work on social networks because often these atrophy and weaken.”

—from *The Australian*, 4 February 2010

Always look on the bright side... say active centenarians

“Ruth Richards is turning 104 shortly and says she doesn’t feel it. Ruth said if you want to live to 100 you’ll need a positive out-look and also to do regular physical activity and remain social.

Professor Richmond has found in a recent study centenarians are highly resilient, highly optimistic and have low levels of neuroticism, anxiety and depression even though they’ve lived through life stresses, loved ones who have died, awful wars, famine and the Great Depression. The survey also found 60 percent of the centenarians exercised every day even though 20 percent had eye disease, 20 percent cerebrovascular disease and stroke, 28 percent had osteoporosis and 21 percent had dementia. It’s estimated in 2020 there will be 12,000 centenarians. It’s the fastest growing age segment of the population.”

—from *The Sydney Morning Herald, Weekend Edition*, 6-7 February 2010



“Every day may not be good, but there’s something good in every day.

—Author unknown

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Navigating the emotional terrain of ageing

In her book *Another Country*, author, family advocate and clinical psychologist Mary Pipher writes ageing is not easy with the root problem being the young and old have become segregated—to the detriment of both groups.

Based in the United States, Pipher is fighting segregation so that elders can remain part of a culture she feels is suffering without their contributions. She states this social trend is not necessarily intentional.

Another Country outlines that modern society has stripped itself of communal roots and values,

idealized youth and relegated its oldest to the periphery. Pipher criticizes the lack of positive guides toward old age and reveals how our culture reinforces the fear of death and the shame of wrinkles. She passionately believes the issues could be fixed if we reintegrated older people and incorporated the wisdom of their values and life experience into our social fabric.

Intergenerational bonding would help the older generation teach the younger ones the arts of compassion, respect, tolerance and connection. This enriches us all.”

—from *Our Daily Bread*, Dec Jan Feb, 2009–2010 | <http://www.asaging.org/at/at-204/McLeod.htm>

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