



SYDNEY

u3a

Learn Laugh Live

Harbourside North

May 2023

Welcome to the U3A Harbourside North Bulletin and the third for 2023.

We look forward to your suggestions for topics and contributions for inclusion in this year's editions. paulacastileu3a@gmail.com

The Editors

Ursula Schappi and Paula Castile

Motivation

What motivates you to get out of bed in the morning? Is it that first cup of tea/coffee, the cat or dog calling for attention, a good breakfast or, do you prefer to turn around and avoid the chores that lay ahead, including that doctor's appointment you made?



Sometimes it is hard to motivate ourselves to 'do the right thing' and maintain that active lifestyle: get enough sleep, control our eating habits, walk and exercise regularly, take

medication on time, stay in touch with friends - in short, do all the things that lead to a healthy old age, as so much research promises us.

We may not like the prospect of getting older, but research found that those with a more positive view of ageing have better physical health and better survival rates than those with more negative views of themselves getting older.



A positive self-worth is important in our social interactions. Quite unawares we may be exposed to subtle (and sometimes not so subtle) ideas about how older people should behave.

Family members may have narrow views of what grandma or grandpa need/want as they grow older. One of my friends bought a new car in her late seventies, not because her old car needed replacement, but because she wanted to avoid future discussions with her sons about buying a car: 'Why would you need/want a new car in your eighties?'



A healthy sense of self-worth is important in our communication with a variety of service providers. Because health care providers

consistently see the most impaired older adults, negative beliefs among doctors and allied health professionals can be worrisome (Ref 1). Chronic pain may be dismissed and preventive measures overlooked because of the patient's chronological age. While consideration of a patient's age group is a necessary consideration, it is important that individuals are given the benefit to differ from their age norm. It is in those circumstances that we need to assert ourselves and obtain the services that we believe will contribute to our wellbeing.



Others believe that 'boomers' are financially well off and if they keep themselves fit, they should not become a burden to family and society. Unfortunately, such unrealistic expectations are sometimes internalised by older people. They struggle to retain their independence and avoid calling on services. Still others may not want to see themselves as growing older. They see their 'active ageing' as a positive way of presenting themselves as separate from the 'really old' (Ref 2).

It is when the 'active lifestyle model' becomes burdensome, for example, after a fall we may need to adjust our self-image to and retain a positive outlook in life.



'Finding your motivation after a fall may feel like your own personal Mt Everest' (Ref 4). Perhaps you have been running all your life, or sailing, or swimming, or were a dedicated gardener? Whatever physical demands you made on your body, you may no longer be able to do this after an accident or illness.



This realisation of loss may bring about an emotional rollercoaster of denial, anger, resentment, and finally, acceptance. At this point it is important that we communicate well with our loved ones to gain their support and collaboration in our rehabilitation, signalling our readiness to move on and make the most of the current situation. Of course, there are fall prevention courses online (Ref 5). Many hospitals and gyms conduct fall prevention or balance classes.



A Canadian Home Care Service (Ref 6) found that focusing on the strength of individuals rather than their limitations helped patients to get involved in what they could achieve and how to set realistic goals. Similarly looking forward to new possibilities rather than dwelling on the past, assists patients in working through the necessary adjustments to accommodate their new circumstances. We all know that prevention is better than cure, but it is our motivation

that will help us to reach the top of Mount Everest.

Remember, humans are social beings and for many maintaining social contacts, friends and family are key to maintaining our motivation and mental health, but importantly, we cannot afford to lose our determination to continue to 'lead a good life'. U3a provides opportunities for us to meet people, learn and discuss new topics or current issues.



References:

- Ref 1 "When I'm 64", in US National Library of Medicine:
<https://www.ncbi.nlm.nih.gov/books/NBK83758/>
- Ref 2
<https://www.cambridge.org/core/journals/ageing-and-society/article/abs/perceptions-and-consequences-of-ageism-views-of-older-people/0F607565509B9999B82B3A0FF4F8AADE>
- Ref 3 <https://www.healthdirect.gov.au/falls>
- Ref 4 <https://injuredathletestoolbox.com/three-steps-refinding-motivation-after-injury/>
- Ref 5 <https://fallspreventiononlineworkshops.com.au>
- Ref 6
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6292127>

Ursula and Paula



President's Message

May 2023

Dear members

On behalf of all our members who enjoy this Bulletin every two months, many thanks to Ursula Schappi and Paula Castile for their hard work in preparing such interesting articles for us to read.

Second Semester 2023

Our current semester is going well, with good attendances at most venues. Thank you to our venue coordinators and to Rosemarie, our HSN Course Coordinator and her helpers, for preparing our Second Semester Course Book which has been sent to the Editor. We have a great program, full of fascinating talks to interest, amaze and capture your imagination.

**CRISIS CRISIS CRISIS CRISIS
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In several recent messages I have stressed our declining membership, to no avail. **YOU CAN HELP.** 81% of our members join because of a recommendation from a friend or relative. Please resolve to invite a friend to some of the talks that you attend. Remember – they can attend two free sessions before needing to become a member. And what greater gift of friendship could you give than to introduce them to u3a – remember what an important part it is of YOUR life – making new friends, socialising, enjoying interesting talks and activities.

**ANOTHER CRISIS
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This year we had to close our centre at Lane Cove (apart from the ongoing Book Club). A sad decision, but no one was willing to take it over.

We have been asking for someone, or a group of two or three people, to work with Eve Klein at the Mosman Art Gallery in the preparation of the program for 2024 and to take over running this centre from January.

We have not had a response and we will have to close this venue that for over twenty years has provided successful sessions each

Monday, usually attracting 50 -100 people.
What will they all do if we have to close it?

Thank you to Chris Serrano who does a great job in making sure everything runs smoothly at Mosman Seniors Centre. And great thanks to Anne and Ross Ranger who have volunteered to stand in for Chris on her sometimes-extensive trips.

And finally, Dougherty Centre in Chatswood needs additional Booking Secretaries. This is an essential and an easy way to get into volunteering. If you have an email address (or you can set up a separate one for u3a) and/or phone number and use them for members to contact you to take bookings for presentations. Full training and support will be provided by the Venue Coordinators.

CALL OR EMAIL ME NOW:

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