



Successful ageing - live well & live long

Research shows that older people who rate their health as being poor are more likely to be lonely, depressed, overweight or have pain. To help yourself to live longer and with a good quality of life you need to sort out vision and hearing problems, take measures to prevent falls, eat a sensible amount of healthy foods and stay socially engaged as these things may increase mortality. Research shows that adverse life events don't affect longevity but if you sit at home all day doing nothing, you will deteriorate, so leave the house every day and keep mentally, socially and physically active at what ever level you can manage. Volunteering or even visiting those who find it difficult to get out is a great way to help yourself and others, it may be as simple as calling in on someone who could use some company. Read on for inspiration!

Try something new: Jack Reynolds made it into the Guinness World Records by becoming the oldest person in the world to ride a rollercoaster. The 105-year-old survived the twistosaurus ride at Flamingo Land in North Yorkshire in a bid to raise money for a local air ambulance. Jack's achievements include being the oldest person to do the ice bucket challenge for charity at 102, followed by a tattoo ("Jacko 6.4.1912") and trip on a Tiger Moth biplane when he hit 104. Seriously this man is amazing, in April this year he became the oldest person to ride a zip wire at 106 years of age!

Keep moving: Frenchman Robert Marchand 105, gained the first-and only-place in his age category this year by cycling 14 miles round a velodrome in under an hour. He was a bit disappointed by his time and is waiting for a rival to egg him on. His coach doesn't see him stopping for the foreseeable future: "Setting goals for himself is part of his personality," he said. Marchand worked until his late 60s and only got into sport at 68, once he retired.

Stay engaged: Dr William Frankland MBE, 105-year-old, immunologist co-authored an academic paper last year on burning feet syndrome – a consequence of malnutrition among soldiers held as he was in a Japanese PoW camp in the second world war. He only retired from private practice as an allergy specialist in his 90's after a long career in which he worked in Alexander Fleming's lab. He famously told Saddam Hussein to quit smoking so his asthma would improve. Frankland still enjoys a drink, but in moderation. At a lunch for a newspaper interview he turned down a glass saying: "No wine for me – I had too much to drink yesterday" and Dr Frankland is still working as a consultant.

Remain optimistic: The pianist Alice Herz-Sommer, who died in 2014 at the age of 110, was a concentration camp survivor who swam and played the piano every day until well past her centenary. In an interview in 2006, she attributed her survival to her temperament: "This optimism and this discipline. Punctually, at 10am, I am sitting there at the piano, with everything in order around me. For 30 years I have eaten the same – fish or chicken and good soup, I walk a lot with terrible pains, but after 20 minutes it is much better, sitting or lying is not good." And, despite her terrible experiences in the camps, she was driven by optimism: "I am looking for the nice things in life. I know about the bad things, but I look only for the good things."



Left to right:
Jack Reynolds,
Robert Marchand,
William Frankland
Alice Herz-Sommer



What's happening around the office:

Peter Ryan is busy as usual in and out of the office. As most of our clients know Peter is an avid sports enthusiast and being a Collingwood tragic is again predicting/hoping that Collingwood are still in the race with this year's finals. Please note our office will once again be closed on Friday 28th September for the AFL public holiday. As a loyal supporter of local sports, following his sons who both play for Ky teams, he is assistant coach of the Ky 3rds who Noah plays for, and who were unfortunately knocked out in the elimination final. Makenzie, Peters eldest son won the leagues reserves goal kicking award this year, Makenzie plays for the Ky 2nds and they are still in with a chance so the footy season continues in the Ryan household. Footy is soon to be replaced with cricket and Peter is set to pull on the cricket whites for another season with the Kyabram Redbacks.



We now have a display screen in our front window advertising our services and between 10am and 4pm has the ASX share prices displayed. Every half hour you can catch the news headlines and weather forecast for the week.

Changes to Centrelink

Updating Centrelink when there have been changes to income, assets or circumstances is also now more involved as Centrelink data match all changes. What this means for clients is that they need to provide documented proof showing dates of changes. To help with this please keep all personal bank account records and statements you receive and file them in case they are needed, we have access to a lot of your information, but not all.

Centrelink have changed their processes when it comes to all new claims, previously we were able to lodge an intention to claim and Centrelink would backdate payments to the date the intention was submitted. This has stopped and claims are now only assessed once Centrelink have received all completed forms in full before any payments will commence. Being proactive and having all the documentation needed to ensure as claims are processed as quickly as possible will help ensure you receive your entitlements sooner. All new claims require you provide proof of identification and that can be done at the Kyabram Community & Learning Centre which is easier and quicker than a Centrelink office. If you have a partner they will be required to provide their ID as well. Don't forget we are here to help with your Centrelink needs so if you have any queries or worries please call us.

Your fingers have finger tips,
but your toes don't have toe tips.
Yet you can tiptoe but you cant tipfinger!

No one is useless in this world who lightens
the burdens of another
- Charles Dickens -

From a poster found in a Church in France translates as:
When you enter this church it may be possible that you hear the call of God.
However it is unlikely that he will call you on your mobile,
so thank you turning off your phone.
If you want to talk to God, enter, choose a quiet place and talk to him.
If you want to see him, send a text while driving.

Ha Ha Ha!

