

THE CAIRNS Pager

*"Grow old along with me
- the best is yet to be"*

Robert Browning 1864

Newsletter from Positive Ageing Cairns Incorporated Issue 1 Vol. 01 December 2009

NEWS TIME

- 1 First edition
- 2 Reporting on developments
- 3 Champion
- 4 2010 Events
- 5 Ambassador coming
- 6 Our Logo & Masthead
- 7 Who is a Pager
- 8 PACI Contact
- 9 Volunteer Work
- 10 Physical Activity Hints

KEY DATES 2010

May 7th Celebration of Living

July in the first week
AGM Positive Ageing Cairns INC

August 19th Positive Ageing FAIR

October 29th Come and Try Day

Greetings,

Welcome to this first newsletter - **The Cairns Pager** from Positive Ageing Cairns INC. Association.

To all members of PACI, please forward this issue on.

To all friends and supporters, mark some dates in your diaries.

Please forward on as you think best.

Lets go electronically, much cheaper and quicker.

Some hard copies are available or you can print some.

Sadly most of us have heard of friends or relatives that have experienced tough times with health concerns this year. Some of us have lost loved ones. Still life is precious and we must keep going and enjoying the special times. Christmas with all its meaning is only a few weeks away. May I take this opportunity to wish all of you a Happy Christmas and a very enjoyable new year of 2010 even with all of the ups and downs that year will bring.

President John Ehm.

Reporting on developments

Several funding applications have been lodged - we await replies. The Cairns Regional Council's new Sustainability 3 year Grant program is the most promising.

The Council has moved on re appointing a Seniors Panel or Group, plans and terms of reference are proceeding. Just great. Should hear some news early 2010.

Positive Ageing INC was represented at the Mossman's Well Being EXPO and at the Carer's Week Event.

A few Pagers attended Forums on COTA, Queensland Government's Positively Ageless Strategy and Men's Health - Australian Government. The Promotional DVD of the Positive Ageing Fair is doing it's job via grant applications and in the community.

Office space is secured at Trinity Church in Severin Street. As funds come the office will be set up for use in doing research etc under the direction of the Council's Social Planner plus the usual office stuff. A couple of part time volunteers will be needed.

With help from a few community organizations PACI plans to seek Funding Grant monies that will allow detailed research surveys into what has been done, what has been fruitful, what is needed here in FNQ, and what has not been successful.

Cairns Penny Bank is the Associations Bank.

Menshed concept is happening. Old Stratford Library is being sorted.

Champion

Councilor Rob Pyne champions the cause of all seniors in the greater Cairns Regional Councils area.

Division 3



Cr Robert Pyne
Independent

2010 Events

Celebration of Living day at Cazalys on May 7th

A memorial, remembrance, thanksgiving, light a candle time with social fellowship, info, entertainment and relaxing laughs.

AGM of Positive Ageing Cairns INC in July - date and place to be advised.

Positive Ageing FAIR, as part of Cairns Regional Council's Seniors Week Program August 19th. Location might be at the Esplanade Lawn area as City Place developments might be underway.

Sunbus is offering FREE seats that day for all seniors to the Fair.

ABC Radio will be there again.

See special invitee details in newsletter

Come and Try Day October 30th around the Esplanade Lagoon area.

Special emphasis on what the older generation is looking for, plus social fellowship, eats and fun.

Ambassador Coming

I am pleased to inform all of you that the Ambassador for Ageing, the well known Noelene Brown of TV fame will Attend and Open the Positive Ageing Fair next August. See her profile. Meet Noelene at the FAIR, mark the date NOW.

The Australian Government has established an Ambassador for Ageing to promote activities to ensure our communities value and respect older people. Ms Noelene Brown was appointed as the first Ambassador by the Minister for Ageing, the Honorable Justine Elliot MP on the 12th April 2008.

The role of the Ambassador is to promote healthy, positive and active Ageing messages within the community; lead promotional activities to ensure our communities respect older people; and explain Government programs and initiatives to the public including assisting older people to be aware of programs and how to access them.

Our Logo & Masthead

Designed by Suzanne Ashmore Graphic Design Pty Ltd incorporates our slogan and the 4 pillars of Virtue that Pagers strive to live by.

Who is a Pager

Pagers are people with attitude - P for Positiveness and Agers for Ageing. While the physical body has to age, the human mind can remain young.

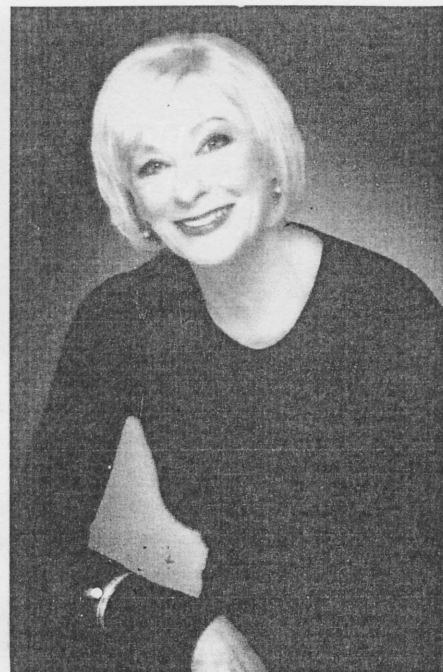
PACI Contacts

President email ehmje@aapt.net.au phone 4054 3250

Wanting a Membership Application email John

Volunteer Work

As the PACI Office develops a need for 2 part time volunteers will be needed. Computer skills and a positive attitude towards helping others are essential. Ring President John for more info. 4054 3250.



Physical Activity Hints

From Tropical Population Health Unit.

Being physically active as we get older is essential for health and well being and will also help you to stay independent. Essential elements of physical activity include strength, balance and reflexes. While age can affect your strength and balance, this can be improved by regular exercise on most days of the week. To improve your level of physical activity, get professional help to design a program specific to your needs. If you have been inactive for awhile, or have a health condition, check with your doctor before you begin.

It's never too late to start.

Stay independent by being active and improving your strength and balance.

CAIRNS
Pagers

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Established July 2009

Postal Address Positive Ageing Cairns INC PO Box 272 Westcourt 4870.

POSITIVENESS * PEOPLE-CARING * PATIENCE * PERSERVERANCE