

15 August VOL 07 Issue 17

Leaving the building

Welcome to the 15 August @boutSeniors newsletter.

A recent article that Elvis now earns more (deceased) than when he was alive gave us pause to think. The capitalists out there may find this feat remarkable – we just remembered the King in his heyday (before the drug and weight problems set in) and found it sad he didn't live long enough to become a grandfather and sit back and enjoy life at a slower pace, with a sense of achievement, and, perhaps, contentment.

So we got to thinking about 'leaving the building', 'taking a final bow' and even Spike Milligan's headstone 'I told you I was sick', and we decided it was about time we tackled the ultimate issue – death – head on. So read on for our best links to the content and resources you need to get your life sorted before you shuffle off.

In no particular order, we offer shortcut information on the following:

- power of attorney
- estate planning
- organ donation
- grief counselling
- palliative care.

This issue also includes a film review of *Amazing Grace*, and book reviews of recent, and not so recent, publications offering useful support for those touched by loss. **Geoff's blog** ponders the pain of personal growth while **Kaye's blog** questions the value of lists of "things to do before you die". And the adequacy of the pension remains a talking point on the forum – with a **new topic** discussing the wonders of Aldi for shoppers on low budgets.

Our personals section features a tribute to **Lee Hazelwood**, the man who kick started Nancy Sinatra's recording career, and with whom she recorded nine number one hits ("We got married in a fever...hotter than a pepper pot...") – and feel free to post your own personal while you're reading Lee's – it's all free.

This issue we have 100 double passes to the new movie, *Boynton Beach Club*, a celebration of re-entering the dating scene at any age. But you will need to respond to our poll to be eligible. We are seeking the best questions to ask the Minister for Aged Care – and the shadow Minister – in the lead up to the election. So if you were in the Minister's office, what would your concerns be? **Tell us now**. Don't forget the **Australia Post survey** – winners receive \$20,000

We leave you with the inspiring thought of Woody Allen, that there are worse things than death – try spending an evening with an insurance salesman!

Onward and upward David and Kaye Fallick

Q&A

When someone dies Lorraine has emailed with a question about what you should do when someone dies at home. Read her answer now by **clicking here** and then, for more information, read our review of an aptly titled book, *What to Do When Someone dies* in bookshelf online. **Go there now**

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Government news

Vietnam Vet cutbacks We've received news from Vietnam Vets that the government funding for a necessary and much-cherished day program, which provided important structure and social interaction for the men, has been cancelled. Tragically, since the program ceased three of the men have committed suicide. Read George's passionate plea for understanding and assistance and have your say on the **@boutSeniors** forum [by clicking here](#).

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Taking care of the pennies

Leaving it all behind The importance of estate planning cannot be overstated. To find out all about probate, joint ownership of assets, what happens if you don't have a will, and the cost and expectations of being an executor, [click here](#)

Getting things in order Perhaps you offered to deal with a seemingly simple bureaucratic matter on behalf of a friend or family member, only to discover you have no authority and cannot do a thing. Everyone, no matter what age, needs a Power of Attorney. To find out why, [click here](#)

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Wellbeing

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Affordable medicines Did you know? • You can choose generic medicines? • Alphapharm has pioneered the availability of generic medicines to Australians for over 25 years? • Millions of Australians take an Alphapharm medicine every day? • Alphapharm invests millions in research & development? • Alphapharm's medicines are made to the highest quality standards? • Alphapharm manufactures prescription medicines in Australia?

[Find out more](#)

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Grief counselling The days and months after the loss of someone dear can play out in many, varied ways, and not every friend offers an 'appropriate' shoulder to cry on. Luckily, there are many services dedicated to helping people find peace within what is, inevitably, a rollercoaster of emotions. [Read more now](#)

Palliative care Free palliative care services offer much-needed practical and emotional support to those nearing the end of their life and their friends, family and carers. Read this article from **Your Life** magazine and find out what palliative care is, how it works and how you can access it. [Go there now](#)

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Getting out there

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@boutSeniors-Telstra seminars During this year's Victorian Seniors Week (7–14 October 2007), join us for a series of interesting and inspiring one-hour presentations about everything from writing your family history and developing your computer skills to a special SPEEDMEETING event. Come to one or all of the six events and meet the **@boutSeniors** family – there's something for everyone. [Find out more](#)

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\$50 off your Avis rental Rent a Group E (e.g. a Holden Commodore) or above with Avis in Australia for five or more consecutive days and receive \$50 off (subject to terms and conditions) the time and kilometre charges. Offer valid on rentals commenced prior to 31 August 2007. [Click here](#) for terms and conditions

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Redefine retirement and win Win a midnight flight over Antarctica! If you're considering retirement living, chances are that you're of the generation that has made some giant leaps in history – from the rise of rock 'n' roll to the landing on the moon. It's not surprising then, that a generation that has redefined every other era is now changing what it means to be retired. [Find out more](#)

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Meeting new people is easy Find that 'someone new' to be friends with... RSVP is a great and fun way to make new friends – whatever your age or life-stage. Whatever your age, RSVP is the perfect way to meet other like-minded singles. Over one million Australians have turned to RSVP to find someone for love or friendship, and being Australia's largest singles website, it has the maximum possibilities for you! [Find out more](#)

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For a good cause

The best bequest Australia has one of the lowest number of organ donor registrations in the developed world. If, in the past, you have considered giving the gift of life but haven't decided or want to join the register, perhaps [now is the time](#).

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Travel express

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Wonders of Beijing See the Great Wall, Sacred Way, Summer Palace and Forbidden City in Beijing. Visit Tiananmen Square, the Silk Market and lunch with a local family in the *Hutongs* (Alleyway) districts famed for their courtyard housing and communal lifestyle. Helen Wong's Tours offers special **@boutSeniors** tours for 5 days/4 nights. Beijing Packages from \$935 per person include twin share room at the Beijing International Hotel, daily breakfasts and lunches, one dinner, daily sightseeing including entrance fees, transfers to/from hotel, all tours and transfers by private car with an English speaking guide. After 25 years experience taking group tours to Asia, nobody knows Beijing and China like Helen does – all hotels are specially selected to deliver the best value for money, and the local English-speaking guides offer the best introduction to this fascinating and complex country. Find out more from www.helenwongstours.com.au and read about Helen's fabulous panda program. Ph 1300 785 328

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High speed Europe Europe just got faster. In sync with the current trend for more airlines to fly passengers directly into smaller cities in Europe (Venice, Milan, Manchester and Nice) comes the news that rail journeys in Europe are smoother and faster than ever. In July this year, seven European high speed train operators announced the start of Railteam allowing travellers to access high speed train travel across the borders of Western Europe. [Read more now](#)

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All Seasons Margaret River You can have it all! When you think of gorgeous forests, wide-open beaches and indulgence – you think Margaret River, Western Australia. Regardless of the seasons, Margaret River offers an array of interesting characteristics, whether it is natural beauty, decadent food and wines or talented craftsmen. At All Seasons Margaret River we offer a beautiful backdrop of five acres of manicured gardens – a peaceful setting for any holiday. [Find out more](#)

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Give your regards to Broadway Are you passionate for the performing arts? A great new tour offers special packages for Broadway buffs who want to make the most of the Big Apple's famous theatre district. You'll get exclusive access to industry professionals and shows galore. [Find out more](#)

Travel deals

- * [Free stopover hotel with Scandanavian flight](#)
- * [Canada ski package a bonus](#)
- * [Gallop into Hong Kong race week](#)

Other great deals in our [Holiday ideas](#) section...

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Bookshelf online

When all seems lost Pema Chodron is an American Buddhist nun and author of *When Things Fall Apart* and *The Wisdom of No Escape*. Whilst these two books cover slightly different subject matter, their underlying message is similar and can be immensely helpful for those struggling with a painful loss or protracted period of despair. [Read more now](#)

Need to know The last 100 years has seen death moved from the front parlour, where loved ones could say their farewells, then prepare the body for burial, to the hospital and nursing home, where machines and

people in uniforms are now in control. Consequently, most of us have no idea of the practical issues involved when a loved one dies. [Read more](#)

now Death and the dollar Barrister Robert Larkins has delved into the business of funeral homes and the 'death-care' industry to produce an incredible account of how the business of dying really works. [Find out more](#) *These titles and many more can be purchased in the @boutSeniors online discount bookstore.* [Go there now](#)

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Movie junction

Amazing, indeed The death of slavery in 1833 was the result of decades of hard work, a life-long battle fought by anti-slave trade activist, William Wilberforce. Born in England 1759, and elected to Parliament in England in his twenties, Wilberforce's privileged background could have meant an easy, if uneventful, life. But his social conscience was too strong to let him take the easy path. A stellar cast, including Ioan Gruffudd, Michael Gambon, Albert Finney and Romola Garai bring this fabulous story to life. [Read more here](#)

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Comfort food

Death by chocolate crackle What a way to go! Can anyone, young or old, resist the crunch of this Australian classic? Make a batch one Sunday afternoon, share them with your family and enjoy the childlike fun of eating for pure pleasure. [Read the recipe now](#)

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Here to help

And don't forget the staff at **@boutSeniors** are here to help with all your

queries, whatever the topic, on help@aboutseniors.com.au
To unsubscribe from this email list please [click this link](#) and then click send
in your email program.

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"You can't rule from the grave."

Anon

Aged Care Issues

What should the Minister be doing?

[Click here and win!](#)

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