

TheSenior
traveller
Fiji a water
wonderland



Govt cost-cutting
could take gloss
off overseas travel

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Live!
Strumming
up interest

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All for one and one for all – With One Voice

by SIMON GARNER

WE'VE all heard of singing for your supper, but singing for your health?

That's right. Group singing has been proven to combat loneliness and depression, helping people remain socially connected.

Realising this, award-winning social entrepreneur and soprano Tania de Jong founded Creativity Australia, which builds supportive networks that help people connect and enjoy the neuroscientific benefits of community singing, through its With One Voice program.

There are community choirs in Victoria at Altona Meadows, Ashburton, Geelong, Dandenong, Melbourne, St Kilda and Wantirna, as well as in NSW and Queensland.

The choirs unite people aged from nine to 90, from all faiths and walks of life – migrants, people with disabilities, jobseekers, executives, seniors, students, refugees and more. They are led by professional conductors and meet weekly.

At each gathering, participants are also invited to share what they wish for, regardless of how big or small. Others across all choirs have the chance to make these wishes come true.

To date, wishes have included singing lessons, assistance in learning music theory, finding work as a social worker, a boyfriend, clothing for the homeless and someone to mind a pet chihuahua while the owner is away.

Ms de Jong said Swinburne University



PLENTY TO SMILE ABOUT – Ji-de Ni (centre) and other participants of the Melbourne With One Voice choir.

research showed that 98 per cent of With One Voice choir participants experience less stress, 91 per cent report improved social bonds and 66 per cent feel less depressed.

"Neuroscience proves that singing makes people happier, healthier, smarter and more creative," she said.

"Through uniting more and more com-

munities in song, we aim to create positive outcomes for people affected by mental illness, disability, disadvantage, unemployment or homelessness.

"We welcome all communities from across Australia to apply for seed funding to create a With One Voice program and be part of the solution to building stronger

communities and reducing loneliness, isolation and disadvantage."

Applications for another round of funding to establish choirs close on March 17.

■ For information and guidelines about expressing interest in a \$10,000 grant, and to find out more about With One Voice, www.creativityaustralia.org.au

YOU'RE THE BOSS

Consumers decide how home care funding is spent

A MAJOR change in home care services from February 27 will affect almost 80,000 elderly Australians, with a further 20,000 expected to be impacted in the next 12 months.

Consumer-directed care takes control of home care package funding away from providers and

places it directly into the hands of those receiving care.

Care recipients will be able to choose their provider, decide how their care package will be spent and change providers without losing the balance of their funding.

It is a change seniors advocacy organisations have long been lobbying for and is designed to introduce competition and transparency into the rapidly expanding and very lucrative home care industry. But it is not without its challenges.

Full report, Pages 6-7.

Introducing a Curcumin formula for people suffering from painful, inflamed & stiff arthritic joints!

Your body's normal inflammatory response is to protect its tissues from irritation or injury. Excessive inflammation in your body caused by mild arthritis or mild osteoarthritis can lead to pain, swelling, redness, heat, stiffness and limited movement in your joints.

Now there's a high potency, Australian made Curcumin formula, specially developed to help your painful and swollen joints. An extract of the herb Turmeric, Curcumin

fights inflammation. Called Caruso's Super Curcumin Arthritis Relief, this formula may help improve the overall quality of life for people suffering from mild arthritis or mild osteoarthritis. With a long tradition of use in both Chinese and Ayurvedic medicine, the herb Turmeric contains bioactive compounds with medicinal properties. Curcumin is one such compound. Importantly, Curcumin's health-supporting properties depend on its

bioavailability. Regular Curcumin is poorly absorbed by your body. A randomised, double-blind, crossover clinical trial¹ found the serum Curcuminoid levels in the Curcumin used in Caruso's formula was forty six times more absorbable than regular Curcumin. Caruso's Super Curcumin Arthritis Relief is available from leading health food stores and pharmacies in 30 tablets size for RRP \$27.95 and in 90 tablets.

For more information please see www.carusoshealth.com.au or call my friendly customer service team on 1300 304 480 who are more than happy to help.

Yours in Vibrant Health,
Frank Caruso Founder of
Caruso's Natural Health.

Always read the label and use only as directed.
If symptoms persist see your Healthcare Professional.
1. Jäger et al.: Comparative absorption of Curcumin formulations. Nutritional Journal 2014 13:11.



CHC70577-03/15