

three  
quarter  
time



Overview of  
Series 2  
Weekly Podcasts -  
Interviews  
by Petra  
Taylor-Smith

10 more  
Lifestyle  
Topics of  
Interest to  
'Over 50's  
Health and  
Happiness'  
Seekers



**'MAKE IT COUNT'**



# Friendship and Love

with Linda Thomson



- There is a skill to friendship.
- Historically, some people are better equipped to create and maintain friendships.
- When it comes to friendship and love, personality, values and social self-development are key.
- Friendship should be fun, but at times it requires compassion, tolerance and forgiveness, too.
- Knowing yourself is the key to being good in a relationship.
- There is mutual benefit to people within friendship and loving relationships.
- Meeting a new 'love' interest is a mix of luck and opportunity creation.
- Long-term relationships involve both people being invested in its' well-being.
- Communication is the key to close and happy friendships and loving relationships.
- Professionals can assist us when we have challenges within this domain.

# 10 Fascinating Facts about SEX

- 1 Menopausal women can still have a good sex life** (Being creative is the secret, eg. trying natural lubricants such as sweet almond oil or water-based vaginal lubricants, or a variety of different sexual activities).
- 2 Masturbation is a good thing for older singles and couples** (It increases sexual pleasure and helps a woman with vaginal moisture and elasticity, and it helps men to maintain erectile response).
- 3 Being well hydrated leads to better orgasms** (Because the body is mostly fluid, being hydrated enhances people's ability to achieve orgasm).
- 4 Women get erections too** (The clitoris is made up of the same spongy erectile tissue as the penis, which expands and engorges with blood when aroused).
- 5 Men can orgasm without ejaculating** (Orgasm comes slightly before ejaculation and some men can differentiate between the two and have orgasms without ejaculating).
- 6 Vibrators were first developed as a medical device** (The vibrator was invented in 1869. Whenever a woman reported being mentally or emotionally upset, the cure was using a large, steam-powered massager to massage the genitals with the goal of orgasm).
- 7 Older people have some of the best sex** (Having a lot of sexual experience can mean your sex life is more fulfilling than younger people. Following a healthy lifestyle by exercising, eating right, and managing stress are the key to a healthy bedroom).
- 8 The penis and vagina account for less than 10 percent of erogenous zones** (The entire body is capable of arousal, pleasure, and stimulation, so spend time getting the whole body aroused by stimulating everywhere including the limbs and torso for more satisfying sex in long-term relationships).
- 9 Sex is powerful medicine** (It fights cold and flu, burns calories, regulates hormone levels, cures headaches and reduces pain, boosts self-esteem and improves mood, improves sense of smell and increases bladder control).
- 10 Sex helps you live longer** (Studies have shown that having a happy, regular sex life improves your heart health, boosts your immunity, and lowers your risk of some cancers, eg. prostate and breast).



# Grand- parenthood

with Brian and Jan Taylor



- Diverse connections exist between grandparents and their grandchildren.
- There are many facets to this relationship but unconditional love and support, override everything else.
- Grandparents pass on the value of respect and the importance of boundaries, as well as many other things.
- Nurturing the unique gifts of grandchildren are often a grandparent's desire.
- Overuse of technology and potential drug use by younger ones, are just some concerns for grandparents.
- Passing on knowledge, skills and values as well as listening, are usually part of this relationship.
- Geographical distance between grandparents and their grandchildren shouldn't prevent connection.
- Building a bond between grandparent/grandchildren takes time, interest and effort from both parties.
- Grandparents also offer parents a great support and can be awesome mentors for raising children.
- Adopt-a-grandparent is but one advantageous option when there are no living/accessible grandparents for young ones.

# 10 Fascinating Facts about GRANDPARENTHOOD

- 1** Olivia Newton-John was the granddaughter of Max Born, a Nobel prize-winning atomic physicist.
- 2** These actors became grandparents in their 30s – Whoopi Goldberg and Kiefer Sutherland.
- 3** Samuel Mast died in 1992 at age 96. He had 11 children, 97 grandchildren, 634 great-grandchildren and 82 great-great-grandchildren, for a grand total of 824 direct relations.
- 4** Grandmothers outnumber grandfathers because women live longer than men, and these days a phenomenon called 'grand orphans' relates to the fact that women are having children later in their lives and therefore people are becoming grandparents at a much older age, thus limiting their capacity to care for their grandchildren.
- 5** Grandparents shell out quite a lot of money every month for transport, food or activities while looking after their grandkids.
- 6** Many grandparents care for their grandchildren while the parents work (approx. 58 childcare hours per month). They do this as a labour of love and most are happy to spend time with their grandchildren.
- 7** Today grandparents enjoy life and have fun, spending on entertainment and travel. They are online, may still be in the workforce, and try to value traditions with their families.
- 8** Most grandparents love talking about their grandchildren and think it's one of the most important roles they've had in their lives which provides positive health outcomes.
- 9** Since lots of grandparents live a good distance away from their grandchildren, they will often use technology such as facebook, facetime, skype or other video conferencing platforms to interact with them on a regular basis. Some also take their grandchildren away on holidays, introducing them to travel.
- 10** Cate Kloos launched 'Find-a-Grandparent' online service that matches Australian families in need with surrogate grandparents. It is in high demand due to the nature of modern families often having no grandparent support nearby.

# Energy Changes

with Kelly Moriarty



- Energy is how we feel every day, physically, mentally as well as emotionally.
- There are many fluctuations to our energy levels throughout our lives, for different reasons, eg work, family, experiences.
- Introverts recharge differently to extraverts, so working with your individual needs/preferences is advantageous.
- Learning to spend time alone, preferably in nature, provides insights, introspection, awareness of yourself, just 'being'.
- Cyclical patterns of energy are associated with seasons, especially for women, due to hormonal changes, etc.
- Societal-expectation and Self-expectation pressures us to try and maintain consistent high energy, but this isn't natural.
- Recognising when your energy level is high/low really can bring about better outcomes based on your awareness and decisions
- Respect the seasons and adjust energetic output to suit, eg. rest more in winter/summer, and move more in autumn/spring.
- Circadian rhythms prove that we have natural energy changes based on day/night light.
- Quality sleep and regular exercise is very important to ensuring good energy levels.

# 10 Fascinating Facts about CIRCADIAN RHYTHMS

- 1** Light is very important because once it hits your eyes, it triggers the brain to produce chemicals that signal the body clock to wake. Preferably access sunlight in morning and afternoon ('paleo light') and avoid blue light from screens at night.
- 2** Skin cells are impacted by chemical processes that are regulated by our natural body clock.
- 3** Our metabolism is impacted upon by circadian rhythms so avoid eating late at night because the processes of digestion diminish.
- 4** The body's natural rhythm suits two sleeps in a 24-hour cycle and explains why we often experience a slump in the afternoon, thus the reason a nap is encouraged.
- 5** Staying up late on weekends and waking early on weekdays can upset your circadian rhythms and has a similar effect on the body as jet lag.
- 6** Lack of quality sleep can lead to memory loss, depression or anxiety, weight gain and unhealthy skin.
- 7** Avoid caffeine at night to enable a better night's sleep.
- 8** People have different body clocks, eg. older people wake up early and go to sleep earlier; women have a slightly faster body clock so might not be getting as much quality sleep.
- 9** Don't work out or exercise three hours before going to bed as this physical activity hypes up your heart rate and cortisol levels and makes it harder to fall asleep.
- 10** You can boost your immunity by following your circadian rhythms.



# Weight Control

with Tim Arkell



- Healthy meal delivery programs and/or meal portion control can greatly advantage our ability to control weight.
- Looking and feeling good results from exercise, including weight bearing activities that develop stronger core muscles.
- Focussing on lifestyle choices that enhance healthy weight are the key, eg. balanced eating/drinking, activity, etc.
- Cardio activities such as walking and swimming are very good for your body, as is stretching and flexibility/stability work.
- Intermittent fasting has many benefits for weight control and immune function, eg. don't eat between 7 p.m. and 11 a.m. (16:8).
- Social eating at lunchtime instead of in the evening has benefits for metabolising food, as does walking to/from event.
- Community weight-loss programs can offer great support and professional advice, eg. changing habits and mindset.
- Every individual will find that different things work for them so it's about trialling options until you find what works for you.
- Accountability is important in order to get results, so find a mentor who can help to keep you on track and motivated.
- The secret is to start small and go steady ... it's not a race, and the maintenance of a healthy weight is more achievable.

# 10 Fascinating Facts about SUPERFOODS

- 1 Spirulina** has high iron content and is an algae. It contains more than 70% protein and is a suitable alternative to meat.
- 2 Raw Cacao** improves alertness, arousal, blood pressure, blood-sugar levels. It's reputation for health benefits is ancient and it was even used as a currency in the 16th century.
- 3 Cinnamon** has a positive effect on the brain, especially via its' smell. It also has antioxidant and anti-inflammatory properties.
- 4 Quinoa** provides amino acids that our body cannot produce on its own. These grains and seeds are packed with protein, fibre and various vitamins and minerals.
- 5 Berries** are full of antioxidants, especially strawberries and blueberries. They slow down the adverse oxidative reactions and lower levels of inflammation, improve cognition and can reduce the risk of cancer.
- 6 Beets** improve liver function via betaine and their greens are linked to better eye health thanks to lutein and zeaxanthin.
- 7 Chia Seeds** were once an important currency considered even more precious than gold. They can rejuvenate skin, strengthen the immune system and balance blood sugar levels.
- 8 Papaya (Paw Paw)** contains useful enzymes that assist with digestion and many other health needs.
- 9 Maca** is a Peruvian root vegetable packed with benefits. It is energy enhancing, mood stabilising, and very supportive of both male and female hormonal systems.
- 10 Ginger** was once an expensive spice. It has strong anti-inflammatory and antioxidant effects.

# Travel

with Rose Febo



- Tips for travel (especially overseas) include checking travel warnings, using a travel professional, getting insurance, etc.
- Planning your travel in advance ensures good value and assured booking dates/locations, etc.
- Medical and travel insurance that includes cancellation and emergency situations, is advisable.
- Start with your 'bucket list' destinations when considering travel options. Live your best life and don't wait too long to take a trip.
- Special offers are often available through travel consultants, eg. signature deals such as early checkin/out, hotel credits, etc.
- Unique experiences are available, so think about how you'd like a particular travel opportunity to evolve.
- Multi-generational travel with families, friends, etc. to celebrate milestones, is becoming popular.
- 'Longer term' trips away due to increased expenses, eg. airfares, are an ideal way of seeing more places or spending longer somewhere.
- Ensure you have a valid passport if you wish to leave the country on a trip.
- Consider taking a holiday now that the global pandemic has passed. Tailor it to suit your needs and desires!

# 10 Fascinating Facts about ESSENTIAL TRAVEL

- 1 Passport or other important documents** = driver's license, medical insurance, travel insurance, bank account details (don't forget to let them know if you're going to use card overseas), contact details for local consulate, accommodation details, etc.
- 2 Maps** = physical maps or devices that store maps (download map in case out of mobile range).
- 3 Medications** = any personal health-related medications as well as basic items in case of injury, eg. bandaids and antiseptic, hot/cold pack, etc.
- 4 Sleeping requirements** = pillow and/or lightweight blanket if sleeping whilst in transit.
- 5 Weather protection** = hat, jacket, small travel umbrella, light-weight towel for personal use.
- 6 Clothing** = items that can be layered over one another to suit different climates and preferably, don't need ironing. Consider pressure stockings for legs on long-term flights.
- 7 Spares** = of most things if possible, eg. batteries, glasses, charging cords.
- 8 Water bottle** = keep filled and ensure water is potable ie. fit for consumption.
- 9 Walking aids** = comfortable shoes for walking and possibly a walking pole for support.
- 10 Entertainment** = reading material, eg. kindle (and don't forget the charger).



# Creating Memories

with Nicola Kane



- Reflecting on past experiences is valuable and so is recording your memories in some meaningful way.
- Family, passions and career are common themes to memories that people treasure.
- Capturing the ‘true nature’ of a person in a video keepsake is a wonderful life-like memoir.
- Ancestral family tree information can be stored and documented in many different ways.
- Benefits of creating your creative memory eg. video, can assist others by sharing your story.
- Story-telling through memory creation is healing and can help us to make sense of our world, eg. self-reflection.
- Individuals, couples and families can all interact for a life story video, to share their own and ‘together’ memories.
- As a legacy, it’s nice to leave behind something for your loved ones to remember you by.
- Video footage is but one option for recording memories. Photo albums, written journals, etc. are some other options.
- Don't leave it too long to consider if/how you'd like to have a memory created of your life story.

# 10 Fascinating Facts about KEEPSAKES

- 1 **Tickets** to events that you really enjoyed.
- 2 **Special notes/cards** from people close to you.
- 3 **Diary/Journal** of your innermost feelings, experiences, etc.
- 4 **Photographs/Movies** from your lifetime, that have sentimental meaning.
- 5 **Important Papers** such as things that mark milestones of your life.
- 6 **Family Heirlooms** such as items of personal and/or historical significance.
- 7 **Collections** such as things that reveal your passions/interests.
- 8 **Jewellery** such as valuable or sentimental possessions.
- 9 **Books** of topics you're interested in.
- 10 **Clothing/Accessories** such as favourite items from your wardrobe.



# Mentorship

with Paul Appleby



- Mentorship is more than just passing on knowledge, it involves rapport and building a meaningful relationship.
- A personalised mentoring approach to coaching or tutoring a mentee, offers great worth to both parties.
- Outcomes achieved using the mentees personalised learning style will be greater, if this style is utilised by the mentor.
- Using ‘targets’ as well as some ‘stretch targets’, is a useful mentoring process offering successful results.
- Mutual respect shown by both the mentor and the mentee, to each other, is advantageous to the process.
- The role of the mentor is to work with the personality of the mentee, so as to maximise their potential.
- A mentor doesn’t need to know everything that the mentee needs, but will acknowledge their own limitations.
- Clear communication by each party regarding mentoring expectations, will ensure the best possible experience.
- Life skills are best taught through a method of mentorship, eg. driving, domestic responsibilities, use of technology, etc.
- It’s never too late to learn something new from someone or to share something you know with another person, via mentoring.

# 10 Fascinating Facts about FAMOUS MENTORS

- 1 Socrates mentored Plato and Plato mentored Aristotle** (The power of mentoring relationships date back as far as 400 BC and demonstrate how the student can become the master).
- 2 Gopal Krishna Gokale mentored Mahtama Gandhi and Mahatma Gandhi mentored Nelson Mandela** (Gopal mentored Gandhi on Indian issues. Mandela was influenced by Gandhi's writing even though they never met).
- 3 Fr Michael van der Peet mentored Mother Teresa** (A chance meeting at a bus stop led to a close friendship and regular private conversations).
- 4 Audrey Hepburn mentored Elizabeth Taylor and Clint Eastwood's grandmother mentored him** (Acting advice and friendship existed throughout the years between Audrey and Liz. Clint's grandmother encouraged him to work hard and pursue his dreams).
- 5 Stella Adler mentored De Niro and Marlon Brando and Steven Spielberg mentored J. J. Abrams** (Stella taught Robert and Marlon to acting using the Stanislavski method. Steven employed J.J. to clean and tape old movies but ended up supporting his directing career).
- 6 Maya Angelou mentored Oprah Winfrey and Michelle Robinson mentored Barack Obama** (Author and poet Maya and Oprah met at the beginning of Oprah's career and she inspired her with a memoir. Obama's wife was his mentor when they both worked together at a law firm).
- 7 Christian Dior mentored Yves Saint-Laurent** (Yves worked for Chrisian as a personal assistant who taught him the art of haute couture. Saint-Laurent became Dior's successor).
- 8 Warren Buffett mentored Bill Gates** (Gates turned to Buffett for business advice).
- 9 Sir Freddie Laker mentored Richard Branson** (In the process of getting Virgin Atlantic up and running, Branson went to Laker for advice as he was a British airline entrepreneur).
- 10 Steve Jobs mentored Mark Zuckerberg** (They discussed how Zuckerberg might manage Facebook, whilst taking walks together. Steve was the cofounder of Apple).



# Resilience

with Sally Amana



- To get through tough times and find solutions try getting on with it and through it, the best way you can!
- Your resilience stems from a mixture of things, eg. personality, upbringing, values, experiences and is very individualised.
- Resilience tools can build up your confidence such that you believe you're up to tackling new challenges as they arise.
- A universal 'course' of learning resilience means you can live your best life and survive the difficult times.
- By being positive and mature, situations have better outcomes than if you retaliate and lash out when upset or angry.
- Sometimes just 'sitting with' an emotion or 'sleeping on it', can be a good option.
- Taking 'one step at a time' and breaking down a large challenge into smaller more manageable chunks, can help.
- Some prefer alone time to sort things out and think things through whilst others appreciate having support from others.
- Listening is a very valuable skill that can assist when supporting or empathising with someone going through upheaval.
- Pride can result from achieving something and overcoming hardships, whilst maintaining your integrity and values.

# 10 Fascinating Facts about OVERCOMING CHALLENGES

- 1 Challenges are a natural part of life experience.** We all evolve and grow as a result of challenges. They can allow us to contribute by helping others.
- 2 Be conscious in the face of challenges** as this is the secret to success. Working through challenges can lead us to achieving our aspirations and transforming our lives for the better.
- 3 We are all born with the capacity to overcome challenges** and they help show us more meaning and value in life. Use your energy and creativity to the full.
- 4 Expect challenges and plan for them.** Try to reach out for help and express your concerns to others. Accepting support is a valuable option.
- 5 Always think and dream big, in spite of challenges.** Nothing is achieved without a certain degree of risk. Train your mind to think positively through mindfulness techniques, prayer, meditation, or time in nature.
- 6 Persistence is a huge key to overcoming challenges** so 'feel' your feelings but continue to work through what's needed to get to the other side. Channel your energy towards growth.
- 7 Work smart not hard,** so set yourself a goal and plan towards achieving it. Take the time to process a problem and then act calmly, with clarity and certainty, once you are ready.
- 8 We have the capacity to change the form and function of our brains (neuroplasticity).** Use adversity to evolve and experience more joy and success. Learn, repeat and believe the words "This too will pass" (Eckhart Tolle).
- 9 Compartmentalise.** Don't allow problems in one area of your life to expand into others, if possible. Focus on getting enough sleep, healthy food and exercise.
- 10 Use a simple process during times of anxiety.** Doing simple positive and physical activities can distract you from your worrying thoughts at times. This will give you the energy of empowerment.



# Spiritual Support

with Fr Gerry Hefferan



- Connectedness with creation, people and the world, in whatever way that provides awareness, energy and accompaniment.
- Our personal belief system and spiritual practices allow us to 'centre' ourselves, offer gratitude, seek strength and much more.
- Reading, praying, listening to/playing music, using creativity, etc. can offer 'sacredness' in a moment and provide peace and energy.
- Spirituality involves being in tune with our thoughts, and feelings. 'Wholeness' is developed as we go 'within' and explore ourselves.
- Blessings are beautiful gifts we should recognise and rejoice about in quiet moments where we can be at one with our source of spirit.
- Nature, eg. the garden, as well as animals, can provide a beautiful opportunity to experience joy, and offers spiritual support for many.
- What is your 'star' that keeps you going? The journey of life is to look where we're going and discern what's important to us.
- Sharing and benefiting from spiritual discovery is wonderful, eg. the western versus eastern cultural traditions, indigenous stories, etc.
- Learning from one other illustrates the importance of encounter and dialogue. It reveals the power of sharing and caring.
- Spiritual support aligned with compassion, love and honour, is important and adds value to our lives.

# 10 Fascinating Facts about SPIRITUAL GUIDANCE

**1 Connect with faith community** = possibly a religious organisation, customs such as prayer or services.

**2 Volunteer or help others** = via a charity or community group of like-minded individuals.

**3 Yoga** = practices that can improve spiritual well-being and spiritual intelligence.

**4 Meditation** = mindful breathing and being in the moment and open to signs from the universe.

**5 Keeping a Journal** = putting thoughts and emotions into words which can provide insights and build gratitude.

**6 Spending time in nature** = allows for connection and can invoke a feeling of the divine or inspire a sense of awe.

**7 Focus on your hobbies** = this can strengthen your ability and develop soulfulness, peace, purposefulness and self-exploration.

**8 Practice gratitude** = because it's a state of bliss and is likened to feeling the presence of the divine in our lives.

**9 Prayer** = can bring a sense of a spiritual or loving presence whether that be God or an immersion into a universal unconsciousness.

**10 Spending time with people important to you** = spiritual connection is a relationship and physical touch can add to this.



# Celebrations

with Sue Realf



- Benefits of celebrating are extensive, eg. appreciating others, and an opportunity to experience positivity, joy and fun, etc.
- Life's milestones are wonderful times for celebrating and acknowledging people we love, by showing them that we care.
- Making new friends and enjoying existing ones whilst celebrating, highlights the value of connection for health and happiness.
- How we choose to mark occasions offers unique opportunities for creativity and special inclusions, eg. food, dress, activity, etc.
- Celebrations identify the importance of togetherness and sharing, gratitude and recognition.
- Although we often miss our loved ones who've passed, at family celebrations, their memory is acknowledged and reflected upon.
- Honouring people or occasions displays respect and values the importance of certain accomplishments, eg. graduation, wedding.
- We are so fortunate to have opportunities for enjoying special times on a regular basis, adding highlights to our lives.
- Looking forward to celebrations helps our well-being in so many ways because they lift our spirits and build our excitement.
- A celebration of life and all its special components is meaningful – valuing the 'little things' as well as all the 'big ones'.

# 10 Fascinating Facts about ANNUAL CELEBRATIONS

**1 New Year's Day (1 Jan)** = acknowledges the beginning of a new calendar year.

**2 Chinese New Year (between 21 Jan and 20 Feb)** = celebrates the beginning of a new year on traditional Chinese calendar.

**Bodhi Day (8th day of 12th lunar month)** = commemorates the day that the historical Buddha experienced enlightenment.

**3 Valentine's Day (14 Feb)** = a celebration of romance and love.

**4 St Patrick's Day (17 March)** = recognises when the patron saint of Ireland died.

**5 Easter (March/April/May)** = commemorates the death and resurrection of Jesus.

**6 Independence Day (4 July)** = marks the adoption of the United States of America - Declaration of Independence in 1776.

**Thanksgiving (4th Thurs in Nov)** = holiday characterised by prayers of thanks and gratitude.

**7 Oktoberfest (Sept/Oct)** = beer festival and travelling funfair, originally a Munich event.

**8 Halloween (31 Oct)** = observance of Allhallowtide which is dedicated to remembering all the faithful departed.

**Dia de Muertos or Day of the Dead (31 Oct - 2 Nov)** = Mexican gathering to remember friends and family who've died.

**9 Ramadan and Eid al-Fitr (April/May/June)** = celebrated by Muslims after a month-long fasting.

**Diwali (Nov)** = Hindu festival of lights symbolising victory of good over evil.

**Hanukkah (Dec)** = Jewish festival commemorating the rededication of the second temple in Jerusalem.

**10 Christmas (25 Dec)** = marking the birth of Jesus Christ.

# SERIES 2 PODCASTS

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30 MINUTE PODCAST \*\***

**(Mid September to Mid November 2022)**