



Tasmanian Association for Residents of  
Retirement Villages

TARRV: *Your Voice in Retirement*

Website: <https://www.tarrv.org.au>

NEWSLETTER No.12

April 2026

EDITOR: Jon Hosford

### President's Page

Dear Fellow TARRV Members, welcome to the second Newsletter for 2026.

I wish to take this opportunity to extend my apology to all members for my inadvertent disclosure of member email addresses when I sent out my March report. The report was sent utilising my Outlook data base so as to ensure that each recipient received my report as an attachment, instead of being in the body of the email, but I inadvertently failed to use the “Bcc” secure address format.

The workload on our secretary is considerable and continuous. The load increases from July through to November with the processing of the annual renewal of memberships. We have a data base on which membership data is stored and which the Membership Secretary maintains under the guidance of the TARRV secretary; **we continue to seek a volunteer for the role of Membership Secretary**. For more details please refer to the article titled “Membership Secretary” in this newsletter.

My April report to the Glenara Lakes residents, coupled with enquiries from another village, centred on the rights of the residents of retirement villages and residents’ committees. Those rights are enshrined in various

State and Federal Acts, including the Retirement Villages Act, some aspects of which are explained as follows.

It should be noted that village rules are distinct from residents' association rules. Village Rules are created by the village operator and are dealt with under Part 4 of the Act. Clause 21 (1) of Part 4 states that *"An operator must, in accordance with this Part, make written rules relating to the use, enjoyment, control and management of a retirement village."* The subsequent Clauses and sub-Clauses provide further clarification in regard to the operators' Village Rules.

The Section of the Retirement Villages Act relevant to the operation of residents' and tenants' committees is Section 16 and its sub-sections.

Sub-section (1) sets out the purpose of a residents' and tenants' committee is to **"represent the interests of the residents and tenants"**.

Sub-sections (5) and (7) are particularly relevant to the operation of a residents' committee and the relationship between the committee and the village operator.

Sub-section (5) states that *"a residents' and tenants committee may determine its own procedure"* and sub-section (7) states that **"an operator must not discourage or prevent the appointment of a committee under this section; or obstruct a committee in the performance of its functions"**.

In regard to meetings of residents called by a residents' association, this can be interpreted that:

1. An operator must not interfere in the contents of the rules/guidelines of a residents' association, this does not preclude the operator assisting the committee in developing their rules/guidelines
2. An operator may request that a particular item to be put on a residents' association meeting agenda, but cannot insist that it is so placed
3. An operator must not interfere with or require that the minutes a residents' association meeting be amended to suit the operator
4. The production or otherwise of a residents' association newsletter is the prerogative solely of the association, it is not the operators' newsletter, and if printed by the operator, the cost of printing the newsletter would form part of the administration costs included in recurrent fees.

5. An operator may receive a copy of a residents' association newsletter, but must not interfere with the contents of the newsletter, they do not have the right to determine the contents of the newsletter. The operator may choose to request to have a particular item of their own included in the newsletter, but the residents' association has the right to choose to include the item, or not.

In closing I should like to take this opportunity to thank the many TARRV village representatives for their ongoing support, including distribution of newsletters and membership applications and renewals; your work is very much appreciated by both the village residents and the TARRV committee.

Ian Green (President).

### **Harmony vs Conflict**

Village operators prefer harmony over conflict between residents and conflict with residents. Their advocacy for harmony often tends to suppress legitimate complaints. It also aggravates tensions between those residents who hate conflict and those who advocate for change or fight against injustice.

### **Disharmony, problem or symptom?**

Focussing on the combatants might miss the point if disharmony is the symptom of something deeper. Take the power imbalance mentioned above. Younger residents entering retirement villages tend to become angry and upset at what they see as heavy-handed management. In comparison, older residents might consider making unilateral decisions a management prerogative. Are villages destined to have an age-based split? Not necessarily.

Experts tell us that three things stand out as aiding residents to age well:

1. Respect.
2. Social connections.
3. The freedom to make personal choices and the opportunity to take part in community decision making.

Might we do more for residents' welfare and village harmony by building up residents' power, securing greater participation in village decision-making and improving civil discussion? Might such aims unite young and older residents?

### **Knowledge as a disharmony antidote**

Let us also look at the complexity of the commercial arrangements we live with and the conflicts they spawn. TARRV is working to reform the laws that allow these complex arrangements, but what can we do within our villages? We can take the time to learn about those parts of the Retirement Villages Act that have the greatest impact on our lives and so reduce misunderstandings between us.

Operators, and village managers, are not always on top of the rules. Developing a greater knowledge of the rules will also put us on a more equal footing with our operators and village managers. We will also earn greater respect.

### **Using the complaints process to resolve conflict**

The Retirement Villages Act in section 28 of Schedule 2 sets out procedures for dealing with complaints about managers and disputes between residents. The processes have significant shortcomings, which TARRV is pressing the Government to correct.

In TARRV's opinion, residents underutilise the existing processes. Most of us are unaware of what the Act provides; others have little confidence in the processes because their operator controls them. Others again think that filing a complaint is an aggressive act.

TARRV believes that the current processes, used wisely, can contribute to village harmony.

Please note that the processes set out in the Act assume conflict is between residents or between a resident and the manager. TARRV's experience suggests that most disputes between residents also involve a complaint about the manager. So, if this is the case, be careful to define both matters.

## **Membership Secretary**

The TARRV Committee is very keen to appoint an assistant to our secretary for handling the procedures for membership application and renewal. This becomes a priority task in the months of July to November to ensure that members are properly informed as to the procedure for renewing their membership.

We have had difficulties in the past with members making payments to the TARRV bank account. Banks have increasingly issued warnings when details entered are not as they expect. We have had an assurance from The Commonwealth Bank, that the more we use the name TARRVINC with our BSB and Account numbers that these warnings should be resolved.

We are looking at alternative electronic methods of payment which involve a subscription to a membership portfolio management system, however at present the need for paperwork, mailed or by email, is still a necessity so we can maintain accurate records of membership.

Annual Members will be sent advanced notice of membership renewal in advance in June, with a reminder in July if you have not renewed. At this stage there is no need to do anything specific. Our Village representatives will advise those who have overlooked renewal for some time.

Communication on membership issues, at this stage, is still through the email: [secretary@tarrv.org.au](mailto:secretary@tarrv.org.au)

## **Change of Operator**

Currently the Retirement Villages Act 2004 is silent on the process and requirements of changing a village operator, other than the requirements for a meeting of residents to be called by the new operator prior to the sale contract being effected to outline to residents any changes planned that will affect them financially as provided by Section 14A of the Act.

Recently, in the north of the state, the residents of a retirement village were shocked to discover that monies they thought were held for maintenance within the village, had been retained by the previous operator and did not form part of the sale conditions. This has left them potentially in a difficult position for ongoing maintenance of the village, which they believed they had already paid for.

TARRV has notified the regulator, CBOS, of this and has accepted sponsorship to pursue this issue legally in support of the village residents.

In situations such as this, membership of TARRV is your voice.

We are hopeful of negotiating a suitable outcome on this issue.

## May General Meeting

The May General Meeting of TARRV is planned for Wednesday May 13<sup>th</sup> at 11:00am, and Springhaven Village has agreed to host this meeting.

John Behrens, a southern based Committee member is arranging this with Roger Hooley, the TARRV contact at Springhaven.

Our President, Ian Green will chair the meeting, and it will be linked by Zoom to our northern venue, the Kings Meadows Lions Club. We plan not to have a guest speaker, but to allow interaction with all members present to share experiences and to learn of the other issues TARRV is working on currently.

We particularly invite residents of Fairway Rise Village to attend, even if they are not current members of TARRV.

## Muscle is more than strength: why it's key to ageing well.

Dr Libby (PhD) explains why muscle is essential to all aspects of your health as you age.

When we think about muscle, many of us picture toned arms or the ability to lift heavy grocery bags.

### Key Points

- From the age of 30 onwards, we need to maintain or build muscle mass or we will lose it.
- Muscle tissue is one of the drivers of metabolic rate while also acting as a storage site for glucose and helping to regulate blood sugar.
- Muscle helps to buffer inflammatory processes that tend to increase with age.
- Regular strength training has been tied to brain health and function in older adults.
- Muscle supports bone health and density, reducing the risk of falls and fractures.

Yet, muscle is not simply about strength or appearance. It is one of the most metabolically active and protective tissues in the body.

As we age, maintaining muscle becomes less about aesthetics and more about independence, resilience and vibrant health. From your metabolism to your mood, muscle plays a far more significant role than most people realise.

### **Muscle and metabolism: your metabolic engine**

Muscle tissue is one of the drivers of metabolic rate. Even at rest, muscle burns more energy than fat tissue. This means that the more muscle you have, the more efficiently your body uses fuel.

From around the age of 30, we naturally begin to lose muscle mass unless we actively maintain or build it. Without regular strength-based activities, this loss accelerates with each decade. This can impact metabolic health, making body fat gains easier and fat loss more challenging.

But this is not simply about body fat. Muscle also acts as a storage site for glucose, helping regulate blood sugar levels.

When you have adequate muscle mass, your body is better able to move glucose out of the bloodstream and into muscle cells, where it can be used for energy.

This supports healthy insulin sensitivity and [reduces the risk of type 2 diabetes](#). In this way, muscle functions like a sponge for excess glucose, quietly protecting your metabolic health every day.

### **Hormones, inflammation, and healthy ageing**

Muscle is also an endocrine organ. It produces and secretes compounds called myokines during contraction, particularly during resistance or strength training.

These myokines communicate with other organs, influencing inflammation, fat metabolism, and even immune function.

Maintaining muscle mass can help support key hormones, including insulin and growth hormone. In post-menopausal women and older men, preserving muscle can also help counter some of the metabolic shifts that occur with declining sex hormones.

In addition, muscle helps buffer the inflammatory processes that tend to increase with age. Chronic low-grade inflammation is linked to many age-related conditions, including cardiovascular disease and cognitive decline.

Regular muscle contraction through strength training has been shown to exert anti-inflammatory effects.

### **Muscle and brain health**

One of the most compelling areas of research right now is the connection between muscle and the brain.

When your muscles contract – especially during strength or resistance training – they release signalling molecules into the bloodstream that may support the brain and even help it form new connections (through processes like neuroplasticity).

These exercise-related muscle factors, such as brain-derived neurotrophic factor and other myokines, are thought to be part of the [muscle-to-brain communication](#) that promotes brain health.

Regular strength work has also been tied to better thinking skills in older adults, particularly in areas like planning, focus and processing speed and to improvements in overall cognitive performance (potentially via these muscle-derived signals).

Importantly, having low muscle mass has been [linked to faster decline in executive brain skills](#) over time – even when accounting for strength and activity levels.

### **Balance, stability, and fall prevention**

Falls are one of the leading causes of injury in older Australians. Muscle strength, particularly in the legs and core, plays a crucial role in balance, coordination, and reaction time.

Stronger muscles mean better joint stability and greater capacity to catch yourself if you trip. Muscle also supports bone health, as resistance training stimulates bone remodelling and helps maintain bone density.

Maintaining muscle mass is therefore one of the most practical steps you can take to preserve independence and reduce the risk of falls and fractures.

## **Practical ways to build and maintain muscle**

### **1. Prioritise resistance training**

Aim for strength-based exercise at least twice per week. This might be a gym if that appeals to you or could be something like Pilates or even gardening where you are carrying loads of mulch, for example. If you are new to strength training, working with a qualified exercise professional can help ensure you use correct technique and progress safely.

### **2. Make protein a focus at each meal**

As we age, our bodies become less sensitive to the muscle-building effects of protein. Including a source of high-quality protein at each meal can help stimulate muscle protein synthesis. Think grass-fed red meat, fish, poultry, legumes, or tofu, and add plenty of vegetables to your plate.

### **3. Do not neglect recovery**

Muscle is built during recovery, not during the workout itself. Adequate sleep, nourishment, and rest days between strength sessions allow your body to repair and rebuild.

### **4. Stay consistent**

Small, regular efforts are more powerful than occasional bursts of activity. Even 20 to 30 minutes of targeted strength work a few times a week can make a meaningful difference over time.

### **5. Keep moving daily**

In addition to formal exercise, regular walking and staying physically active throughout the day supports circulation, joint health and metabolic function. Choose the stairs over the elevator, park further away from the shops and carry your groceries in a basket instead of using a trolley. Every small choice adds up.

*Disclaimer: This article is for information purposes only and should not be considered medical advice. Consult a healthcare professional about any health concerns or before making any changes to your medication, diet, or exercise routine.*

*Reprinted with permission from The National Seniors Newsletter.*