



Message from the President

"Hello fellow members, I hope this finds you fit and healthy. The news is full of do's and don'ts at present and some are not taking the advice seriously which makes it hazardous for our generation. Ros and I have physically isolated ourselves from our family and many of our friends as you would have done. Who would have thought that we would find ourselves in this mess in such a short time. But look on the bright side - our homes have never been cleaner, our gardens more manicured and our lives quieter.

It's important though to keep in contact with your friends and family through social media or by phone. Don't let yourself be cut-off completely as we know it is unhealthy for mind and body.

The Management Committee will work to bring our Newsletter out monthly, keeping you up to date with membership interests and news. If you have a good story to tell let Julie or Linda know so we can share it. Keep us up to date with your own circumstances so we can assist you if able. We need to look after each other because that's the type of Senior's Branch we are - the best in the country.

Members who paid for trips or outings will have received refunds by now or shortly will, thanks to the efforts of Colin, Julie and Roebyne. I am keeping in contact with The Lion and National Seniors as to when we can resume meeting again. It may be a few months yet but it will happen. In the meantime, share any problems you may have with family, friends or your committee. We will help you in any way we can.

Stay healthy and Safe.

Peter

Committee Members

- President - Peter Dunell.....33729432
- Vice President - Lyn Martin.....0409879329
- Secretary - Julie Baldwin.....32787274
- Treasurer - Colin Court.....0426863506
- Membership - Linda Bird.....37149708
- Trips Coordinator - Roebyne Birtles.....0433191786
- Activities Coordinator - Barry Miles38791690



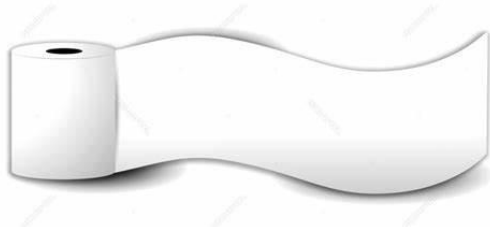
April Members Birthdays

- | | |
|-------------------|----------------|
| Warren Alloway | Anne Kitching |
| Brian Dodd | Jill Lowe |
| Wendy Doneman | Brian Phillips |
| Arthur Geary | Gina Reginato |
| Dee Gray | Hazel Solway |
| Pat Hetherington | Vera Somerwil |
| Lorraine Horrocks | |

Mindset Shift During a Pandemic

I'm stuck at home	→	I get to be SAFE in my home and spend time with my family
I will get sick	→	I will self-isolate and wash my hands, this will significantly DECREASE my chances of getting sick
I will run out of items at home during self-isolation	→	I have prepared for this and I will use my items wisely. I have everything I NEED for now
Everything is shutting down, I'm panicking	→	The most IMPORTANT places, such as medical centers, pharmacies and grocery stores, remain open
There is too much uncertainty right now	→	While I can't control the situation around me, I CAN control my actions. Doing breathwork, calling loved ones, getting enough sleep and proper nutrition, prayer, and doing activities I love at home will all help during this time

SumairaZ.com



Humans are susceptible to many different infectious diseases, including coronavirus (COVID-19). Worrying about diseases is a normal reaction. But, excessive worrying about infectious diseases can affect both our physical and our mental health.

The following describes practical psychological skills to help you and your loved ones cope with anxiety and worry about infectious diseases.

1. Get informed with the right information

We are 'hard-wired' to react to possible threats to ourselves, our families and our communities. These reactions can keep us safe from possible threats. But at times, our reactions may also be excessive and unhelpful, and may cause significant stress and worry. Relying on news from mainstream media or social media, which may sensationalise or exaggerate issues, can further increase our stress and anxiety.

One way to manage our reactions is to access the 'right information', that is, information we can trust. Consider only accessing trusted sources of information (e.g., ABC Radio, Australian Government Department of Health website, World Health Organisation website, etc).

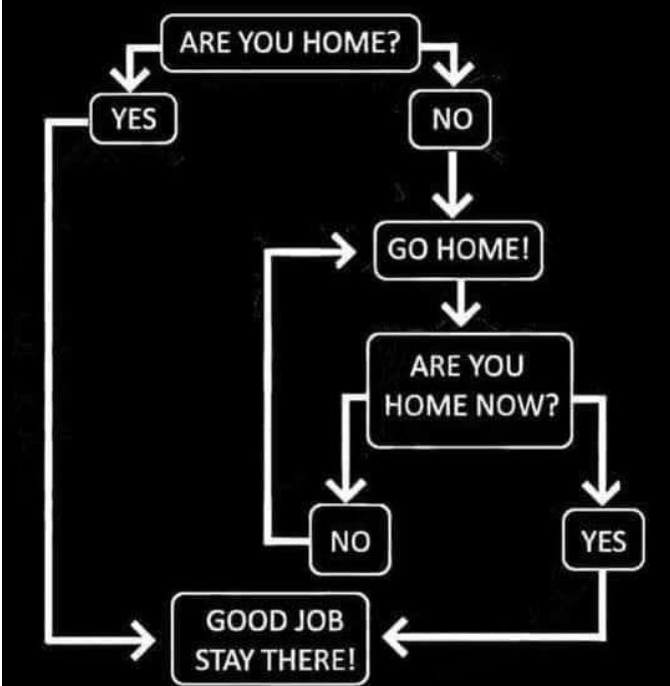
2. Understand history

Events like infectious diseases often follow a predictable course. In the past 50 years there have been multiple national and international episodes of concern around conditions such as tuberculosis, SARS, Ebola, HIV, hepatitis, measles, to name a few. Initially, there is often scepticism, followed by attention, followed by panic, followed by reality, followed by a return to normality. Stock markets and supermarket shelves are good indicators of where we are in the course. Reminding yourself of these patterns can help you to understand the course and plan for the future.

3. Get organised

A good antidote to stress and worry is to get active and organised. If you are worried about something, then do something. Make plans and write your list of what you need to buy, organise, or set-up, and get on with doing it. Tick off each item and turn your 'To Do' list into a 'Ta-Da' list. Whenever you recognise you are getting stressed, ask yourself, 'What do I need to do to help manage this situation?' Remember that family or friends are

Confused about social distancing? Use this decision tree.



also likely to be stressed and might need help getting organised. Talk with them about your plans, and if possible, help them to get organised.

4. Balance your thoughts

When we get stressed about our health or risks of infection our thoughts can become dark, brooding, and pessimistic. Thoughts like, “How will I cope if I get sick?”, “I can’t deal with this”, are often triggered by stress, but they don’t help us. Negative and dark brooding thoughts will stop you doing things that can help. Remember, our thoughts are not always true or helpful. Challenge your negative thoughts by asking yourself what a friend would say in the same situation, or ask yourself what evidence do you have that you ‘won’t cope or can’t cope’? Whenever you recognise a negative thought balance it with a realistic thought.

5. Shut down the noise

Stress is infectious, and often unhelpful. People tend to talk about things they are worried about; this create lots of ‘noise’, which can create even more stress. Give yourself permission to switch off ‘noise’ such as social media, news, or even radio for most of each day. Also give yourself permission to excuse yourself from people who are creating stress. Keep checking in to reliable news sources once or twice a day, but otherwise, turn down the ‘noise’. Instead, replace it with things that can help you, including doing things you enjoy, listening to music, entertainment, games, or even meditation.

6. Remember who you are

Most people are good, kind, and sensible. They care for others and the environment and want to make the world a better place. These reflect important values. Stressful times can make it challenging to act in the way that is aligned with our values. But, even when feeling stressed, remember who you are, and what you believe in. Remember to be gentle, kind, and respectful to yourself and to others; other people are probably as stressed and worried as you are. By reaching out and supporting others you will not only be helping them, but also doing something that will help you to feel good about yourself.

7. Keep healthy routines

We all have routines in our daily lives. For example, we tend to get up at a certain time, brush our teeth in a certain way, get ready for the day’s activities, and follow many other routines until we go to sleep at night. Major events naturally create changes in routines, particularly if we can’t do some of our usual activities. We know that our

emotional health is strongly affected by regular routines; these routines not only help to get us organised, but give us a sense of achievement and accomplishment. Some of our routines involve other people, who also benefit from them, for example, family mealtimes or get-togethers with friends. Spend some time thinking about the routines that are important to you and those around you, and find clever and safe ways to keep up these routines or create new ones.

8. Stay engaged

Another key strategy for keeping good mental wellbeing is to stay connected and engaged with people and activities that are meaningful. Reflect on what these are for you and schedule time in your routine to keep doing them. You might have to modify how you stay connected, for example, using Skype or Facetime instead of face-to-face visits. Examples of how to stay engaged include speaking to family and loved ones, using online forums and chat groups, or calling people. Remember that people really appreciate engaging with others, even if this hasn’t been planned.

9. Do the things that you enjoy and that are good for you

When we are stressed, we tend to avoid doing things that we normally do, including things which are good for our mental health. We all have activities and hobbies which we enjoy and which give us pleasure. Even if we can’t do those things in exactly the same way due to quarantine or isolation, it is essential that we make time and effort to do things that we find valuable and meaningful and fun. If possible, try and do these with others; many activities are more fun to do with company. Making a plan to do fun things regularly will give you something to look forward to, which is another key strategy for staying mentally healthy.

10. Keep looking forward

Remember the famous saying, ‘this too shall pass’. It may not feel like it, but things will return to normal. In the meantime, it is important to have confidence that things will improve, that people will recover, and things will get back to normal. In addition to maintaining your long-term goals, also think about things that you will do each day and week, which you can and will enjoy. Again, try and bring others into your plans; they might also benefit from thinking about the future.
This information has been produced in collaboration with the MindSpot Clinic whose assistance is acknowledged and appreciated.

To learn more about coronavirus (COVID-19) please visit the [Australian Government Department of Health Coronavirus \(COVID-19\) health alert](#).

Internal email for RBH (Royal Brisbane Hospital) staff:

Virus Detection:

The simplest way to distinguish Coronavirus from a Common Cold is that the COVID-19 infection does not cause a cold nose or cough with cold, but it does create a dry and rough cough.

The virus is typically first installed in the throat causing inflammation and a feeling of dryness. This symptom can last between 3 and 4 days.

The virus typically then travels through the moisture present in the airways, goes down to the trachea and installs in the lungs, causing pneumonia that lasts about 5 or 6 days.

Pneumonia manifests with a high fever and difficulty breathing. The Common Cold is not accompanied, but there may be a choking sensation. In this case, the doctor should be called immediately.

Experts suggest doing this simple verification every morning: Breathe in deeply and hold your breath for 10 seconds. If this can be done without coughing, without difficulty, this shows that there is no fibrosis in the lungs, indicating the absence of infection. It is recommended to do this control every morning to help detect infection.

Prevention:

The virus hates heat and dies if it is exposed to temperatures greater than 80°F (27°C). Therefore, hot drinks such as infusions, broths or simply hot water should be consumed abundantly during the day. These hot liquids kill the virus and are easy to ingest. Avoid drinking ice water or drinks with ice cubes.

Ensure that your mouth and throat are always wet, never DRY. You should drink a sip of water at least every 15 minutes. WHY? Even when the virus enters water or other liquids through the mouth, it will get flushed through the oesophagus directly into the stomach where gastric acids destroy the virus. If there is not enough water, the virus can pass into the trachea and from there to the lungs, where it is very dangerous.

For those who can, sunbathe. The Sun's UV rays kill the virus and the vitamin D is good for you.

The Coronavirus has a large size (diameter of 400-500 nanometres) so face masks can stop it, no special face masks are needed in daily life.

If an infected person sneezes near us, stay 10 feet (3.3 meters) away to allow the virus fall to the ground and prevent it from falling on you.

When the virus is on hard surfaces, it survives about 12 hours, therefore when hard surfaces such as doors, appliances, railings, etc. are touched, hands should be washed thoroughly and/or disinfected with alcoholic gel. The virus can live nested in clothes and tissues between 6 and 12 hours. Common detergents can kill it. Things that cannot be washed should be exposed to the Sun and the virus will die.

The transmission of the virus usually occurs by direct infection, touching fabrics, tissues or materials on which the virus is present.

Washing your hands is essential.

The virus survives on our hands for only about 10 minutes. In that time many things can happen, rubbing the eyes, touching the nose or lips. This allows the virus to enter your throat. Therefore, for your good and the good of all, wash your hands very often and disinfect them.

You can gargle with disinfectant solutions (i.e. Listerine or Hydrogen Peroxide) that eliminate or minimize the amount of virus that can enter the throat. Doing so removes the virus before it goes down to the trachea and then to the lungs.

Disinfect things touched often: mobile phone, keyboard, mouse, car steering wheel, door handles, etc. We wanted to share this knowledge & advice with you all.



On the lighter side

The reason everyone needs so much toilet paper is cos when 1 person sneezes 100 others shit themselves 😂😂

We have officially decided to rename this year –
Two thousand and Glen 20



It's confirmed, fresh cow dung can stop Coronavirus

Dip both your hands in fresh cow dung before going out.

This will make sure that

- A) You will not touch your eyes, nose, ear or mouth
- B) Nobody will shake hands with you
- C) Nobody will come near you when you are out in the streets
- D) You will wash your hands thoroughly before you eat

ANOTHER MAN DEAD DUE TO CORONAVIRUS. HE WENT HOME WITH THE WRONG MASK AND HIS WIFE KILLED HIM 🐾



Members Welfare

Do you know of any Members who are unwell, had a bereavement in the family or feeling down?

Often, we are not aware so if you know of any Members please let our Welfare Officer know.

Lorraine Horrocks has kindly taken on this important role for our club this year. You can contact her on 0409275016.

Welfare Report

Alex Passaris has suffered another Heart attack but thankfully is now home again.

Jeanette Weaver has been in hospital for the past 3 weeks. She is recovering in rehab at Canossa.



**Thank you to the Lions for
the use of their facilities for
our meetings**



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The Committee would like to thank all the supporters of the NSA Forest Lake Branch for photocopying or printing newsletters, meeting minutes and agendas, financial reports and other support material.