



CORINDA BRANCH NEWSLETTER



National Seniors
AUSTRALIA

April 2020

National Seniors Australia provides information regarding topics of interest to seniors and a collective voice to ensure matters concerning seniors are heard. Corinda Branch provides a local face to this National Organisation to enable information to be disseminated and Seniors to join together to socialise and meet friends and to have a bit of fun.

Meetings

- Branch Meetings are held on the 2nd Tuesday of each month February to December.
- We meet at **The Croll Memorial Precinct, Sherwood/Indooroopilly RSL Sub-Branch, 2 Clewley St, Corinda.** (opposite the Services Club)
- Registration at 9.30am for 10.00am start.
- Meeting fee of \$3.00 includes morning tea

March Meeting

Ushani and the Regis team gave us a wonderfully warm welcome to Regis Chelmer for our March Branch Meeting. We were joined by Cr Nicole Johnston and our speaker was Sharon Kennedy from Alteris Financial Group. We were treated to a delicious morning tea and lunch.



COVID-19 (Corona Virus)

The World Health Organization has announced that COVID-19 is a pandemic.

COVID-19 is caused by a member of the coronavirus family that has never been encountered before.

The virus can cause pneumonia-like symptoms. Those who have fallen ill are reported to suffer coughs, fever and breathing difficulties. In severe cases there can be organ failure.

If you are experiencing **serious symptoms** such as difficulty breathing, **call 000** for urgent medical help.

Meetings Cancelled

In keeping with the circumstances surrounding the COVID-19 virus and Government actions in limiting mass gatherings, the Executive of National Seniors Australia have issued an instruction to all Branch Presidents.

“National Seniors has responsibilities for events which are organised under its name. Until further notice, I am discontinuing events under the National Seniors brand which bring together groups.”

Chris Guille, Chairman National Seniors Australia.

Branch Calendar April to December 2020

Tuesday 14 April	Meeting Cancelled Have a great Easter
Tuesday 12 May	Meeting Cancelled
Tuesday 9 June	Australian Wildlife Conservancy
Tuesday 14 July	Hoy Morning Winter Warmer Lunch Cost \$10.00
Tuesday 11 August	Annual General Meeting & Lunch
Tuesday 8 September	Hearing Health, Michelle Wu. Sausage Sizzle
Tuesday 13 October	Bring and Buy Speaker TBA
Tuesday 10 November	TBA Donations for the Christmas Hamper
Tuesday 8 December	Last meeting for 2020 Christmas Party

(While the program is correct at time of printing changes may occur due to unforeseen circumstances)

World Immunisation Week 24 – 30 April, 2020

Immunisation is a simple, safe and effective way of protecting people against harmful diseases before they come into contact with them. Immunisation not only protects individuals, but also others in the community, by reducing the spread of preventable diseases.

Vaccination for seniors aged 65 years or over is just as important as it is for children. The vaccines you need will depend on several things so speak to your doctor or vaccination provider about your specific needs.

We recommend the following vaccines for adults aged over 65 years old.

Influenza

[Influenza](#) is a very contagious infection of the airways. It is especially serious for people more than 65 years old.

The influenza vaccine is free through the NIP for seniors aged 65 years and over. The influenza virus strains change every year and the vaccine changes every year to match these strains. That's why it's important for people to get the vaccine every year.

Shingles (herpes zoster)

[Shingles](#) (also called herpes zoster) is a disease caused when the chickenpox virus reactivates. Shingles can cause severe pain that can last for months.

The shingles vaccine is recommended for adults aged 60 years or more who have not previously been vaccinated. The vaccine is free through the NIP for people aged 70 years. People aged 71 to 79 years can get a free catch-up vaccination until October 2021.

Pneumococcal disease

[Pneumococcal disease](#) is a bacterial infection. It is especially serious for older people. It can cause:

- pneumonia
- infection of the blood (sepsis)
- inflammation of the membranes around the brain (meningitis)

The pneumococcal vaccine is free through the NIP for adults aged 65 years old or more.



**“Don't think of it as getting a flu shot.
Think of it as installing virus protection software.”**

Booster vaccines

A booster is an extra dose of a vaccine that you have had before that 'boosts' the immune system.

The following vaccinations need booster doses.

Diphtheria, tetanus, whooping cough (pertussis)

[Diphtheria](#) and tetanus vaccinations are given as diphtheria-tetanus (dT) or diphtheria, tetanus and whooping cough (pertussis) vaccinations.

Tetanus

[Tetanus](#) is a serious disease that causes severe muscle spasms, especially in the neck and jaw (called lockjaw). It can sometimes cause death.

We recommend a booster dose of a tetanus-containing vaccine for adults who:

- are 50 years old or over, who have not had a tetanus shot in the past 10 years. You must have previously had a primary course of 3 doses
- have a wound that is not a minor cut, and your previous dose was more than 5 years ago

Whooping cough (pertussis)

[Whooping cough](#) (pertussis) is serious disease that can lead to pneumonia, brain injury and sometimes death. It can affect people at any age, but is especially serious for babies.

We recommend a single booster dose for adults who have not been vaccinated for the past 10 years if:

- you are 65 years old or more
- you are in close contact with infants

A PESSIMIST sees a dark tunnel.

**An OPTIMIST sees light at the
end of the tunnel.**

A REALIST sees a freight train.

**The TRAIN DRIVER sees 3 idiots
standing on the tracks.**

We may be stuck at home for some time during this Corona Virus pandemic. However, here are some recipes that are easy to make and taste good.



Savoury Curry Mince

Easy,
25minutes Prep, 45minutes Cooking,
4 Servings

This one pot wonder is a great budget staple.

Ingredients

- 500g lean beef mince
- 2 tbs olive oil
- 1 celery stalk finely chopped
- 1 brown onion diced
- 1 garlic clove minced
- 1 carrot finely chopped medium
- 1/2 red capsicum chopped large
- 45g chicken noodle instant soup
- 2 cups Chicken Style Liquid Stock
- 2 tsp curry powder
- 1/4 cup rice uncooked
- 1/4 cup frozen peas
- 1/4 cup cabbage shredded

Method

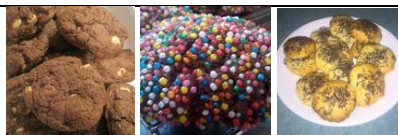
1. Heat a large frypan, add olive oil.
2. Fry celery, onion, garlic, carrot, and capsicum for 5 minutes.
3. Add mince and brown well, breaking up any lumps.
4. Add soup mix and stock. Stir in curry powder.
5. Add rice, and stir.
6. Add the frozen peas and cabbage. Cover pan with lid.
7. Cook simmering for approximately 20 minutes until the rice, peas and cabbage are cooked.
8. Stir occasionally, adding more water as mixture thickens.

EQUIPMENT

- 1 frying pan

NOTES

When adding the cabbage, I just leave it on the top of the mixture until it cooks a bit, then stir it in.



Cake Mix Biscuits

Easy, 5minutes Prep, 12minutes Cooking,
Makes 24

This is the ultimate in 'easy' convenience cooking. Pick any flavour mix, add what you like and create new classic biscuit tastes in a flash. Hide the box and no one will know these only took minutes to make!

Ingredients

- 1 packet cake mix
- 60 ml vegetable oil
- 2 eggs
- 1 cup choc bits optional

Method

1. Preheat oven to 180C.
2. Combine cake mix, oil, eggs and any additions, and mix to form a dough.
3. Shape dough into walnut-sized balls.
4. Place balls on an ungreased tray about 5cm apart.
5. Bake for 10-12 minutes, until set or lightly browned.
6. Remove from tray and cool on a wire rack.
7. Decorate by rolling in coconut, chopped nuts, chocolate pieces etc.

NOTES

Use any cake mix flavour and additions you like.

I have made these with chocolate and vanilla cake mixes and added various ingredients including walnuts, sultanas, chocolate chips and smarties. My grandchildren just love making them with me.

Visitors think you have gone to so much trouble baking special biscuits and they are so easy!!!!!!

I used an Aldi Vanilla cake mix costing 81cents, making my biscuits delicious and cheaper than a packet from the shop.

Tips for using **VINEGAR** in the Laundry

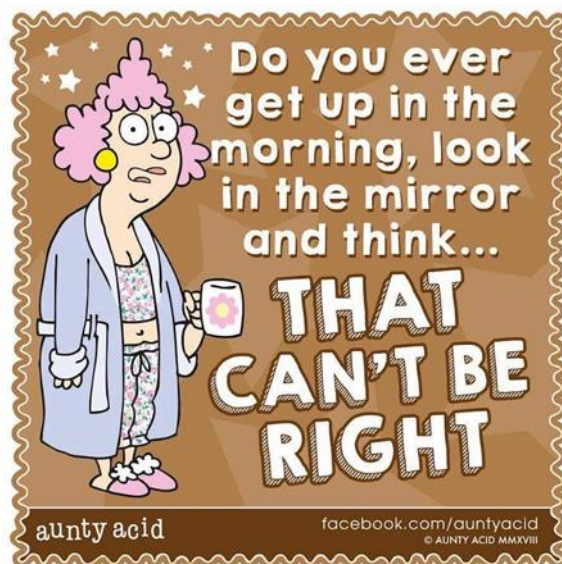
- ❖ To soften clothes, and prevent lint from sticking to them, add 1 cup of vinegar to the rinse cycle
- ❖ To remove odors from clothes add 1 cup of vinegar to a load of laundry
- ❖ To remove pre-existing stains pretreat with a mixture of 3 TBS vinegar, 2 TBS liquid detergent and 4 cups warm water. Rub the mixture into the stain and then wash as normal
- ❖ To prevent color fading, add 1 cup of vinegar to the wash cycle
- ❖ To prevent a new clothing item from bleeding color soak it in a few cups of undiluted vinegar for 10 min
- ❖ To prevent colors from bleeding in the wash, add 1 cup of vinegar to the load of laundry
- ❖ To whiten dingy clothes add 1 cup vinegar to 5 cups of water. Bring to a boil, remove from heat, add your dingy clothes, let them sit over night and then wash as normal
- ❖ To reshape/resize wool clothes soak shrunken clothing in a solution of 1 part vinegar to 2 parts water for 25 min. After 25 min reshape the clothing and let air dry
- ❖ To kill bacteria in the laundry, add 1 cup vinegar to the wash cycle

For more vinegar tips visit <http://askannamoseley.com>

I don't think
outside the box.
I don't think
inside the box.
I actually may
have lost my box.
If anyone sees
it can they let
me know?

Aunty A_x

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Committee Members

[Elected Branch Committee
July 2019- August 2020](#)

President: Norma Spinetti
Vice President: Val Spinetti
Secretary: Bronwyn Quinn
Treasurer: Heather Hallam
Publicity Officer: Lorna Norris

[Committee Members](#)

Margaret Maynard
Wendy Ostrofski
Ruby McFarlane

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