



# National Seniors Australia Corinda Branch April 2021 Newsletter



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 2<sup>nd</sup> 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 Guest Speaker Arthritis Queensland



Our guest speaker in March was James, Health Promotion Manager, Arthritis Queensland. James gave a very interesting and informative talk on arthritis. He stated that there are over 120 different types of Arthritis. Arthritis is the name for a group of conditions affecting the joints. These conditions cause damage to the joints, typically causing pain and stiffness. Some of the most common forms are osteoarthritis and rheumatoid arthritis. Everyone's experience of arthritis is different and anyone can get arthritis, including children and young people. In Australia one in six people have arthritis. For further information contact Arthritis Queensland (07) 3857 4200 or the free Arthritis Infoline on 1800 011 041.

## Corinda Branch 31<sup>st</sup> Birthday

We were pleased that Joan Donaldson, who has not been well lately, was able to join us and to cut the Birthday cake. Joan has been a member for many years and was the Bus Tour Convener, a very demanding and much appreciated role in the Branch in earlier days.



## Branch Calendar March 2021 to August 2021

### Meeting Dates 2021

- Tuesday 13 April Agnes Kesmarki,  
Health Promotion Officer – National Team, Continnence Foundation of Australia
- Tuesday 11 May Estate Planning  
Loan Chow, YHC Lawyers and Ms Jennie McIntosh, KM Smith Funeral Directors.  
Mother's Day
- Tuesday 8 June Office of Fair Trading
- Tuesday 13 July Hoy Morning  
Christmas in July Lunch
- Tuesday 10 August Annual General Meeting Guest Chair:  
Chris Grice, General Manager NSA, Services provided by NSA- including Travel & Insurance

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

**My wife yelled from upstairs and asked, "Do you ever get a shooting pain across your body, like someone's got a voodoo doll of you and they're stabbing it?"**

**I replied "No..."**

**She responded: "How about now?"**



## ANZAC Day

Anzac Day commemorates the sacrifice of Australian and New Zealand military personnel who have died during war.

Anzac Day marks the anniversary of the first campaign that led to major casualties for Australian and New Zealand forces during the First World War. The acronym ANZAC stands for Australian and New Zealand Army Corps, whose soldiers were known as Anzacs.

Anzac Day originally commemorated the Australian and New Zealand forces that landed on the Gallipoli Peninsula in Turkey on 25 April 1915 during the First World War. The Anzac legend was born when some 20,000 soldiers of the Australian and New Zealand Army Corps (ANZAC) landed under fire on the shores of Gallipoli, in modern-day Turkey. By the time the campaign ended, more than 130,000 men had died: at least 87,000 Ottoman soldiers and 44,000 Allied soldiers, including more than 8700 Australians. Among the dead were 2779 New Zealanders.

In 1916, the first anniversary of the landing was observed in Australia, New Zealand and England and by troops in Egypt. That year, 25 April was officially named 'Anzac Day' by the Acting Prime Minister, George Pearce. By the 1920s, Anzac Day ceremonies were held throughout Australia.

ANZAC is not merely about loss. It is about courage, and endurance, and duty, and love of country, and mateship, and good humour and the survival of a sense of self-worth and decency in the face of dreadful odds.

## Keeping Healthy

### April No Falls

April No Falls, is a national and international campaign to educate and raise awareness of falls prevention and help those at risk of falling to stay on their feet. The overall campaign aim is to reduce falls and harm from falls.

Every day, 133 older [Queenslanders have a fall requiring medical attention, even though falls are mostly preventable](#). Falls have a big impact on mobility and independence, but there are steps that can be taken to reduce the risk. All of us want to stay active and independent and live in our own home for as long as possible. Falls do not have to be an inevitable part of growing older – you can take action to stay on your feet.

As you get older, there are a lot of things that you can do to keep yourself safe. By taking action to improve your health and lifestyle, you can stay independent longer. This section provides tips on keeping yourself safe as you age.

#### Things to think about

- [Your health conditions](#) Many health conditions can increase your risk of falling, especially anything that reduces your level of activity or makes you feel unsteady on your feet.
- [Your medicines](#) Manage your medicines safely and effectively and have them reviewed annually.
- [Your feet and shoes](#) Take care of your feet each day and have regular podiatry checks. Choose and wear shoes that are appropriate for your feet and suit the activities you do.
- [Your vision and eyesight](#) Have your vision checked every two years.
- [Strong bones, muscles and healthy eating](#) Eat well every day and enjoy sharing meals with others.
- [Continence](#) With help, you can manage incontinence and resume a healthy active lifestyle.

While health and lifestyle issues are important to reduce your falls risk, it is also important to minimise any falls risk factors in your everyday surroundings. Identify, remove or modify hazards in and around your home.

If you are concerned that you may experience a fall, you can invest in a personal alarm to be worn around your neck or in a pocket. Some alarms are activated if the wearer falls. Others require the alarm to be pressed for assistance. Walking aids can help to increase your steadiness and improve your confidence to be more mobile, however they need to suit your needs and be maintained.

Further information and a checklist to determine your risk of falls can be found at the “Stay on your Feet” website <https://www.health.qld.gov.au/stayonyourfeet>.

## Joke Of The Month

A police officer stopped a motorist who was speeding down Main Street.

"But officer," the man began, "I can explain."

"Just be quiet," snapped the officer.

"I'm going to let you cool your heels in jail until the chief gets back."

"But, officer, I just wanted to say," "And I said to keep quiet! You're going to jail!"

A few hours later the officer looked in on his prisoner and said, "Lucky for you that the chief's at his daughter's wedding... He'll be in a good mood when he gets back."

"Don't count on it," answered the fellow in the cell. "I'm the groom."

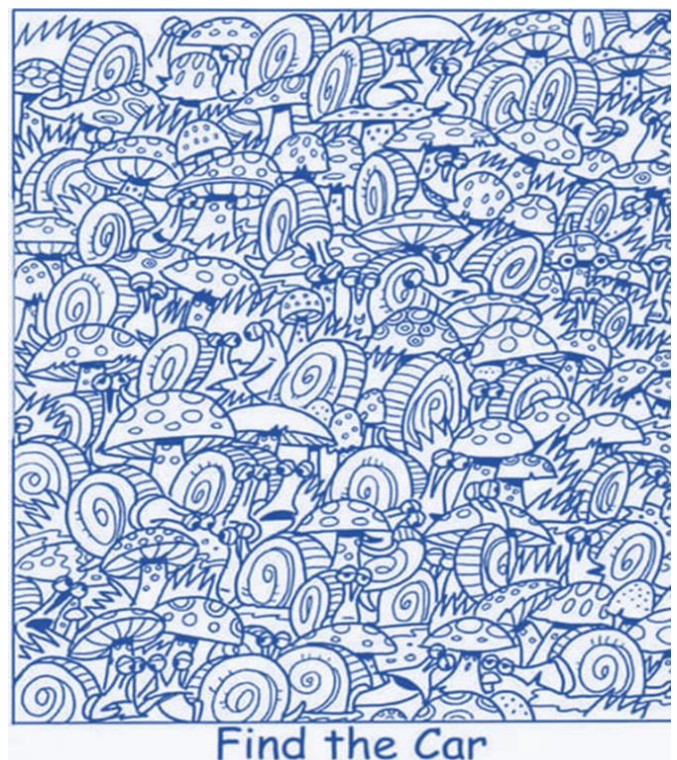
## The Impact of Covid-19



*'We've moved a few things around. Travel books are in the Fantasy section, Politics is in Sci-Fi, and Epidemiology is in Self-Help. Good luck.'*

## Interesting facts about Australia that may surprise you

- The Australian Alps get more snow than the Swiss Alps.
- 90% of Australians live on the coast.
- Tasmania has the cleanest air in the world.
- Australia is the driest of any continent on earth other than Antarctica.
- The Great Barrier Reef is regarded as the world's largest living organism, and is often listed as one of the Seven Wonders of the Natural World.
- Australia is the only continent covered by a single country.
- Australia is the only continent in the world without an active volcano.
- Australia has a larger population of camels than Egypt



**Recipe of the Month**  
**CROCKPOT CREAMY ITALIAN CHICKEN**

PREP TIME: 5 minutes COOK TIME: 5 hours

SERVINGS: 6 CALORIES: 267

This creamy Italian chicken is made in the crockpot/slow cooker with just 4 simple ingredients. A family favorite meal that's perfect for busy weeknights.



**INGREDIENTS**

- 300gm ounce can cream of chicken soup
- 250gm ounces cream cheese
- 200gm packet dry Italian dressing mix (eg. Good Seasons brand)
- 4 boneless, skinless chicken breasts
- S&P to taste

FOR SERVING: COOKED NOODLES OR RICE

FOR GARNISH: CHOPPED FRESH PARSLEY

**INSTRUCTIONS**

1. Place chicken in the crockpot. Sprinkle the Italian seasoning over the chicken. Next add the cream of chicken soup and cut the cream cheese into cubes and place in the crockpot.
2. Cook on low for 5-6 hours or high for 3-4 hours. Shred chicken and salt and pepper to taste. Add 1/4-1/2 cup of chicken broth or milk if needed to thin it out. Serve over cooked noodle or rice.



**NOTES**

If desired add in vegetables the last hour of cooking such as broccoli, peas or mushrooms.

⌘  
**I love it when strangers smile at me and I smile back, and we have  
that nice stranger smiling moment.**  
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[Elected Branch Committee](#)  
[13 October 2020 - August 2021](#)

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

[Committee Members](#)

Margaret Maynard  
Wendy Ostrofski  
Maria Giarola  
Judy Christy

[Branch Contacts:](#)

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