



National Seniors Australia Corinda Branch April 2022 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 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

Easter Bunny legend

In many countries, children look forward to waking up on Easter Sunday to find a basket full of colored eggs, chocolate, and other treats, left behind by an egg-laying rabbit called the Easter Bunny. Like Santa Claus and Christmas, the Easter Bunny and Easter have no obvious connections to the Christian significance of the holiday. So where did this furry mythical creature originate?

The Easter Bunny seems to stem from early pagan celebrations around the vernal equinox, which just happened to occur around the same time as the Christian celebration of Jesus Christ's death and resurrection. The pagan traditions celebrated the springtime renewal of life and fertility as well as the goddess of dawn and spring, Eastre (or Oestre or Ostara). Eastre was associated with newborns, both human and animal, during the spring, and since rabbits are known to be rapid breeders, the concept of the Easter Bunny began to form. The legend is that the goddess Eastre came "late" one year, causing a long winter, and saw a bird frozen in the snow. Eastre took pity on the bird and turned him into a snow hare who could lay multi-colored eggs on one day each year: the day that the festival of Eastre was celebrated. At some point, the pagan egg-laying bunny and the Christian holiday began to blend, starting in Germany in the 17th century. As the Christian religion spread, missionaries would often "practice some good salesmanship" by incorporating pagan ideas into Christian holidays, and this is likely what happened with the "Eastre" hare. The Germans turned the pagan rabbit into "Oschter Haws" (literally "Easter Hare"), a rabbit that laid colored eggs as gifts for well-behaved children.

Branch Calendar February 2022 to December 2022

Tuesday 12 April Branch Birthday HOY and Easter fun

Tuesday 10 May High Tea Speaker TBA

Tuesday 14 June Speaker TBA

Tuesday 12 July Winter Warmer Lunch – Speaker TBA

Tuesday 9 August AGM with Committee Elections and Light Lunch

Tuesday 13 September Sausage Sizzle – Speaker TBA

Tuesday 11 October Bring and Buy – Speaker TBA

Tuesday 8 November – Speaker TBA

Tuesday 13 December Last meeting for 2022 and Christmas Party

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

Happy Easter



The Keeping Healthy - Chocolate

Chocolate was considered a health food until early last century, with a range of potential benefits. It was used thousands of years ago by the ancient Mayans and Aztecs, then by Europeans between the 16th and 19th centuries, as an ingredient in cures for many illnesses, including fevers, liver disease, kidney disorders, dysentery, constipation, and to foster needed weight gain.

Perhaps underlying its current role on Valentine's Day, the original chocolate drink was used by the Aztecs as an aphrodisiac and some European doctors in the 1700 and 1800s said chocolate made people amiable and "incited consumers to... lovemaking"

There is increasing scientific evidence that a little bit of chocolate each day may do you good. But as you may already know, when it comes to your health, all chocolates were not created equal.

Nutritional properties

All chocolates are relatively high in energy (kilojoules), mainly because of their fat content. Most are also a good source of carbohydrates, primarily because added sugars help mask chocolate's naturally bitter flavour. The exception is the new stevia-based chocolate bars that use polydextrose instead of carbohydrate to provide texture and bulk.

What about weight gain?

Most chocolates are what we call energy dense, with lots of kilojoules in a relatively small volume. This is good if you are trying to gain weight, travel long distances with limited storage space, or participate in an endurance sport where it is advantageous to carry around a concentrated and highly palatable source of carbohydrate and energy. However, high energy density is obviously not good if you are trying to lose weight.

Cholesterol and fats

Chocolate is high in total and saturated fats. In high-quality chocolates, cocoa butter is the main source of fat. Cocoa butter is high in stearic acid, which of all the saturated fats raises the bad LDL cholesterol the least and also raises the good HDL cholesterol more, so the net effect on your total blood cholesterol level is not bad at all. However, the amount of cocoa butter used in chocolate varies, as does the amount of the stearic acid. As a rough guide, the better-quality and, as a result, more expensive varieties generally have more cocoa butter, so are usually a better choice.

Effect on blood glucose

Despite the relatively high carbohydrate (sugar) content of most chocolates, they don't have as large an impact on blood glucose levels (BGLs) as expected, unless of course you overindulge. Chocolate contains around 15 g of carbohydrate per 25 g serve (with the exception of the new stevia/polydextrose-based chocolate bars that have less than 2 g per serve), which is within the recommended range (15-30 g of carbohydrate) for a snack or dessert.

Provided that they don't overindulge, people with diabetes do not have to eat low/reduced-sugar chocolates to avoid high BGLs. But while the low carbohydrate stevia/polydextrose varieties will have the least effect on BGLs, they are relatively high in fat and consequently have nearly the same amount of kilojoules as regular varieties, so are not much better for losing weight. Other kinds of alternatively sweetened chocolates usually provide less kilojoules although they are usually more expensive and often not as tasty as sugar sweetened chocolate.

There is a good argument that you should have a little bit of what you enjoy, or, If you really like chocolate and don't wish to over-consume the product, always choose your favourite!

The antioxidants

Along with green and black tea, red wine, certain fruits (e.g. berries, black grapes, plums, apples) and vegetables (e.g. artichoke, asparagus, cabbage, russet and sweet potatoes), chocolate is one of the richest sources of a powerful group of antioxidants known as flavonoids. Flavonoids are thought to possess several properties that may benefit people with diabetes or pre-diabetes, including helping to prevent cholesterol accumulating on artery walls, relaxing major blood vessels and thus decreasing blood pressure, and perhaps even reducing the ability of the blood to excessively clot. Half a row (25 g) of dark chocolate provides about the same amount of these antioxidants as half a cup of black tea or a glass of red wine. Note, however, that milk chocolate contains only one third as many antioxidants as dark chocolate, and white chocolate contains none at all.

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IRRITABLE BOWEL SYNDROME (IBS) Awareness Month **1-30 April 2022**

Irritable bowel syndrome (IBS) is a condition that affects the colon (large bowel), and while it is not considered life-threatening or dangerous, it can be very uncomfortable. IBS is common, and affects around 3 out of every 10 people. Women are more likely than men to be affected.

While the exact cause of IBS is not clear, certain things are known to trigger symptoms in people who tend to experience IBS. Some common IBS triggers include diet, stress, infection and medications.

Many people with IBS notice that some foods make their symptoms worse, but these 'trigger foods' differ from one person to the next.

Some of the key symptoms of IBS include:

- abdominal pain or discomfort
- stomach bloating
- chronic diarrhoea or constipation, or alternating between the two

Often your doctor can diagnose IBS just by asking you some key questions about your symptoms.

While IBS can be painful, it is reassuring to remember that the condition does not cause long-term damage to the colon or other parts of the digestive system. IBS also does not directly cause other physical health problems.

Although IBS is often a mild condition that can be well-managed by diet and other lifestyle improvements, it can significantly impact some people's quality of life, and can be stressful to manage. Flow-on effects can include depression and anxiety, migraine, fibromyalgia and/or chronic fatigue syndrome.

If IBS is causing you to feel down, anxious or upset, there are IBS-specific psychological support services. Talk to your GP about whether they are right for you. <https://www.healthdirect.gov.au/irritable-bowel-syndrome-ibs>

April 24 – 30 2022 World Immunization Week

Run by the World Health Organisation, this event promotes the life-saving benefits of vaccinations for people around the world and of all ages.

Vaccination is safe and the most effective way to lower your chances of becoming seriously ill or hospitalised from vaccine-preventable diseases. By keeping up-to-date with your vaccinations, you're also helping out the community by protecting the more vulnerable people from becoming infected.

Some vaccinations are provided for older adults for free via the National Immunisation Program (NIP). These include:

Pneumococcal disease: A single dose is available for adults aged 70 years and over.

Shingles: A single dose is available for 70 year olds. Until 31 October 2021, a single catch-up dose is also available for adults aged 71 to 79 years.

Influenza (the flu): Seasonal influenza vaccine once a year.

Note that a consultation fee may apply.



Recipe of the Month – Lamb Shanks in a Rich Gravy Broth

- **Prep:** 15 mins **Cook:** 6 hrs

Ingredients

3-4 lamb shanks
3 carrots peeled and chopped
1 onion sliced
1 large honey brown mushroom or 4 small mushrooms
3 tsp garlic
3 Tbs soy sauce
2 Tbs oyster sauce
2 tbs Worcestershire sauce
2 bay leaves
1/2 tsp parsley
1tsp Rosemary
1 tsp thyme
3 cups beef stock
1tsp curry powder
Pepper
Your favourite gravy powder



Directions

Brown shanks in a pan (optional)

Add all ingredients in the slow cooker for 6/8 hours on low and just add your gravy an hour before serving so it has time to thicken.

Serve with mash and fresh spinach and enjoy !!!



Elected Branch Committee 13 October 2021 - August 2022

President: Wendy Ostrofski
Vice President: Norma Spinetti
Secretary: Bronwyn Quinn
Treasurer: Maria Gariola
Assistant Treasurer: Heather Hallam
Catering Organiser: Lorna Norris

Committee Members

Margaret Maynard
Judy Christy



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