



CORINDA BRANCH NEWSLETTER

National Seniors
AUSTRALIA



August 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



First Meeting back 8 September

THOUGHT OF THE DAY:

Being negative only makes a difficult
journey harder

If you're given a cactus, you don't have
to sit on it 🍷

**"Go To Ireland In August" They Said
"It Will Be Warm" They Said**



Branch Calendar August to December 2020

- Tuesday 11 August **Cancelled**
- Tuesday 8 September **Hearing Health**, Julie Cawdell.
Sausage Sizzle, 30th Birthday Celebrations and Cent Auction
- Tuesday 13 October Annual General Meeting followed by a light lunch
Bring and Buy
- Tuesday 10 November Speaker 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)



Health Matters

National Stroke Week 2020

31 August - 6 September

Across Australia, F.A.S.T. Heroes save lives every day, by simply knowing and recognising the signs of stroke and calling an ambulance immediately. They know that stroke is always a medical emergency and time is critical.

How do you know if someone is having a stroke? Think... F.A.S.T.

The Stroke Foundation recommends the F.A.S.T. test as an easy way to remember the most common signs of stroke. Using the F.A.S.T. test involves asking these simple questions:

Face Check their face. Has their mouth drooped?

Arms Can they lift both arms?

Speech Is their speech slurred? Do they understand you?

Time Is critical. If you see any of these signs call 000 straight away.

What to do while you wait for an ambulance

While you are waiting for the ambulance to arrive:

- If the person is conscious, lay them down on their side with their head slightly raised and supported.
- Do not give them anything to eat or drink.
- Loosen any restrictive clothing that could cause breathing difficulties.
- If weakness is obvious in any limb, support it and avoid pulling on it when moving the person.
- If they are unconscious, check their breathing and pulse and put them on their side. If they do not have a pulse or are not breathing, start CPR straight away.
- If you are unsure how to perform CPR, the ambulance call taker will give instructions over the phone.



Dental Health Week 2020

3 August to 9 August

Oral health basics

Four simple tips

1. Brush twice a day, using fluoride toothpaste
2. Use floss at least once a day
3. Eat healthy and have less sugary drinks and food
4. Have regular dental check-ups

Led by the [Australian Dental Association](#) the Week aims to educate Australians about the importance of practicing good oral and general health in all aspects of their lives.

Brushing your teeth

To gain the maximum benefit from brushing your teeth, you should brush for at least two minutes morning and night. Soft-bristled toothbrushes with a small head and a flexible neck are most effective in removing plaque and debris from your teeth, without damaging your teeth and gums. If you have limited dexterity, a powered toothbrush may be a better option since it largely does all the work for you.

Daffodil Day 2020

Friday, 28 August.

Your support on Daffodil Day allows the Cancer Council Queensland to continue to fund lifesaving cancer research that could save the life of someone you love.

Cancer Council Queensland have printed and downloadable resources for people with cancer and their families and friends. Printed and downloadable resources include easy-to-read information about:

- Specific types of cancer.
- Treatments.
- Emotional and practical issues for people with cancer, their families and friends.
- Early detection and prevention.
- Cancer Council Queensland support services.

In light of recent of panic buying UK supermarkets have introduced purchase limits.

Asda: 2 hand sanitisers, 24 toilet rolls max.

Tesco: 1 Hand sanitiser, 18 toilet rolls & 2kg rice.

Co-op: 12 rolls toilet paper, 1Kg rice.

Aldi: 2 Trumpets, 1 diving suit & a MIG welder.

Trivia Questions

1. The Patella is commonly known as what?
2. What was the name of the policeman in Enid Blyton's 'Noddy'?
3. Who painted the ceiling of the Sistine Chapel?
4. Who was the writer of Alice's Adventures in Wonderland?
5. What is the rhino's horn made of?
6. 'Love Apple' is an old name for which fruit?
7. What mythical animal had the head and body of a lion and the wings and talons of an eagle?
8. Which British explorer was murdered by the natives in Hawaii?
9. Who famously stated that '... an army marches on its stomach'?
10. What is the surname of the author of 'For Whom The Bell Tolls'?
11. What is produced by the bacterial fermentation of milk?
12. Pigs are used to sniff out which delicacy in some parts of France?



Recipe Time

A quick healthy lunch or dinner suggestion



Chow Mein Ramen Noodles
Fastest and easiest Chow Mein recipe ever

Ingredients

- 1 tbsp oil
- 200g chicken sliced (breast or thigh)
- 2 ramen or instant noodle cakes – discard seasoning
- 200g shredded Coleslaw mix (cabbage and carrot)
- or your own choice of shredded vegetables
- 3 green onion stems cut into 5cm lengths
- 1 heaped cup beansprouts
- 1 cup / 250mls water

Chow Mein Sauce

- 1 ½ tbsp light soy sauce
- 1 ½ tbsp oyster sauce
- 1 tbsp Chinese Cooking Wine or Mirin
- (substitute: dry sherry or chicken stock)
- 2 tsp sesame oil
- 1 tsp white sugar (delete if using Mirin)

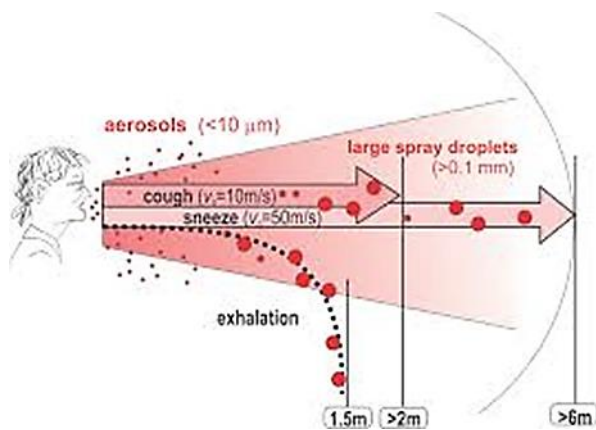
Instructions

1. Mix sauce in a bowl
2. Heat oil in a large skillet over high heat. Add garlic, cook for 10 seconds.
3. Add chicken and cook until mostly changes from pink to white, then add sauce.
4. Cook for 1 minute, then add coleslaw mix and white part of green onions.
5. Cook for 1 ½ minutes until cabbage wilts, push everything to the side.
6. Add water then the ramen noodles side by side.
7. When the water simmers, leave for 45 seconds. Flip the noodles leave for 30 seconds.
8. Loosen noodles, add bean sprouts and green onion, toss for 1 ½ to 2 minutes until sauce reduces and coats the noodles
9. Serve immediately.

I'M IN A REALLY GOOD PLACE...
I DON'T MEAN SPIRITUALLY OR ANYTHING;
I'M IN BED WITH CAKE.

How a mask helps to prevent the spread of Covid-19

Cloth face coverings (face masks) are recommended as a simple barrier to help prevent respiratory droplets from traveling into the air and onto other people when the person wearing the cloth face covering coughs, sneezes, talks, or raises their voice. Face masks combined with other preventive measures, such as frequent hand-washing and social distancing, help slow the spread of the virus.



Wearing a mask can help protect you and those around you if you are in an area with community transmission, and physical distancing is not possible, like on public transport. While a mask can be used as an extra precaution, you must also:

- stay at home if unwell
- maintain physical distance (more than 1.5m) from other people, when out
- avoid large gatherings and crowded indoor spaces
- practise hand and respiratory hygiene

Guidelines on Wearing a Protective Mask In Public and at Work

Together We Will Beat Coronavirus

1. Coronavirus is transmitted in droplets
2. A protective mask lowers the risk of infecting and of being infected
3. In public and at work people must wear protective masks, at home there is no need
4. The type of recommended mask for the public: a regular mask or a home-made mask
5. For a home mask, use densely woven cotton fabric that is not stretchy, (such as fabric of a percale or satin bed-sheet, folded into 3 layers)
6. It is important that the mask fit the nose and mouth tightly

Remember:

- ☑ Worn out masks, do not protect
- ☑ Check that the mask does not cause difficulty breathing. Patients with heart or lung disease should exercise caution
- ☑ Wash hands after touching the mask to prevent transmission of the virus

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

Branch Contact Details

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Trivia Answers

1. The kneecap
2. PC Plod
3. Michelangelo
4. Lewis Carroll
5. Hair
6. Tomato
7. Gryphon/Griffin
8. Captain James Cook
9. Napoleon Bonaparte
10. Hemingway (Earnest)
11. Yoghurt
12. Truffles