



National Seniors Australia Corinda Branch

December 2020 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



Merry Christmas to all

May the Christmas season fill your home with joy, your heart with love and your life with laughter. Wishing you a very Merry Christmas and we look forward to seeing you in 2021.



Branch Calendar December 2020 to July 2021

Tuesday 8 December Last meeting for 2020
Christmas Party - Services Club Corinda 11.00am

Meeting Dates 2021

Tuesday 9 February – Australian Wildlife Conservancy

Tuesday 9 March Branch Birthday

Tuesday 13 April

Tuesday 11 May Mother's Day

Tuesday 8 June

Tuesday 13 July
(While the program is correct at time of printing changes may occur due to unforeseen circumstances)

**'Twas the Month
AFTER CHRISTMAS**

"Twas the month after Christmas and all through the house
Nothing would fit me, not even a blouse.

The cookies I'd nibbled, the eggnog I'd taste.
All the holiday parties had gone to my waist.

When I got on the scales there arose such a number!
When I walked to the store (less a walk than a lumber).

I'd remember the marvelous meals I'd prepared;
The gravies and sauces and beef nicely rared,

The wine and the rum balls, the bread and the cheese
And the way I'd never said, "No thank you, please."

As I dressed myself in my husband's old shirt
And prepared once again to do battle with dirt--

I said to myself, as I only can
"You can't spend a winter disguised as a man!"

So--away with the last of the sour cream dip,
Get rid of the fruit cake, every cracker and chip.

Every last bit of food that I like must be banished
Till all the additional ounces have vanished.

I won't have a cookie--not even a lick.
I'll want only to chew on a long celery stick.

I won't have hot biscuits, or corn bread, or pie.
I'll munch on a carrot and quietly cry.

I'm hungry, I'm lonesome, and life is a bore--
But isn't that what January is for?

Unable to giggle, no longer a riot.
Happy New Year to all and to all a good diet!

Author Unknown

CB NICOLE JOHNSTON PRESENTS

Christmas Movie in the Park

Get Santa

Sherwood Arboretum
Sunday 13.12.2020

Live Music from 5:30pm | Movie from 7pm

BYO picnic as there will be NO food for sale on the day.
In the event of wet weather the movie will be postponed.

For updates, visit @ernicj on Facebook.

Please use the QR code to register your details for COVID tracing.

RESEARCH BREAKTHROUGH INTO EARLY ALZHEIMER'S DETECTION

- 19 November 2020

A new research breakthrough could lead to an early diagnostic test for Alzheimer's disease, helping pave the way to earlier detection of the likelihood of developing the condition.

James Cook University researcher Brandon Mahan worked with a team of French researchers at the Université de Paris, Institut de Physique du Globe de Paris (UP, IPGP; Paris, France) who compared brains with and without Alzheimer's to discover what made them different.

"Our study is the first time it has clearly been shown that healthy human brains and Alzheimer's brains have these different isotopic signatures," he said. "Specifically, they have different copper and zinc isotope compositions, which also correlate with the progression of the disease."

Copper and zinc isotopes occur naturally in healthy brains. What Mahan and his team have discovered is that the proportions of these isotopes are changed in an Alzheimer's brain.

It is hoped further research will shed light on why this imbalance in isotopes occurs.

["By uncovering this isotopic difference in brain tissues of humans, the hope is that eventually this will lead to a non-invasive and early diagnostic indicator for Alzheimer's... It's possible it could be as simple as a blood test."](#)

Currently, Alzheimer's is often diagnosed through brain scans used to detect lesions that typically occur after the disease has significantly advanced, however the first stages of the disease can occur decades earlier.

"By uncovering this isotopic difference in brain tissues of humans, the hope is that eventually this will lead to a non-invasive and early diagnostic indicator for Alzheimer's", said Mahan. "It's possible it could be as simple as a blood test."

The team, comprised of researchers from Australia and France, used mass spectrometry (a technique for analysing ionized isotopes) to compare the copper and zinc isotopic compositions of 10 human brains with Alzheimer's and 10 without.

Interestingly, this type of mass spectrometry is often used to analyse extra-terrestrial materials, such as meteorites and lunar rocks, and used to study things like the origin of the Moon.

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"It allows for ultra-precise measurements of stable metal isotope compositions, and metals have a strong link to Alzheimer's disease and its pathologies, which is why we used the technique here to analyse brains with Alzheimer's."

Mahan said it is anticipated that these changes in brain isotopic composition will be mirrored in body fluids, which may allow for the development of blood diagnostics in the future.

"We anticipate something similar to what's currently being explored in cancer research, and what has been successfully used to detect bone loss, such as in osteoporosis and space flight," he said.

"Alzheimer's creates a massive emotional, social and financial burden on society," he said. "That's why finding a way to diagnose the disease early, and with non-invasive testing, is so important. It is our hope that this research, and more like it, will bring us closer," he concluded.

STEPPING OUT IS GOOD FOR YOU

- 26 November 2020

Step counters are more than a fad. They help us reach our exercise objective. But how many steps are enough?

- **The number of steps a person takes each day has a strong link with living a longer and healthier life**
- **Taking 8,000 steps per day was associated with a 51% lower risk of death (from all causes)**
- **Taking 12,000 steps a day reduced the risk by 65% (compared with taking 4,000 steps)**

In a new study, the number of steps a person takes each day, but not the intensity of stepping, has a strong link with living a longer and healthier life.

Previous studies have been done on step counts and mortality. However, they were conducted primarily with older adults or among people with debilitating chronic conditions. This USA study tracked nearly five thousand adults aged 40-plus over seven days.

They found that, compared with taking 4,000 steps per day, a number considered to be low for adults, taking 8,000 steps per day was associated with a 51 per cent lower risk of death (from all causes).

Taking 12,000 steps a day reduced the risk by 65 per cent compared with taking 4,000 steps.

And if you thought stepping out hard and fast is better, researchers found no connection between step intensity and risk of death.

One of the authors Dr Eric Shiroma summarised the findings simply: "Exercise is important for older adults, and it's good to see further evidence that the main thing is to get moving for better overall health as we age."

A closer look at the findings show higher step counts were associated with lower all-cause death rates among both men and women and among both younger and older adults and were also associated with lower rates of death from cardiovascular disease and cancer.

This research backs up current recommendations that adults should move more and sit less throughout the day. Adults who do any amount of physical activity gain some health benefits. For even greater health benefits, adults are recommended to get at least 150 minutes of moderate-intensity physical activity per week.

Being physically active has many benefits, including reducing the risk of obesity, heart disease, type 2 diabetes, and some cancers. And on a daily basis, it can help us feel better and sleep better.

Joke of the Month

Paddy is on his final question for a million pound on 'Who Wants to be a Millionaire'.

He has only one life line left phone a friend.

Q: "Which bird does not make a nest? A sparrow, A swallow, A blackbird or A Cuckoo"

Paddy calls Murphy. Murphy answers "it's a cuckoo 100%."

Paddy wins the million.

Afterwards Paddy rings Murphy how did you know that?

Murphy says "well Paddy, yer thick git...it lives in a clock...."



This Month's Recipe

Crispy parmesan and garlic potato stacks

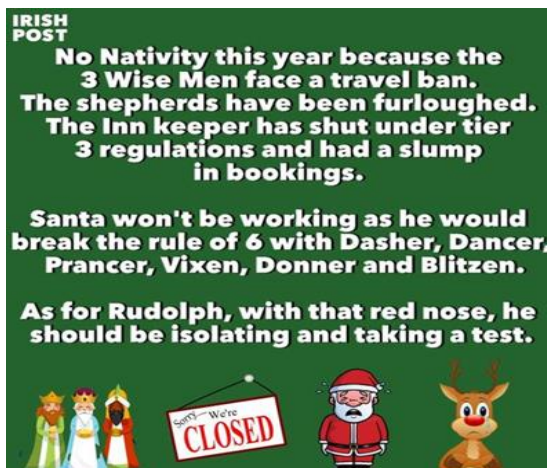
This makes enough for 2 persons but they are so delicious you should make extra.

Ingredients

- 2 large **potatoes**, peeled (washed potatoes don't need to be peeled)
- Spray cooking oil or 2 teaspoons of vegetable oil
- Garlic salt
- 1/3 cup parmesan, finely grated
- Grated cheese
- ½ cup of cream

METHOD

- **Step 1**
Preheat oven to 200C/180C fan-forced. Prepare a muffin pan either lightly oil or spray with cooking spray.
- **Step 2**
Cut each potato into 2mm-thick slices (A mandolin gives even thin slices). Place in a bowl. Add oil/spray oil, garlic and parmesan. Season with salt and pepper. Toss to combine.
- **Step 3**
layer potato slices until the stacks are about 4cm in height (about 10 potato slices). Pour over a small amount of cream. Sprinkle stacks with grated cheese.
- **Step 4**
Bake for 30 minutes or until golden and crispy, and potato is tender (check by inserting a skewer or small, sharp knife into centre of a stack).



Elected Branch Committee

13 October 2020 - August 2021

President: Norma Spinetti

Vice President:

Secretary: Bronwyn Quinn

Treasurer: Heather Hallam

Publicity Officer: Lorna Norris

Committee Members

Margaret Maynard

Wendy Ostrofski

Maria Giarola

Judy Christy

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