



National Seniors Australia Corinda Branch



February 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 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

Happy New Year

Did you make a New Year's Resolution?

New Year's resolutions vary around the world.

That's the conclusion you could draw from a [2013 Google Maps project called Zeitgeist](#). Internet users from around the world were invited to share their resolutions. Then, Google mapped them and analyzed them, breaking them down into the following categories: health, love, career, finance and education.

Looking at the map, health-related resolutions predominated in the US and Egypt. Visitors from Australia and Japan were looking for love. In Russia, meanwhile, education was the top priority. And in India, career goals were king. Of course, this is far from a scientific study, but it's still interesting.

The top New Year's resolutions

So, what were the top New Year's resolutions? Twitter attempted to answer that question based on users' tweets.

Here are the results:

- Diet, exercise and weight loss
- Read more
- Learn something new
- Save money
- Be a nicer human.
- Get a new job
- Give more time and money to charity
- Drink less.
- Sleep more.
- Make new friends.

Branch Calendar January 2021 to July 2021

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)



Queensland statistics Corona Virus

CASES OVERVIEW

Total cases 1,308	Queensland Recovered 1,286	Deaths 6
Total cases 28,800 +6	 Australia Recovered 25,486	Deaths 909 +0
Total cases 102M	 Worldwide Recovered 56.4M	Deaths 2.2M

Following is from a media release by **The Hon Greg Hunt MP** Minister for Health and Aged Care

On the 29 January 2021, a campaign to encourage Australians to get the COVID-19 vaccine was begun. The campaign will keep Australians fully informed and up to date about the safety and effectiveness of COVID-19 vaccines as they become available, including when, how and where to get the jab. This follows Australia's first COVID-19 vaccine approval by the Therapeutic Goods Administration – for the Pfizer vaccine.

The roll-out will begin by providing protection to those who need it most – the elderly and disabled, and frontline workers who are tirelessly working to save lives and protect lives. Australia is a vaccination nation – we have one of the highest vaccination rates in the world. Australians understand that vaccines work. They save lives. They improve lives. They protect lives.

This campaign will help every Australian to understand how the vaccine works and how it will keep them and their family safe.

Teal Ribbon Day Wednesday 24 February 2021

Teal Ribbon Day is a day to support Australians affected by ovarian cancer, honour those we have lost and raise awareness of this deadly disease to change the story for future generations.

Ovarian cancer is a general term used to describe a cancerous (malignant) tumour starting in one or both ovaries. The average age of women when they are diagnosed with ovarian cancer is age 64. It is mainly diagnosed in women over the age of 50; however, there are cases diagnosed in younger women.

Ovarian cancer is the eighth most common cancer in Australia. About 1580 Australian women are diagnosed each year.

World Hearing Day, takes place on 3 March every year.

During Hearing Awareness week, the most important thing you can do is to focus on your own hearing and that of your friends and family. If you or any of your family are having difficulty hearing, you should arrange a hearing test as soon as possible no matter how gradual the decline.

According to research, it takes people an average of seven years from the time they start thinking they might have a hearing problem to actually seek treatment, so the time to act is sooner rather than later.

We are also encouraged to examine the listening habits of our children during Hearing Awareness Week, with the golden rule being that if they are wearing earbuds and you can hear their music, then it's too loud and is damaging their ears.

Childhood injuries:
Fell off my bike
Fell out of a tree
Twisted my ankle

Adult injuries:
Slept wrong
Sat down too long
Sneezed too hard

10 Steps to Aging Well (and Feeling Great!)

Ideally, you'll have already been practicing healthy habits throughout your life. But even if you haven't, **it's never too late to start** taking proactive steps to maintain and even improve your health. Small lifestyle changes can have a big impact, and adopting even a few of the habits listed here will start you on the right track:

1. Stay Physically Active for a Healthy Body and Mind

Keeping physically active can help offset many of the effects of aging. Any exercise at all is better than none, says the CDC, which recommends 150 minutes of moderate-intensity aerobic activity (like swimming or taking a brisk walk) each week; you can further break this down into 30 active minutes a day for five days a week. It also recommends twice-weekly muscle-strengthening activities.

2. Stay Socially Active With Friends and Family and Within Your Community

Making the effort to interact with family and friends can have numerous benefits for your health. One article, published in *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences* in January 2019, found that participants (all over 65) who reported higher levels of social activity were more likely to experience more positive moods, fewer negative feelings, and higher levels of physical activity.

3. Follow a Healthy, Well-Balanced Diet

To get the nutrition your body needs and lower your risk of chronic conditions such as heart disease, make whole foods that are high in fiber and low in saturated fat the foundation of your diet. Following an eating plan like the Mediterranean diet can help you to achieve that goal. The Mediterranean diet emphasizes olive oil, nuts, seeds, fruit and vegetables, whole grains, legumes, and fish. It's low in red meat, full-fat dairy products, and processed foods.

4. Don't Neglect Yourself: Schedule Checkups and Stick to Them

Regular checkups with your doctor, dentist, eye doctor, and specialist healthcare providers are opportunities to catch problems early and treat them before they become bigger problems.

5. Take All Medication as Directed by Your Doctor

It may seem like a no-brainer, but it bears repeating that you should always take any medication prescribed to you exactly as directed by your doctor (or doctors). However, it's also worth doing a periodic medication review with your primary care doctor to discuss whether all of your prescriptions are still necessary.

While you should almost never stop taking a drug without consulting your doctor first, it can pay to be proactive about reviewing the necessity of all the drugs you've been prescribed. And keep in mind that your pharmacist is another resource for information on drugs, drug side effects, and drug interactions.

6. Limit Your Alcohol Consumption

Alcohol consumption be limited to one drink per day for women and two drinks per day for men. More recent advice based on studies show that the mortality risk associated with drinking alcohol is increased at levels above one drink per day on average for both men and women.

7. Quit Smoking to Lower Your Risk of Cancer and Heart Disease

If you're a current smoker, you'll want to quit as a matter of urgency: According to SmokeFree.gov, the health benefits of quitting smoking include lower cholesterol, blood pressure, and heart rate; a lower risk of cancer, diabetes, and lung damage; and stronger bones, muscles, and immune system.

8. Get the Sleep That Your Body Needs

The National Sleep Foundation recommends that adults over 65 get between seven and eight hours of sleep each night. As you age, you may notice that your sleep schedule shifts so that you are sleepier in the early evening and ready to wake earlier in the morning; this is not unusual, nor does it pose an issue so long as you continue to meet the recommended seven to eight hours of sleep per night.

9. Practice Good Dental Hygiene Every Day

To protect your teeth and gums, brush your teeth twice a day with a soft-bristled toothbrush, flossing daily, and regularly clean any dentures you may wear.

10. Discuss Changes in Sexual Function With Your Doctor

If you are experiencing changes in your libido or sexual function that are having a negative impact on your sex life, talk to your doctor about it.

Joke of the Month

The wife asked me if I'd seen the dog bowl.

I said: "To be honest, I didn't even know he played cricket!"

This Month's Recipe

Tasty Thai Chicken Meatloaf

Here's a tasty twist on traditional meatloaf using chicken mince and Thai flavourings. This is a great recipe to make in a large batch so that you can freeze some for a busy night when you don't have time to cook.

It's great with a crisp green salad or some steamed veggies.

INGREDIENTS

- 400 grams lean chicken mince
- 1 cup rice vermicelli noodles
- 1 cup chopped fresh coriander
- 1 cup grated carrot
- 1/3 cup sweet chilli sauce
- 4 free-range eggs
- cooking oil spray

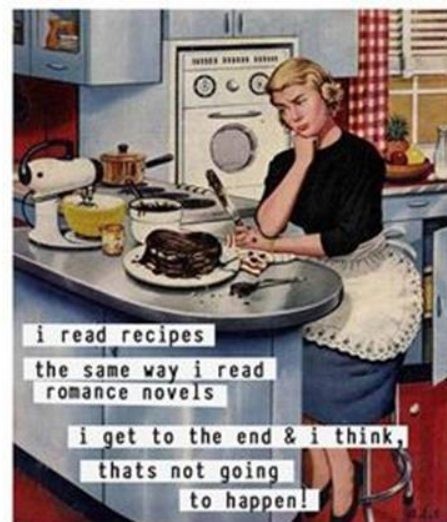
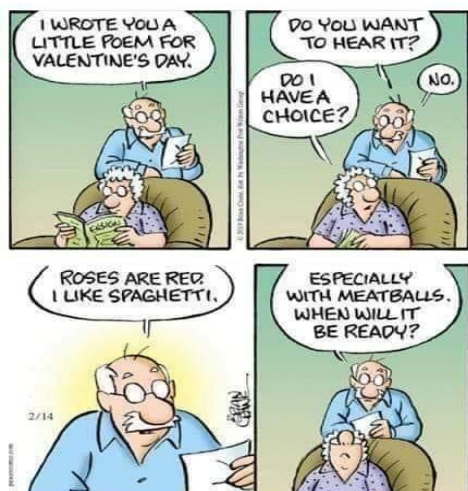


INSTRUCTIONS

1. Preheat oven to 180C. Cook noodles according to packet instructions then chop into smaller pieces.
2. Combine mince, noodles, chopped coriander, grated carrot, chilli sauce and egg.
3. Place mixture into a lightly greased muffin tray (to make single serve meatloaf) or a baking tin or ovenproof dish and place in oven for 30 minutes until cooked through.

RECIPE NOTES

349 calories per serve.



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

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