



CORINDA BRANCH NEWSLETTER

National Seniors
AUSTRALIA



July 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

COVID-19 Older Persons Support Line

National Seniors Australia, in partnership with the Australian Government and specifically the Department of Health and Ageing and in collaboration with 3 other partners, COTA, OPAN and Dementia Australia, have launched the COVID-19 Older Persons Information Line.

The new COVID-19 hotline is helping older Australians get the critical information they need to stay healthy and safe during the pandemic, providing an accessible one-stop source for personal support, questions and up-to-date guidelines.

Whilst taking inbound calls for the program on the number 1800 171 866, we have been also completing outbound calls directly to National Seniors Australia branch members to ensure that they are safe and being supported at this time.

We have already completed in excess of 3,000 calls and we have targeted National Seniors Australia branches located in regional and rural areas across Australia already speaking with members from over 50 branches.

**The bad news is,
I accidentally
took the wrong
medication today.
The good news is,
I'm now protected from
lungworm and
fleas for the
next three months.**



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Branch Calendar March to December 2020

Tuesday 14 July	Cancelled
Tuesday 11 August	Cancelled
Tuesday 8 September	Hearing Health, Michelle Wu.
Tuesday 13 October	Bring and Buy Speaker TBA
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)

Corona Virus Branch Update

Unfortunately we have had to **cancel the August meeting** due to the ongoing restrictions. We are now hoping that things may improve by September.

**I went outside to check
on my plants.**

**Suddenly I felt
something cold and wet
on my arm.**

**I looked down and saw a
mosquito using a wet
wipe before he bit me.**

National Diabetes Week 2020

July 12 - July 18

When someone has diabetes, their body can't maintain healthy levels of glucose in the blood. Glucose is a form of sugar which is the main source of energy for our bodies. Unhealthy levels of glucose in the blood can lead to long term and short term health [complications](#). A hormone called insulin is essential for the conversion of glucose into energy. In people with diabetes, insulin is no longer produced or not produced in sufficient amounts by the body.

Three things you need to know about diabetes:

- It is not one condition- there are three main types of diabetes: [type 1](#), [type 2](#) and [gestational diabetes](#)
- All types of diabetes are complex and require daily care and management
- Diabetes does not discriminate, anyone can develop diabetes

Diabetes can be managed well but the potential complications are the same for type 1 and type 2 diabetes including heart attack, stroke, kidney disease, limb amputation, depression, anxiety and blindness.

Early diagnosis, optimal treatment and effective ongoing support and management reduce the risk of diabetes-related complications.

All types of diabetes are increasing in prevalence:

- Type 1 diabetes accounts for 10% of all diabetes and is increasing
- Type 2 diabetes accounts for 85% of all diabetes and is increasing
- Gestational diabetes in pregnancy is increasing

Symptoms

In type 1 diabetes, symptoms are often sudden and can be life-threatening; therefore, it is usually diagnosed quite quickly. In type 2 diabetes, many people have no symptoms at all, while other signs can go unnoticed being seen as part of 'getting older'.

Therefore, by the time symptoms are noticed, complications of diabetes may already be present.

Common symptoms include:

- Being more thirsty than usual
- Passing more urine
- Feeling tired and lethargic
- Always feeling hungry
- Having cuts that heal slowly
- Itching, skin infections
- Blurred vision
- Unexplained weight loss (type 1)
- Gradually putting on weight (type 2)
- Mood swings
- Headaches
- Feeling dizzy
- Leg cramps

Note: This information is of a general nature only and should not be substituted for medical advice or used to alter medical therapy. It does not replace consultations with qualified healthcare professionals to meet your individual medical needs.

National Pain Week

July 22- July 28

Chronic Pain Australia is the organisation promoting National Pain Week.

Pain is an unpleasant experience in the body. Acute pain is a message in the body warning about danger, whereas chronic pain can have much more complex origins and functions. The nervous system is used to transmit signals around the body to indicate pain.

“Chronic?”

Many people think that chronic pain means extreme pain. Although chronic pain *can* be really severe, “chronic” actually refers to how long the pain lasts rather than how severe it is.

“Acute?”

Acute pain is the pain many of us have experienced from time to time. We hurt ourselves (cut, pull, strain), experience pain, then heal and the pain goes away. That's “normal”. Chronic pain is not in this category.

Chronic or persistent pain is pain that lasts for more than three months, or in many cases, beyond normal healing time. It doesn't obey the same rules as acute pain. It can be seen as somewhat of a mystery. It can be caused by ongoing disease states like arthritis in all its forms, cancer, lupus, multiple sclerosis or any of a myriad of conditions. It can be a consequence of trauma (e.g. surgery, car or work accident, a fall). It can be a consequence of a minor injury which leaves ongoing pain. Sometimes the long term nature of the pain is not indicating ongoing disease or damage.

Many people live with chronic pain 24/7. It is debilitating, exhausting and has an impact on all parts of a person's life. Living like this takes courage and strength and could be referred to as “putting up with” the pain. The pain is in control and unpredictable.

Because chronic pain is complex, there is no 'one size fits all' way of treating it. To be successful pain managers, we may have to use a combination of things such as medications, exercise, diet, relaxation, thinking strategies and more. Over time, you can turn down the volume of your pain.

The Australian Pain Management Association Ltd. (APMA) is a health promotion charity providing advocacy, information and practical support for people living with chronic (persistent) pain and their families. APMA is the consumer health organisation for all Australians who live with pain.
PAIN LINK HELPLINE
1300 340 357

Trivia Questions

1. Which organ has four chambers?
2. In which body part can you find the femur?
3. What percentage of our bodies is made up of water?
4. Which element is said to keep bones strong?
5. How many times does the heart beat per day?
6. What is your body's largest organ?
7. Which city in India would you find the Taj Mahal in?
8. What is the smallest country in the world?
9. How many hearts does an octopus have?
10. How long is the gestation period of an African elephant?
11. What name is used to refer to a group of frogs?
12. How many eyes does a bee have?

I forgot my cat outside.
I am too scared to let him in now.



A farmer decided he wanted to go to town and see a movie. The ticket agent asked, sir, what's that on your shoulder?" The old farmer said, "That's my pet rooster chuck. Wherever I go, chuck goes." "I'm sorry sir," said the ticket agent. "We can't allow animals in the theatre." The old farmer went around the corner and stuffed chuck down his overalls. Then he returned to the booth, bought a ticket, and entered the theatre. He sat down next to two old widows named Mildred and Marge. The movie started and the rooster began to squirm. The old farmer unbuttoned his fly so chuck could stick his head out and watch the movie. "Marge," whispered Mildred. "What?" said Marge. "I think the guy next to me is a pervert." "What makes you think so?" asked Marge? "He undid his pants and he has his thing out", whispered Mildred. "Well, don't worry about it", said Marge. "At our age we've seen 'em all" "I thought so too", said Mildred, "But this one's eatin' my popcorn!"



MILLION DOLLAR IDEA:



**SMOKE DETECTOR
THAT SHUTS OFF WHEN YOU YELL
"I'M JUST COOKING"**

Europeans:
I drove 40 minutes to spend a weekend in Paris, then popped to Germany to visit family on the way home.

Australians:
I was in Queensland and I drove for 18 hours. Now I'm still in Queensland.



In memory of a dear member and friend

Rita Hibberd

Rita had been a member of National Seniors Corinda Branch for many years and a member of the Management Committee for nearly as long.

You will all remember Rita as one of the Committee who welcomed you each month to the Branch Meeting. Rita was in charge of the raffles for as long as I can remember and was a very active participant in the management of the Branch and organisation of the many activities that have been held over the years.

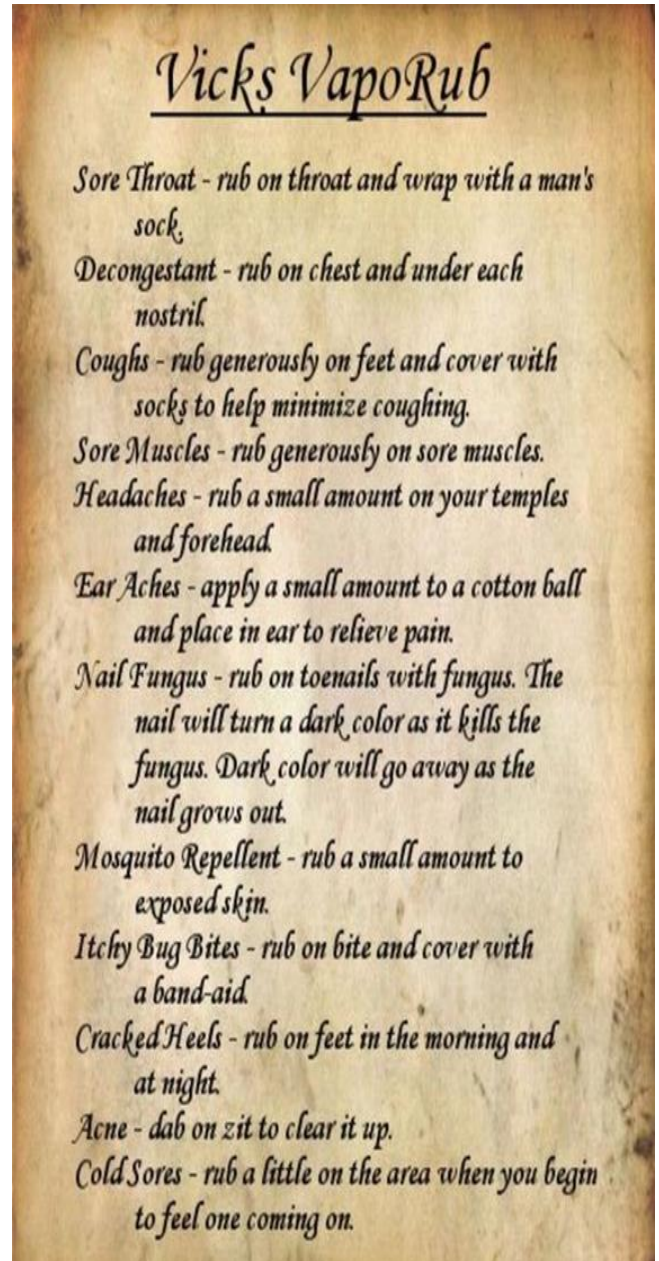
Rita was a keen supporter of many groups and activities within her community and has a radio studio named after her for her support of Reading Radio.



Rita had been unable to attend meetings for some time due to her health and on the 13 June 2020 she passed away surrounded by her loving family.

We will miss her and our thoughts go to her family.

You always knew Vicks VapoRub was good and here is a list of uses from an old magazine to prove it.



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

Postal Address: NSA Corinda Branch,
153 Ardoyne Rd, Oxley Qld 4075

Email: corindabran.ch.nsa@outlook.com

President: Norma Spinetti 07 3379 6592
Secretary: Bronwyn Quinn 07 3379 8737
Publicity Officer:
Lorna Norris 07 32883348

Trivia Answers

1. The heart
2. Leg
3. 60-65%
4. Calcium
5. Over 100,000 beats
6. The Skin
7. Agra
8. Vatican City
9. 3 hearts
10. 22 months
11. An army of frogs
12. 5 eyes