



# National Seniors Australia Corinda Branch July 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 2<sup>nd</sup> 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 teaing

## June Guest Speaker

Many thanks to **Bob Walker, Community Engagement Officer, Office of Fair Trading**, who gave a very informative talk on the many SCAMS that seem to be a constant annoyance in everyday life.

There were 216,089 scams reported in 2020 and Bob stated that there were probably many more that went unreported.

Australians lost a combined sum of \$176.1 million to all types of scams in 2020, up 23.1% from the \$142.9 million reported in 2019, according to the Australian Competition and Consumer Commission's Scamwatch.

Bob advised that we should all subscribe to the IDCARE newsletter. IDCARE is Australia and New Zealand's national identity & cyber support service. Bob also advised that all scams be reported to Scamwatch.gov.au.

Bob gave out the "Little Black Book of Scams" that give comprehensive information on scams and how to avoid them.



## Branch Calendar July 2021 to December 2021

Tuesday 13 July    Hoy Morning  
                              Christmas in July Lunch

Tuesday 10 August - **Annual General Meeting**  
Guest Chair: Chris Grice, General Manager NSA, Services provided by NSA- including Travel & Insurance  
Meeting followed by light lunch

Tuesday 14 September Transit Care

Tuesday 12 October – Bring and Buy

Tuesday 9 November - Office of Fair Trading – Consumer Rights

Tuesday 14 December Christmas Party and last meeting for 2021

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

**Reminder** – all Committee positions become vacant at the AGM. Nomination forms for Committee positions are available at the June, July and August meetings and by contacting Bronwyn.



# Keeping Healthy

## National Diabetes Week - 11 – 17 July

### **What is diabetes**

Diabetes is a serious complex condition which can affect the entire body. Diabetes requires daily self-care and if complications develop, diabetes can have a significant impact on quality of life and can reduce life expectancy. While there is currently no cure for diabetes, you can live an enjoyable life by learning about the condition and effectively managing it.

There are different types of diabetes; all types are complex and serious. The three main types of diabetes are type 1, type 2 and gestational diabetes.

### **How does diabetes affect the body?**

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.

For our bodies to work properly we need to convert glucose (sugar) from food into energy. 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. When people with diabetes eat glucose, which is in foods such as breads, cereals, fruit and starchy vegetables, legumes, milk, yoghurt and sweets, it can't be converted into energy.

Instead of being turned into energy the glucose stays in the blood resulting in high blood glucose levels. After eating, the glucose is carried around your body in your blood. Your blood glucose level is called glycaemia. Blood glucose levels can be monitored and managed through self-care and treatment.

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 is serious**

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.

We know diabetes:

- Is the leading cause of blindness in working age adults
- Is a leading cause of kidney failure and dialysis
- Increases the risk of heart attacks and stroke by up to four times
- Is a major cause of limb amputations
- Affects mental health as well as physical health. Depression, anxiety and distress occur in more than 30% of all people with diabetes

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

### **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

## DonateLife Week: Sunday 25 July to Sunday 1 August.

“We are running the Great Registration Race for DonateLife Week from Thursday 8 July and through August with a big push during DonateLife Week: Sunday 25 July to Sunday 1 August.

With a decrease in donation and transplantation activity during 2020 due to COVID-19, it has never been more important to encourage others to register as organ and tissue donors.

To celebrate a decade of DonateLife Week, we have a new look and fresh ambition. There are around 13 million Australians aged 16+ who are eligible to register as an organ and tissue donor – but haven't.

For 'The Great Registration Race for DonateLife Week' our goal is to encourage up to 100,000 more Australians to join the Australian Organ Donor Register.

**How do you register to be an organ and tissue donor?** The easiest way to register is on the DonateLife website, at [donatelife.gov.au/register](https://donatelife.gov.au/register). Registering is easy and only takes one minute. All you need is your Medicare card.”

### Joke Of The Month

A man decided to join a monastery where you were only allowed to say two words every 10 years

After 10 years in the monastery the head monk summons him and says 'You've been with us for 10 years. What two words would you like to say.'

The monk replies 'I'm hungry', so the head monk organizes for an extra ration be given to him each day.

After 20 years the head monk calls him in again and asks 'What two words would you like to say?'

The monk replies with 'Too cold', so the head monk organizes for him to get another blanket.

After 30 years the head monk calls him in and says 'What two words would you like to say'.

The monk replies with 'Wanna leave'.

The head monk says 'I'm not surprised. You've done nothing but complain since you've been here'.

## Apples

We all know apples are healthy right? But what many of us don't realise is just how healthy they really are. In addition to having the highest antioxidant capacity of Australia's most popular fruits, apples are rich in nutrients that are vital for good health and disease prevention making them a valuable choice each day for enhancing the quality of our diet.

The Australian apples season is now in full swing. Here are some **handy apple tips** for selecting, storing and enjoying your apples.

- Select apples that are firm and without bruises and blemishes.
- Store your apples in the fridge when you get home, they'll stay fresher and keep their crunch for longer
- Enjoy the whole apple – skin and all – to get all the nutritional benefits. A lot of the antioxidants and other good stuff is in the skin.

Apples are incredibly good for you, and eating them is linked to a lower risk of many major diseases, including diabetes and cancer. What's more, its soluble fibre content may promote weight loss and gut health.

A medium apple equals 1.5 cups of fruit — which is 3/4 of the 2-cup daily recommendation for fruit. For the greatest benefits, eat the whole fruit — both skin and flesh.

## Recipe of the Month EASY APPLE SLICE

### Ingredients

- 4 medium apples - peeled, cored and cut into 1cm pieces
- 2 cups self-raising flour
- 1/2 cup raw sugar
- 125gm butter - melted
- 1 large egg
- 1 tablespoon raw sugar
- 1 teaspoon cinnamon

### Instructions

1. Combine apples, sugar and flour in a large mixing bowl.
2. Add butter and egg and stir until well combined.
3. Press into a lined slice tray.
4. Combine extra sugar and cinnamon and sprinkle over slice.
5. Bake 180°C for 35-40 minutes.
6. Allow to cool in tray before removing and slicing.

**(This was the easiest apple slice I have ever made and it was lovely and even better with cream or ice-cream. I didn't have apples so used one tin of sliced apples and white sugar works too.)**



I hate it when I go to the kitchen to look for food and all I find are ingredients.



*People who think they know everything are a great annoyance to those of us who do*

*Isaac Asimov*



#### 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

#### Branch Contacts:

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