



National Seniors Australia Corinda Branch June 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 teeing

April Guest Speaker

The guest speakers for May were Loan Chow and Jennie McIntosh presenting Estate Planning.

Jennie, a representative from K.M.Smith Funeral Directors, gave a very entertaining and informative talk about funerals and cremations. She was able to answer all our questions (specially those questions that you always wanted to ask but didn't know who to ask or how) in a practical and matter-of-fact way.

Loan is a Lawyer with YHC Lawyers, specialising in Succession Law. She gave a comprehensive talk on the importance of having a well prepared will and the issues that can arise if this is not the case and particularly if no will exists at all. She spoke about when wills go wrong and who can contest a will.

Loan then spoke on the importance of having an Enduring Power of Attorney and an Advanced Health Directive to ensure your wishes are carried out when you can no longer speak for yourself.

Branch Calendar June 2021 to December 2021

Tuesday 8 June Office of Fair Trading

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

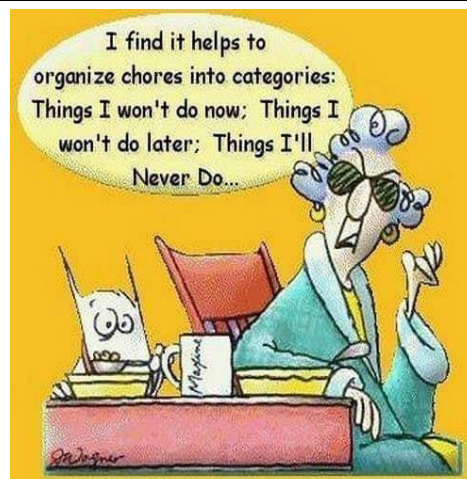
Tuesday 12 October – Bring and Buy

Tuesday 9 November

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.



I tried that Japanese decluttering trend where you hold each thing you own and throw it out if it doesn't give you joy. So far I've thrown out all the vegetables and the electric bill.

Keeping Healthy

Bowel Cancer Awareness Month

June is Bowel Cancer Awareness Month - Bowel Cancer Australia's signature event to raise awareness of **Australia's second deadliest cancer** and funds for the leading community-funded charity dedicated to prevention, early diagnosis, research, quality treatment and the best care for everyone affected by bowel cancer. Australia has one of the highest rates of bowel cancer in the world; 1 in 13 Australians will develop the disease in their lifetime. Bowel cancer claims the lives of 103 Australians every week (5,336 people a year) - but it's one of the most treatable types of cancer if found early.

The risk of developing bowel cancer rises sharply and progressively from age 50 and while the risk of bowel cancer increases significantly with age, the disease doesn't discriminate, affecting men and women, young and old.

296 Australians will be diagnosed with bowel cancer this week (15,352 people a year). Bowel cancer, also known as colorectal cancer, can affect any part of the colon or rectum; it may also be referred to as colon cancer or rectal cancer, depending on where the cancer is located. The colon and rectum are parts of the large intestine. The colon is the longest part of the large intestine (the first 1.8 metres). It receives almost completely digested food, it absorbs water and nutrients, and passes waste (stool/faeces/poo) to the rectum.

Any of the below symptoms could be indicative of colon or rectal cancer and should be investigated by your GP if they persist for more than two weeks.

- **Blood in your poo or rectal bleeding**
- **A recent, persistent change in bowel habit** (e.g. diarrhoea, constipation or the feeling of incomplete emptying)
- **A change in the shape or appearance of your poo** (e.g. narrower poos or mucus in poo)
- **Abdominal pain or swelling**
- **Pain or a lump in the anus or rectum**
- **Unexplained anaemia causing tiredness, weakness or weight loss**

Almost 99% of bowel cancer cases can be treated successfully when detected early.

World Blood Donor Day 14 June

World Blood Donor Day, celebrated on 14 June every year, serves to raise awareness of the need for safe blood and blood products and to thank voluntary unpaid blood donors for their life-saving gifts of blood. With the slogan "Give the gift of life: donate blood", this year's campaign, the 10th anniversary of World Blood Donor Day, will focus on the value of donated blood to the patient, not only in saving life, but also in helping people live longer and more productive lives.

Safe blood and blood products and their transfusion are a critical aspect of care and public health. They save millions of lives and improve the health and quality of life of many patients every day.

Donated blood is used in treatment for - Cancer, blood diseases, anaemia, heart disease, stomach disease, kidney disease, childbirth, operations, blood loss, trauma, burns.



Joke Of The Month

A doctor, a priest and a lawyer...

A wealthy old man summons to his bedside his doctor, his priest, and his lawyer. "They say you can't take it with you, but I'd like to have something with me, just in case. So I am giving each of you an envelope containing \$100,000 in cash and I would be grateful if at my funeral you would put the envelopes in my coffin." They each agree to carry out his wish.

At the old man's funeral, each of the three advisors slips something into the coffin. As the three are walking away together, the doctor turns to the other two and says, "Friends, I have a confession to make. At the hospital we are desperate for a CAT SCAN machine, so I took \$20,000 of our friend's money for a new machine and put the rest in the coffin as he asked."

The priest admits, "I, too, have a confession to make. I took \$50,000 for our homeless fund and put the rest in the coffin as our friend requested."

The lawyer righteously replies, "I am astonished that you would treat so casually our undertaking to our friend. I want you to know that I placed in his coffin my personal check for the full \$100,000."

Pumpkin

The king of the vegetable patch, the mighty yet humble pumpkin is much more than a Halloween decoration. Super nutritious, naturally sweet and very low calorie, pumpkins aren't just good for carving, they're rich in health benefits too! They are a colourful and versatile ingredient in many tasty and healthy recipes including soups, salads, pies, curries and cakes. The flesh, seeds and blossom can all be eaten and enjoyed and are all a fantastic source of vital nutrients.



We roast them for salads, blend them into soups and some people even turn them into pies, but did you know that pumpkin is actually a fruit? More specifically, a berry. Trivia aside, the colder months is when many of us turn to pumpkins, and for good reason too.

Nutritional information

Pumpkins are an extremely nutrient-dense food packed with vital vitamins and antioxidants including vitamin C, lutein and B vitamins. Just one portion contains over 100% of your RDA of vitamin A, whilst 100g of the seeds deliver 110% of your RDA of iron. They are rich in fibre and protein as well as a host of minerals essential for the effective functioning of the body, including magnesium, calcium and potassium.

Health benefits

Pumpkins are one of the richest sources of beta-carotene, believed to reduce the risk of developing heart disease and certain types of cancer (prostate, lung and oral). The powerful combination of nutrients found in just a small portion of pumpkin can reduce blood pressure, cholesterol and the risk of stroke, whilst boosting fertility and the immune system and improve skin, brain and eye health. And it's not only the flesh of the pumpkin that's packed with health-boosting benefits; Pumpkin seed oil, with its robust and distinctive flavour, is rich in essential fatty acids known for preventing cardiovascular disease, depression, asthma rheumatoid arthritis and symptoms of the menopause. Roasted pumpkin seeds make a delicious snack with just 100g containing 110% of your RDA of iron and an abundance of mono-unsaturated fatty acids, which are great for heart health. Having trouble sleeping? Then reach for a handful of pumpkin seeds a few hours before bed. They are an excellent source of tryptophan, which the body converts into melatonin, the 'sleep hormone'.

Recipe of the Month

Pumpkin & Potato Soup

- **Prep:** 20 min **Cook:** 60 min Easy Serves 2

Ingredients

- 1 medium pumpkin, seeds removed
- 3 onions, halved
- 4 large potatoes, peeled
- 1 ltr vegetable stock
- Freshly ground pepper
- Fresh rosemary & thyme

Method

1. Cut the pumpkin and potatoes into small chunks.
2. Par-boil the pumpkin and potatoes.
3. Put the pumpkin, potatoes and onions into a saucepan with vegetable stock and allow to simmer for 1 hour.
4. Blend and season with pepper, rosemary and thyme, according to taste.



Pumpkin soup will keep in the fridge for 4 to 5 days, or can be frozen for 3 months – just thaw then reheat using your chosen method.

Correction from our April Newsletter

The recipe for Crockpot Creamy Italian Chicken should be 20 gms of Italian dressing mix NOT 200gms as stated in the recipe. Thanks to Heather who fortunately realised that was a bit too much and let me know.



“The way I see it, if you want the rainbow, you gotta put up with the rain.” Dolly Parton Singer-Songwriter



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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