



National Seniors Australia Corinda Branch



March 2022 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

Corinda Branch 32nd Birthday

The Corinda Branch NSA began life as Later Years on 27 March 1990.

The Branch was formed by a group of local seniors who wanted a club that provided more than just a place to pass the time. Later Years was a group that aimed to provide seniors with a club where they could socialise, be informed and represented regarding issues of interest to seniors, engage in activities such as bus trips and to hear speakers of interest on a variety of topics. The first meeting was attended by 57 members. The first Annual General Meeting was held on 10 July 1990 when the Management Committee was elected. The founding President was Mr Gordon Allan and the first elected President was Mr Bill Laidlaw and I am proud to say that my mother, Beatrice Lambert, was a member of the first elected Committee. Later Years had 51 Branches in Queensland with 32,000 members.

The first bus trip was to the Jam Factory and Caboolture and the first guest speaker was Joan Rodgers who spoke on telephone aids and new telephones for people with hearing difficulties. On 12 November 1991 the first meeting as the Corinda Branch of National Senior was held following the merger of Later Years Qld and Mature Australia (NSW) and the first Constitution for Corinda Branch was adopted on 11 August 1992.

Branch Calendar February 2022 to December 2022

Tuesday 8 March Branch Birthday and guest presenter Niki from Transit Care

Tuesday 12 April Sausage sizzle Easter fun
Speaker TBA

Tuesday 10 May High Tea and HOY

Tuesday 14 June Speaker TBA

Tuesday 12 July Winter Warmer Lunch –
Speaker TBA

Tuesday 9 August AGM with Committee
Elections and Light Lunch

Tuesday 13 September Sausage Sizzle –
Speaker TBA

Tuesday 11 October Bring and Buy –
Speaker TBA

Tuesday 8 November – Speaker TBA

Tuesday 13 December Last meeting for 2022
and Christmas Party

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



The Keeping Healthy

Bananas

Health benefits of Aussie bananas



Bananas are one of the most popular fruits in Australia, in fact Australians consume 5,000,000 bananas each day!

Known for being packed full of nutritious vitamins, providing a natural boost of energy and a great source of fibre, bananas not only taste good but have the added benefit of making you feel good too.

Australian bananas are primarily grown on commercial plantations across states with warmer climates such as Queensland, New South Wales, Western Australia and the Northern Territory. From the time of planting, it usually takes around 12 months to produce the first bunch of bananas with a bunch averaging around 50 to 200 bananas.

In 2017/18, Australian farmers produced 388,000 tonnes of fresh bananas.

If you think that statistic is impressive, the nutritional facts about bananas are equally as impressive!

Potassium

A banana will give you 10% of your daily potassium needs and has no salt (sodium). Potassium is found mainly within body cells and plays a major role in ensuring normal cell function, proper nerve signals, heart beats and muscle contractions, as well as making sure nutrients are transported efficiently within the body.

Research shows that a diet high in potassium and low in salt helps to keep blood pressure at normal levels and also reduces the risk of stroke

Low GI

The Glycaemic Index (GI) is a measure of how much and how quickly blood sugar levels rise after eating a food. The average GI of bananas is 52 which is classified as low, meaning it's great for lasting energy.

Vitamin C

Vitamin C is an essential antioxidant vitamin and very important in the making of collagen, the connective tissue found in tendons, arteries, bone, skin and muscle. Like most fruit, bananas are a source of vitamin C.

Fibre

The fibre found in bananas helps keep you regular and prevent constipation, as well as protecting your intestines from diverticula disease and haemorrhoids. A medium banana has 2.4 g of fibre, nearly 10% of your fibre needs for the day. If you have constipation, bananas included in the diet can help restore normal bowel action, without resorting to laxatives.

Antioxidants

Bananas contain significant natural antioxidants that help keep us healthy. Research shows antioxidants help reduce the risk of heart disease, cancer, and help protect nerve cells, which in turn could help protect the brain from Alzheimer's Disease.

Carbohydrate

Bananas have long been a favourite with athletes and active people. That's because the carbohydrate in a banana becomes glucose in the blood providing an excellent source of long lasting muscle energy.

Vitamin B

The B group of vitamins have a critical role in energy metabolism and are involved in many enzyme processes. One banana offers 15% of your B6 and 10% of your folate needs for the day.

National Advance Care Planning Week

21-27 March 2022

Advance Care Planning Australia is a national program that enables Australians to take control of their choices for health care through advance care planning.

Advance care planning support service Call us 1300 208 582

Call us now with your advance care planning questions, 9am - 5pm (AEST) Monday to Friday.

Advance care planning is the process of planning for your future health care. It relates to health care you would or would not like to receive if you were to become seriously ill or injured and are unable to communicate your preferences or make decisions. This often relates to the care you receive at the end of your life.

Advance care planning gives you the opportunity to think about, discuss and record your preferences for the type of care you would receive and the outcomes you would consider acceptable. It helps to ensure your loved ones and doctors know what your health and personal preferences are and that these preferences are respected.

Ideally, advance care planning will result in your preferences being documented in a plan known as an advance care directive and the appointment of a substitute decision-maker to help ensure your preferences are respected.

In Queensland there are three ways you can record your choices for future health care:

1. Complete an Enduring Power of Attorney
2. Complete an Advance Health Directive
3. Complete a Statement of Choices

Completing these documents is the best way to make your preferences known about the type of treatment you would prefer if you are unable to participate in decisions, and to ensure that family and health professionals respect your preferences.

Kidney Health Week, March 7 - 13

The theme for this years Kidney Health Week is Connection, *"Kidney Health for All"*.

1 in 3 Australians are at risk of kidney disease, which is a deadly and incurable disease. If caught early, progression to kidney failure can be slowed or stopped.

Your kidneys are a vital part of your body. The kidney's main task is to clean your blood and filter waste out through your urine. When your kidneys aren't functioning as they should, waste gradually builds up in your body, and this can have a devastating impact on your health. This condition is called kidney disease - the loss of normal kidney function over time. It can also be called kidney failure, which is the end-stage of kidney disease.

'Acute kidney disease' is where the kidneys recover normal function within three months. 'Chronic kidney disease' is where there is a loss of healthy kidney function for more than three months.

Chronic kidney disease is the most common form of kidney disease. There are five recognised stages. Stage 1 is the mildest form and often hard to detect with no obvious signs. It gradually progresses through to kidney failure in later stages.

There are many different causes of kidney disease. Currently in Australia, the most common is diabetes. Diabetes accounts for 38 per cent of all new cases. There is also a very strong link between kidney disease and high blood pressure. Other causes include immune diseases, congenital conditions, or genetic disorders, such as polycystic kidney disease.

So, there's no need to panic – [read about the risk factors](#) such as diabetes, blood pressure, age and weight, then visit your doctor for a [Kidney Health Check](#). Your doctor will ask about your family's medical history, along with a few questions on your general health and well being. They'll check your blood pressure and ask you to do a urine test and blood test while you're there, too.

Recipe of the Month – Joy's Easy Banana Bread

Ingredients

- 3 ripe bananas, mashed
- 1 cup white sugar
- 1 egg
- ¼ cup melted butter
- 1 ½ cups all-purpose (plain) flour
- 1 teaspoon baking soda
- 1 teaspoon salt

Directions

- Step 1** Preheat oven to 325 degrees F (165 degrees C). Grease a 9x5-inch loaf pan.
- Step 2** Combine bananas, sugar, egg, and butter together in a bowl. Mix flour and baking soda together in a separate bowl; stir into banana mixture until batter is just mixed. Stir salt into batter. Pour batter into the prepared loaf pan.
- Step 3** Bake in the preheated oven until a toothpick inserted in the center of the bread comes out clean, about 1 hour.

[Elected Branch Committee](#) [13 October 2021 - August 2022](#)

President: Wendy Ostrofski
Vice President: Norma Spinetti
Secretary: Bronwyn Quinn
Treasurer: Maria Gariola
Assistant Treasurer: Heather Hallam
Catering Organiser: Lorna Norris

[Committee Members](#)

Margaret Maynard
Judy Christy

[Branch Contacts:](#)

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The single raindrop never
feels responsible for the flood.

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