



CORINDA BRANCH NEWSLETTER

May 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

To all our member Mums



Sad News

Our dear member Heather Silver passed away peacefully on 6 April 2020.

Heather and her husband Bob, who is sadly also no longer with us, were stalwart members for many years and great supporters of the Branch.

Our thoughts are with Heather's family at this sad time. She will be missed by all.



Meetings Cancelled

In keeping with the circumstances surrounding the COVID-19 virus and Government actions in limiting mass gatherings, the Executive of National Seniors Australia have issued an instruction to all Branch Presidents.

"National Seniors has responsibilities for events which are organised under its name. Until further notice, I am discontinuing events under the National Seniors brand which bring together groups."

Chris Guille, Chairman National Seniors Australia.

Branch Calendar April to December 2020

Tuesday 12 May	Meeting Cancelled
Tuesday 9 June	Meeting Cancelled
Tuesday 14 July	Meeting Cancelled
Tuesday 11 August	Annual General Meeting & Lunch
Tuesday 8 September	Hearing Health, Michelle Wu. Sausage Sizzle
Tuesday 13 October	Bring and Buy Speaker TBA
Tuesday 10 November	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)



Health Focus for May

World Asthma Day

5 May, 2020

Asthma is a chronic disease that affects the air passages in the lungs. Inflammation causes a temporary narrowing of these passages, resulting in breathlessness, coughing, wheezing and tightness in the chest. Symptoms can recur several times in one day and may become worse at night or during physical activity.

These symptoms vary in frequency and severity. When the symptoms are not under control, the airways can become inflamed making breathing difficult. Whilst asthma can not be cured, the symptoms can be controlled enabling people with asthma to live full lives. Sufferers can help control the symptoms by taking medications and avoiding triggers such as pollen, dust mites, tobacco smoke and air pollution.

In **2020, Exercise Right Week** will be held from the 25th – 31st of May. This year, the theme is “Movement is Medicine“. We want to highlight how powerful **exercise**, physical activity and movement are for your physical and mental health.



Most people throughout the world are currently nervous about the potential impact of COVID-19, however, it's now more important than ever to remind everyone that we should still consider physical activity to support our immune system, and secondly to **support our mental health**.

We are faced with very troubling times and one of the first things we forget is that exercise is vitally important to maintain our physical and mental health. As the many nation's face shut downs and self-isolation is mandatory – we want to remind everyone that our accredited exercise professionals can help.

EXERCISE AND OLDER ADULTS 65+

Older people should do some form of physical activity, no matter what their age, weight, health problems or abilities. Older people should be active every day in as many ways as possible, doing a range of physical activities that incorporate fitness, strength, balance and flexibility.

Older people should accumulate at least 30 minutes of moderate intensity physical activity on most, preferably all, days.

Older people who have stopped physical activity, or who are starting a new physical activity, should start at a level that is easily manageable and gradually build up the recommended amount, type and frequency of activity.

Older people who continue to enjoy a lifetime of vigorous physical activity should carry on doing so in a manner suited to their capability into later life, provided recommended safety procedures and guidelines are adhered to.

DIABETES AND WHY IS IT IMPORTANT TO EXERCISE?

Everybody benefits from regular exercise but for people with diabetes mellitus (Type 1 or Type 2) exercise can play a vital role in the management of their condition.

Exercise cannot reverse the damage to the cells in the pancreas that leads to the decreased production of insulin.

However, exercise can improve the way the muscles respond to insulin, which, in turn, helps regulate the blood glucose level for some hours after the exercise.

Exercise also increases glucose uptake by the muscles in other ways that do not depend on insulin. In addition, exercise can lower the dose of insulin required by improving the body's response to insulin.

It is important to exercise right for diabetes however, as those with this condition may have an increased risk of complications.

Did you try last month's recipes? My family loved the savoury curry mince. I have spent some of my time at home looking in old recipes my mother had collected. These are from newspapers or magazines dating back to the fifties and from old CWA cooking competitions. I have tried the CWA "Quick Mix Bar Cake for contestants over 70 years" and an Impossible quiche from a school cooking book. Both were so easy and turned out really well.

May 2020 Quiz Questions <small>(answers on back page)</small>
1. Who discovered penicillin?
2. What is the common name for dried plums?
3. About how many taste buds does the average human tongue have?
4. Which continent is the largest?
5. What is the name of the song that Queen Elsa sings as she builds her ice castle in the movie Frozen?
6. How long is the gestation period of an African elephant?
7. What is meteorology the study of?
8. Which country produces the most coffee in the world?
9. Which organ of the body has four chambers?
10. What is the name of the thin, but long country that spans more than half of the western coast of South America?
11. How many films did Sean Connery play James Bond in?
12. What name is used to refer to a group of frogs?

Quick Mix Bar Cake
Competitors Over 70 Years
QCWA 1997-98 Competition



Ingredients

- ½ cup milk
- 125 gm butter
- ¾ cup castor sugar
- 2 eggs
- 1 cup self-raising flour
- 1 tablespoon cornflour
- ½ teaspoon vanilla essence
- Pinch salt

Method

- Place all ingredients in a bowl,
- beat well for 5 minutes, turn into a lightly greased 8 ½" x 4 ½" x 2 ½" or 9" x 3" x 4 ½" bar tin.
- Bake in moderate oven 1 hour.
- Ice top with vanilla icing.

**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.**



shared by wctnewsletters.com

Impossible quiche

A beautiful golden brown ham and cheese quiche.



Ingredients

- 125g ham, chopped
- 1 small onion, finely chopped
- 1 1/2 cups (180g) grated tasty cheese
- 1/3 cup (50g) self-raising flour
- Salt & freshly ground pepper, to season
- 4 eggs
- 1 1/2 cups (375ml) milk

Method

- Preheat oven to 200°C. Grease a 5 cup capacity pie dish.
- Combine ham, onion, cheese, flour, salt and pepper in a medium bowl. Scatter over base of dish.
- Whisk eggs and milk together in a large jug and pour over ham mixture. Cook for about 40 minutes or until puffed and golden. Cool slightly. Serve warm or cold.

**There's nothing
scariest than the split
second where you
lose your balance in
the shower and think
"oh god, they're going
to find me naked"**

A SENIOR MOMENT

An elderly Florida lady did her shopping and, upon returning to her car, found four males in the act of leaving with her vehicle.

She dropped her shopping bags and drew her handgun, proceeding to scream at the top of her lungs, "I have a gun, and I know how to use it! Get out of the car!". The four men didn't wait for a second threat. They got out and ran like mad.

The lady, somewhat shaken, then proceeded to load her shopping bags into the back of the car and got into the driver's seat. She was so shaken that she could not get her key into the ignition.

She tried and tried, and then she realized why. It was for the same reason she had wondered why there was a football, a Frisbee and two 12-packs of beer in the front seat. A few minutes later, she found her own car parked four or five spaces farther down.

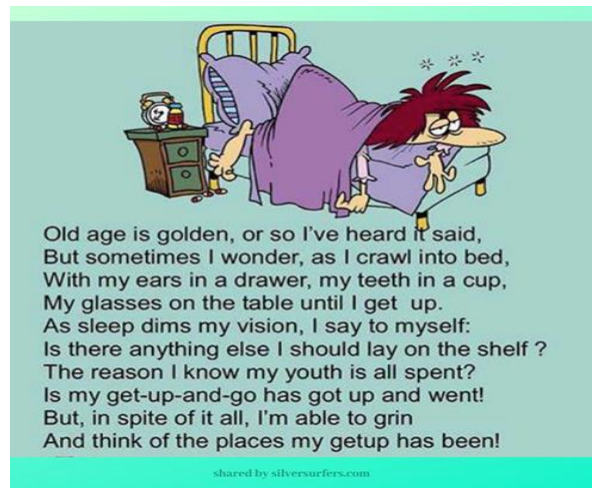
She loaded her bags into the car and drove to the police station to report her mistake.

The sergeant to whom she told the story couldn't stop laughing. He pointed to the other end of the counter, where four pale men were reporting a carjacking by a mad, elderly woman described as white, less than five feet tall, glasses, curly white hair, and carrying a large handgun.

No charges were filed.

The moral of the story? - If you're going to have a senior moment... make it memorable.

Quiz Answers	
1. Alexander Fleming	7. The weather
2. Prunes	8. Brazil
3. 10, 000	9. The Heart
4. Asia	10. Chile
5. Let It Go	11. 7
6. 22 months	12. An army



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: corindabranch.nsa@outlook.com

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