



National Seniors Australia Corinda Branch May 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 tea

April Guest Speaker

The guest speaker for April was Agnes Kesmarki from Continence Australia. Agnes gave a very interesting and informative presentation and provided a clear understanding of the complex nature of Continence. This condition effects over 5 million Australians aged 15 years and older with 80% being women. There are a number of different types of incontinence including both bladder and bowel.

Agnes advised if anyone was experiencing incontinence there is a free helpline that can provide information and where relevant support can be found. **The Helpline number is 1800 330066.** Continence Australia provide a variety of printed information including a National Public Toilet Map and a free magazine "Bridge" that contains informative and practical information on Continence.



90th Birthday Celebrations

Our much-loved Treasurer Heather Hallam celebrated her 90th Birthday on our meeting day. Members celebrated with a special cake.

Branch Calendar May 2021 to December 2021

- Tuesday 11 May Estate Planning
Loan Chow, YHC Lawyers
and Ms Jennie McIntosh,
KM Smith Funeral Directors.
Devonshire Tea for Mother's Day
 - 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
 - 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)

REMEMBER BACK WHEN WE
USED TO EAT CAKE AFTER
SOMEONE BLEW ALL OVER IT?

MAN, WE WERE WILD...

**Why does the need
to pee intensify by
a million when you
are trying to unlock
the door to your
house?**



Keeping Healthy

Pneumonia Awareness Week May 17 - 20

Pneumonia is a common and potentially fatal lung infection that should not be underestimated. It can be caused by viruses, bacteria or fungi.

During normal respiration, air travels through the lungs to the alveoli or air sacs. Pneumonia results when air sacs in the lungs fill with secretions and fluids that obstruct normal air flow.

There are many types of pneumonia, one of the most common and life-threatening types is pneumococcal pneumonia.

People with chronic lung conditions have an increased risk of developing pneumonia because infections are more common when the lungs are already weakened. You may have more severe symptoms and are at higher risk for hospitalisation. It can also take you longer to recover and you are more likely to develop serious complications from the infection.

What are the symptoms of pneumonia?

Quite often, people with pneumonia have previously had cold or flu symptoms for a few days or weeks that have got worse, not better.

The most common symptoms of pneumonia are:

- cough — can be dry or may produce thick mucus (cough can last for several weeks after pneumonia has been treated successfully)
- fever (a temperature of 38°C or higher), sweating and shivering — though in older people it can cause lower than normal body temperature
- difficulty breathing, or rapid breathing (especially in young children) or shortness of breath
- feeling generally tired and unwell
- loss of appetite

People with pneumonia may also: have a headache, have pain in the chest that is worse with breathing, cough up blood, feel nauseous and maybe even vomit, ache all over, be confused or disorientated (especially older people), have a blue colour around the mouth (cyanosis), due to lack of oxygen in more serious cases

Kidney Health Week May 25 - 31

One in three Australians have an increased risk of kidney disease. Kidney Health Week is a national campaign run at a grassroots level that raises awareness of the importance of our kidneys while shining a light on the prevention and early detection of kidney disease. Kidney disease has a big impact on Australians; it is the 10th most common cause of death in Australia.

According to the Australian Bureau of Statistics, over 50 people die from kidney related disease every day.

Kidney disease can be a serious condition in which the kidney loses part or all of its function. Kidney dysfunction can lead to a build up of waste water which remains in the body. A consequence of kidney disease can include high blood pressure, bone disease, anemia, acidosis and cholesterol problems. Left untreated, kidney disease can be fatal.

Risk Factors Of Kidney Disease

- Age - people over 50 years of age are more likely to get kidney disease.
- Obesity - obese people are a higher risk.
- Smoking
- High blood pressure
- Diabetes
- Family history of kidney disease.
- People of an Aboriginal or Torres Strait Islander origin.

People with kidney disease may experience no symptoms when kidney function is above 10%. Therefore, it is vital that people have a health check and are screened for kidney disease. A health check for kidney disease usually includes blood pressure, blood and urine tests.

Joke Of The Month

Two men were sitting next to each other at Murphy's Pub in London. After a while, one bloke looks at the other and says, I can't help but think, from listening to you, that you're from Ireland. The other bloke responds proudly, Yes, that I am! I'm from Dublin, I am.

The first one responds, So am I!

Mother Mary and begora. And what street did you live on in Dublin?

The other bloke says, A lovely little area it was. I lived on McCleary Street in the old central part of town.

The first one says, Faith and it's small world. So did I! And to what school would you have been going?

The other bloke answers, Well now, I went to St Marys, of course.

The first one gets really excited and says, And So did I. Tell me, what year did you graduate?

The other bloke answers, Well, now, let's see. I graduated in 1964.

The first one exclaims, The Good Lord must be smiling down upon us! I can hardly believe our good luck at winding up in the same place tonight. Can you believe it, I graduated from St. Marys in 1964 my own self!

Brian, the barman, shakes his head and mutters, it's going to be a long night tonight. The Murphy twins are drunk again!!!

Spinach Fun Facts

or everything you wanted to know about spinach but were afraid to ask!!!

Spinach is a cool season crop and belongs to the goose foot family along with Swiss chard and beets. It is low in calories, and is a good source of vitamin C, vitamin A, and minerals, especially iron. Spinach is a nutritious, leafy green. This vegetable has been shown to benefit health in several ways. Spinach may decrease oxidative stress, improve eye health, and help prevent heart disease and cancer. If you're interested in its health-boosting potential, spinach is an easy food to add to your diet



Other facts about spinach

- Spinach is a native plant of Persia (modern day Iran). It was introduced to China in the 7th century. It was most probably brought to Europe in about the 12th century.
- Reflecting its origin, spinach is still widely known in China as "the Persian Green".
- Spinach is best eaten fresh. It loses nutritional properties with each passing day. Although refrigeration slows the deterioration, half of the major nutrients are lost by the eighth day after harvest. (For long term storage, freeze while fresh.) When fresh, it has crisp leaves. As they deteriorate, the leaves turn limp.
- There are many varieties of spinach, though they mostly fall into three distinct groups: Savoy (Dark green, crinkly and curly leaves. Commonly found in supermarkets.), Flat/smooth leaf spinach (Most commonly used for canned and processed spinach products, though "baby spinach" also fits in this group. Easier to wash and clean than Savoy.), and Semi-savoy (Hybrid variety with slightly crinkled leaves. It has the same texture as savoy, but it is not as difficult to clean.)
- "Florentine" is a common part of names of recipes where spinach is a significant ingredient. Florence in Italy was the home town of Catherine de Medici, a lover of spinach, who married the King of France in the 16th century.
- Spinach leaves are a mild diuretic and mild laxative.
- Medieval artists extracted green pigment from spinach to use as an ink or paint.

Never in my
wildest dreams
did I imagine
I'd go up to
a bank teller
with a mask on
asking for money.

Recipe of the Month

Vegetarian Black Bean Pasta

Prep/Total Time: 25 min. Makes 6 servings

Ingredients

- 250gms uncooked fettuccine
- 1 tablespoon olive oil
- 1-3/4 cups sliced mushrooms
- 1 garlic clove, minced
- 1 can (425gm) black beans, rinsed and drained
- 1 can (400gm) diced tomatoes, undrained
- 1 teaspoon dried rosemary, crushed
- 1/2 teaspoon dried oregano
- 2 cups fresh baby spinach



Directions

- Cook fettuccine according to package directions. Meanwhile, in a large skillet, heat oil over medium-high heat. Add mushrooms; cook and stir 4-6 minutes or until tender. Add garlic; cook 1 minute longer.
- Stir in black beans, tomatoes, rosemary and oregano; heat through. Stir in spinach until wilted. Drain fettuccine; add to bean mixture and toss to combine.

Nutrition Facts

1-1/4 cups: 255 calories, 3g fat (0 saturated fat), 0 cholesterol, 230mg sodium, 45g carbohydrate (4g sugars, 9g fiber), 12g protein. **Diabetic Exchanges:** 3 starch, 1 lean meat, 1/2 fat.



“The only way to keep your health is to eat what you don’t want, drink what you don’t like, and do what you’d rather not.” – **Mark Twain**



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:

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

Email: corindabranchnsa@outlook.com

President: Norma Spinetti 07 3379 6592

Secretary: Bronwyn Quinn 07 3379 8737

Publicity Officer: Lorna Norris 07 32883348

**I may look fine
but deep down
I don't remember
any of my passwords.**