



National Seniors Australia  
**Corinda Branch**  
November 2020 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 tea

***In Memoriam***  
***Val Spinetti***

**NSA Corinda Branch Vice President  
 passed away on 21<sup>st</sup> October 2020**

It is with great sadness that we say farewell to our much-loved Vice President, Val Spinetti, who passed away on the 21<sup>st</sup> October following a short illness.



It seems hard to believe that Val who was always so much a part of the Branch, has left us. She was ever ready to undertake whatever role was required of her and did so with a smile and willing heart. Val had been a member of the Management Committee since 2010.

Val was a quiet and unassuming person and the Committee were very happy when Val agreed to take the role of Vice President in 2014. With a big heart and a happy personality, she undertook the role readily and its responsibilities very seriously. Val was a key member of the team preparing for Branch events including our regular activities such as the Bring and Buy, sausage sizzles, Birthday celebrations and all our Christmas activities particularly in preparing the raffle hampers.

As secretary I always appreciated Val's quiet good sense. She was the voice of practicality and a wonderful advocate for all Branch members particularly when changes or new suggestions were being considered.



She will be sadly missed by us all and our thoughts are with her family and in particular Val's sister, our Branch President Norma.

**Branch Calendar November 2020 to  
 July 2021**

Tuesday 10 November Judy Christy, Travels in NZ  
 Donations for the Christmas Hamper

Tuesday 8 December Last meeting for 2020  
 Christmas Party - Services Club Corinda 11.00am

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

**Meeting Dates  
 2021**

Tuesday 9 February

Tuesday 9 March Branch Birthday

Tuesday 13 April

Tuesday 11 May Mother's Day

Tuesday 8 June

Tuesday 13 July

**My bed is a  
 magical place  
 where I suddenly  
 remember  
 everything  
 I forgot to do.**

# Health Tips

## Pneumonia Awareness Day

**12 November 2020**

Pneumonia is a lung infection caused by a virus, bacteria or fungus. It causes the air sacs in the lungs to fill with fluid, resulting in a cough, painful breathing and limited oxygen intake. Anyone can contract pneumonia, but it tends to be more common in children under 4 years of age and those aged 65 and above. Other risk groups include smokers, people with chronic illnesses and indigenous peoples.

Pneumonia is responsible for 1.6 million deaths worldwide every year and is one of the top 15 contributing causes of death in Australia. Pneumococcal pneumonia, caused by the bacterium *Streptococcus pneumoniae*, is the only bacterial pneumonia for which there is a vaccine. This vaccine is free to all Australians aged 65 and over through the National Immunisation Program.

Pneumonia Awareness Week is an event run every year by the Lung Foundation Australia. Its aim is to educate Australians about the seriousness of pneumonia and to encourage those most at risk to seek further information about vaccination.

**Skin Cancer Action Week** is coming –  
**15th of November to the 21st of November.**

## Preventing Skin Cancer

### **Protect your skin**

For best protection, when the UV level is 3 or above, we recommend a combination of sun protection measures:

- Slip on some sun-protective clothing - that covers as much skin as possible
- Slop on broad spectrum, water resistant SPF30+ sunscreen. Put it on 20 minutes before you go outdoors and every two hours afterwards. Sunscreen should never be used to extend the time you spend in the sun.
- Slap on a hat - that protects your face, head, neck and ears
- Seek shade
- Slide on some sunglasses - make sure they meet Australian standards.

Be extra cautious in the middle of the day when UV levels are most intense.



## 8 weeks until Christmas



### **SUGGESTIONS FOR AN EARLY START ON CHRISTMAS.**

☺ **Make your Christmas shopping list now.**

Gifts - Sit down and write your list of the people for whom you want to buy presents.

Food – Are you hosting family or friends over Christmas, planning meals and shopping ahead gives you more time to enjoy the company.

☺ **Buy Christmas stamps** It is a great time to write your Christmas Cards/letters so they are ready to post 1 December.

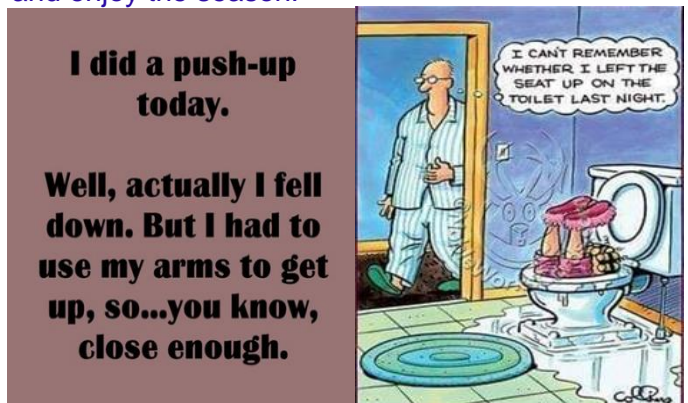
☺ **Look at your December calendar and start filling in dates.** This is a big one because December can get busy very quickly! Keep it on the fridge so it is easy to add to and you don't miss anything.

☺☺ **Double one or two of your meals and freeze them for those busy December evenings.**

☺ **Christmas baking – getting all those Christmas treats ready, particularly family favourites.**

December can get very busy so baking cakes, biscuits etc ahead can be time saving specially if you can freeze some goodies so they are ready for unexpected visitors and family drop-ins.

We all want to enjoy Christmas so let's do it by crossing a couple things off our list now so we can slow down and enjoy the season!



## **Wealth no guarantee of a comfortable retirement**

- 29 October 2020 - Latest Finance – **From Connect News**

Financially comfortable makes for comfortable lifestyle in retirement, right? Not necessarily, according to new research by National Seniors and Challenger Limited.

In a new report, *Retirement Comfort – Personalised versus Standard plans*, National Seniors and Challenger have uncovered some interesting attitudes amongst seniors and comfortable lifestyle spending.

It found that being wealthy was not necessarily a guarantee of living a comfortable lifestyle.

Conversely, the joint research also found that not everyone on the aged pension found they were ‘constrained’ in their lifestyle spending.

“Being wealthy certainly means people can spend more on their lifestyle, but our research shows that personal priorities and preferences are critical in defining retirement comfort,” National Seniors CEO, Professor John McCallum said.

The report surveyed National Seniors members on spending attitudes on a range of lifestyle categories including:

- eating out
- holidays
- energy bills
- quality products
- home renovations
- household items and appliances
- phone and internet connection
- quality clothes.

Respondents were divided into three age groups:

- Those aged 60 – 69
- Those aged 70 – 79
- Those aged 80 +

Interestingly, the category all three age groups felt the least comfortable spending was eating out.

While taking holidays ranked high in spending comfort among the 60 – 69 and 70 -79 age groups, less so for those aged 80 plus.

You can see the results for the other categories .

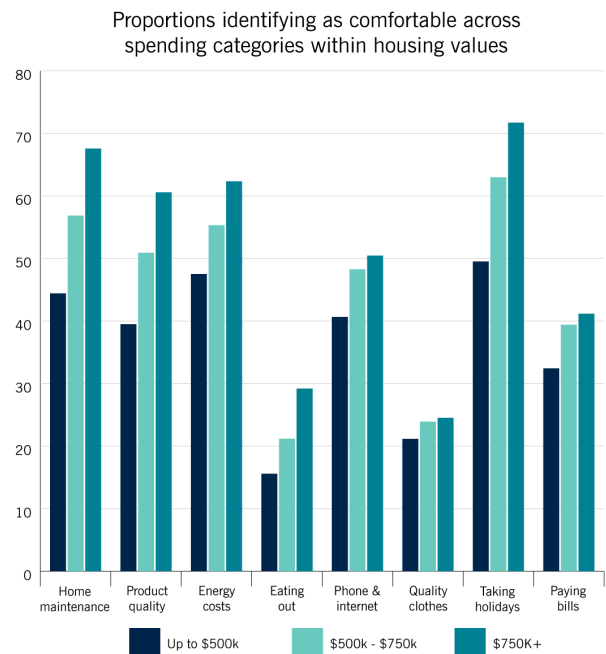
As well as wealth, alleviating people’s worry about outliving savings was also very important to their spending decisions. Even if you are wealthy, being worried about having enough to last will affect your spending patterns and financial comfort.

Professor McCallum emphasized that COVID-19 has upended the future for many retirees who are now experiencing serious financial hardship and distress.

“Our planning of a comfortable retirement lifestyle needs to be reinvented and tailor-made,” he said.

“This is especially important now that information and advice are becoming increasingly digitalised with the strong temptation to standardise it!”

“Dealing with these issues is a priority to minimise retirees stress. We need to ensure planning for retirement comfort is focused on personally relevant assumptions about future needs”.



**This Month's Recipe** – just had to include it this month just for the name!!!!  
However it is very delicious and you can add bacon or other extras to make it how you like it.

### RUMBLEDETHUMPS

This is a Scottish dish. It can be made well in advance and refrigerated. Bring to room temperature before baking. It's very easy and inexpensive to make.

**READY IN:** 1hr

**SERVES:** 8

#### INGREDIENTS

- ½ head **green cabbage**, thinly sliced-about 8 cups
- 2 ½ lbs **russet potatoes**, peeled, coarsely chopped
- ½ cup **unsalted butter**
- ¼ cup **chopped chives**
- 1 cup **grated extra-sharp cheddar cheese** (4 oz.)

#### DIRECTIONS

- Butter an 8 cup baking dish.
- Preheat oven to 350°F.
- Cook cabbage in a large pot of boiling salted water until tender, about 2 minutes.
- Using a slotted spoon, transfer cabbage to a bowl.
- Return water to a boil and add potatoes.
- Cook until tender.
- Drain and return potatoes to the pot.
- Add butter and mash potatoes.
- Mix in chives and then cabbage.
- Season to taste with salt and pepper.
- Spoon mixture into prepared dish.
- Sprinkle with cheese.
- Bake about 35 minutes until cheese bubbles.



This can also be made in individual serving dishes

I DON'T CARE HOW OLD I GET. IF I'M IN A STORE AND I SEE A TOY WITH "TRY ME" ON IT, I'M PUSHING THOSE BUTTONS.

[Elected Branch Committee](#)  
[13 October 2020 - August 2021](#)

President: Norma Spinetti

Vice President:

Secretary: Bronwyn Quinn

Treasurer: Heather Hallam

Publicity Officer: Lorna Norris

[Committee Members](#)

Margaret Maynard

Wendy Ostrofski

Maria Giarola

Judy Christy

The best thing about being over 50?



Facebook.com/ThinkPositivePower

We did all our stupid stuff  
before the invention of the internet,  
so there's no proof!

#### [Branch Contacts:](#)

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