



National Seniors Australia Corinda Branch



November 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

Annual General Meeting 12 October 2021

The Annual General Meeting this year was postponed from August to be held in October due to Covid-19. We were very pleased to welcome Mr Chris Grice, National Seniors Australia General Manager to undertake the role of Guest Chair for the AGM. Chris gave a very informative and interesting talk on the activities of NSA that support and represent all members across Australia

National Seniors is a major influencing organisation in the representation of seniors at a federal level having significant input into such important areas as the Federal Budget and the Royal Commission into Aged Care.

At this election we welcomed [Wendy Ostrofski](#) as our **new President**. Our much loved President Norma Spinetti who has guided the Branch for the past 9 years has moved to the role of Vice President due to ill health. We have also seen [Maria Gariola](#) take on the demanding role of **Treasurer** and Heather Hallam who has been an amazing Treasurer since 2015 take on the support role of assistant Treasurer.



Bronwyn, Wendy and Maria



Wendy Ostrofski and Chris Grice

Branch Calendar November 2021 to March 2022

Tuesday 9 November - Office of Fair Trading
– Consumer Rights

Tuesday 14 December Christmas Party and
last meeting for 2021

2022

Tuesday 8 February First meeting for 2022
Transit Care

Tuesday 8 March Speaker TBA
(While the program is correct at time of printing changes may occur due to unforeseen circumstances)

An elderly patient gets hearing aids from a doctor. After short time, he meets the doctor again.

Doctor, "Your hearing is perfect. Your family must be really pleased."

Patient, "Oh, I am in a funny situation now. I haven't told my family yet. I just sit and listen to their conversations. In a month, I've changed my will three times!"



Keeping Healthy

World Antimicrobial Awareness Week 18-24 November 2021

The theme for World Antimicrobial Awareness Week (WAAW) 2021 is: **Spread awareness, stop resistance**. As in previous years, the overall slogan for antimicrobial resistance awareness and WAAW is: **Antimicrobials: Handle with care**. The World Antimicrobial Awareness Week aims to increase awareness of global antimicrobial resistance (AMR) and to encourage best practices among the general public, health workers, farmers, animal health professionals and policy makers to avoid the further emergence and spread of drug-resistant infections. **Antimicrobial resistance threatens the effective prevention and treatment of an ever-increasing range of infections caused by bacteria, parasites, viruses and fungi.** AMR occurs when bacteria, viruses, fungi and parasites change over time and no longer respond to medicines making infections harder to treat and increasing the risk of disease spread, severe illness and death. As a result, the medicines become ineffective and infections persist in the body, increasing the risk of spread to others.

Antibiotic resistance

Antibiotic resistance occurs when bacteria change in response to the use of these medicines **Bacteria, not humans or animals, become antibiotic-resistant.** Without urgent action, we are heading for a post-antibiotic era, in which common infections and minor injuries can once again kill.

Key facts

- Antibiotic resistance is one of the biggest threats to global health, food security, and development today.
- Antibiotic resistance can affect anyone, of any age, in any country.
- Antibiotic resistance occurs naturally, but misuse of antibiotics in humans and animals is accelerating the process.
- A growing number of infections – such as pneumonia, tuberculosis, gonorrhoea, and salmonellosis – are becoming harder to treat as the antibiotics used to treat them become less effective.
- Antibiotic resistance leads to longer hospital stays, higher medical costs and increased mortality.

Prevention and control

Antibiotic resistance is accelerated by the misuse and overuse of antibiotics, as well as poor infection prevention and control. Steps can be taken at all levels of society to reduce the impact and limit the spread of resistance.

To prevent and control the spread of antibiotic resistance, individuals can:

- Only use antibiotics when prescribed by a certified health professional.
- Never demand antibiotics if your health worker says you don't need them.
- Always follow your health worker's advice when using antibiotics.
- Never share or use leftover antibiotics.
- Prevent infections by regularly washing hands, preparing food hygienically, avoiding close contact with sick people, practising safer sex, and keeping vaccinations up to date.
- Prepare food hygienically, following the WHO Five Keys to Safer Food (keep clean, separate raw and cooked, cook thoroughly, keep food at safe temperatures, use safe water and raw materials) and choose foods that have been produced without the use of antibiotics for growth promotion or disease prevention in healthy animals.



"I'm prescribing a patch to help you quit smoking. Wear it over your mouth."



"It's good that you're eating more fresh fruit and vegetables, but be careful to chew more thoroughly."



"It's curiosity."

Lung Cancer Awareness Month November 1 2021 - November 30 2021

Lung cancer is **the fifth most common cancer in Australia** and accounts for 9% of all cancers. It was estimated that there would be 13,810 new cases of lung cancer diagnosed in Australian in 2021. The risk of being diagnosed with lung cancer in Australia by age 90 is 1 in 18.

Tips to look after your lungs

Every part of your body needs oxygen from the air you breathe to survive. The delicate structure of the lungs is beautifully adapted to carry out the complex business of breathing and transferring oxygen to the rest of the body. At the same time, the lungs help protect the body from outside attack.

Most of the time we are not even aware that our lungs are working, but they can be damaged in many ways and become less efficient at taking oxygen from the air and getting rid of waste carbon dioxide.

Look After Your Lungs

1 Smoking Make your life a smoke-free zone by quitting smoking and/or reducing your exposure to second-hand smoke.

2 Workplace exposure If you are exposed to dust, fumes, gases and other hazardous agents in your work environment, make sure your workplace implements the Hierarchy of Controls to minimise your risk.

3 Vaccination Protect yourself from influenza and pneumonia by having the vaccinations.

4 Healthy lifestyle Exercise regularly and have a healthy diet.

5 Reduce the risk Practice good hand hygiene to minimise the spread of germs.

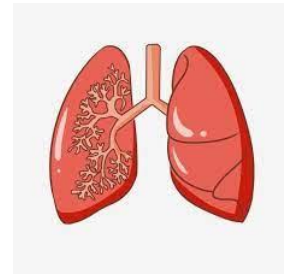
How Lungs Work

There is always an opportunity to take better care of your lungs, and understanding their function is a good start. Read on to learn about how your lungs work, plus a few interesting facts about these incredible organs. For more support and information, please [contact us](#).

Every part of your body needs oxygen from the air you breathe in order to survive. The delicate structure of the lungs performs the complex tasks of breathing and transferring oxygen to the rest of the body. At the same time, it helps protect the body from outside attack. Most of the time we are not even aware that our lungs are working, but they can be damaged in many ways and become less efficient at taking oxygen from the air and getting rid of waste carbon dioxide. Every day we breathe about 22,000 times. Our breath, and our lungs, are incredibly fundamental to the functioning human body. Breathing is after all, a symbol of life.

Interesting lung facts

- Your left lung is smaller than your right lung, to accommodate for your heart.
- 70% of waste is eliminated through your lungs just by breathing.
- Can you live without one lung? Yes you can, it limits your physical ability but doesn't stop you from living a relatively normal life. Many people around the world live with just one lung.
- No matter how hard we exhale, our lungs will always retain 1 litre of air in the airways. This makes the lungs only human organs that can float on water.
- Oxygen only plays a small part in our breathing. The air we breathe contains 21% oxygen, but our bodies only use 5%, the rest is exhaled.
- Children and women are faster breathers than men because their breathing rate is higher.
- Humans exhale up to 17.5 millilitres of water per hour.



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"The handle on your recliner does not qualify as an exercise machine."



Avocado

Avocados are an excellent food, loaded with nutrients, many of which are lacking in the modern diet. They're weight loss friendly, heart healthy and, last but not least, taste incredible.



Avocados are a source of vitamins C, E, K, and B6, as well as riboflavin, niacin, folate, pantothenic acid, magnesium, and potassium. They also provide lutein, beta carotene, and omega-3 fatty acids. Avocados contain high levels of healthy, beneficial fats, which can help a person feel fuller between meals.

Recipe of the Month - Guacamole

Ingredients

- 3 Avocados
- ½ white onion, finely chopped
- 1 tomato, deseeded, finely chopped
- ½ bunch coriander, leaves picked, finely chopped
- 1 lime, juiced

Method:

- Halve avocados. Discard seeds. Scoop flesh into a large bowl. Using a fork, mash until almost smooth.
- Stir in onion, tomato, coriander and lime juice.
- Season and serve with chips.

Guacamole is so much more than a dip for your chip. Here are nine ways to use it that go far beyond Mexican food.

1. On toast. Avocado toast has become an Instagram cliché. Guacamole toast? Not so much. Serve with sprouts and slices of tomato and hard-boiled egg for a breakfast so satisfying, you might not need to eat until dinner.

2. On a sandwich. Whether you're filling bread with turkey, tuna salad or BLandT, use guac in place of mayo. And yes, you should put tortilla chips on the sandwich.

3. Soup. Puree guacamole to make a refreshing avocado soup, or use guacamole as a garnish for other smooth soups.

4. Deviled eggs. Garnish standard deviled eggs with a spoonful of guacamole, or skip the usual mayo-mustard and blend the egg yolks with the guacamole.

5. Salad dressing. Puree the guacamole with lime juice, water and oil to make a creamy dressing for a wedge salad.

6. Loaded potatoes. Who needs sour cream on baked potatoes when you have guacamole? Of course, there's no reason you can't put both on top.

7. With fried fish. Use it as a tartar sauce stand-in with fried fish and crab cakes instead of tartar sauce.

8. With vegetable patties. Everything from latkes to zucchini fritters can be improved with a dollop of guacamole.

9. With smoked salmon. Top crispy sushi-rice cakes with smoked salmon and guacamole, or spread it directly on the salmon with cream cheese and roll it up.

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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Secretary: Bronwyn Quinn 07 3379 8737

It's true hard work never killed anybody, but I figure, why take the chance?

RONALD REAGAN