



# CORINDA BRANCH NEWSLETTER

National Seniors  
AUSTRALIA



October 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 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

## September Branch Meeting

Our first Branch meeting since Covid-19 was a great success with the majority of members being able to attend. We celebrated a belated Branch 30<sup>th</sup> Birthday with Margaret cutting the cake for this special occasion. We all then enjoyed a very welcome sausage sizzle. It was wonderful to see all our friends again.



Our guest speaker was Robyn Jeffrey from Hearing Australia the largest provider of government funded hearing services for children, young adults under 26, Aboriginal and Torres Strait Islander people, pensioners and veterans. The services they provide include hearing assessments, preventing hearing loss and rehabilitating people with hearing loss. Robyn spoke about the importance of recognising hearing loss and when this necessitates the assistance of a hearing aid. She also spoke about the types of hearing aids available and costs associated with each.

Robyn also spoke about the range of assistive listening devices to help with daily living including watching television, using the phone and even the doorbell.



*I'm not going to be caught out again by lockdown. I'm moving in with my hairdresser'*

## Branch Calendar October to July 2021

- Tuesday 13 October Annual General Meeting followed by a light lunch  
Bring and Buy
- Tuesday 10 November Speaker 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)

## 2021

- Tuesday 9 February
- Tuesday 9 March
- Tuesday 13 April
- Tuesday 11 May
- Tuesday 8 June
- Tuesday 13 July

Old man Murphy and old man Sean were contemplating life when Murphy asked, "If you had to get one or the other would you rather get Parkinson's or Alzheimer's?"

"Sure, I rather have Parkinson's", replied Sean

"'Tis better to spill a couple of ounces of whiskey than to forget where you keep the bottle!"



IRISH POST

### 'Get Back on Track - Fit feet for a better YOU!'

Ageing is a fact of life. After your feet have carried you millions of kilometres through your life, they can eventually wear down. But there are ways to keep your feet healthy as you age – through proper maintenance, care and regular check-ups.

Foot pain affects one in four older people, with forefoot pain affecting two-thirds.

#### What happens to feet as they age?

As you age, you can lose cushioning and soft tissue fat in the pads of your heels and balls of your feet, near your toes. Like the skin on your face, there is also a loss of elasticity in the skin on your feet, making it thin and vulnerable. Bone deformities – such as bunions or arthritis – and difficulties undertaking basic foot care, can lead to foot health issues and sometimes an increased risk of falls – which for many can have drastic consequences. Nails also become more brittle, thicker and harder, making them difficult to trim and prone to ingrown toenails, fungal breakouts and other infections.

#### Can foot problems be improved?

For older people, most foot problems can be improved by regular maintenance and care, keeping weight down, shoe modification and use of cushioned insoles. To undertake regular foot maintenance, some elderly people have difficulty reaching their feet or have bad eyesight, so simple things like cutting toenails can be an issue – if this is the case get a family member to help or go and see a podiatrist. If you can cut your toenails yourself, make sure you trim them just short of the end of the toe, using a strong pair of nail clippers. After clipping, smooth the nails with a file or emery board, using downward strokes. Taking good care of your feet as you age is good for your foot health as it helps you stay active and mobile.

#### When should you see a podiatrist?

Your feet are mirrors of your health. Warning signs of health conditions can be dry skin, brittle nails, burning and tingling sensations in your feet, or feelings of cold, numbness, and discolouration. If these occur, see a podiatrist, as they, along with your GP, will be able to pinpoint the cause. Regular check-ups with your podiatrist are recommended, especially if you cannot look after your feet yourself and you have no one to help you.

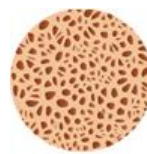
## World Osteoporosis Day (WOD) takes place every year on October 20

### What is osteoporosis?

Worldwide, one in three women and one in five men aged 50 years and over will suffer an osteoporotic fracture.

Osteoporosis causes bones to become weak and fragile, so that they break easily – even as a result of a minor fall, a bump, a sneeze, or a sudden movement.

Fractures caused by osteoporosis can be life-threatening and a major cause of pain and long-term disability.



Normal bone



Osteoporotic bone



Broken bone

### Prevention

Can osteoporosis and fractures be prevented? Yes, if action is taken early!

#### 1. Exercise regularly

Weight-bearing, muscle-strengthening and balance-training exercises are best.

#### 2. Ensure a diet rich in bone-healthy nutrients

Calcium, vitamin D and protein are the most important for bone health. Safe exposure to sunshine will help you get enough vitamin D.

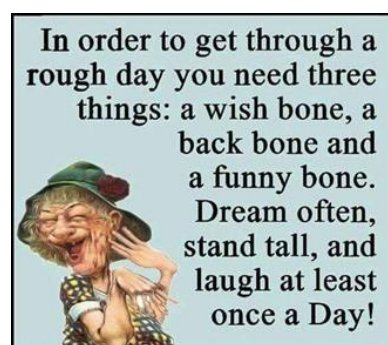
#### 3. Avoid negative lifestyle habits

Maintain a healthy body weight, avoid smoking and excessive drinking.

4. Find out whether you have risk factors and bring these to your doctor's attention, especially if you've had a previous fracture or have specific diseases and medications that affect bone health.

#### 5. Get tested and treated if needed

If you're at high risk you will likely need medication to ensure optimal protection against fracture.



## Joke of the Month

**Hospital regulations require a wheelchair for patients being discharged.** However, while working as a student nurse, I found one elderly gentleman--already dressed and sitting on the bed with a suitcase at his feet--who insisted he didn't need my help to leave the hospital. After a chat about rules being rules, he reluctantly let me wheel him to the elevator. On the way down I asked him if his wife was meeting him. "I don't know," he said. "She's still upstairs in the bathroom changing out of her hospital gown."



## If you're a senior, you will love this hilarious Pandemic poem from New Zealand.

"I'm normally a social girl  
I love to meet my mates  
But lately with the virus here  
We can't go out the gates.  
You see, we are the 'oldies' now  
We need to stay inside  
If they haven't seen us for a while  
They'll think we've upped and died.  
They'll never know the things we did  
Before we got this old  
There wasn't any Facebook  
So not everything was told.

We may seem sweet old ladies  
Who would never be uncouth  
But we grew up in the 60s -  
If you only knew the truth!  
There was sex and drugs and rock 'n roll  
The pill and miniskirts  
We smoked, we drank, we partied  
And were quite outrageous flirts.  
Then we settled down, got married  
And turned into someone's mum,  
Somebody's wife, then nana,  
Who on earth did we become?  
We didn't mind the change of pace  
Because our lives were full  
But to bury us before we're dead  
Is like a red rag to a bull!

So here you find me stuck inside  
For 4 weeks, maybe more  
I finally found myself again  
Then I had to close the door!  
It didn't really bother me  
I'd while away the hour  
I'd bake for all the family  
But I've got no bloody flour!  
Now Netflix is just wonderful  
I like a gutsy thriller  
I'm swooning over Idris  
Or some random sexy killer.

At least I've got a stash of booze  
For when I'm being idle  
There's wine and whiskey, even gin  
If I'm feeling suicidal!  
So let's all drink to lockdown  
To recovery and health  
And hope this bloody virus  
Doesn't decimate our wealth.  
We'll all get through the crisis  
And be back to join our mates  
Just hoping I'm not far too wide  
To fit through the flaming gates!"

Author - Jan Beaumont, Auckland NZ

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"The best thing about the future is that it comes one day at a time." – [Abraham Lincoln](#)

## Recipes

Since the Covid-19 lockdown cooking has become a topic for many of us and experimenting with ingredients not previously used has also been happening. One of these items is pastry sheets. Once only used to make pies they have proved to be a quick and easy way to make delicious snacks etc particularly when visitors arrive unexpectedly. The following 2 recipes are quick, easy and delicious.

### Palmiers

1. Sprinkle 1/4 cup sugar on a surface;
2. lay 1 puff pastry sheet on top.
3. Sprinkle with 1/4 cup more sugar;
4. Fold in 2 opposite sides by 3 inches, then fold in again to meet in the centre.
5. Fold the dough in half like a book.
6. Slice crosswise into 1/2-inch-wide pieces (24 total).
7. Bake at 400 degrees F until golden brown, 20 to 22 minutes.



### Tomato and ricotta tartlets

#### Ingredients

- 250 g baby roma tomato
- 3 clove garlic
- 20 ml olive oil
- 250 g ricotta
- 1 tbs parmesan (grated)
- 1 tbs parsley (finely chopped)
- 2 sheet puff pastry (frozen,thawed)

### Method

- 1 Preheat oven to 170°C conventional (150°C fan-forced). Halve tomatoes and place in a single layer on a baking tray. Flatten garlic cloves with the side of a knife, then nestle them in amongst the tomatoes. Drizzle with olive oil, season well and bake for 30 minutes.
- 2 In a bowl, combine ricotta, parmesan, parsley and seasoning.
- 3 Increase oven temperature to 190°C conventional (170°C fan-forced).
- 4 Cut pastry into four squares, approximately 15cm, and place on a lined baking tray. Cut 1.5cm strips from remaining pastry and layer around edge of each square. Spread ricotta mixture evenly in centre of each square.
- 5 Top with slow-roasted tomatoes and bake for 20-25 minutes or until pastry is puffed and golden.



**The filling for this tart can be anything you have on hand that takes your fancy. Ham cheese and onion is my favourite and you can even make it sweet filled with fruit sprinkled with castor sugar or icing sugar**

## Ruby McFarlane

The Branch wants to give a special Thank You and Farewell to our dear, Ruby McFarlane. Ruby is moving to be closer to her family and will no longer be able to attend our Branch. She has been a mainstay of the Branch for many years and for a considerable number has been a member of the Management Committee. Over the years Ruby has taken on a number of key activities for the Branch including Publicity Officer and more recently has managed the raffles. She has always been a wonderful support to fellow members of the Committee and always a willing participant in the activities dreamed up by the Committee to improve the Branch. It is with considerable sadness that we must say farewell however, we wish Ruby every happiness in her new home. We will miss you Ruby.

### 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

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