



National Seniors Australia Corinda Branch



October 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

Branch Calendar October 2021 to March 2022

**Tuesday 12 October – Bring and Buy
AGM followed by
light lunch**

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
Speaker TBA

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

What a great poem by the late Spike Milligan about smiling

Smiling is infectious
You catch it like the flu
When someone smiled at me today
I started smiling too
I walked around the corner
And someone saw me grin
When he smiled I realised
I had passed it on to him
I thought about the smile
And then realised its worth
A single smile like mine
Could travel round the earth
So if you feel a smile begin
Don't leave it undetected
Start an epidemic
And get the world infected.

KINGSFORD TERRACE
CORINDA

Retirement expo

Are you considering your retirement living options but confused by the process? Please join our free Retirement Expo to have your questions answered by a team of experts.

Our Retirement Expo will cover all facets of moving into retirement living from the village operations, in-home care, downsizing, local real estate, financial advice and contracts, wellness and much more.

You will also have an opportunity to tour our beautiful village. Construction is under way on stages four and five of our Kingsford Terrace Corinda community, and selling now.

Light refreshments will be provided.

WHEN: Thursday, October 28, 10am-1pm
WHERE: Function Room, Duporth building, Kingsford Terrace, 260 Cliveden Avenue, Corinda
RSVP: Essential by Monday, October 25, phone 3741 6804 or go to the website page kingsfordterrace/rsvp

kingsfordterrace.com.au

Partners: AURA, eevi, Firebloom FITNESS, five.good.friends, hauss REALTY, Just for Housing, A HOME FOR mum or dad, The Landmark Project, PACIFIC LAW, Sapphire, task tamers

Thursday, 28 October 10am – 1pm

Keeping Healthy

Mental Health Week 4 – 10 October 2021

Mental Health Week is an annual national awareness event held in October every year. The aim is to raise awareness of the importance of mental health and wellbeing in the wider community, to increase community awareness and education about mental health issues and to encourage participation in life-enhancing lifestyles

The world's population is ageing rapidly. Between 2015 and 2050, the proportion of the world's older adults is estimated to almost double from about 12% to 22%. In absolute terms, this is an expected increase from 900 million to 2 billion people over the age of 60. Older people face special physical and mental health challenges which need to be recognized.

Over 20% of adults aged 60 and over suffer from a mental or neurological disorder. Mental health problems are under-identified by health-care professionals and older people themselves, and the stigma surrounding these conditions makes people reluctant to seek help.

Mental health has an impact on physical health and vice versa. For example, older adults with physical health conditions such as heart disease have higher rates of depression than those who are healthy. Additionally, untreated depression in an older person with heart disease can negatively affect its outcome.

Risk factors for mental health problems among older adults

There may be multiple risk factors for mental health problems at any point in life. Older people may experience life stressors common to all people, but also stressors that are more common in later life, like a significant ongoing loss in capacities and a decline in functional ability. For example, older adults may experience reduced mobility, chronic pain, frailty or other health problems, for which they require some form of long-term care. In addition, older people are more likely to experience events such as bereavement, or a drop in socioeconomic status with retirement. All of these stressors can result in isolation, loneliness or psychological distress in older people, for which they may require long-term care.

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October is Breast Cancer Awareness Month

Breast cancer is the most commonly diagnosed cancer in Australia. **Approximately 55 Australians are diagnosed each and every day.** That equates to over 20,000 Australians diagnosed with breast cancer each year.

1 in 7 women are diagnosed with breast cancer in their lifetime.

About 1 in 700 men are diagnosed in their lifetime.

In 2021, over 3000 Australians passed away from breast cancer including 36 males and 3102 females.

That's 9 Australians a day dying from the disease.

In the last 10 years, breast cancer diagnosis have increased by 36%.

(Breast Cancer Month cont.)

Early signs of breast cancer can be a lump in a breast, a painful breast or armpit, or a discharge from the nipple. Even if none of these symptoms present themselves, a doctor should be visited to be sure. A doctor will most likely perform a manual exam and send you for a mammogram. A mammogram examination is painless and only takes about ten minutes.

If any of these symptoms do present themselves there's no need to panic. Plenty of time, pain or a lump in a breast can be perfectly harmless. The pain can be a sign of a cyst or the lump can be benign. It's always better to be sure though.

During breast cancer awareness month 2021 go for a medical check-up, it might save your life.

Osteoporosis Day 20 October 2021

What is osteoporosis? When the structure of bone is compromised and becomes weaker and less dense the bone has an increased risk of breaking. This is osteoporosis.

Any bone can be affected by osteoporosis. However osteoporosis tends to affect particular sites within the skeleton, not the whole skeleton. Research has shown the common sites where broken bones occur are the hip, wrist and spine. Other sites include the ankle, leg, forearm, upper arm and ribs. These fractures typically occur after a minor trip, fall or similar incident.

Broken bones can occur in patients with either osteoporosis or osteopenia (low bone density). Once a fracture occurs the person is considered to be at much higher risk of another fracture.

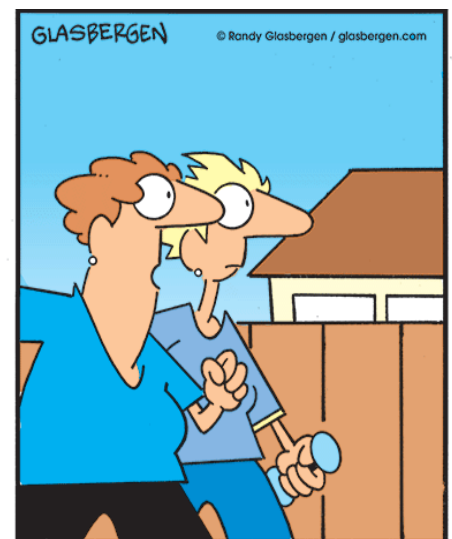
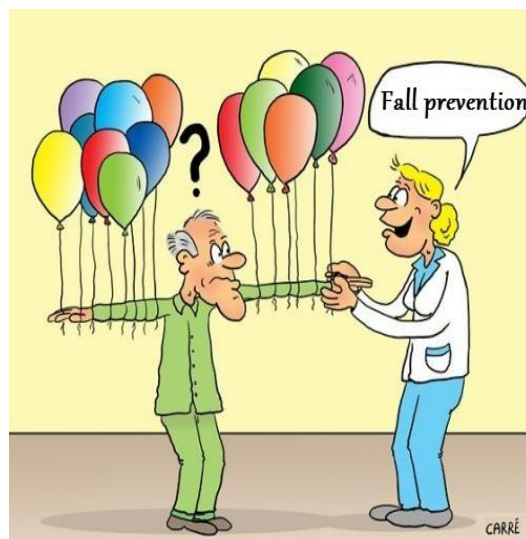
The aim of early diagnosis and treatment for osteoporosis (and managing osteopenia) is to prevent any initial fracture occurring. If a fracture does occur the main aim of treatment is to reduce the likelihood of more fractures.

How common is osteoporosis? Over 1 million Australians have osteoporosis. In those aged 50 years and over 66% have osteoporosis or osteopenia. There are over 173,000 broken bones each year due to poor bone health.

Tips for maintaining bone health - Maintaining healthy bones requires adequate levels of [calcium](#), [vitamin D](#) and [exercise](#). Protein is also essential for muscle development and strength to support staying active.



"If heat makes objects expand, then I'm not overweight - I'm just a victim of global warming!"



"One diet doctor told me to eat more fruit, nuts and grains. Another told me to eat more meat, fish and cheese. Long story short, I gained 40 pounds!"

Recipe of the Month

QUICK AND EASY ZUCCHINI SLICE (Rich in calcium and vitamin D)

INGREDIENTS

2 large zucchini, grated
2 rashers bacon, diced/this can be replaced or left out altogether.
1/2 cup tasty cheese, grated
4 eggs
1/2 cup self-raising flour
Salt and pepper

METHOD

- ♥ Preheat oven to 180°C.
- ♥ Line a baking dish {mine was around 20cm by 20cm} with baking paper.
- ♥ Saute bacon in a fry pan for 3-4 minutes, or until cooked.
- ♥ In a large bowl, mix the grated zucchini, cheese, eggs, flour and bacon. Season with salt and pepper.
- ♥ Pour into the prepared dish and cook for 30 minutes. Serve hot or cold.



Joke of the Month

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'd rather have Parkinson's", replied Sean
" 'Tis better to spill a couple of ounces of whiskey than to forget where you keep the bottle**



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

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Buying the right computer and getting it to work properly is no more complicated than building a nuclear reactor from wristwatch parts in a darkened room using only your teeth.

- Dave Barry