



National Seniors Australia Corinda Branch

September 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

Finally some good news

Sunsuper Riverfire returns this September 25 to ignite our skyline and wrap up three incredible weeks of Brisbane Festival for yet another year.

Tribal Experiences Managing Director and Yuggera and Turrbal man Shannon Ruska will open this spectacular event with a powerful smoking ceremony.

This is one of the most electrifying displays in Australia, fired by Foti Fireworks from multiple bridges, barges and city rooftops.

Ahead of the pyrotechnics the Australian Army and Royal Australian Air Force will demonstrate their flying prowess, with Army helicopter displays and the gravity-defying aerobatics of the Roulettes.*

For this explosive Festival finale, crowds can tune into Triple M's live broadcast or Channel 9's exclusive television coverage.

Branch Calendar September 2021 to December 2021

Tuesday 14 September Transit Care

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

Tuesday 9 November - Office of Fair Trading –
Consumer Rights

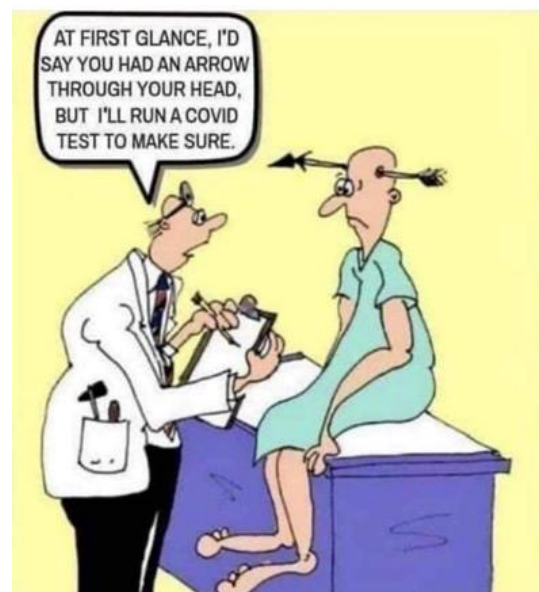
Tuesday 14 December Christmas Party and last
meeting for 2021

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

WHEN LEAVING THE HOUSE...

2019:
Keys, Phone, Purse/Wallet

2021:
Keys, Phone, Purse/Wallet, Mask,
Hand Sanitizer, Samurai Sword,
Garlic, Written Will, Salt, Silver,
Rabbits Foot, Hornet Repellent,
Martial Arts Abilities, Stress Ball,
Holy Water



Keeping Healthy

World Heart Day

Tuesday, 29 September is World Heart Day

Now is time to start caring about cardiovascular disease, and the ways you can act to protect your heart.

The biggest contributors to the burden of heart and the blood vessel disease are:

- High blood pressure
- Poor diet
- High cholesterol

You can learn more about how these factors impact on your heart healthy by completing the Heart Foundation's online [Heart Age Calculator](https://www.heartfoundation.org.au/heart-age-calculator) (<https://www.heartfoundation.org.au/heart-age-calculator>) and by seeing your regular doctor for a Heart Health Check. During your Heart Health Check, your doctor will:

- Check your blood pressure, cholesterol and blood sugar levels
- Discuss your health history and your lifestyle, including your diet, how physically active you are, if you smoke or drink alcohol, if you maintain a healthy weight and details of your family medical history
- Use this information to assess your risk of having a heart attack or stroke in the next five years
- Make a plan to manage your risk factors for developing heart disease and help you keep on top of your heart health
- Prescribe medication to help lower your heart health risk, if needed
- Refer you to other services and supports, such as seeing a dietician or joining a walking group

For many of us, heart disease risk factors can be addressed with small lifestyle changes; in just a few steps, you can beat heartbreak by:

Eating healthy to protect your heart

Eating a poor diet is the largest contributor to the burden of cardiovascular disease.

- eat plenty of fresh vegetables, fruit and wholegrains
- eat minimally processed foods
- choose a variety of protein-rich foods, including fish and seafood, legumes (such as beans, lentils and chickpeas), nuts and seeds, eggs and chicken, unflavoured milk, yoghurt and cheese
- use healthy fats and oils, including olive, canola, sunflower, peanut and soybean oil. You can also choose foods that contain heart-healthy fats, such as avocados, olives, unsalted nuts and seeds
- add herbs and spices for bursts of flavour

Quitting smoking and e-cigarettes

Smokers have more heart attacks, strokes and angina (chest pain or discomfort caused when your heart muscle doesn't get enough oxygen-rich blood) than non-smokers. They also experience these impacts at a much younger age.

There is no safe level of tobacco smoking.

Getting plenty of exercise

Not doing enough exercise is a major contributor to heart disease. Did you know that nearly 60% of adults are not active enough for good heart health?

How much exercise should you do each day to look after your heart? Australia's physical activity guidelines recommend that adults should:

- Be active on most, preferably all, days of the week
- Get between 150 to 300 minutes (2 ½ to 5 hours) of moderate physical activity or 75 to 150 minutes (1 ¼ to 2 ½ hours) of vigorous physical activity, or an equivalent combination of both moderate and vigorous activities, each week
- Do muscle strengthening activities on at least 2 days each week

Dementia Action Week **20 – 26 September 2021**

Dementia impacts close to half a million Australians and almost 1.6 million Australians are involved in their care. The number of people living with dementia is set to double in the next 25 years.

With so many people impacted now and into the future, it is vital we clear up some of the prevailing misconceptions about dementia.

People living with dementia can live active and fulfilling lives many years after diagnosis. Despite this, they often experience discrimination. In a recent Dementia Australia survey, more than 70 per cent of people believed discrimination towards people with dementia is common or very common.

During Dementia Action Week 2021, Dementia Australia is providing simple and practical tips to:

- Give a little support to a person living with dementia.
- Give a little support to a carer, friend or family member of a person living with dementia.
- Help healthcare professionals make their practice more dementia-friendly.

The concept for Dementia Action Week was developed in consultation with Dementia Advocates, who have a lived experience of dementia.

The 'A little support makes a big difference' campaign demonstrates that many people living with dementia can continue to live well for many years after their diagnosis. This year, the focus will also be on supporting and celebrating carers of people living with dementia.

Health benefits of eating FISH

For optimal health, it is important to include a combination of foods from each of the five major food groups every day. Fish is part of the group that includes all kinds of lean meat and poultry, eggs, soy products (tofu), nuts and seeds and legumes or beans.

Foods in this group are sometimes called 'protein rich' and include a range of important nutrients and essential fatty acids ('good fats'). Fatty acids are a component of dietary fats essential for vital functions in our bodies.

Fish is rich in omega-3 fatty acids - To reduce your risk of heart disease and stroke, the National Heart Foundation recommends 250-500mg per day of long-chain omega-3 fatty acids. This can be achieved by eating a combination of foods from each of the five major food groups every day which **includes 2 to 3 serves of fish every week** and omega-3 enriched food or drinks (such as eggs, bread and milk).

Research suggests regular consumption of fish can reduce your risk of various diseases and disorders. Selected findings include:

- Asthma – children who eat fish may be less likely to develop asthma.
- Brain and eyes – fish rich in omega-3 fatty acids can contribute to the health of brain tissue and the retina (the back of the eye).
- Cardiovascular disease – eating at least two serves of fish per week **reduces the risk of heart disease and stroke** by reducing blood clots and inflammation, improving blood vessel elasticity, lowering blood pressure, lowering blood triglycerides and boosting 'good' cholesterol.
- Dementia – elderly people who eat fish at least once a week may have a **lower risk of developing dementia**, including Alzheimer's disease.
- Diabetes – fish may help people with diabetes manage their blood sugar levels.
- Eyesight – Eating fish two or more times a week is associated with reduced risk of **age-related macular degeneration**.
- Inflammatory conditions – regular fish consumption may relieve the symptoms of rheumatoid arthritis, psoriasis and autoimmune disease.

Recipe of the Month

Golden Cod

Ingredients

675gms cod (or other white fish) cut into 6 pieces
Juice of a lemon
1 dessert spoon water
1 onion peeled and chopped
1 teaspoon vegetable oil
1 carrot peeled and grated
120gms cheese grated
4 potatoes cooked peeled and sliced



Method

Preheat oven to 180C / 350F

Place fish into ovenproof dish sprinkle with salt, pepper and lemon juice. Add water.

Heat oil in a pan, fry onion and carrot for 2-3 minutes then spread over fish.

Put a layer of cooked potato slices on top of vegetables.

Bake in a preheated oven for 30 minutes or until fish is cooked.

After 20 minutes of cooking time, sprinkle with grated cheese.

Joke Of The Month

A mum texts, "Hi! Son, what does IDK, LY, & TTYL mean?" He texts back, "I Don't Know, Love You, & Talk To You Later." The mom texts him, "It's ok, don't worry about it. I'll ask your sister, love you too."

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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Publicity Officer: Lorna Norris 07 32883348

"My mother always used to say: The older you get, the better you get, unless you're a banana." —Rose (Betty White), The Golden Girls