



National Seniors Australia Corinda Branch

April 2019
Newsletter



National Seniors Australia provides information regarding topics of interest to seniors and a collective voice to insure 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

News from NSA Connect

A Nutty Solution for Improving Brain Health

21 March 2019

Long-term and high consumption of nuts could be the key to better cognitive health in older people, according to new research from the University of South Australia.

In a study of 4822 Chinese adults aged 55+ years, researchers found that eating more than 10 grams of nuts a day was positively associated with better mental functioning, including improved thinking, reasoning and memory.

Lead researcher, UniSA's Dr Ming Li, said the study was the first to report an association between cognition and nut intake in older Chinese adults, providing important insights into increasing mental health issues (including dementia) faced by an ageing population.

"By eating more than 10 grams (or two teaspoons) of nuts per day older people could improve their cognitive function by up to 60 per cent compared to those not eating nuts, effectively warding off what would normally be experienced as a natural two-year cognition decline."

The UniSA study analysed nine waves of China Health Nutrition Survey data collected over 22 years, finding that 17 per cent of participants were regular consumers of nuts (mostly peanuts). Dr Li said **peanuts had specific anti-inflammatory and antioxidant effects that alleviated and reduced cognitive decline.**

"Nuts are known to be high in healthy fats, protein and fibre with nutritional properties that can lower cholesterol and improve cognitive health," Dr Li said.

"While there is no cure for age-related cognition decline and neurodegenerative disease, variations in what people eat are delivering improvements for older people."

200 Million to Reduce Out-Of-Pocket Costs for Scans

21 March 2019

The Liberal National Government will help reduce out-of-pocket medical expenses for Australian families needing lifesaving scans such as ultrasounds and x-rays with an almost \$200 million investment. For the first time in 20 years, the indexation of Medicare Benefits Schedule (MBS) items will be expanded to all ultrasound and diagnostic radiology services over three years from 1 July 2020. This means that the Medicare rebates for about 90% of all diagnostic imaging services will now be indexed. This includes X-rays for fractures, mammograms, pregnancy ultrasounds, echocardiograms, angiograms, image-guided procedures and CT scans for the diagnosis and management of cancer.

National Seniors has been calling for initiatives to reduce health costs as part of its federal budget submission and election policies, as older Australians identified spiralling out-of-pocket medical costs as their single biggest concern.

Minister for Health Greg Hunt said more than nine million Australian patients used diagnostic imaging services each year. "Our plan for a strong economy continues to deliver record funding for essential health services that save lives," Mr Hunt said. "This investment will support patients needing these important diagnostic services and encourage diagnostic imaging providers to maintain or increase their level of bulk billing".

"It will reduce the burden on Australian families when a family member needs diagnostic imaging scans."

What's on at Corinda Library

641 Oxley Road, Corinda
Bookings required. Phone Corinda Library on [07 3407 7701](tel:0734077701) to reserve your place.

Facebook basics

Date & Time Wed 17 Apr 2019 • 11:00am - 12:30pm
Cost Free

Learn how to create your own Facebook account to connect with family, friends and your favourite organisations. Discover basic navigation skills and how to manage your privacy settings. Basic computer skills, internet skills and an email account are required. A Brisbane Libraries Tech connect workshop.

Meet Lidia Kardos

Date & Time Tue 23 Apr 2019 • 10:30am - 11:30am
Cost Free

Conceived late in the year of 1939, Lidia was born when the world was in chaos.

The events of WWII in Europe shaped her young life and her family's. They escaped from Istria, a region of Italy, some years later, without documents and by a sheer miracle.

Harsh conditions in Australia in the early 1950s, especially in the refugee camps of the outback, were challenging for the young family of four. Through hard work and determination, they came to embrace the language and the culture. Lidia lost a part of her history, until, a trip back to Italy and her birthplace in 1984 reconnected the protagonist with some of the survivors of the difficult war era.

Share the heartbreaks and triumphs and follow Lidia through her life and across continents in this roller-coaster of a story.

Books will be available for purchase on the day, or bring your copy from home for Lidia Kardos to sign.

First Friday craft group

Date & Time Fri 3 May 2019 • 1:30pm - 3:00pm
Cost Free

Drop into our First Friday craft group and bring your favourite craft to work on and share.

Android skills one

Date & Time Wed 8 May 2019 • 11:00am - 12:30pm
Cost Free

Learn how to use the basic features of an Android tablet. Explore apps, connect to Wi-Fi and search on the internet. Perfect for the first time user. Bring your own Android tablet.

A Brisbane Libraries Tech connect workshop.

What's on at Indooroopilly Library

Indooroopilly Shopping Centre, Level 4, 322 Moggill Road, Indooroopilly
Bookings required. Phone Indooroopilly Library on [07 3407 0009](tel:0734070009) to reserve your place.

Internet skills one

Date & Time Wed 17 Apr 2019 • 10:30am - 12:00pm
Cost Free

Learn how to find your way around the internet safely, save your favourite websites, search for information and use Google to help you find answers. Basic computer skills are required.

A Brisbane Libraries Tech Connect workshop.

Online safety and security

Date & Time Wed 24 Apr 2019 • 10:30am - 12:00pm
Cost Free

Feel safe and confident online by learning the basics of secure internet use. Learn how to protect yourself against viruses and malware, pay safely online and create strong passwords. Basic computer and internet skills required.

Sociable seniors book club

Date & Time Fri 26 Apr 2019 • 10:00am - 12:00pm
Cost Free

Read, discuss and debate a fine selection of books with a friendly group. New members welcome.

Booking Not required.



Centenary Branch NSA Bus Trips

Centenary Branch has several day trips coming up and has provided the following information:

Eumundi markets

Wednesday 17 April a day trip to Eumundi markets. Must be at Jindalee Bowls Club at 8am sharp, cost is \$30.00 & covers transport only - return around 4.30pm

UQ Gatton Campus School of Agriculture and Horticulture

Tuesday 21 May a day trip to Gatton to discover the Campus history of university of agriculture, Gatton. This includes a guided tour, Devonshire morning tea and hearty lunch - cost is \$55.00 and departs from Jindalee bowls club at 8am.

If you would like to go please contact Bronwyn Phone: 07 33798737 or Email: corindabranch.nsa@outlook.com to arrange with Centenary Branch.

National Kidney Health Week kicks off on 8 April.

5 things you can do to look after your kidneys today

Kidney disease is often called a 'silent disease' because it often doesn't cause symptoms until it has progressed significantly.

Your kidneys play a very important role in your overall health. They're so important that most people are born with two of them, just in case something happens to one.

Hidden away at the back of your abdomen, it's likely you haven't put a lot of thought into caring for your kidneys. But these vital organs can do with a little TLC, and luckily, the things you can do to keep your kidneys healthy will benefit your overall health too.

What are kidneys?

Your kidneys are two organs that sit in your abdomen on either side of your backbone. They're about the size of a fist and shaped like a bean.

Your kidneys are responsible for cleaning your blood. They process your blood to sort out excess fluids, unwanted chemicals and waste, and turn these into urine. Every hour, your entire blood supply cycles through your kidneys 12 times, which adds up to about 200Litres of blood each day!

Your kidneys work hard, day and night, to keep you healthy. As well as cleaning your blood, they also help regulate your blood pressure, balance the amount of water in your body, and manage your body's production of vitamin D.

5 things you can do to look after your kidneys

1. Watch out for signs of kidney disease

A person with kidney disease has progressive loss of function of their kidneys. Kidney disease is sometimes called a 'silent disease' because it often doesn't cause symptoms until the disease has progressed significantly. It's not uncommon for people to have lost up to 90% of their kidney function before experiencing symptoms of kidney disease.

2. Quit smoking

3. Watch your blood pressure

4. Manage diabetes

5. Drink water instead

Mineral waters, cordials, fruit concentrates, soft drinks and alcoholic drinks can all contain high levels of salt and sugar, while drinks that contain phosphoric acid (often used in cola drinks and beer) might promote kidney stones. Keep these drinks for special occasions and reach for water instead when you're thirsty during the day. Keep in mind that feeling thirsty is the body's first sign that you're already dehydrated. Small, frequent drinks of water throughout the day will keep you hydrated.

Remember if you have any concerns talk to your GP.

Up to date

In March the Branch hosted a special presentation "Retirement Living Options" with Melody Valentine who is a solicitor with Caxton Legal Centre. National Seniors Australia, COTA Queensland, Tenants Queensland, ARQRV, ARPQ and Caxton Legal Centre are working with the Queensland Government Department of Housing and Public Works to deliver this community education initiative to assist current, former and future retirement village residents and manufactured homeowners to better understand and exercise their living arrangement rights.

Melody provided an overview of the issues associated with these choices for retirement living and what one should consider when planning their future. In particular she outlined the cost and legal issues as well as highlighting the importance of ensuring that whatever retirement living option one is considering should meet their needs and lifestyle.

Caxton Legal Centre is a non-profit community organisation, providing free legal advice to people on low income or who face other disadvantages. They can be contacted on 07 3214 6333.

Branch Calendar April 2019 to December 2019

Tuesday 9 April	Julian Campbell from Nigrara speaking on - mobility and pain. Celebrations for our Branch's 29th Birthday including a sausage sizzle and Easter is coming.
Tuesday 14 May	Senior Sargent Michael Coulsen, Officer in Charge, Sherwood Police Station.
Tuesday 11 June	Talk on Italy's history, culture, food and locations by Gary Francis, Viaggio Italia Travel.
Tuesday 9 July	Brian Robinson from the Qld Fauna Consultancy on catching snakes!!! Winter Warmer Lunch to follow the meeting \$10.00 per person
Tuesday 13 August	Annual General Meeting – Election of Committee, followed by a light Lunch.
Tuesday 10 September	Presenter - Dementia Australia
Tuesday 8 October	Financial Advice Matters - Managing your money in retirement.
Tuesday 12 November	Oxley Nursery – your potted plants.
Tuesday 10 December	Christmas Party

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

Elected Branch Committee July 2018- August 2019

President: Norma Spinetti
Vice President: Val Spinetti
Secretary: Bronwyn Quinn
Treasurer: Heather Hallam
Publicity Officer: Lorna Norris

Committee Members

Margaret Maynard
Fay Heers
Rita Hibbard
Wendy Ostrofski
Ruby McFarlane

Branch Contacts:

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Secretary: Bronwyn Quinn 07 3379 8737
Publicity Officer: Lorna Norris 07 32883348

**Rabbits jump and they live
for 8 years.**

**Dogs run and they live
for 15 years.**

**Turtles do nothing and they live
for 150 years.**

Lesson Learned!

