



Gracemere Seniors News

June, July August 2022

Volume 22

Hello everyone,

It's unbelievable that we are already just on half though the year.



Subscriptions are due for the Newsletter mail out if you would like to continue to receive it please let us know. The cost remains at \$6 annually.

I would like to thank Alice, Lois and Cheryl for contributing to our "life stories", it would be great if more of you could put pen to paper with more snippets of life "back in the day"

We are still taking bookings for the Bundaberg/Maryborough holiday should you be interested please let us know and will be sure to get the itinerary to you.

Please enjoy the next 3 months worth the program. Until next time take care

Anita

"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home."

Edith Sitwell

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Gracemere

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Office hours:

Monday-Thursday 9 am-3 pm

Friday- 9-12.30 Friday.



**Fun & Games on
Friday with Alyson**

Away 19th & 22nd

August

Venue Barry St Community Hall

Time 8.45-10.15 am.

Cost \$5.00

This session starts with 15 minutes of drumming followed by light exercise for strength & balance. It's all about out having some fun, laughter and exercise on Friday morning. Please call for further

Cards in Gracemere

Venue Gracemere Bowls Club.

Date Thursday 's

Time : 9 am – Midday

Cost will be \$5.00 and includes refreshments.

Come along and join a great group. Should you be interested in giving this social activity in Gracemere a go, please ring the office on 49140065 or Kevin [cards convener] on 49340776



Chicken and Cashew Lettuce Wraps

Ingredients

2 tablespoons soy sauce
 1 tablespoon honey
 1 tablespoon canola oil
 400g boneless, skinless chicken breasts, cut into bite-sized pieces
 salt and pepper, to taste
 2 cloves garlic, minced
 1/2 bunch spring onions, chopped
 1/2 small can sliced water chestnuts, drained
 1/4 cup roasted cashews
 1/2 head of cos/iceberg lettuce, leaves separated and washed



Method

In a small bowl, mix together the soy sauce and honey. Set aside while you cook your chicken. In a large pan, heat oil over medium high heat, cook the chicken, continuing to stir until chicken browns. Lower the heat to medium and add in the garlic and spring onions and stir. Add in the water chestnuts and the soy sauce mixture and continue to cook until the chicken is cooked through. Remove from the stove and stir in the cashews. Divide the lettuce leaves between two plates and top the leaves with the chicken mixture.

By three methods we may learn wisdom: First, by reflection, which is noblest; Second, by imitation, which is easiest; and third by experience, which is the bitterest. Mark Twain

A wealthy lawyer was riding in his limousine when he saw two women along the roadside eating grass. Disturbed, he ordered his driver to stop and he got out to investigate. He asked one woman, “Why are you eating grass?” “We don’t have any money for food,” the poor woman replied. “We have to eat grass.” “Well then, you can come with me to my house and I’ll feed you,” the lawyer said. “But sir, I have a husband and two children with me. They are over there, under that tree.” “Bring them along,” the lawyer replied. Turning to the other poor woman he stated, “You come with us also.” The second woman, in a pitiful voice then said, “But sir, I also have a husband and SIX children with me!” “Bring them all, as well,” the lawyer answered. They all entered the car, which was no easy task, even for a car as large as the limousine. Once underway, one of the poor fellows turned to the lawyer and said, “Sir, you are too kind. Thank you for taking all of us with you.” The lawyer replied, “Glad to do it. You’ll really love my place; the grass is almost a foot high!”



Positive life hacks....

- * Remember that five minutes of daily exercise is infinitely better than zero minutes.
- * Take a 60-Second breathing break before making a decision.
- * Write Something Down You've Been putting Off... and Then Do It.
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- * Read an adventure story.
- * Acknowledge the good.
- * Connect with others
- * Set up something to look forward to
- * Find meaning and purpose
- * Get outside

Health check: what's eating your teeth?

Most of us know sugar is bad for teeth because it feeds bacteria that cause tooth decay. But fewer are aware that equally as damaging for teeth is acid, and that repeated exposure to high levels of acid can cause tooth erosion.

Unlike dental caries (decay), tooth erosion is not a disease and it's not caused by bacteria. It occurs when acid dissolves the hard tissues of the tooth. In its early stages, it strips away the surface layers of tooth enamel. In advanced stages, it can expose the softer dentine that underlies tooth enamel, or even the central pulp of the tooth.

Among indicators that your tooth is seriously eroded are chalkiness on the surface, pitting, opaqueness and a scalloping out of the tooth's top surface, which, in some cases, can leave fillings exposed and teeth feeling very sensitive. Higher than usual levels of acid in the mouth can occur for a range of medical and lifestyle reasons, but the most common cause of tooth erosion is repeated exposure to acids in the foods and drinks we consume.

Beverages with pH levels below 5.5 are comparatively acidic. This includes soft drinks, sports drinks, energy drinks, fruit juices, cordials and wine. The pH scale measures acidity ranging from two, which is highly acidic, to seven, which is neutral, and 13, which is highly alkaline. But it's not simply a matter of pH levels. It's the mix of chemicals in a beverage that determines whether or not it is harmful to teeth.

Some chemicals are chelators, which means they bind or trap other chemicals, and they cause tooth erosion by chelating calcium and effectively removing it from teeth. The frequency and length of time teeth are exposed to acids and chelators also make a difference, as does a person's salivary flow – a healthy amount of saliva helps dilute and neutralise acid.

Soft drinks have low pH levels, in some cases as low as 2.4. They may contain relatively high levels of one or more of these food acids: phosphoric acid (ingredient number 338), sodium citrate (331), citric acid (330) and tartrates (336). Phosphoric acid is mainly found in colas, while citric or citrate appears in lemon and lime-flavoured drinks. All these compounds are chelators of calcium. Research shows sugared and sugar-free soft drinks cause similarly significant levels of tooth erosion. With pH levels as low as three, wine is also

highly acidic and potentially erosive.

To enjoy wine and avoid tooth erosion, consume it in moderation, drink plenty of plain water and consider accompanying your wine intake with a piece of calcium-rich cheese.



Caffeine increases the likelihood of tooth erosion by reducing saliva production. If consuming coffee, tea, cola or chocolate, make sure you keep your mouth hydrated by drinking plenty of water at the same time or afterwards.

Dentists and dental researchers have become increasingly concerned about a potential link between sports drinks and tooth erosion due to sipping on acidic sports drinks at a time where their impact is exacerbated by lower saliva levels.

Tooth erosion does increase the risk of tooth decay, so it's important to manage erosion as early as possible. Better still, there are a number of ways of effectively reducing and neutralising the impact of acidic beverages on teeth.

1. Drink lots of water, particularly between meals.
2. Don't brush your teeth straight after drinking acidic or sugary beverages as this can remove the softened tooth layer. Instead, rinse your mouth with water and wait an hour before brushing.
- 3 If you are drinking acidic beverages, do so at meal times because the increased salivary flow that occurs when you're eating will help neutralise acid.
4. Consume soft drinks, fruit juices and sports drinks through a straw as this will lessen the amount of beverage retained in the mouth.
5. Chew sugar-free gum (particularly one with bio-available calcium phosphate) as this can stimulate saliva flow and rinse away acids.
6. Finally, be wary of claims that sugar-free beverages are good for your teeth. Check ingredient lists for food acids to ascertain if the drink is likely to be erosive.

If you think you're at risk of tooth erosion, talk to your dentist about a remineralising treatment. These contain fluoride and calcium phosphate to help restore calcium and prevent dental caries.

Source: The Conversation 4/05/2022

Gracemere Lunch Bunch

Held every 2nd Monday of the month. Commencing at 10 am. Held at the Gracemere Golfs Club. We start the day with morning tea followed by a guest speaker and then a 2 course lunch.



Upcoming guest speakers.

- 6th June District Crime Prevention
- 11th July Vector Health exercise for seniors.
- 8th August Musical Bingo

What's happening at the Gracemere RSL?

The Gracemere RSL is open for “meal nights” on Fridays. Very affordable meals at \$10 for mains & \$4 for dessert, Children 1/2 price. Entertainment on the night. They also have BBQ nights with burgers at just \$5.00 adults and Children \$2 mains and \$2 for dessert. To confirm dates and times please contact the RSL on 49332062 from midday Wednesday through to Friday. **Private hire for Functions.**



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A lost dog strays into a jungle. A lion sees this from a distance and says with caution “this guy looks edible, never seen his kind before”. So the lion starts rushing towards the dog with menace. The dog notices and starts to panic but as he’s about to run he sees some bones next to him and gets an idea and says loudly “mmm...that was some good lion meat!”. The lion abruptly stops and says ” woah! This guy.... seems tougher then he looks, I better leave while I can” Over by the tree top, a monkey witnessed everything. Evidently, the monkey realizes the he can benefit from this situation by telling the lion and getting something in return. So the monkey proceeds to tell the lion what really happened and the lion says angrily “get on my back, we’ll get him together”. So they start rushing back to the dog. The dog sees them and realized what happened and starts to panic even more. He then gets another idea and shouts “where the hell is that monkey! I told him to bring me another lion an hour ago.”

