



## *From the Chair...*



Despite the confusion caused by the Eid public holiday, a good number of members turned up at our June meeting to listen to our guest speaker, Dr Shiv. The main focus of his talk was the perils of Ageing and how to manage them. He spoke about 4 key health issues and advised us that to prevent a number of diseases that are particularly associated with ageing, it is useful to adopt certain habits while we are younger.

### **MEMORY**

To ensure good memory health we should indulge in Intellectual and physical activity and sleep 7-8 hours a day/night. We should avoid long term sleeping pills and make sure chronic problems such as hypertension, cholesterol, diabetes, etc, are well managed. We should also periodically check Vitamins D and B12 levels are adequate, and avoid alcohol and smoking.

### **CONTINENCE**

Incontinence is something many women (and some men) suffer from as they age. Believe it or not much of the same advice given to manage memory issues applies to incontinence. In addition women can do pelvic-floor exercises to improve muscle control. For men, prostate checks. Careful timing of fluid intakes may improve nighttime. In some cases a high fiber diet avoiding constipation will also help.

### **FALLS**

Again, the advice for memory applies. Balance exercises can help as can vision checks. Good lighting everywhere, particularly in bathrooms is important and rails in bathrooms and toilets are helpful. Management of osteoporosis is important and the elderly should consider using gait aid (stick) for stability if starting to have balance issues. Regular checks of BP while taking BP meds are crucial (the effects of lower BP may periodically overshoot and cause falls).

### **POLYPHARMACY**

This is when you are taking 4 or more prescribed medications each day and there is a strong possibility of unwanted interactions. Your regular medication list should be reviewed by Doctor or pharmacist to ensure doses are kept appropriate for your age and illness. For each medication, ask Doctor why and for how long? Ask your doctor to consider what others have prescribed before adding to the list

Dr Shiv was very patient with us and took a multitude of questions. One of the things that stuck most firmly in my mind is the fact that Dementia/Alzheimer has already begun taking hold approximately 4/5 years before we see the signs. However, he reassured us that only 4% of cases are hereditary and our "senior moment" memory lapses are nothing to worry about.

**DON'T FORGET TO CHECK YOUR EMAIL FOR DETAILS OF OUR EVENTS OR CONTACT KAMINI**

### **NEXT MEETING**

**FRIDAY 20<sup>TH</sup> JULY @ 10 AM**

#### **SPEAKER**

**MR MICHAEL SIK YUEN**

**HE WILL TALK ON HEALTH AND BEAUTY**

Michael is a highly motivated and innovative executive experienced in marketing, retail, wholesale, and tourism operations. Customer-service focused in a professional corporate environment. Key accomplishments include boosting tourism industry during a particularly difficult economic period. Among the best network marketer from the Europe Office for KANGEN WATER IONIZERS last year, classified in the TOP 10 distributors in Europe for four months. Jeunesse Global is a prestigious American company with a turnover around almost 2 billion US\$ in nine years on the market.

## **COFFEE MORNING**



**10 am FRIDAY 13<sup>th</sup> July**  
@ Garden Cafe, Food Lovers, Bagatelle

# Happy Birthday!

To all our lovely members who celebrate their special days in July.

June proved to be a busy month for Corona members with the annual Corona Joint Lunch held at the Tennis Club in Trianon and hosted by the Quatre Borne Club.



Our grateful thanks go out to Ruth for hosting our June coffee morning at her house. This was well attended and there was certainly a surplus of delicious delicacies to enjoy.



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IN-HOUSE FUND RAISING	Patricia Mohamed	696 9598	
Not elected but assisting on sub committees	Zandre Latimer Jane Delorie Sara Grihault Lyndsay Riviere Margret Fayolle		Because our elected committee is smaller than usual, we need your help. If you have particular skills or would like to volunteer in any specific area contact Binita.