

**NARROGIN HOMECARE, JESSIE HOUSE, 30 CLAYTON ROAD, NARROGIN 6312**

**Telephone: 9881 4455**

Mission Statement: To support residents within the Town of Narrogin, Shire of Narrogin and the Townsite Of Cuballing, who are frail aged, or have a disability, to live safely and securely in their own homes.

## *NEWSLETTER SEPTEMBER 2009*

### *BANKSIA*

On Monday 14<sup>th</sup> September the Banksia Group will enjoy a day of fun at the Perth Zoo. Pick-ups commence at 7.30am. Drop-offs will be at approximately 6.00pm. Lunch will be at own expense.

### *CARER'S SUPPORT GROUP*

The next Carer's Support Group will be a planning day held, on **Thursday 1<sup>st</sup> September** at The Cottage, Jessie House, Clayton Road from 1pm to 3pm. Please call the office in advance if you need a Carer to care for your loved one whilst you attend the group.

### *JARRAH*

On **Tuesday 6<sup>th</sup> October** our Jarrah Group is invited to a slide show of **Lyn Carroll's travels and teaching experience in China** at The Cottage, Jessie House. Morning tea and a tasty lunch will be served. Cost: \$10.00 per person. Pick-ups: 9.30am. Drop-offs: 3.00pm. If you would like to join with Lyn and other Jarrah group members please call Sally on 98814455 and place your name on the list.

### *NAIL CLINIC*

Nail Clinic will now be held on **THURSDAYS commencing at 1.30pm** at Jessie House. The dates for 2009 are: 24<sup>th</sup> September; 22<sup>nd</sup> October; 19<sup>th</sup> November and 10<sup>th</sup> December. Pick-ups will commence at 1.15pm. Please contact the Office 9881 4455 to register your interest.

### *WATTLE*

We still have six spare seats available for our **Whale-Watching Mini-Holiday** at Busselton. We will leave Narrogin on Monday 21<sup>st</sup> September and return home on Wednesday 23<sup>rd</sup> September. The Paradise Motor Inn in Busselton will be our accommodation for the two nights. The cost of this mini-holiday is \$300 per person and includes shared accommodation, continental breakfasts, whale-watching boat excursion, two evening meals, morning tea en-route on the Monday and transport. Lunches and other incidental personal purchases are not included. Pick-ups: 7.30am on Monday 21<sup>st</sup> September. Drop-offs: approximately 4.00pm on Wednesday 23<sup>rd</sup> September. A letter outlining the itinerary and a 'what to bring' list will be sent out shortly. Please contact Lyn or Sally on 98814455 if you would like to come. Please note: Payment for this mini-holiday should be received by Monday 14<sup>th</sup> September **in cash**. Many thanks.

To celebrate **SENIORS WEEK** we will be travelling to the **Café on the Dam at Serpentine** on Wednesday 28<sup>th</sup> October where we will enjoy lunch followed by a Bush Poetry Show. All of this amidst the tranquil ambience of a beautiful part of our state forest. We would love to take as many seniors as possible to this event and have, therefore, heavily subsidised the cost to ensure that everyone has the opportunity to attend and everyone enjoy a day out. Cost: \$20.00 per person – includes morning tea, a two-course meal, bush poetry show and transport. Pick-ups: 8.00am. Drop-offs: approx. 5.00pm. Mark your calendar for this Seniors Week excursion and telephone Lyn or Sally on 98814455 and book your seat.

### *WINDOW CLEANING*

If anyone would like to have their windows cleaned please contact the office to have your named added to the list. Window cleaning is only done if there is a cancellation in the permanent roster, you will be contacted and offered a time to have your windows cleaned.

### *A MESSAGE FROM THE MANAGER'S DESK*

#### **Hi Everyone**

We had previously announced that Kelvin from Narrogin Taxis was going to participate in the Fuel Card Program.

Kelvin has now informed us that he is not able to participate in the Program as it is cost prohibitive for such a small concern as his Company here in Narrogin.

**The Rotary Club of Narrogin** has generously offered Narrogin Homecare Clients Emergency Medical Information Books. These little booklets record your personal and medical information so that it is ready for use in an emergency. If you would like one of the Emergency Medical information Books please call into the Narrogin Homecare Office.

I have included an article below from the Spring Edition of Stay On Your Feet WA News and Views for your information.

#### **Prompt action to heart attack warning signs can save lives.**

Each year heart attack is the number one cause of death for Australian men and women. It's sobering to discover that most of these deaths occur in the home. Knowing the warning signs of heart attack and how to respond to this life-threatening emergency could save your life or the life of someone you love. Many deaths could be avoided if people, who experience the warning signs of a heart attack, or those who are with them, called triple Zero (000) immediately for an ambulance and got to hospital quickly. Getting to hospital quickly when you experience warning signs of a heart attack can reduce the damage to your heart and increase your chance of survival. Heart attack warning signs vary. The symptoms of a heart attack usually last for at least 10 minutes. You may experience more than one of the symptoms outlined below:

## **Pain in the chest**

A heart attack usually causes discomfort or pain in the centre of the chest. The pain may come on suddenly or start slowly, developing over minutes. It may feel like tightness, pressure, heaviness, fullness or squeezing.

## **Pain spreading**

The chest discomfort may spread to the neck and throat, jaw, shoulders, the back, either or both arms, and even into the wrists and hands. Some people do not get any chest pain – only discomfort in parts of the upper body. There may be a choking feeling in the throat. The arms may feel 'heavy' or 'useless'.

Often there may also be difficulty breathing, nausea or vomiting, a cold sweat, or a feeling of being dizzy or light-headed.

## **What you must do:**

1. Stop what you are doing and rest.
2. Tell someone you are with what you are experiencing.
3. If your symptoms are severe or get worse quickly or last for 10 minutes (even if they are mild) this is an emergency. Call 000\* and ask for an ambulance. (If calling 000 does not work on your mobile phone, try 112.)
4. Don't hang up. Wait for advice from the 000 operator. Stay with them until the ambulance arrives.

**For more information or to obtain a FREE copy of *Heart Attack – Your questions* booklet please call the Heart Health Information Service on 1300 362787 or visit the website [www.heartfoundation.org.au](http://www.heartfoundation.org.au)**

## ***GREAT STORY***

Not many people get a picture of this proud bird snuggled up next to them.



## ***Freedom and Jeff***

Freedom and I have been together 10 years this summer. She came in as a baby in 1998 with two broken wings. Her left wing doesn't open all the way even after surgery, it was broken in 4 places. She's my baby. When Freedom came in she could not stand, was emaciated and covered in lice. We made the decision to give her a chance at life, so I took her to the vet's office. From then on, I was always

around her. We had her in a huge dog carrier with the top off, and it was loaded up with shredded newspaper for her to lay in. I used to sit and talk to her, urging her to live, to fight; and she would lay there looking at me with those big brown eyes. We also had to tube feed her for weeks and she still couldn't stand. It got to the point where the decision was made to euthanize her if she couldn't stand in a week. You know you don't want to cross that line between torture and rehab, and it looked like death was winning. She was going to be put down that Friday, and I was supposed to come in on that Thursday afternoon. I didn't want to go to the centre that Thursday, because I couldn't bear the thought of her being euthanized; but I went anyway, and when I walked in everyone was grinning from ear to ear. I went immediately to her cage; and there she was, standing on her own, a big beautiful eagle. She was ready to live. I was just about in tears by then. That was a very good day. We knew she could never fly, so the director asked me to glove train her. I got her used to the glove, and then to jesses, and we started doing education programs for schools in western Washington. We ended up in the newspapers, radio (believe it or not) and some TV. Miracle Pets even did a show about us. In the spring of 2000, I was diagnosed with non-Hodgkin's lymphoma. I had stage 3, which is not good (one major organ plus everywhere), so I wound up doing 8 months of chemo. Lost the hair - the whole bit. I missed a lot of work. When I felt good enough, I would go to Sarvey (bird sanctuary) and take Freedom out for walks. Freedom would also come to me in my dreams and help me fight the cancer. This happened time and time again. Fast forward to November 2000, the day after Thanksgiving, I went in for my last check-up. I was told that if the cancer was not all gone after 8 rounds of chemo, then my last option was a stem cell transplant. Anyway, they did the tests; and I had to come back Monday for the results. I went in Monday, and I was told that all the cancer was gone. So the first thing I did was get up to Sarvey and take the big girl out for a walk. It was misty and cold. I went to her flight and jessed her up, and we went out front to the top of the hill. I hadn't said a word to Freedom, but somehow she knew. She looked at me and wrapped both her wings around me to where I could feel them pressing in on my back (I was engulfed in eagle wings), and she touched my nose with her beak and stared into my eyes, and we just stood there like that for I don't know how long. That was a magic moment. We have been soul mates ever since she came in. This is a very special bird. On a side note: I have had people who were sick come up to us when we are out, and Freedom has some kind of hold on them. I once had a guy who was terminal come up to us and I let him hold her. His knees just about buckled and he swore he could feel her power coarse through his body. I have so many stories like that. I never forget the honour I have of being so close to such a magnificent spirit as Freedom's.

Hope you enjoy this.

Have a wonderful September and remember to call me if you have any complaints or suggestions of improvement for any of our services.

Kind Regards  
Lynne Yorke  
Manager  
Community Care Services  
Town of Narrogin