

NARROGIN REGIONAL HOMECARE  
Jessie House, 30 Clayton Road, Narrogin  
Telephone: 98 900 700  
[www.narrogin.wa.gov.au](http://www.narrogin.wa.gov.au)

Statement of Purpose: The purpose of Narrogin Homecare is to assist frail aged and younger people with a disability to live independently and prevent premature or inappropriate admittance to residential care.

## **NEWSLETTER AUGUST 2017**

### **Williams**

Saturday 26 August

Visit Williams monthly Market which is held under cover on the last Saturday of every month where you can buy local produce, jewellery second hand books, cakes, jams sausage rolls and bric-a-brac. One man's rubbish is another man's treasure. From the markets call into Bush Brothers Op shop which is situated next to the Woolshed.

Take a light lunch of soup and home baked bread at the Rustik Rainbow. After lunch stroll through the beautiful gardens of Millstream.

Pick up begins at 9 a.m. Leisure Centre Approximately 9.30 a.m.

Drop off Approx. 4.30 p.m.

Cost \$33.00 includes light lunch.

### **Beauty and the Beast**

Friday 1 September 12 noon

All tickets have been pre sold for Beauty and the Beast

Pick up begins at 7.30 a.m. Leisure Centre 8.00 a.m.

Drop off Approx. 5.30 p.m.

### **Dwellingup**

Tuesday 19 September

Partake of a delicious two course lunch at the quaint and beautiful Blue Wren Café, before lunch we shall pop into the Dwellingup History and Visitors Information Centre which is home to a fascinating local history museum. Discover the stories of the early pioneers, the history of the early mill towns, the military connections to the former POW camp at Marrinup and the extraordinary courage of a town that survived the 1961 bush fire. There is also a fully restored vintage Mac Truck on display. If time permits we shall visit Bev at the lovely and unusual craft and gift shop "The Touch of Aroma".

Pick up begins 8 am Leisure Centre approx. 8.45 a.m.  
Drop off approx. 5.30 p.m.  
Cost \$42.00 includes lunch

## **Boddington Open Gardens**

Saturday 7 October.

Details in next Newsletter

## **Lace and Wildflowers 16 October**

First stop will be morning tea at Kulin then travel the Tin Horse Highway to Hyden, once in Hyden we have a few options available to us.

Lunch will be had at the Wildflower Cafe, homemade meat pie and a green salad followed by fruit salad and ice cream. Next door is a collection of 10,000 miniatures, men in uniform, horses, vehicles and buildings that illustrate centuries of military strife. A must see for a boy of any age!!

Lace as we know it today, originated in northern Italian cities, particularly Venice. The largest lace collection on display in the world can be seen at Hyden. Take a look at the intricate detail of many handmade antique gowns and wedding dresses. On display are drawers and cabinets full of dainty work that is testament to patience and dexterity, and a piece of Chantilly lace worn by Queen Victoria in 1845. The oldest item in the collection is from the early 1600s. To top off the day out we will visit the Lazy D Wildflower farm and hopefully be able to feast our eyes on our wonderful native flowers.

Pick up begins 7.15 a.m. Leisure Centre approx. 8 a.m.

Drop off approx. 6.p.m.

Cost \$45.00 includes lunch. Entry into Lace Place and the Toy Soldiers Collection is at your own cost.

## **Seniors Week.**

Tuesday 31 October

Lunch at the Eric Farrow Pavilion. A workshop on Physical Health Tips.

Details in next Newsletter

## **November and December Excursions**

Melbourne Cup at Cuballing Tavern

Christmas Lights in Mandurah,

Details in next Newsletter.

## **Carers Support Group**

The next Meeting will be held on June Monday 28 August. All meetings other than the last meeting for the year will be held at the Cottage of Jessie House between 10 and 12.

If you are a carer of a loved one with a diagnosis of dementia you are most welcome to join us to be supported through the journey. The support of others walking the same path is invaluable. If you haven't attended previously you will need to call the Regional Assessment Team on 1300 785 415 and be assessed prior to attendance. Please call the Office and speak to Lynne Yorke with any queries.

## *FROM THE MANAGER'S DESK*

### **Poor sleep may increase Alzheimer's risk**

By: PAA in News, Top Stories July 7, 2017 0

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Poor sleep might increase the chances of people at risk of Alzheimer's developing the disease, according to a study. Scientists conducted spinal fluid tests on 101 people with an average age of 63 who had a family history of Alzheimer's or carried a gene linked to the condition.

Participants who reported the worse sleep quality or suffered from daytime drowsiness had more biological markers for Alzheimer's than those without sleep problems.

The researchers looked for signs of beta-amyloid, clumps of toxic brain protein linked to Alzheimer's, and "tau tangles", which are knots of protein within nerve cells that are also associated with the disease.

Lead scientist Dr Barbara Bendlin, of the University of Wisconsin-Madison in the US, said: "Previous evidence has shown that sleep may influence the development or progression of Alzheimer's disease in various ways.

"For example, disrupted sleep or lack of sleep may lead to amyloid plaque build-up because the brain's clearance system kicks into action during sleep.

"Our study looked not only for amyloid but for other biological markers in the spinal fluid as well."

Not everyone with sleep problems in the study had abnormalities in their spinal fluid, the researchers said.

For example, there was no link between biological markers for Alzheimer's and obstructive sleep apnoea.

The results, reported in the journal *Neurology*, remained the same after taking into account factors such as medication use, level of education, depressive symptoms or body mass index.

Bendlin said it was unclear if sleep might affect the development of Alzheimer's or if the disease affects the quality of sleep.

## **Study advises alcohol's adverse impact on ageing brains**

By: RAW in News, Top Stories June 7, 2017 0

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Drinking even moderate amounts of alcohol is linked to changes in brain structure and an increased risk of worsening brain function, scientists say.

In a 30-year study that looked at the brains of 550 middle-aged heavy drinkers, moderate drinkers and teetotalers, the researchers found people who drank more alcohol had a greater risk of hippocampal atrophy, a form of brain damage that affects memory and spatial navigation.

People who drank more than 30 units a week on average had the highest risk, but even those who drank moderately – 14-21 units per week – were far more likely than abstainers to have hippocampal atrophy, the scientists published in the *BMJ British Medical Journal*.

“We found no support for a protective effect of light consumption on brain structure,” they added.

The research team, from the University of Oxford and University College London, said their results supported a recent lowering of drinking limit guidelines in Britain, but posed questions about limits recommended in the United States.

US guidelines suggest that up to 24.5 units of alcohol a week is safe for men, but the study found increased risk of brain structure changes at just 14 to 21 units a week.

A unit is defined as 10 millilitres of pure alcohol. There are roughly two in a large beer, nine in a bottle of wine and one in a 25-millilitre spirit shot.

Killian Welch, a Royal Edinburgh Hospital neuropsychiatrist who was not directly involved in the study, said the results underlined “the argument that drinking habits many regard as normal have adverse consequences for health.

“We all use rationalisations to justify persistence with behaviours not in our long term interest,” Welch warned. “With (these results) justification of ‘moderate’ drinking on the grounds of brain health becomes a little harder.”

After adjusting for several important potential confounders such as gender, education, social class, medical history among others, the scientists found that higher alcohol consumption was associated with increased risk of brain function decline.

Drinking more was also linked to poorer “white matter integrity”, a factor they described as critical when it comes to cognitive functioning.

The researchers noted that with an observational study like this, no firm conclusions can be drawn about cause and effect. They added, however, that the findings could have important public health implications for a large sector of the population.

## **Music boosts brain connectivity, could help stroke recovery: study**

By: PAA in News, Top Stories July 7, 2017 0

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Using music to learn a physical task significantly develops an important part of the brain, according to a study. This discovery could aid in the recovery from strokes.

People who practised a basic movement to music showed “increased structural connectivity” between the regions of the brain that process sound and control movement, the University of Edinburgh research shows.

The findings, published in the medical journal *Brain & Cognition*, showed that brain wiring enables cells to communicate with each other.

Experts say the study could have positive implications for future research into rehabilitation for patients who have lost some degree of movement control.

Dr Katie Overy, who led the research team, said, “The study suggests that music makes a key difference. We have long known that music encourages people to move.

“This study provides the first experimental evidence that adding musical cues to learning new motor task can lead to changes in white matter structure in the brain.”

Researchers divided right-handed volunteers into two groups and charged them with learning a new task involving sequences of finger movements with the non-dominant left hand.

One group learned the task with musical cues while the other group did so without music.

After four weeks, both groups of volunteers performed equally well at learning sequences, the researchers found.

Using MRI scans, the study found the music group showed “a significant increase” in structural connectivity on the right side of the brain while the non-music group showed no change.

The team hopes that future research will determine whether music can help with special kinds of motor rehabilitation programmes, such as after a stroke.

The project brought together researchers from the university’s Institute for Music in Human and Social Development, Clinical Research Imaging Centre and Centre for Clinical Brain Sciences, and from clinical neuropsychology at Leiden University in the Netherlands.

## **Alliance Housing**

Alliance Housing is a community housing provider in South West WA who has recently taken over the units at 58 Lock Street Narrogin. Under

Alliance Housing all ten units will be revived by undergoing refurbishments, two of which are modified for those living with disabilities, while the remaining units can be modified to satisfy needs as required. A new security gate installation rounds out the change nicely, bringing with it a fresh start.

If you are interested please contact the friendly team at Alliance Housing WA. Alliance Housing (WA) PO Box 1505 Bunbury 6231 [admin@alliancehousing.com.au](mailto:admin@alliancehousing.com.au) (08) 9791 543.

*Wishing you all an Awesome August*

*From Lynne and the Narrogin Regional  
Homecare Team*