

SEPTEMBER 2017 EDITION



Excursions for Wattle Group

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. 8.45am

Drop off approx. 5.30pm

Cost \$42.00 includes lunch

Excursions for Wattle Group...

Lace and Wildflowers

Monday 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 7.15am Leisure Centre approx. 8 am.

Drop off approx. 6pm.

Cost \$45.00 includes lunch

Entry into Lace Place and the Toy Soldiers Collection is at your own cost

Boddington Open Gardens.

Monday 23 October

❖ Please note the change of date from 7 October to 23 October.

Inspiration and delight can be found behind every garden gate. Four generous and passionate gardeners from Boddington have invited us into their world to share with us nature's beauty. A two course lunch will be provided by the ladies from the Boddington Arts and Craft Centre.

Pick up Begins at 7am Leisure Centre approx. 7.45am

Drop Off approx. 5pm

Cost \$40.00 includes entry to gardens and lunch.

Seniors Week Wagin.

Tuesday 31 October

Wagin Home and Community Care have invited us to join them to celebrate Seniors Week. We shall partake of lunch at the Eric Farrow Pavilion which will be followed by a Workshop on Physical wellbeing and health tips

Pick up begins 8.30am at the Leisure Centre at approximately 9.15am

Drop off approximately 4pm

Cost \$25.00 includes Lunch



Melbourne Cup

Cuballing Tavern

Tuesday 7 November

Prizes for the best hat (Fillies only) and best dressed Filly and Stallion.

A sweepstake will be run so bring along your gold coins. Place your bets then settle down to watch the Great Race. A two course meal will follow after the race.

Las Vegas on Water

(Two Day Excursion) Sunday 10, Monday 11 December

Ever popular, this delightful cruise experience becomes increasingly beautiful each year. Dress for the occasion, sing along with the Christmas carols, be bewitched by the wonderland of Christmas lights illuminated and reflecting onto the water from million dollar mansions. Don't miss out on this spectacular event. Before the cruise share a banquet of Asian and Malaysian Cuisines at the famous Penung House.

Monday 11 December.

Enjoy Rockingham..when was the last time you treated yourself to a walk along a pristine white beach with the sound of waves rolling into shore, the smell of sea air and the breeze on your face? Catch up with friends and relatives, enjoy lunch that can be purchased from the extensive range of eateries along the foreshore. This will be a rare moment of relaxation before the Christmas RUSH!!

Return to Mandurah and enjoy a two course dinner at your accommodation, after dinner a visit to Meadow Springs to the home of "Mr and Mrs Claus" who have opened the doors to their famous festive house to the public. free for all to enter, with the couple asking only for a donation to the K9 Rescue foundation who rescue, care and rehome dogs from the Peel region.

Accommodation: Two Bedroom twin share self contained Apartments at Mandurah Motel

and Apartments two streets from the beach.

Countless amounts of trees, decorations and sparkling lights engulf each room including the Loo! Continue out into the garden and be enthralled. The one-of-a-kind house is free for all to enter, with the couple asking only for a donation to the K9 Rescue foundation who rescue, care and rehome dogs from the Peel region

**Pick up 8.00am Leisure Centre Approx 8.45am
Drop off Tuesday 12.00noon**

Cost \$287.00 includes two night's accommodation, two evening meals and the River Cruise. Sunday and Monday lunch at own cost. Names and money for this excursion must be in by Thursday 30 November.

How prepared is your property

Don't wait until summer to start preparing your home and family for the bushfire season. There are things you can start doing now.

To help prepare your property for bushfire take these simple steps

Through Autumn and Winter

- ❖ Prune trees to remove lower branches
- ❖ Clear long grass, rake leaves and twigs and prune flammable shrubs
- ❖ Spray grass and weeds with herbicide
- ❖ Ensure petrol and other flammable materials are stored away from your home
- ❖ Make sure your personal and home protection equipment is in good working order
- ❖ Overhaul your emergency pump, if you have one
- ❖ Develop or review, your bushfire survival plan



- ❖ Make sure everyone in the family knows what to do in a fire
- ❖ Move woodpiles and stacked timber away from the house
- ❖ Keep the grass short. On farms, keep grazing levels high.



During Spring

- ❖ Clean out gutters and remove debris from your roof
- ❖ Prepare your emergency kit, including your bushfire survival plan

In Early Summer

- ❖ Water lawns, trees and shrubs near buildings to keep them green
Recheck personal and home protection gear, screens, water supplies and gutters.

For more information:
Visit the DFES website at
www.dfes.wa.gov.au

Contact DFES Community Engagement on
9395 9816;

Access the range of Bushfire Preparedness
information [here](#)

Carers Support Group

- ❖ The next Meeting will be held on Monday 18 September. 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 Community Housing prior to attendance. Please call the Office and speak to Lynne Yorke with any queries.

Community Housing

Alliance Housing is a community housing provider in South West WA who has recently taken over the units at 58 Lock Street in 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 safe, secure and affordable housing is something you Alliance Housing is a community housing provider in South West WA who has recently taken over the units at 58 Lock Street in Narrogin.

Under Alliance Housing all ten units will be revived by undergoing refurbishments, two of which are modified for are looking for, please contact the friendly team at Alliance Housing WA.

Alliance Housing (WA)
PO Box 1505
Bunbury 6231;
admin@alliancehousing.com.au
(08) 9791 543

From the Manager's Desk

Cleaning Cloths

It has been brought to our attention that some clients do not have red cloths designated for cleaning toilets. In order for the Support Workers to do their job well it is a requirement that they have cleaning cloths for each task and preferably that the cloths be colour coded. This ensures that the cloth being used to clean the toilets are not used for any other task. Red cloths to clean the toilets are the best. Please ensure that the Support Workers always have clean cloths available to do their work. Thank you.

Lifestyle changes may stave off dementia

By: [RAW](#) in [News](#), [Top Stories](#) July 21, 2017

Learning new things, eating and drinking well, not smoking and limiting hearing loss and loneliness could prevent one-third of dementia cases, health experts say. In a wide-ranging analysis of the risk factors behind dementia, the researchers highlighted nine as particularly important.

These included staying in education beyond age 15, reducing high blood pressure, obesity and hearing loss in mid-life, and reducing smoking, depression, physical inactivity, social isolation and diabetes in later life. If all these risk factors were fully eliminated, the experts said, one in three cases of dementia worldwide could be prevented.

“Although dementia is diagnosed in later life, the brain changes usually begin to develop years before,” said Gill Livingston, a professor

at University College London and one of 24 international experts commissioned by The Lancet medical journal to conduct the analysis.

Latest estimates from the Alzheimer's Association International show about 47 million people live with dementia globally and the cost of the diseases already reaches hundreds of billions of dollars a year. The number of people affected is set to almost triple to 131 million by 2050, according to the World Health Organisation.

The researchers found that among the 35 per cent of all dementia cases that could be prevented, the three most important risk factors to target were increasing early life education, reducing midlife hearing loss and stopping smoking.

Not completing secondary education while young can make people less resilient to cognitive decline when they get older, the experts said, while preserving hearing helps people experience a richer and more stimulating environment, building cognitive reserve.

Stopping smoking reduces exposure to neurotoxins and improves heart health which, in turn, affects brain health, they said.

Social interaction improves dementia care

By: [AAP](#) in [News](#), [Top Stories](#) July 20, 2017

To England for the latest news from the 2017 Alzheimer's Association International Conference on how to help people with dementia ...

Just a simple chat and some social interaction may be all it takes to improve the wellbeing of people living with dementia.



A large scale UK trial has shown person-centred activities combined with one hour a week of social activity can improve the quality of life and reduce agitation for people with dementia living in care homes. The findings presented at the Alzheimer's Association International Conference 2017 also shows the intervention can save money.

"Our outcomes show that good staff training and just one hour a week of social interaction significantly improves quality of life for a group of people who can often be forgotten by society," said lead researcher professor Clive Ballard of the University of Exeter Medical School.

The trial involved more than 800 people with dementia across 69 care homes in South London, North London and Buckinghamshire. Two care staff champions at each home were trained over four day-long sessions, to take simple measures such as talking to residents about their interests and decisions around their own care.

Dr Jane Fossey from the Oxford Health NHS Foundation Trust says taking a person-centred approach is about really getting to know the resident as an individual.

"Knowing their interests and talking with them while you provide all aspects of care. It can make a massive difference to the person themselves and their carers," said Fossey.

The results reflect the initial findings of the Halting Antipsychotic use in Long Term Care (HALT) Project conducted in Australia.

De-prescription of antipsychotic medication was achieved in 75 per cent of trial participants after six months through training nurses, dubbed nurse champions, in person-centred approaches to managing behavioural and psychological symptoms of dementia.

There are still a proportion of people with dementia who benefit from medication but there could be a number of reasons why a patient starts yelling or becomes aggressive, Professor Henry Brodaty of the Centre for Healthy Brain Ageing at UNSW said.

The key, he said, is to find out what the behaviour is communicating.

Wishing you all the best for the forthcoming spring season

*Wishing you all a Stunning Sunny September and beginning of Spring
From Lynne and the Narrogin Regional Homecare Team*

NARROGIN REGIONAL HOMECARE

Jessie House, Clayton Road, Narrogin
(between the Leisure Centre and the Hockey Field)
PH: 9890 0700
Email: mccs@narrogin.wa.gov.au
www.narrogin.wa.gov.au



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