

Excursions for Wattle Group...

Mundijong

Wednesday 18 April

Enjoy a day out in the country, a blast from the past, experience a typical rural market and auction. Fresh grown fruit vegetables, homemade produce, country arts, crafts and bric-a-brac. A real live auction, all manner of livestock and animals for sale. The famous and historic Mundijong Markets.

Pickups begin 7.30am Leisure Centre
Approximately 8.15am, Drop off 5.00pm
Cost \$30.00. Lunch can be purchased at the markets at your own cost.

The magic of Fred Astair

Tuesday 22 May – Mandurah Performing Arts Centre

The Magic of Fred Astaire is an all singing, all dancing tribute to the man who went on to become the most famous dancer of all times. Bringing back the old world glamour and charm with plenty of toe-tapping tunes and legendary dance routines of the era. A Fine Romance takes the audience from Fred's humble beginnings on Broadway, all the way to his Hollywood days and on screen romances with his many leading ladies, including Ginger Rogers, Judy Garland, Audrey Hepburn and Rita Hayworth. Audiences will love the costumes, the songs, the glitz, the extraordinary dancing and of course, the music. This show has something for everyone. Songs include: The Way You Look Tonight, They Can't Take That Away From Me, Let's Call the Whole Thing Off, Cheek to Cheek, Puttin' on the Ritz, Top Hat, That's Entertainment, Wonderful, Night and Day and many more.

Payment required by 26 April '18.
Total cost: \$55 includes morning tea
Morning tea: 10am; Show starts: 11am.
BYO Lunch after show
Pickups to commence at 6.45am
Movie – "Finding your feet" showing at the Little Gem Theatre in Wagin.

Upcoming Events

Expressions of Interest

Date and time to be confirmed.

Woman's Expo

Perth Convention Centre – Sunday June 17;

Aladdin

The hit Broadway musical, 1pm on Sunday September 23 at the Crown Theatre.

See May's Newsletter for more details on the above excursions.

From the Manager's Desk

Office closure for training on Monday

21 May 2018

The Administration Staff are having a training session on Monday 21 May and consequently the Office will be closed all day. If you have any transport that is absolutely essential on Monday 21 May please organize it by Friday 18 May.

Collecting dog faeces

We have mentioned previously that it is the responsibility of dog owners to pick up dog faeces in the yards prior to the lawns being mowed. Now that each client has a nominated day and time dog owners have the opportunity to know that Brodie is coming to mow the lawns and therefore have all the dog excrement collected. Apparently this isn't happening and we request once more that clients prepare your yards for lawn mowing please.

Walk and Talk to commence later in April

With the weather becoming cooler in the mornings we are changing the time in April back to meeting at the Community Garden at 9.00 am with the pick-ups commencing at 8.30 am

Money paid for excursions and community assisted transport service (CATS)

Administration have requested that wherever possible the correct money to be paid for excursions and the CATS car please be presented. This would be greatly appreciated.

Carers support group

The next Meeting will be held on Monday April 23 2018. 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.

Five ways to reduce the risk of seniors falling in the home

Having a senior member of the family fall in their own home is a serious concern for many Australians, as they may be unable to get help and could potentially suffer major injuries. Families should all be proactive about making a senior person's home as fall proof as possible.

According to research, falls are the leading cause of death and disability due to injury in adults 65 years and older. That's why families should be proactive about making a senior person's home as fall proof as possible, while letting them know how they can best prevent future falls.

Dr Ryan Harvey from House Call Doctor says, "Preventing the risk of falling is important not just because it protects physical health, but because it helps a person maintain independence as the body ages". Many factors can cause a senior to fall, such as: muscle weakness, gait balance deficits, medications that inhibit balance and co-ordination, aging hearing and vision or a change in the environment around them. To give your family member more independence at home and reduce their risk of injury, Dr Harvey recommends you do the following 5 things to reduce their risk of suffering a fall:

Be healthy & active

Eating fresh healthy food and getting regular exercise will maintain muscle and bone strength while preventing stiff joints. "Make sure they're eating foods rich in calcium and vitamin D, or consider supplements, as these vitamins can help maintain bone strength," says Dr Harvey. "It's also important to keep their fluids up." Make sure they have regular vision and hearing checks to keep on top of any conditions that may cause issues of imbalance. Also, be aware of any medications that may cause loss of balance, and ask your GP if you have any concerns.

Make design changes to the home

“Most falls happen in the home, so simply redesigning some aspects of the home can make a real difference”, says Dr Harvey. During this end-of-year clean out look for ways to reduce trip hazards, such as rugs, and repair any worn patches in carpet. It’s also a good idea to clean and repair pathways and mark the edge of steps to make them easily visible and consider installing handrails and grab bars where you need them. These safety devices are crucial for going up and down stairs, getting on and off the toilet, and stepping in and out of the bathtub without injury.

Wear proper shoes

Even though there is a good chance they aren’t running laps like they used to, a good pair of shoes or slippers will help. Find a comfortable pair that are firm fitting and flat, with a low-wide heel and opt for rubber soles that grip easily. “Try to avoid walking around in socks, as they have little surface grip,” says Dr Harvey.

Have proper lighting

Inadequate lighting is another major hazard. To create a home that’s more suitable for an elderly person, install brighter light bulbs where needed (particularly in stairways and narrow hallways). Dr Harvey says, “Adding night-lights in bedrooms and bathrooms helps a senior guide themselves around at night”.

Place a phone not too high up from the floor

“If a fall were to happen, it’s ideal to have a phone within reach,” says Dr Harvey. If they’re not used to keeping a mobile on them install some landline phones around the house, like on side tables and countertops. Remember, if they live on their own and have fallen down also get them to call triple zero (000) for an ambulance immediately. After this make sure they call a neighbour or nearby family to check on you while you wait for the ambulance.

Article by Dr Ryan Harvey. Dr Ryan Harvey is the Deputy Clinical Director at House Call Doctor”. He is highly experienced in paediatrics, and has administered medical care to children living in remote overseas communities. He now works with families, administering acute care when unexpected medical situations arise overnight.

Vitamin B3 could treat Glaucoma

By: Kirstie Chlopicki in Clinical Focus, News, Top Stories March 14, 2018

A humble vitamin B3 supplement could be the key to treating Glaucoma, new research has found. Melbourne’s Centre for Eye Research Australia is in the midst of conducting a world- first human trial that uses vitamin B3 to treat the disease of the optic nerve.

Research fellow Dr Flora Hui said the six month clinical trial aimed to use a high dosage of the vitamin to support existing glaucoma therapies such as daily eye drops.

“Imagine your car’s engine is running a bit rough and as a result, the car doesn’t drive smoothly. If you top up the engine with oil, the car runs better, even though you haven’t fixed the underlying problem,” Dr Hui said. “Our study hopes to confirm that vitamin B3 can protect nerve cells from dying, in a similar way that adding oil to a faulty car engine can still allow it to run more smoothly”.

CERA managing director and research leader Jonathan Crowston said Glaucoma affected 60 million people worldwide.



Ten interesting facts about Anzac Day

Every year, on the 25th of April, Australians are given the opportunity to pause, reflect and remember the incredibly brave ANZAC soldiers who lost their lives, or who were wounded, at Gallipoli. To help commemorate, we've assembled these 10 facts that you may not know about Anzac Day:

- ☀️ Originally, the term 'ANZAC' was used to mean any soldier who was a member of the army corps that fought at Gallipoli. While typically thought of as just Australian and New Zealand nationals, the ANZACs included officers from India, Ceylon, the Pacific Islands, England and Ireland. However, the term has subsequently been broadened to mean any Australian or New Zealander who fought or served in the First World War.
- ☀️ A soldier named Alec Campbell was the last surviving ANZAC. He died on 16 May, 2002.
- ☀️ The most significant time to remember the ANZACs is at dawn, as this is when the original Gallipoli landing occurred. The dawn service was first started by returned soldiers in the 1920's and originally dawn services were only attended by veterans. Today, anyone can attend a service.
- ☀️ One of the key reasons for the failure of the Gallipoli offensive was the fact that the boats carrying the Australian and New Zealand soldiers landed at the wrong spot. Instead of finding a flat beach, they faced steep cliffs, and constant barrages of fire and shelling from the Turkish soldiers.
- ☀️ While the battle itself was a crushing defeat, the Australian and New Zealand soldiers were relentless and displayed incredible courage and endurance, even despite the most horrible of circumstances. This is how the ANZAC legend was born.
- ☀️ The Gallipoli battle itself ended in a stalemate, when the ANZACs retreated after eight months of battle.
- ☀️ The ANZAC spirit is wonderfully represented by a brave man – Private John Simpson Kirkpatrick. He was a stretcher bearer in the Australian Army Medical Corps, and spent his nights and days rescuing injured men from the battle lines in Monash Valley. He transported them back to the safety of ANZAC cove on his donkey. He is thought to have rescued over 300 wounded soldiers.
- ☀️ Another man who epitomised the ANZAC spirit was Charles Billyard-Leake. In 1914, he was living in a large manor in the UK – which he turned into a hospital for ANZAC soldiers. During the war, and for a while afterwards, over 50,000 Australians stayed at this Harefield Hospital.
- ☀️ The Last Post was typically played during war to tell soldiers the day's fighting had finished. At memorial services, it symbolises that the duty of the dead has finished and they can rest in peace.
- ☀️ ANZAC biscuits were believed to have made an appearance during the Gallipoli offensive. Made of oats, sugar, flour, coconut, butter and golden syrup they were hard and long lasting, and were ideal for troops in the trenches. They were apparently eaten instead of bread.





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Kindest regards for April

*Lynne & the
Narrogin Regional Homecare team*

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