

"Do what you can, with what you have, where you are"

Theodore Roosevelt 1858-1919

ANXIETY



What is Generalized Anxiety Disorder?

Generalized Anxiety Disorder (GAD) is an anxiety disorder where the anxiety shows itself in excessive long lasting worrying about things happening in life. It involves chronic worrying, nervousness and tension. Unlike a phobia, where your fear is connected to something specific, the anxiety connected to GAD is just a general feeling of dread or unease that has an influence over your whole life, If you have GAD you worry about the same things everyone else does but you have trouble trying to control these worries. Your fears are usually unrealistic and are an exaggerated fear that is out of proportion with what would usually be expected as a reaction to the situation. Sufferers expect failure and disaster to be the common outcome and in severe cases the anxiousness can be extremely debilitating and can have a serious impact on the sufferer goes about their daily lives.

Symptoms associated with Generalized Anxiety Disorder.

People with anxiety disorders have a variety of physical and non physical symptoms. They may find it hard to relax enjoy quiet time or be by themselves. They have difficulty concentrating, get overwhelmed, and avoid situations that make them anxious. They may have muscle tightness due to feeling tense, have trouble going to asleep and then staying asleep, are edgy, and restless. Their symptoms may also include nausea, diarrhea and stomach problems.

What causes anxiety?

Anxiety disorders may be caused by medical or environmental factors, genetics, brain chemistry, substance abuse, or a combination of these. It is most often triggered by stress in our lives.

How is anxiety diagnosed?

Usually a professional in the mental health field is the one to diagnose anxiety and identify what is causing it. To be diagnosed with GAD a person must:

- Worry excessively and be anxious about several different things for more days than not for at least six months.
- Have trouble controlling the anxiousness.
- Have at least three of the symptoms mentioned above on more days than not in the last six months.

How is anxiety treated?

Anxiety can be treated medically, with psychological counseling or by following self help strategies. The treatment depends on the cause of the anxiety and the patients choice. Often the treatments are made up of psychotherapy, behavioral therapy and medications.



September
2011

QUALITY AGED CARE

"The Art of Ageing Gracefully"



volunteers

cafe

Volunteers are always welcome and appreciated. Residents look forward to these visits, especially for the company and the conversations. If anyone is interested in volunteering please contact reception to discuss. Currently we are very fortunate to have student volunteers from Penleigh and Essendon Grammar St Kevin's and St Bernard's Colleges, Rita from St Monica's Catholic Church, Marta, Sally and May, Pam, Anne and the Moonee Valley Library.

Thankyou to everyone for giving your time so generously.

puzzle

Solve the 10 clues. Take each initial letter, to form a new 10 letter word.

1. Polite Greeting
2. Opposite of begin
3. It comes from a bulb
4. Eskimo's home
5. Another name for an axe (or ax)
6. Black Sabbath front man
7. Where a child may play
8. Large vessel for liquids
9. To change something
10. Neither left, nor wrong

Devonshire Tea is served in the Café on level 2 every Thursday afternoon from 2.30pm.

Come and enjoy fresh warm scones with jam and cream, served with tea or coffee.

\$7.00 per person.



Fresh cakes and slices are served daily along with a selection of hot and cold items. The menu changes daily.



During September we have been fortunate to have Angela visit from Kangan Institute. She is completing her Diploma Of Leisure and Health and is doing practical placement at Ardmillan Place for 4 weeks. As well as continuing with the usual activities and exercises, Angela has included new stretches and yoga movements to the program. She has also started a new art program on a Friday afternoon and at the moment residents are enjoying working on their daffodil canvasses. After they are complete Angela will be holding mask making classes.

Just a reminder ... for residents to always sign out whenever they leave the premises and to sign back in upon returning.

Guests should sign in and out at the books available at reception on each level.



September
2011

QUALITY AGED CARE

"The Art of Ageing Gracefully"



Activities & Events

Upcoming Event:

Melbourne Cup Day: Tuesday 1st November 2011

This promises to be a fun day commencing with the running of the Ardmillan Cup Sweep, followed by the traditional BBQ lunch on the terrace.

Don't forget your Hats!!

After lunch we will all return inside to watch the great race.



Clock tower outing:

A group of residents had a wonderful time at the Morning Melodies held at the Clock Tower in Moonee Ponds recently. They watched the "Army in concert" featuring Donald Cant and a good time was had by all those who attended.

Dolly May Collection...A fashion parade was held recently. Residents watched enthusiastically and then they had the chance to try on the clothes and buy them if they liked what they saw.



St Monica's Catholic Church held a home mass for interested residents on 21st July.

Christmas in July:

Christmas lunch was served to all residents in the Dining Room in July. Activities like pass the parcel and dancing followed afterwards in the activity room on Level 4.



Hairdresser:

A hairdresser comes to the Level 2 salon every Tuesday, Thursday and Friday. See Reception if you need an appointment.



Alice in wonderland production:

In September, a group of residents took a trip to Taylors Lakes Secondary College to watch a wonderful production by the students. Fun was reportedly had by all, and the students made our residents feel most welcome.

September
2011

QUALITY AGED CARE

"The Art of Ageing Gracefully"



puzzle answer

HELICOPTER

1. Hello
2. End
3. Light
4. Igloo
5. Chopper
6. Ozzy (Osborne)
7. Park
8. Tank
9. Edit
10. Right

For the Diary



A **residents and relatives meeting** will be held on Wednesday 19th October, 2011 from 2pm to 3pm in the Level 4 dining room.

in the news



Olga Kotelko from Canada took up track and field professionally at the age of 77. Fifteen years later at 93 she has broken many world records and has over 650 gold medals in running and track and field events in the 90 plus age division.

At the World Masters Athletics Championship recently she reset 3 world records in her sprinting, throwing, and jumping athletic strengths.

Olga took up softball after she retired from teaching but became bored with the sport at 75. She needed a challenge so found a trainer and started learning techniques to throw javelins, shot-puts, weights, high and long jump and improving on her already established sprinting skills.

Currently she competes without a trainer and has established her own exercise regime. Understandably she is one of the few competitors in their nineties and her records beat many athletes in their eighties.

She doesn't believe that she is uniquely gifted and says that anyone can remain as fit and strong as her if they take care of their body." Don't set barriers or procrastinate. Love your aging body. It is never too late to strive for optimum health. We have one body and one mind for life."