

June 2007

THOUGHT FOR THE DAY

Changing Sleep Patterns with Age

EVERYONE knows the benefits of a good night's sleep. But, for some people, sleep does not come easily.

As we get older, our normal sleep patterns – called sleep architecture – change. Most people (but not all) find that they wake up earlier than they did when they were younger and get tired earlier in the evening.

As well as changes in sleep patterns, which are a normal part of ageing, insomnia and some sleep disorders are also more common among older people.

Concerns about not getting enough sleep may result in seeking help with this, often in the form of taking sleeping tablets.

Unfortunately, using sleeping tablets on a long-term basis can produce problems. Such problems may include confusion, increased risk of falls, tolerance (where, after a while, larger doses of the medication are needed to produce the same effect) or dependency (where stopping the tablet suddenly can cause withdrawal symptoms).

Research has shown that taking sleeping tablets for more than 10 nights in a row may make sleeping difficulties worse.

If you are having any difficulties with sleeping, it is important that you talk to your doctor so that they can determine the cause of the problem and advise you about treatment.

Stop Press

An extra pod of residential aged care suites will be opening on Level 5 in the near future.

I hear and I forget. I see and I remember. I do and I understand.

Confucius
Chinese philosopher & reformer
(551 BC - 479 BC)

The following hints may also help you get into better sleeping habits:

- Get up at the same time each morning, including weekends, even if you have had a disturbed night's sleep
- Avoid daytime naps
- Find a relaxing bedtime routine, such as having a warm bath
- Go to bed when you are tired
- Don't read or watch TV in bed
- If you are still awake after about 15 minutes of trying to go to sleep, get up and do something in another room (but don't do anything stimulating)
- Avoid strenuous exercise late in the evening or a heavy meal just before going to bed
- Don't smoke or have excessive alcohol or caffeine drinks (coffee, tea, cocoa, cola) late in the evening
- Be active during the day. Regular exercise improves sleep.

If you are already in the habit of taking sleeping tablets on a regular basis, but wish to stop taking them, ask your doctor about ways to help you with this. It would usually be necessary to stop taking the tablets gradually, taking several weeks or months to stop completely.

Where do some of our residents come from?

Narre Warren

About 38km south-east of the heart of Melbourne, Narre Warren is now part of the City of Casey which was formed in 1994 in a major reshuffle of the metropolitan local government areas.

Along with the sister Princes Highway town of Berwick, Narre Warren was among a cluster of rural communities which served early travellers to the Gippsland region. They are all now part of one of the fastest growing residential and commercial areas in the greater Melbourne region - a municipality stretching from the Dandenong Ranges to the shores of Western Port, with a broad, ethnically-based population of 183,000, which is expected to peak at around 300,000 in the first quarter of the 21st century.

Narre Warren has considerable historic significance because the township embraces the site of Victoria's first Aboriginal Protectorate Station.

Although the first settlers were mainly pastoralists, the districts heavy black soil was particularly suited to potatoes and grain and the state's oldest agricultural collective, the Port Phillip Farmers' Society was established in the region in 1848.



Lyneham, England

Lyneham (*pronounced Line-ham*) is situated in the peaceful and scenic county of Wiltshire. The village lies in the north western part of the county, among the undulating hills, just north of the escarpment of the Marlborough Downs. The village sits on a slight plateau about 156 metres / 511 feet above sea level, overlooking the picturesque and far reaching Avon Vale.

The village name started off as Linen Hamlet, the place where flax is grown. The last syllable, ham, means enclosure by the river; the river Braydon.

There is clear evidence of a possible mediaeval pottery site at Lyneham, kiln ash, iron slag, and quantities of mediaeval sherds of the 13th and 14th centuries date were discovered when the foundations were being dug for a bungalow to be built in Farthing Lane Lyneham.

In the first part of the 20th century most of the village population worked in local pursuits such as agriculture or the sawmills, some went to work for the Great Western Railway in Swindon, and others went down to Calne to work for the Harris bacon factory.

It is due to its elevated status that the parish has an open outlook with little tree growth, except in the north where Lilly Brook has eroded the sand beneath Coral Rag at a place called Blind Mill. This has resulted in the formation of a steep gully that is thickly wooded.



Activities & Entertainment Enjoyed

In April we had a session called "Lets Bop " - residents joined in with an afternoon of karaoke listening to imitations of the 50's 60's & 70's Rock & Roll music.

Mothers Day Lunch - family were invited to a traditional Sunday Roast - enjoyed by all who were able to attend.

Special thanks to Anne Busch & Marta for their great inspiration & ideas which have created our popular Tuesday craft classes.

Creations of picture frames have been produced and our latest project "origami" boxes.

Special thanks also to our volunteer ladies, Joy & Esther, who give their valuable time to come and join our Friday "Love A Chat Afternoon" .

Residents joined in for a fun afternoon with Dolly May's Collection presenting a great range of clothing and giftware that suited everybody's budget. Residents enjoyed the chance to purchase items in their own home instead of going out to the shops.

Helen will be returning with her collection at the end of June for a Sunday afternoon for residents, family & friends to attend. Date still to be confirmed.



Brain Teaser

What is the easiest way to throw a ball, have it stop, and completely reverse direction after travelling a short distance?

..... find the answer on page 4

The Gulp That Wouldn't Go Away

Maybe you've eaten too fast. Or perhaps you've had a carbonated beverage and it's fizzing away in your stomach. For whatever reason, you suddenly experience a gulping sensation as you take breath in. Congratulations, you have the hiccups.

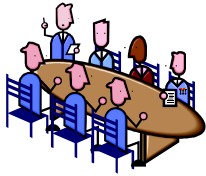
Hiccups are a result of irritation of the diaphragmatic muscle that separates your chest from your abdomen, and is part of what makes your lungs expand. As you inhale, the diaphragm opens up, stretching across your chest, then relaxes as you exhale. When irritated, the muscle goes into sudden spasms, or hiccups, which usually last only a few minutes. Any session lasting 24 hours or more, should be investigated by a doctor, as you may have an underlying condition that needs attention.

How do you get rid of hiccups? Everybody has a cure, whether it's a good scare, swallowing a spoon of sugar, or holding your nose while sipping water. But do any of these cures work? Oddly enough, scientists say that some will serve to interrupt the spasm of the muscle, but not in all people. So what works for one, may not work for the other.

Take poor Charles Osborne, for instance. Born in 1894, Osborne was 28-years old when he started hauling around a hog to see how big it was (likely straining the diaphragm in the process) Then he started to hiccup. And he didn't stop for 69 years. At first the spasms hit at a rate of 40 times a minute. Later in life they had tapered off to 20 a minute, during which Osborne lamented the dangers of losing his false teeth. But they had little significant effect. Osborne married twice, fathered eight children, and died at the age of 97, one year after the hiccups mysteriously stopped.



Residents / Relatives Meeting



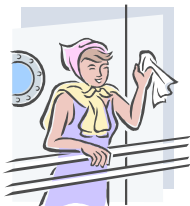
Our next Resident / Relatives meeting will be held on Friday, 20th July 2007 at 5pm followed by cheese & wine (other drinks available).

Fire Drill

The mock fire drill held in April was an outstanding success. All staff proved they had a very good understanding of emergency and evacuation procedures. The next fire drill will be held on Tuesday, 26th June 2007.



So long, farewell



We bid farewell to Grace – Level 5 Reception who is leaving us to return to China to prepare for the arrival of her first child. Big thank you to Grace for all your assistance over the time you've been with us.

Birthdays Celebrated

Since our last newsletter, we have celebrated a number of residents' birthdays. To celebrate these occasions we have a special birthday afternoon tea get together.

March: Ray and Lorna
 April: Anna and Jean
 May: Olga



..... Answer to the Brain Teaser

...Throw the ball Straight up ...

Another Kodak Moment



From England: A motorist was unknowingly... caught in an automated speed trap that measured his speed using radar and photographed his car. He later received in the mail a ticket for 40 Pounds and a photo of his car. Instead of payment, he sent the police department a photograph of 40 Pounds. Several days later, he received a letter from the police that contained another picture ... of handcuffs. The motorist promptly sent the money for the fine.

Residents / Relatives Luncheon



Our next Resident / Relatives luncheon will be held one Sunday in August. Date to be advised.

Did you know

You can claim payments made to nursing homes or hostels. Residential aged care payments include:



- Daily fees
- Extra service fees
- Income tested daily fees

VOLUNTEERS

are most welcome at Ardmillan Place. If anyone is interested please contact reception to discuss.



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 also.

