

September 2007

THOUGHT FOR THE DAY

### Importance of Healthy Breathing

We know how to breathe. It is something that occurs to us automatically, spontaneously, naturally. We are breathing even when we are not aware of it. So it seems foolish to think that one can be told how to breathe. Yet, we develop unhealthy habits without being aware of it. We tend to assume positions (slouched positions) that diminishes lung capacities and take shortened breaths. Improper breathing produces diminished mental ability.

### What's Wrong With The Way We Breathe?

Our breathing is too shallow and too quick. We are not taking in sufficient oxygen and we are not eliminating sufficient carbon dioxide. Every cell in the body requires oxygen and our level of vitality is just a product of the health of all the cells.

### The Effects of Shallow Breathing

- Reduced vitality, since oxygen is essential for the production of energy in the body.
- Increased disease. Our resistance to disease is reduced, since oxygen is essential for healthy cells.

Lack of sufficient oxygen to the cells is a major contributing factor in cancer, heart disease and strokes. With our 'normal' sedentary way of living, we only use about one tenth of our total lung capacity. This is sufficient to survive and just tick over, but not sufficient for a high vitality level, long life and high resistance to disease.

### Benefits of Deep Breathing

Deep breathing produces the following benefits:

Improvement in the quality of the blood due to its increased oxygenation in the lungs. This aids in the elimination of toxins from the system.

Pleasure in the job puts perfection in the work.

**Aristotle**

*Greek critic, philosopher, physicist, & zoologist (384 BC - 322 BC)*

Increase in the digestion and assimilation of food. The digestive organs such as the stomach receive more oxygen, and hence operates more efficiently. The digestion is further enhanced by the fact that the food is oxygenated more.

- Improvement in the health of the nervous system, including the brain, spinal cord, nerve centers and nerves.
- Rejuvenation of the glands, especially the pituitary and pineal glands. The brain has a special affinity for oxygen, requiring three times more oxygen than does the rest of the body.
- Rejuvenation of the skin. The skin becomes smoother and a reduction of facial wrinkles occurs.
- The movements of the diaphragm during the deep breathing exercise massage the abdominal organs - the stomach, small intestine, liver and pancreas. The upper movement of the diaphragm also massages the heart. This stimulates the blood circulation in these organs.
- The lungs become healthy and powerful, a good insurance against respiratory problems.
- Deep, slow, yoga breathing reduces the work load for the heart. It also means reduced blood pressure and less heart disease.
- Deep, slow breathing assists in weight control. If you are overweight, the extra oxygen burns up the excess fat more efficiently. If you are underweight, the extra oxygen feeds the starving tissues and glands.
- Relaxation of the mind and body. Slow, deep, rhythmic breathing causes a reflex stimulation of the nervous system, which results in a reduction in the heart rate and relaxation of the muscles.

**Where do some of our residents come from?**

**Macedonia**

Macedonia is medieval monasteries, vineyards, orchards, timeworn Turkish bazaars, Orthodox churches and space-age shopping centres. It is also the drone of the local bagpipes, Turkish-style grilled mincemeat and some of the cheapest wine on the planet.

Macedonia's summers are hot and dry though cool nights take the edge off. Warm Aegean winds blowing up the Vardar Valley moderate the continental conditions prevailing farther north. The temperatures can vary widely: summer temperatures can reach 40°C (104°F), while in winter it can drop as low as -30°C (-22°F). Snow falls on all the mountainous areas from November to April.

Macedonia's capital, Skopje, is strategically set on the Vardar River at a crossroads of Balkan routes almost midway between Tirana and Sofia, capitals of neighbouring Albania and Bulgaria. The Romans recognised the location's importance when they made the city the centre of Dardania Province.

Ohrid is *the* Macedonian tourist mecca, with stunning Byzantine churches, small cobbled streets, art galleries, good accommodation and picturesque pebbly beaches to relax on. The town rests by the waters of Lake Ohrid, a natural tectonic lake which is Europe's deepest and one of the world's oldest.



**India**

India will sideswipe you with its size, clamour and diversity. India's climate is defined by three seasons - the hot, the wet (monsoon) and the cool, each of which can vary in duration from north to south.

Coimbatore or Kovai (in Tamil) city is the third largest city in Tamil Nadu. It is rightly called 'Manchester of South India'.

In India, Waterfalls are numerous and almost every region in India is hoarded by severe natural landscapes having few or many of waterfalls.

Indian peninsula with its vast coastal area along the Bay of Bengal, Indian ocean and the Arabian sea abounds with beautiful beaches. Some crowded, others serene and secluded, some palm fringed others with coral reefs- Sun and the golden sand, spectacular sunsets.

This marvel sculptured in rock is located at Mamallapuram, 58 km from Chennai, the capital of Tamil Nadu in Southern India. Approximately 96ft long and 43 ft high, carved in mid seventh century on the face of two enormous adjacent boulders, this is one of the biggest open-air rock sculptures in the world.



### Residents / Relatives Meeting .....



Our next Resident / Relatives meeting will be held in October followed by cheese & wine (other drinks available). Date to be advised.

### Amazing But True

For many years, it was suspected that the tale of the lawn chair pilot, who soared to 16,000 feet near Los Angeles, was an urban legend, a bit of fun...but they were wrong. The Internet circulated what appeared to be a newspaper story, accompanied by photos of one Larry Walters, seated in his specially equipped lawn chair, and another photo that showed a series of balloon clusters shooting up through the sky, with the lawn chair dangling underneath.

### Fire Drill

The fire drill held on Tuesday, 26<sup>th</sup> June 2007 was a resounding success. Congratulations to staff and residents who participated and also to the MFB who were actively involved on the day.



For once, the story was true. In 1982, Larry Walters of Southern California, satisfied a lifelong dream to try his own unique method of flying. He went to a Navy Surplus store and purchased 42 weather balloons and numerous tanks of helium. He then took a lawn chair and equipped it with padding, loaded it with supplies like lunch, a CB radio, and a BB gun, with which he proposed to pop balloons, one at a time, in order to get himself back to Earth.

### VOLUNTEERS .....

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



Walters theorized he could rise as much as a few hundred feet, and that he was all set. He was wrong. Walters had anchored the chair to the bumper of his jeep with several ropes. Upon cutting the first rope, the inflated balloons' upwards drag was so strong, it snapped the remaining ties, and his chair shot into the air. And kept on going. Walters glasses fell off in the launch.



### Brain Teaser ....

Through wind and rain I always play, I roam the earth, yet here I stay; I crumble stones, and fire cannot burn me; Yet I am soft- you can gauge me with your hand. What am I?

At times, the chair reached 16,000 feet, where it was very cold. Walters attempted to bring himself back down, but after popping a few balloons, he dropped his gun, and was literally trapped in airspace, where he was reported to air traffic controllers by the startled pilots of both TWA and Delta planes.

After several hours, temperature and time took care of his problem, and brought the chair down in California, where it tangled in power lines and caused a large blackout.

..... find the answer on page 4

## Activities & Entertainment Enjoyed

Residents enjoyed the festive occasion of Christmas In July : Sunday 29th July, Traditional Christmas lunch followed by a Cabaret Show with Jennifer Deneveaz and also a visit from Santa.

A special thanks to Sally Gibbs for her contribution on this special day.

Blumes Fashion visited residents on Wednesday 1st August with a lovely collection of winter clothing at very reasonable prices. This was followed by afternoon tea.

Mavis was the lucky winner of the draw & won the prize of a \$25.00 voucher. (Which she put to good use.)

The Community Program has commenced from Catholic Regional College - It started the first week of August. 26 students share their time to talk with residents to discuss their different "life sections", "working life" "retirement" etc. Residents and students are enjoying the program immensely. This will continue through to December when the students will visit to make the presentations to the residents.

Essendon & Penleigh schools are now visiting on Wednesday afternoons to help co-ordinate different activities for the residents.

Our craft classes on Tuesday afternoons are still very popular - special occasion cards that are personally created seem to be the favourite. Thanks once again to Anne & Marta.

Also we are lucky to have Maria D'Appio back to take Art classes on L2 Thursday afternoons.



## Continuous Improvement

Satisfaction Surveys are currently being completed by residents / representative(s). The results of these surveys will be discussed at the next resident / relative meeting.

A number of new initiatives are underway. One example is the bi-monthly review of special needs menus in conjunction with weight charts. The results of these reviews will be discussed with residents / representative(s) at case conferences.

*..... Answer to the Brain Teaser ....*

... The ocean. ...

## 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.



**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.