

August 2009

Here comes winter — I can feel it in my bones....

What is Arthritis? Arthritis is often referred to as a single disease. In fact, it is a term for more than 100 medical conditions that affect the musculoskeletal system, specifically joints where two or more bones meet. Arthritis-related problems include pain, stiffness, inflammation and damage to joint cartilage and surrounding structures. This can result in joint weakness, instability and deformities that can interfere with the most basic daily tasks. Arthritis is the major cause of disability and chronic pain in Australia, with 3.85 million Australians affected each year*.

Most people believe that arthritis is just a consequence of growing old. But it is not a natural part of ageing. In fact 2.4 million of all people suffering from the disease are of working age*. As the population ages, the number of people with arthritis is growing. According to leading researchers, current trends suggest that, by 2050, 7 million Australians will suffer from some form of arthritis*.

Can it be prevented? Research suggests that early intervention can delay the onset of the disease and may reduce the number of cases of osteoarthritis. While there are about 100 forms of arthritis, the three most significant - osteoarthritis, rheumatoid arthritis and gout - account for more than 95 per cent of cases in Australia.

Arthritis Australia supports natural therapies, including massage and acupuncture for the treatment of pain in arthritis. In studies undertaken by Arthritis Australia, it has been shown that Acupuncture can assist with long term pain. Treatment has been shown to release endorphins as well as boost the immune system and calm the nervous system.

Massage can be helpful in relaxing the body and releasing endorphins, which are the body's natural pain killers. Massage increases circulation, warming the body and stimulating blood flow to the joints. It also releases synovial fluid, a lubricating liquid within the joints.

Musculoskeletal Therapy – works similarly to massage, releasing the joints with subtle movements and rotations and stretching. It focuses on bringing the body back into its natural alignment. With the use of exercise and releasing techniques relief can be obtained.

Movement and exercise is one of the most important treatments for Osteoarthritis of the hip and knee. It helps to reduce pain and maintain your general health. To protect your sore joints, try low-impact activities, where there is less weight going through your hips and knees.

Strengthening exercises – ask your therapist for knee and hip strengthening exercises to reduce pain.

There is currently no cure for most forms of arthritis. Be wary of people or products promising a "miracle cure". Work with your pharmacist or health care professional in finding the right treatment for your pain. Incorporate some gentle exercise, eat well, try some natural therapies or products that suit you and your symptoms can be greatly reduced.

*statistics obtained from Arthritis Australia

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Winter is now here and so is the cold and flu season.

You have seen colds spread and hope that you will avoid catching one. This article looks at what exactly a common cold is and how you can help your immune system fight it off.

The Immune System: The strength of our immune system is what makes the difference between who gets sick and who doesn't. Our immune system is responsible for keeping bacteria, viruses and toxins from interrupting the normal functions of the body. It is a complex defence system which involves specialised cells that recognise and destroy foreign entities. Having a strong immune system can improve your ability to fend off common illnesses like colds, flu, or a stomach virus.

Who is affected? People of all ages are affected by the common cold with children, the elderly and people with weakened immune systems being most susceptible.

How is the common cold spread? Colds and flu may be spread from person to person through coughs and sneezes or when a person touches an infected person or a soiled object and then touches his own nose, mouth or eyes.

There is no cure for the common cold. You can only treat the symptoms with over-the-counter medications. You should also try to get extra rest and drink plenty of fluids. This means more fluids than usual. If your symptoms do not improve after 7-10 days, you should see a doctor.

Prevention: It is not always possible to prevent the common cold but there are many steps you can take to reduce your risk. Wash your hands frequently. This is the single most important step in preventing the spread of disease and staying healthy. Exercise regularly, and eat a healthy, balanced diet.

VOLUNTEERS

Are always welcome and appreciated. If anyone is interested please contact reception to discuss. Residents look forward to these visits, especially the company and conversations.

Currently we have volunteers from :

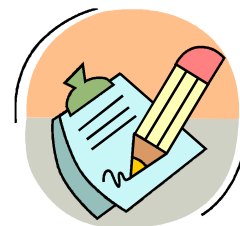
St.Kevins Boys School Community Program - Wednesday afternoons. (except school holidays)

Penleigh Essendon College – Community Program - Wednesday afternoon's.

Various Church Groups who visit on a Sunday morning.

Marta continues to give her time to our Tuesday afternoon craft group that many residents enjoy.

Maria continues to give her time to our Wednesday afternoon painting and art group that many residents enjoy.



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.

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ACTIVITIES PROGRAM UPDATE & COMING EVENTS



OUTINGS AND ACTIVITIES ENJOYED BY RESIDENTS

Tuesday 16th June - Guys & Dolls, Musical - Clocktower Centre

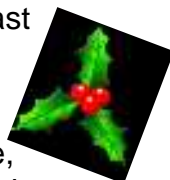
Wednesday 24th June - Mystery Drive to Studley Park Boathouse including afternoon tea

Wednesday 8th July - Mystery Drive to Brighton to see the marina and take in the views of the bay

Wednesday 22nd July - Mystery Drive to Collins Street and drive around the city and all its changes

Christmas in July lunch was held on Friday 17th July 2009.

The menu included all the traditional favorites like Roast Turkey, Honey Baked Ham, Cauliflower Cheese and Roast Vegetables



Plum Pudding with Crème Anglaise, Dusted Minced Pies and Shortbread

The residents sang carols all afternoon with the staff and Rowland De Cruze accompanying on the electric organ. A big thanks to Rowland and Santa (Nancy Adams' daughter Sally) who once again contributed to a memorable celebration with her Ho Ho Ho.

ACTIVITIES

❖ **Exercise Program** - every morning for 1 hour - Level 4 and 5 commencing at 11:00am

❖ **Art Classes** – level 2 every Wednesday afternoon



Upcoming Outings

Wednesday 5th August – Mystery Drive

Tuesday 11th August – Australian Army Band in Concert – Clocktower Centre

Wednesday 19th August – Mystery Drive

Tuesday 8th September – Walt-Sing Australia – Clocktower Centre

Tuesday 6th October – John Bowles in Concert - Clocktower Centre

Tuesday 10th November – Bagels to Broadway - Clocktower Centre

Tuesday 15th December – A High Society Christmas Spectacular - Clocktower Centre

A flyer will circulate on each level . If you are interested in any of the outings available this month please let us know. To be able to book the vehicle we must have at least 6 residents.

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QUALITY AGED CARE

"The Art of Ageing Gracefully"



FOOD FOCUS GROUP UPDATE

Two new members joined the group for the meeting held on 23rd June 2009. If you are interested in contributing to this group (residents or family members) please leave your name with Jenny or reception.

The Food Focus group meets every 2 months and usually runs for 1 hour. This is a great opportunity to meet and discuss your opinions and ideas.

The next Food Focus Group will be held on 25th August 2009 at 10.00am.

Home Mass was held on Thursday 2nd July 2009 at 11am

A flyer will be circulated advising when the next service will be held.



Birthdays Celebrated

Since our last newsletter, we have celebrated a number of residents' birthdays, including:

June: Rose Bailey, Elsa Brooks

July: Lucia Abbotto, Nancy White, William Calanchini

To celebrate these occasions we have a special birthday afternoon tea get together.

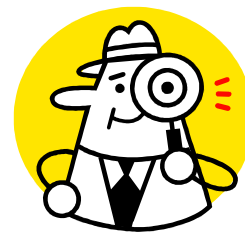


ACCREDITATION 23-24 JUNE 2009

Thankyou to the staff and residents for assisting us in achieving full Accreditation, with 44 out of 44 compliant outcomes.

A special thankyou to the Residents' families and friends for their willingness to participate in interviews and prepare letters for us.

It is greatly appreciated.



Some examples of the families' comments are:

'I believe my mothers quality of life is much improved due to the efforts of the care givers that look after my mother on a day to day basis and give her the one on one attention and the respect that any ill or elderly person rightly deserves.' Anna Petruzzelli JP

'She anticipates that she may be there when she is 100. The family are happy with their choice and enjoy visiting her..' Anne Cleaver

'I have no hesitation in recommending Ardmillan Place to family and friends, with one close friend already placing his mother in the care of Ardmillan Place, and they are also extremely happy.' Vince Giuliano