



## December 2009

A special thank-you goes to....

### 2009 - The Year That Was...

What a busy year it's been! Here are just a few high (and low) lights of the year that's passed...

February 7<sup>th</sup> – **Black Saturday** - It's hard to believe it was mere months ago we were all struggling with the worst heatwave to hit Melbourne in recent times. Sadly, numerous individuals in rural areas lost life and land.  
March 18<sup>th</sup> - **Swine Flu** – In Veracruz, Mexico, the H1N1 influenza virus that had been simmering away for months made its way across the globe, and was declared a pandemic on the 11<sup>th</sup> June. Facemasks became an all too common sight in the city, and our newspapers and television screens were never short of a Swine Flu headline. On the 18<sup>th</sup> September, the vaccine was rolled out nationally.

June 25<sup>th</sup> - **Michael Jackson** - the King of Pop dies in LA at the young age of 50.

18<sup>th</sup> October – **An Australian Yachtswoman** -  
On a happier note, Australian pride was reinforced when 16 year old Jessica Watson set sail on her solo round the world trip. She will spend the next 8 months battling the seas to become the youngest to achieve this great feat.

Ardmillan Place has also been abuzz with activities, and we couldn't say that without the input of innumerable people who volunteer their time to help bring Ardmillan Place to life.

**Anne Busch** and **Marta** for their help with the craft afternoons on level 4. Residents thoroughly enjoy working on projects designed by these wonderfully creative women.

**Maria D'Appio** for running the Art sessions on Wednesday afternoons. Maria brings out the inner artist in residents who attend her sessions with her inspiring guidance.

**Rita** from St Monica's Church who arranges communion at Ardmillan Place every fortnight for those who find it difficult to get to mass. She also arranges beautiful masses in the home throughout the year.

**Doug Carr** and his church group, who bring prayer and worship to Ardmillan Place every month.

**Ann O'Brien** for her continuing support this year. Ann visits every week to chat one-to-one with residents.

**Rowland D'Cruze** for his ever uplifting spirit which he brings with him whenever he comes to play and sing-a-long with residents.

Students from **St Kevin's** and **Penleigh Grammar School** who visit Ardmillan Place regularly as part of our community program. Students and Residents have enjoyed spending time together, particularly participating together in the first year of the Ardmillan Place Footy Tipping Competition.



## HEAT RELATED ILLNESS

### What is heat-related illness?

Heat-related illness can occur when the body is unable to adequately cool itself. The body normally cools itself by sweating, but sometimes sweating isn't enough and the body temperature keeps rising.

Heat-related illness can range from mild conditions such as a rash or cramps to very serious conditions such as heat stroke. Heat may worsen the condition of someone who already has a medical condition such as heart disease. Prevention is the best way to manage heat-related illness.

### Heat Cramps

Heat cramps are muscle pains or spasms, usually in the abdomen, arms or legs. They may occur after strenuous activity in a hot environment, when the body gets depleted of salt and water.

### What to do for heat cramps

Stop activity and sit quietly in a cool place  
Increase fluid intake  
Rest a few hours before returning to activity  
Seek medical help if cramps persist

### Heat Exhaustion

Heat exhaustion is a serious condition that can develop into heat stroke. Warning signs may include:

Pale and sweating  
Rapid heart rate  
Muscle cramps, weakness  
Dizziness, headache  
Nausea, vomiting  
Fainting

### What to do for heat exhaustion

Get the person to a cool area and lie them down  
Remove outer clothing  
Wet skin with cool water or wet cloths  
Seek medical advice

### Heat Stroke

Heat stroke is a **life-threatening emergency**. It occurs when the body is unable to prevent the temperature rising rapidly.

The symptoms may be the same as for heat exhaustion, but the skin may be dry with no sweating, and the person's mental condition worsens. They may stagger, appear confused, have a seizure, appear to have a stroke or collapse and become unconscious.

### What to do for heat stroke

Call an ambulance  
Get the person to a cool area and lie them down  
Remove clothing and wet skin with water, fanning continuously  
Position an unconscious person on their side and clear the airway

### Once the weather is hot:

Drink plenty of water and non-alcoholic fluids. (Note: If your doctor normally limits your fluids or you are on fluid tablets, you may need to check how much to drink while the weather is hot)

Avoid alcohol because of its dehydrating effects

Stay indoors, if possible with air-conditioning, or in the shade

Take a cool shower or bath

Wear lightweight, loose-fitting clothing

Reduce physical activity

Never leave anyone in a closed parked car

Know the signs and symptoms of excessive heat exposure and know how to respond





**Entertainment and Activities**

Residents enjoyed the Melbourne Cup Day barbeque. Thanks to all staff who assisted on the day.



The excitement of the footy season was highlighted with our first year of footy tipping. Residents enjoyed taking a punt with the advice of St Kevin's students!



One of our residents was delighted when a musical trio appeared on her birthday, and contributed to a lovely afternoon for all who attended.



Bunnings Hardware brought their DIY know-how to Ardmillan Place to share with residents. Some beautiful mosaic tiles were created on the day!



If you could please advise reception staff if you will be going out for Christmas lunch or dinner so we can ensure you are ready to be picked up when family arrives.

**Please Note:**

The hairdresser will be here all day on Christmas Eve Day, Thursday the 24<sup>th</sup> December. Please see reception staff to arrange an appointment.

**Activities & Entertainment During December**

***Christmas Home Mass***

Thursday 3<sup>rd</sup> December – A lovely mass was held at Ardmillan by St Monica's.

***Christmas Carols***

Tuesday, 8<sup>th</sup> December – In the afternoon, students from Lowther Hall will lend their voices to help us celebrate.

Thursday 10<sup>th</sup> December – Students from Our Lady of Nativity Primary School Children's Choir will sing in the foyer on level 2.

Also on this day, Kellaway Senior Citizens will be hosting their Christmas luncheon. A bus will pick up residents from the foyer at 11.30am.

Sunday 13<sup>th</sup> December – A bus will leave Ardmillan late in the afternoon to take residents to Carols in Queens Park.

***High Society Christmas Spectacular***

Tuesday 15<sup>th</sup> December – at the Moonee Ponds Clocktower centre.

***Christmas Party***

Friday 18<sup>th</sup> December – A special lunch will be held on the terrace (weather permitting). Residents can enjoy a taste of the past, with paper wrapped Fish & Chips from the local Fish & Chip shop! Alan Moore brings his tremendous energy back to Ardmillan with his repertoire of Christmas music. A Christmas afternoon tea will follow.

***Boxing Day Barbeque***

Saturday 26<sup>th</sup> December -



***Ardmillan Place Wishes a Merry Christmas to All!***