

July 2010



Gloomy Sunday

Spotlight on Depression

“Sunday is gloomy, my hours are slumber less,
Dearest, the shadows I live with are numberless”

Just humming the tune to the “Hungarian suicide song” that Billie Holiday made famous in 1941, is enough to make the brightest spark reach for directions to the West Gate Bridge. Indeed, the composer, Hungarian Rezso Seress knew a thing or two about this feeling; he once said “I cried all the disappointments of my life into this song, and it seems others with feelings like mine have found their own hurt in it”.

Depression is an illness, which can be as incapacitating than physical illness, or even more so. Like physical illness, there are many treatments available for depression. However, in the elderly population, these treatments and a diagnosis are all too often overlooked. Depression is ***not*** a normal part of aging.

Many older people suffer from symptoms of depression as a result of any combination of the following;

- Loss of spouse, family, or friends
- Loss of home and independence
- Loss of physical health and energy
- Chronic pain
- Decline in cognition and confusion

Instead of accepting depressive symptoms as a normal part of aging, we should take a proactive approach to mental health in the elderly. Beyond blue, an organisation that tackles depression provides some helpful tips on how to help someone experiencing depression;

- Talk to the person about how they’re feeling.
- Listen to what they’re saying – sometimes, when a person wants to talk, they’re not always seeking advice, but just need to talk about their concerns.
- Maintain eye contact and sit in a relaxed position – positive body language will help you both feel comfortable.
- Use open-ended questions. This is often a good way to start conversation.
- If your conversation becomes difficult, or the other person becomes angry, stay calm, be firm, fair and consistent.
- Often just spending time lets them know you care and helps you understand what they’re going through.

Positive support systems are essential for maintaining a sense of well being throughout life. Caring behaviour has been found to be a major way in which residents in residential care maintain their personal identity, sense of value and continuation of personhood. Hence, beneficial to those who give and receive care.

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Recent & Upcoming Events

Recent Highlights 2010

July: Christmas in July held 23rd July 2010. An all-day festivity joined in by families and friends.

June : Fashion Show held 26th June 2010. Clothing stall had been set up. Residents enjoyed the event.

May: Mothers Day Concert followed by Afternoon tea. Residents families and friends joined the celebration. It was a memorable afternoon.

Forthcoming events

August : Bronwyn Calcutt will lead a popular sing-along at Ardmillan commencing this month.

Music with Rowland, Sing-along and dances.

Word Games with Penleigh and Essendon Grammar School girls.

Craft making and activities.

Fun and Games with St. Kevin's College boys.

Ecumenical church service every end of the month. Communion held every 1st and 3rd week of each month.

Weekly Activity Programme 1, 2 & 3 posted on each wing.

Volunteers

We welcome volunteers. If anyone is interested, please contact reception to discuss. Our residents look forward to these visits.

Thank you to all volunteers for their continued support of Ardmillan Place.



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.

July 2010

QUALITY AGED CARE

"The Art of Ageing Gracefully"



Christmas in July



Ardmillan Place Christmas in July was on Friday the 23rd of July 2010. The event was in planning for about 6 weeks. Preparations and check lists were set up well in advance to avoid mistakes and delays. Christmas trees were decorated on both levels and staff provided with Santa Hats, much to the amusement of residents who were excited to commence the program for the day.

Chef Lin provided a succulent lunch of roast turkey and pork with all the trimmings. Dessert was Pavlova and Plum Pudding with custard. The dining room tables echoed the Christmas theme with fresh green ivy and pine table decorations. Red napkins in the wine glasses lifted the whole presentation. Residents had been busy with making Bon-Bons with Marta and Asiye and these were handed around at dinner much to the delight of the diners. Ambiance was provided with Christmas Carols and music from the CD players during dinner.

There were beaming faces around the dining room tables and all residents sent compliments to the chef and said their dinner was 10 out of 10; this was conveyed to Lin who was delighted with the compliment. The time after dinner was spent resting, awaiting the arrival of guests and family to join in the fun at 2.30pm when Rowland provided music and a sing along on Level 4. Pass the Parcel was played to the very jolly Elton John's "Crocodile Rock". Myrtle McDonald won the prize and was given a round of applause. Level 5 west had some residents who were unable to join in the festivities on Level 4 and they too had 'Pass the Parcel' and music via Rowland's guitar.

Dancing commenced with residents all taking part and Rowland stepping into action with some uplifting music and Christmas favourites. Afternoon tea arrived at 3.45pm and family and guests were invited to join with some 'good cheer' provided by way of wine with sweet and savoury nibbles. Lin baked scones and Palmier biscuits fresh from the oven. There were also sweet shortbread biscuits and savoury pastries provided by Asiye.

Josephine addressed the function on behalf of Marina with a speech to thank all who participated, especially the families in attendance. On conclusion, everyone commented it was a function not to be forgotten and they had a wonderful time.

Asiye (Lifestyle Coordinator)

Exercise Program - Stretch your legs with us every morning for an hour. Commences at 11 am on Level 4 and 5.



Birthdays



We wish a very happy birthday to residents who celebrate their birthdays in July & August

- William Calanchini (12th July)
- Nancy White (16th July)
- Lucia Abbotto (27th July)
- Kire Stojanovski (9th Aug)
- Mary Dyer (10th Aug)
- Margaret Torr (11th Aug)
- Nancy Ferguson (14th Aug)
- Mary Scully (14th Aug)
- Amy Calcutt (15th Aug)
- Beatrice Flynn (16th Aug)
- Lorna Alley (18th Aug)
- Maria Bianco (21st Aug)
- Patricia Talbot (26th Aug)



South Africa 's "Vakhegula Vakhegula"

Playing on South Africa's national team name, "Bafana Bafana" (or "boys boys"), Vakhegula Vakhegula (grandmothers grandmothers) is the self appointed name of what is perhaps South Africa's most inspiring soccer team.

A group of elderly Tzaneen grandmothers began kicking the soccer ball around three years ago, against some pretty harsh criticism from the rural township.

Nora Makhubele, 84, is the teams oldest player. She says: "Even my grandchildren would laugh and say: 'Granny, you can't play soccer. You're too old.' The more they said it, the more inspired I became."

Angelina Hlope, 70, had high blood pressure, ulcers and arthritis in her knees. After three years of hobbling, she joined the exercise group and eventually threw away her crutches. "I didn't know how to run. I didn't know how to sit down on the floor," she said. "Now I can run, I'm running everywhere. I'm healthy. I have no pain in my body."

The soccer team began as a healthy living project for older women in the area, initiated by community worker Beka Ntsanwisi.

In the News...

130 years young!

Antisa Khvichava, of Georgia recently celebrated her 130th birthday. Sadly, unlike Antisa, her birth documents have not stood the test of time and officials cannot verify her age.

According to her claim, Antisa would have been born two years after another Georgian native, Joseph Stalin. Stalin was depicted as the pig, Napoleon, in George Orwell's controversial novel, "Animal Farm".

Georgia is a country that is well known for excellence in sports since ancient times. Antisa worked hard up until the age of 85 when she retired from her duties picking tea and corn. Perhaps she drew on some of that famously strong Eastern Iberian blood!

