

# St Carthage's Community Care



VOLUME 1 ISSUE 6

DATE: 1 FEBRUARY 2010

## NEWSLETTER

### NEW

#### Health and Well Being Program Officer

We are looking forward to the new Health and Well Being Program Officer soon to join the St. Carthage's Community Care Team.

This Program Officer will facilitate small group activities targeted at promoting the health and well being of all our clients.

\*\*\*\*\*

#### Farewell to Sonia

At the end of December 2009 we said "goodbye" to Sonia, our therapies program officer.

### Stepping ON



### Stepping On

**S**tepping On is a FREE community friendly program run by CHEGS and supported by the North Coast Area Health Service.

The program will provide you with information on how to prevent falling. You will learn what causes falls in older people and what changes can be made to reduce your risk of falling.

The program co-ordinator is Mary Ward, CHEGS-(Community Health Education Groups Inc).

### Who can join

Any one who is:

- Fearful of falling or fell recently
- Living at home
- 65 years and older

*Not suitable for those suffering from dementia or neuromuscular conditions.*

### Benefits

- Learn to step outside your home with confidence
- Improve your strength and balance
- Practice with your peer group
- Become more aware of falls hazards in the home and outside
- Gain up-to-date information on falls prevention



### HOW TO REGISTER

PLEASE CONTACT:  
Sue Boardman  
CHEGS  
Phone: 6689 1731  
or CHEGS Coordinator 6620 7523  
BOOKINGS ARE ESSENTIAL

## FREE



The 'Stepping On' program is run once a week for seven weeks. It is normally held at a local community venue and each session runs for approximately two hours.

### When

**Program starts**  
Monday - 15th February, 2010  
2.00pm - 4.00pm

### Where

Lismore Workers Sports Club  
202 Oliver Avenue  
GOONELLABAH



# Eating well:

## AN APPLE A DAY ...

Dr Michael McCoy

### Real food versus vitamin pills ... could apples have the edge on some of the products in the health food aisle?

Apples offer more antioxidant protection than high doses of vitamin C, according to US research published in the journal, Nature.

Antioxidants, which include vitamins C, E and beta-carotene, help mop up unstable particles known as free-radicals, which can damage cells and have been linked to the development of heart disease and cancer.

Debate has raged amongst health professionals and nutritional supplement manufacturers regarding the relative health-enhancing merits of pills versus real food, with research so far unable to provide a definitive answer. But the news that one apple had the antioxidant power of 1,500 milligrams of vitamin C provides substantial support for the natural foods lobby. The Cornell University researchers found apples with skin left on slowed the proliferation of cancer cells from the colon and liver that were grown in the laboratory.



While diets rich in fruits and vegetables have consistently been linked with lower risks of cancer and heart disease, pinpointing the protective compounds within them has proved difficult. Any number of thousands of phytochemicals (plant-based chemicals that enhance health) may yet prove to be the key. It's also likely the nutrients found in whole foods work as a team, boosting their individual effectiveness, while pills providing only one or a few nutrients can't do this. It's no doubt because of this that proponents of the use of antioxidant supplements suggest they be taken with meals rather than in isolation, so their health giving effects can be optimised.

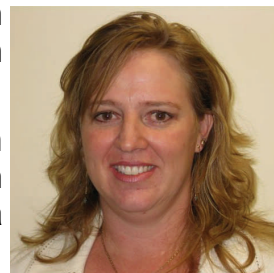
## STAFF PROFILE (Tracy Clements)

First point I'd like to make is that I never feel comfortable talking about myself, but I can say without effort, that I have been truly fortunate to join the fabulous, caring team here at St. Carthages Community Care.

I am also fortunate to have a fabulous, loving family at home who keep me extremely busy and, at times, slightly stressed! My two children (son 15 and daughter 12) are now both in High School, and even though at times I hyperventilate, they also always manage to make me laugh.

As for my career, for the past 5 years I have been working in the Community Sector in the Aged and Disability sector. I joined St. Carthage's Community Care in 2009 as the Senior Respite Service program officer, and very much enjoy my new position and the people I meet through my work.

In my spare time (who am I kidding!), when we're not running around with our children, my husband and I love to ride our motorbikes when we can manage some time away, but if not, then I just like to relax at home with a glass of wine and a really good book. I find that rather pleasurable!



## HISTORY CORNER (1959)

### Passenger Car Ferry for Tasmania



The new passenger car ferry, the *Princess of Tasmania*, docked at Port Melbourne

**Friday, 2 October** Tasmania's tourism industry will receive a significant boost today with the introduction of a passenger car ferry service from the mainland. *The Princess of Tasmania* is scheduled to berth at Devonport at 10.00 a.m. tomorrow after its inaugural 230-mile passage from Melbourne. The new service will make three overnight trips between the two states each week.

The ferry can take up to 136 cars on each journey, driven aboard in three groups at half-hour intervals. There is accommodation on the ferry for 334 passengers, with 21 four-berth and 33 two-berth cabins.

## RECIPE CORNER

### Banana Pudding

#### Ingredients:

2 cups Sanitarium So Good Banana Smoothie

7 g packet agar powder

1 medium, chopped banana

#### Method:

Heat one cup of So Good Banana Smoothie in small saucepan, sprinkle over agar, stir until dissolved. Remove from heat.

Stir in remaining cup of So Good Banana Smoothie and chopped banana.

Pour into small containers (half cup capacity), set in refrigerator.



## SMOKE ALARMS FOR PEOPLE WHO ARE HEARING IMPAIRED

There are specialised smoke alarms available for people who are Deaf or have a hearing impairment. These have a flashing strobe light and/or a vibrating pad that can be placed under the pillow which activate when the smoke alarm sounds and are designed to interconnect with conventional audible alarms in different locations within the home. If one of the alarms senses smoke, all alarms will sound, the strobe will flash and the vibrating pad will operate.

At present there is no Australian Standard (AS) that applies to smoke alarms for hearing impaired people. If the code number AS3786 appears on a smoke alarm for hearing impaired people, it refers only to the smoke alarm sensing unit and does not include the flashing strobe light or the vibrating aid.

People who wish to purchase smoke alarms for the hearing impaired should contact the relevant associations in their state for information on where they can be sourced, or visit:

<http://www.betterhearingsydney.org.au/content/view/63/53/>



## ST CARTHAGE'S COMMUNITY CARE

Post Office Box 4028  
(3 Jubilee Avenue)  
GOONELLABAH NSW 2480

Phone: (02) 6620 0000  
Fax: (02) 6620 0066  
E-mail: [comcare@stcarthages.org.au](mailto:comcare@stcarthages.org.au)

**Our Website:**  
[www.stccc.org.au](http://www.stccc.org.au)

### *Services Include:*

*Community Aged Care Packages*  
*Extended Aged Care at Home Packages*  
*Extended Aged Care at Home-Dementia Packages*  
*Seniors Day Club*  
*Respite Program*  
*Seniors Respite Service*  
*Breakaway Respite*  
*Private/Brokerage Services*  
*Internet Kiosk*  
*Self Care Units*

Are you aware of the important & profound benefits of your activities?

Activities that should be happening at this time of year in Australia include healthy, daily exposure to the sun and fresh air. It is now very hot and we'll hear some people say *It's too hot to go outdoors now*". Even during the summer months, as much outdoor experiences as possible can help alleviate depression and that general feeling of "unwellness".

Research has shown that a healthy intake of the sun (vitamin D) can help strengthen the bones and reduce risk of falls.

To avoid sunburn and heatstroke people can sit with their backs to the sun, which has the added benefit of warming aching backs, neck and shoulder joint areas, especially of our senior residents.



## RELAXATION CORNER

### STRESS STOPPERS

- ◆ Beds cause hangovers. Statistics show that all drunks go to bed happy and wake up feeling terrible.
- ◆ *Customer:* I'm sorry waiter, but I only have enough money for the bill—I don't have anything left for a tip.  
*Waiter:* That's all right, sir. Let me just add up that bill again.
- ◆ On the one hand I don't care what other people think of me. But on the other hand I want to be remembered as the man who didn't care what other people thought of him.
- ◆ I'm terrified of dying in a plane crash. I hate the thought that peanuts may be my last meal.

### WORDS OF WISDOM

- ◆ Fulfilling your potential definitely cuts right into your sitting-around time.
- ◆ Men like quiet women because they think they're listening.
- ◆ A dialect becomes a language when its speakers get an army and navy.
- ◆ The goal of science is to build better mousetraps. The goal of nature is to build better mice.
- ◆ What we anticipate seldom occurs; what we least expect generally happens.

