



St Carthage's Community Care

Newsletter December 2008

What's on in December

- 11th:** St Carthage's Christmas Party at our Goonellabah Office. Ann Saul will provide entertainment \$20 per person + \$5 gift Lucky Door prizes
- 24th:** Senior Day Club will be closed, and will reopen on Wed 28th January 2009.

Christmas 2008 Services

Please advise staff if you will be away over the Christmas Holidays.

Essential Services Only:

- 25.12.08:** Christmas Day
26.12.08: Boxing Day
01.01.09: New Year's Day
26.01.09: Australia Day

Crunchy Vegetable Fritters (Makes about 12 small fritters)

- 1 onion
- 1 red capsicum
- 1 cup parsley
- 1 cup button mushrooms
- 1 potato (medium), grated
- 1 grated carrot
- 1 grated zucchini
- 1 egg
- 1 teaspoon dried basil
- 1 teaspoon ground black pepper
- 1/2 cup plain wholemeal flour
- Oil for frying

1. Finely slice the onion, red capsicum, parsley and button mushrooms.
2. Mix all ingredients thoroughly.
3. Cook separate tablespoonfuls in lightly oiled frying pan.



Firsts Quiz

1. By what name is the first caller on New Year's Day known?
2. Robbie Burns wrote his first song at the age of sixteen. What was it called?
3. Who was the first man to develop the pneumatic tyre?
4. Who was the first man to walk on the moon?
5. Who was the first woman Prime Minister of Britain?
6. Who was the first man to break the land speed record in Australia?
7. What is the first wedding anniversary?
8. In the Southern Hemisphere, what is the first day of summer?
9. What name is given to a girl when she attends her first formal ball?



9. Debutante
8. 1st December
7. Paper
6. Donald Campbell
5. Maggie Thatcher
4. Neil Armstrong
- Dunlop
3. John Boyd
2. Handsome Nell
1. First Footer.

Drink Adequate Amounts of Water And/or Other Fluids

Fluids are essential if the body is to function properly; the importance of fluid intake does not decrease with age.

How do you know if you are having enough fluids? The easiest way to tell is to check the colour and volume of your urine. Except for first thing in the morning, your urine should be almost clear and there should be plenty of it. Anyone with dark-yellow urine is not drinking enough fluid.

What can be counted as fluids?

- water
- soft drink
- jelly
- milk
- soup
- tea
- juice
- ice cream
- coffee
- cordial
- custard

Although tea and coffee contain caffeine, which has a mild diuretic effect, older people need not be discouraged from drinking them.

Some fluids also contain valuable nutrients that play an important role in the health of older people. For example, tea contains antioxidants (compounds that are beneficial for your health); milk, custard and ice cream contain protein, calcium and some B vitamins. Fruit juice contains useful quantities of vitamin C and in some cases folate. Soft drinks and cordials contain large amounts of sugar: low-calorie or low-kilojoule versions are an alternative.

Having enough fluids is important because it

- prevents dehydration
- quenches thirst
- eases the burden on the kidneys
- helps prevent urinary tract infections and kidney stones
- helps prevent constipation.

Because older people often have a reduced sense of thirst, regular fluid intake should be encouraged. Having something to drink at each meal and snack time will go a long way to meeting daily fluid needs.



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