



Melville Times

August/September

2011



Hi Everyone

Welcome to the *August/September* edition of the Melville Times. Sorry it has been some time since we got a newsletter out to you, but the days are just flying along far too quickly!!

I hope you all have been keeping well and staying healthy during these cold and wet months. Hopefully you have avoided getting any of the winter bugs that have been going around. I am looking forward to the summer months, I have had enough of the rain, but I know we need it badly. Let's hope the rain is getting to the parts of the country that need it the most.



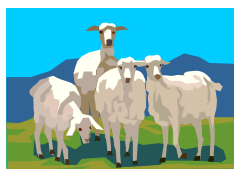
I hope you have enjoyed the last couple of months while you have been attending the centre, and you have been happy with the activities and outings. Please feel free to give any feedback to staff or myself weather it be negative or positive.

There have been a few new people join us over the last little while. A huge big welcome to you all. We hope you enjoy your time with us. Sadly some of our dear clients have moved on into nursing homes or passed away and these people will be sadly missed. We have lots of nice memories to remember them by.

Over the next couple of months you will notice some staff missing due to holidays, and there may be some new faces who will be filling in during this time, for you to get to know.



I am heading out of town on Thursday 4th August. Syd and I are flying to Tasmania for 10 days to spend some time with my family who live there now. My brother and his wife are renewing their wedding vows and we are having a big party to celebrate. They are very excited about it because when they originally got married they actually eloped to Tasmania and got married on Cradle Mountain at the lodge, and had two park rangers as their witnesses. So now 8 years on we can celebrate with them and their 3 children!!, should be good. I am looking forward to spending some time with my mum, as I am looking forward to getting some spoiling, everyone needs their Mum! Mum and dad have a property and so does my brother, so I am looking forward to helping out with the many animals they both have. Mum and Dad's sheep have just had lambs so they will be very cute to see.



Mum said to bring lots of warm clothes as it has been freezing cold! So I will pack plenty. It will be good to sit around the fire and have a few ports, and a good old catch-up.

Stay safe and well and I look forward to seeing you all when I return on Monday 15th August.

Big Hugs from Donna xx

Staff Profile: Jill Bond

A huge big welcome to our newest staff member who recently started with us. Jill took over from Jodie when she left.

Jill is working on Wednesday and Friday.

Jill has fitted in really well and she says she is really enjoying her time within the day centre at the lovely Willagee centre.

Jill is married and has 3 children, 3 step-children and 15 grand-children!!!
And it's no surprise that she is one very busy lady.

For the past 15 years Jill has been a professional artist and has won many awards for her fantastic talents. She holds a Bachelor of Art.

Since working alone making art is a very lonely business, Jill decided on a career change to aged care.

Jill recently gained a Certificate 3 in Aged Care from Challenger Tafe.

After a work placement with Melville Cares, Jill was offered employment in the position Jodie recently vacated.

Jill has expressed how she is very happy in this role since joining Melville Cares, and is very happy to have joined a happy and stimulating environment, and looks forward to meeting you all and having the opportunity to assist you.

The Green Thing

In the line at the store, the cashier told an older woman that she should bring her own grocery bags because plastic bags weren't good for the environment.

The woman apologized to him and explained, "We didn't have the green thing back in my day."

The clerk responded, "That's our problem today. Your generation did not care enough to save our environment."

He was right -- our generation didn't have the green thing in its day.

Back then, we returned milk bottles, soda bottles and beer bottles to the store. The store sent them back to the plant to be washed and sterilized and refilled, so it could use the same bottles over and over. So they really were recycled.

But we didn't have the green thing back in our day.

We walked up stairs, because we didn't have an escalator in every store and office building. We walked to the grocery store and didn't climb into a 300-horsepower machine every time we had to go two blocks.

But she was right. We didn't have the green thing in our day.

Back then, we washed the baby's diapers because we didn't have the throw-away kind. We dried clothes on a line, not in an energy gobbling machine burning up 220 volts -- wind and solar power really did dry the clothes. Kids got hand-me-down clothes from their brothers or sisters, not always brand-new clothing. But that old lady is right; we didn't have the green thing back in our day.

Back then, we had one TV, or radio, in the house -- not a TV in every room. And the TV had a small screen the size of a handkerchief (remember them?), not a screen the size of the state of Montana.

In the kitchen, we blended and stirred by hand because we didn't have electric machines to do everything for us.

When we packaged a fragile item to send in the mail, we used a wadded up old newspaper to cushion it, not Styrofoam or plastic bubble wrap.

Back then, we didn't fire up an engine and burn gasoline just to cut the lawn. We used a push mower that ran on human power. We exercised by working so we didn't need to go to a health club to run on treadmills that operate on electricity.

But she's right; we didn't have the green thing back then.

We drank from a fountain when we were thirsty instead of using a cup or a plastic bottle every time we had a drink of water.

We refilled writing pens with ink instead of buying a new pen, and we replaced the razor blades in a razor instead of throwing away the whole razor just because the blade got dull.

But we didn't have the green thing back then.

Back then, people took the streetcar or a bus and kids rode their bikes to school or walked instead of turning their moms into a 24-hour taxi service.

We had one electrical outlet in a room, not an entire bank of sockets to power a dozen appliances. And we didn't need a computerized gadget to receive a signal beamed from satellites 2,000 miles out in space in order to find the nearest pizza joint.

But isn't it sad the current generation laments how wasteful we old folks were just because we didn't have the green thing back then?

Please forward this on to another selfish old person who needs a lesson in conservation from a smartass young person.

Handy hint

USE OF PLASTIC BOTTLE TOPS TO SEAL A BAG

WHO EVER THOUGHT OF THIS SHOULD GET A GREEN MEDAL

WHAT A GREAT IDEA NO MORE TWISTS TIES OR RUBBER BAND. This method is WATER PROOF and AIR TIGHT. GREAT! The person who first thought of the idea should be given an award for originality!!!!

Seal plastic Bags with Old Bottle Caps

Cut up s disposable water bottle and keep the neck and top.

Insert the plastic bag through the neck and screw the top to seal.

The bag is made to be air-tight, sure that water will not leak, the secret lies with the top and screw cap!

This is a great idea to share.

Good for us and the environment too.

THAT'S NOT MY JOB:

This is the story about four people named Everybody, Somebody, Anybody and Nobody.

There was an important job to be done and Everybody was sure that Somebody would do it.

Anybody could have done it, but Nobody did it. Somebody got angry about that, because it was Everybody's job. Everybody thought that Anybody could do it, but Nobody realised that Everybody wouldn't do it.

It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done.

LAUGHTER IS THE BEST MEDICINE

A doctor remarked on his patients ruddy complexion.

"I know" the patient said "It's high blood pressure, it's from my family!"

"Your mothers side or your fathers side?" questioned the doctor.

"Neither, my wife's"

"What?" the doctor said "that can't be, you get it from your wifes family?"

"Oh yeah" the patient responded "You should meet them sometime!"

I work as a paediatric nurse and often have the painfull job of giving injections to the children.

One day upon entering the examination room to give an injection, the little girl started screaming "NO! NO! NO!"

"Jessica" her mother scolded, "that is not polite behaviour!"

At that moment the girl continued to scream "NO THANK YOU! NO THANK YOU! NO THANK YOU!"

HANDY HINTS

TEA

1st aid



To sooth red puffy or a newly blackened eyes, place a cool wet tea bag on eye.

Eradicate warts put a wet warm tea bag over the wart for 10-15mins, 2-3 times a day.

Warm wet tea leaves make a great compress or mouth ulcers and tooth ache



In the garden

Tea leaves a great to spread around the soil under rose bushes it will enhance their growth



CHAMOMILE TEA

an be brewed, cooled and then used as a rinse for darker hair.

It leaves the hair shiny and clean . If used on grey hair it can make it darker.



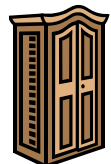
Around the house

To get rid your hands from the smell from handling fish. Rinse them in cold tea.

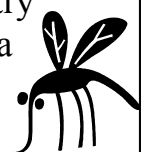


Use scented tea bags as sachets for draws

Clean wooden furniture or floor using a couple of tea bags in a litre of water. Cool, then dip a using a soft cloth wring out the excess, wipe away the dirt and grim, buff dry with a clean soft cloth



Next time you are attacked by a mozzie, try placing a cold wet tea bag on the bite.



HANDY HINTS

VINEGAR

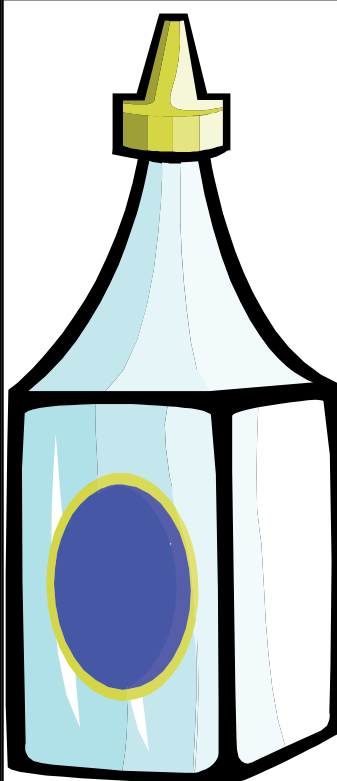
1st aid

Sooth a cold with a mixture of honey, lemon juice and cider vinegar,



Soak some brown paper with vinegar and put on to a bruise to draw it out

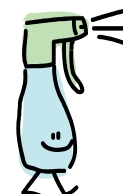
Just like good old Jack and Jill



Around the house

As a window cleaner

Soak some newspaper in vinegar and wring out and wipe over your windows.



Safe kitchen cleaner- just a small amount into some water and wipe down the benches stove or fridge.

In the garden

Use undiluted on weeds to kill them

Wipe undiluted around windows and doors or on ant tracks to deter ANTS



Azaleas- 2 tablespoons in 1 litre of water helps them to thrive



Laundry

To stop the red dye in new clothes from running soak them in vinegar for a few minutes before washing.



Can be used instead of fabric softener and is kinder to your washing machine parts as well as the environment!!!



Accept that some day you're the pigeon,
And some days you're the statue.

Always keep your words soft and sweet,
Just in case you have to eat them.

Drive carefully. It's not only cars that can be "Recalled to their maker"

If you can't be kind, at least have the decency to be vague.

If you lend someone \$20 and never see that person again, it was probably worth it.

It may be that your sole purpose in life is simply to be kind to others.

Never put both feet in your mouth at the same time, because then you won't have a
leg to stand on.

Nobody cares if you can't dance well,
Just get up and dance.

When everything's coming your way.
You're in the wrong lane.

Birthdays are good for you,
The more you have the longer you live.

You may be only one person in the world,
But you may also be the world to one person.

Some mistakes are too much fun to do only once.

We could learn a lot from crayons... Some are sharp, some are pretty and some are
dull. Some have weird names, and all are different colours, but all have to live in the
same box.

A truly happy person is one who can enjoy the scenery with a detour.

GOOD FOODS

ALMONDS

Eating almonds has shown to be heart healthy and can reduce the risk of catching colds and respiratory infections. It is the Vitamin E in the almonds that is an immune boosting Antioxidant.

BEETROOTS

Beetroot juice lowers blood pressure as well as lowering your cholesterol and can increase the blood flow to the brain

GARLIC

Garlic has long been associated with reducing the severity of a colds, it has great antibacterial properties.

MANDARINS

Mandarins have more Vitamin C than an apple or a banana.

They are high in antioxidants and may reduce the risk of cancers and heart disease.

MUSHROOMS

Is a super food the common variety has shown to strengthen immunity? They can increase the production and activity of white blood cells.

ORANGES

High in Vitamin C oranges are very good for colds, it can also help reduce inflammation.

SPINACH

Is full of vitamins and minerals it has loads of Vitamin C, carotene (which converts to Vitamin A) and Vitamin E these are all antioxidants.

TEA

Both green and black (normal) tea are rich in antioxidants which are known as catechins, these are more powerful than Vitamins C and E in reducing cell damage. They can lower the risk of heart disease and increase the body's immune system.

RED CURRY, POTATO AND PUMPKIN SOUP

INGREDIENTS

½ a pumpkin
3 white potatoes
1 medium sized sweet potato
3 onions, sliced
1 litre chicken stock
1 tablespoon Red Curry paste (Thai)
1 tin coconut milk
Parsley

METHOD

Cook vegetables in chicken stock until tender.
Add Red Curry Paste and coconut milk in the last 10 minutes of cooking.
Mash or blend to remove lumps.
Add fresh parsley before serving.
Serve with Turkish bread



My favourite sense



Thank God for our sense of smell I say,
Our lungs we fill with air each day.
Magic to breathe the newly mowed grass
And meadowsweet in the roads we pass.
The tang of seaweed along the shore,
Sweet perfume of roses by the door.
Jasmine definitely attacks my nose,
Delightful lavender standing in rows.
The aroma of good cooking I adore,
Cloves and honeysuckle, sweet and pure.
The smell of fresh linen on my bed at night,
The delicate whiff of lilies white.
Some of life's perfumes I love the most,
Not forgetting that of freshly made toast.

-Unknown

If I had my life to live again

I'd dare to make more mistakes next time.
I'd relax, I would limber up.
I would be sillier than I have been this trip.
I would take fewer things seriously.
I would take more chances.
I would climb more mountains and swim more rivers.
I would eat more ice-cream and less beans.
I would perhaps have more actual problems, but I'd have fewer imaginary ones.
You see, I'm one of those people who live sensibly and sanely hour after hour, day after day.
Oh, I have my moments, and if I had it to do over again, I'd have more of them.
In fact, I'd try to have nothing else.
Just moments, one after another, instead of living so many years ahead of each day.
I've been one of those persons who never goes anywhere without a thermometer, a hot water bottle, a rain coat and a parachute.
If I had to do it again, I would travel lighter than I have this time around.
If I had my life to live again, I would start barefoot earlier in the spring and stay that way later in the autumn.
I would go to more dances.
I would ride more merry-go-rounds.
I would pick more daisies.

- Nadine Stair

Don't Quit

When things go wrong as they sometimes will,
When the road you're trudging up is all up hill,
When funds are low and the debts are high
And all you want to smile, but you have to sigh,
When care is pressing you down a bit,
Rest if you must, but don't you quit.
Life is queer with its twists and turns,
As every one of us sometimes learns,
And many a failure turns about
When he might have won had he stuck it out;
Don't give up though the pace is slow—
You may succeed with another blow,
Success is failure turned inside out—
The silver tint of the clouds of doubt,
And you never can tell how close you are,
It may be near when it seems so far;
So stick to the fight when you're hardest hit—
It's when things seem worst that you must not quit.

- Edgar A. Guest

My Granny's handbag



My Granny's handbag is a wonderful thing,
With a wealth of treasures hidden therein.
There's a puff for her nose, and a comb for her hair,
A lipstick, a nail file and scissors in there.
Some cotton-wool balls and an old nappy pin,
Some tweezers for pulling the hair from her chin.
Her purse, bank card and bus travel pass,
A little scent bottle that's made of blue glass.
Some pills that she takes when the arthritis is bad,
An old crumpled picture of her and Grandad,
A torn theatre ticket from day's that are gone,
And believe it or not - a new mobile phone!
That's about all, except for her keys,
Oh, and some paper hankies should she sneeze,
But right at the is the best for me,
'Cause right in the corner, where mummy can't see,
Hides a wee bag of sweets for my brothers and me.

- Moira Yarwood

DON'T DEHYDRATE

Although we know that we need to drink more water, it's one of those things that we never seem to get around to do, or we get to the end of the day and realise we haven't had any or sufficient. Here are some easy tips to incorporate into your day that will increase your water intake.

- Start the day with a glass of fresh water. You can add a slice of lemon or lime.
- Drink regularly throughout the day and ideally between meals such as before breakfast, mid-morning, mid afternoon and after dinner.
- Always keep a bottle of water with you.
- Have a vegetable juice throughout the day- freshly juiced is the best! Try 50% carrot and 50% apple with a sprig of mint.
- Herbal teas such as green tea, peppermint and berry teas are refreshing and great in winter instead of coffee.
- Have a cup of hot water if you would like something to warm you up- you can even add a slice of lemon to add some flavour.
- Drink a full glass of water when taking medications or supplements.



If you have trouble gripping a glass try wrapping a couple of rubber bands around it at regular intervals

Keep Fit



Part 1

1. Walk while seated, moving your feet up and down and swinging your arms back and forth for a period of two minutes.
2. Move your feet apart out to the sides and bring them back together; repeat 5 times.
3. Take a deep breath in through your nose and out through your mouth.

Part 2

1. Turn your neck left, right and to your front; hold for 5 seconds each turn; repeat 3 times in each direction.
2. Roll your shoulders forwards; repeat 5 times.
3. Roll your shoulders backwards; repeat 5 times.
4. Reach for the ceiling, alternating your arms; repeat 3 times.
5. Reach again, this time wiggling your fingers whilst in the air; repeat 3 times.
6. With your hands on your hips inhale slowly then exhale slowly repeat 3 times.
7. With your hands at your sides inhale while raising your arms out to the side; exhale while raising them overhead; repeat 3 times.
8. Raise your shoulder and hold for 5 seconds before relaxing; repeat 3 times.
9. Pull your left arm across your body by grasping your elbow with your right hand; hold for 5 seconds; repeat with your right arm; repeat 3 times.
10. Hold your right wrist in your left hand and rotate your wrist 5 to 6 times; repeat with your left wrist and your right hand.

Part 3

As it is now winter we'll use some movements associated with the season.

Choose some uplifting music, perhaps with a winter theme.

1. With your arms wrapped around your body, gently pat yourself to stimulate circulation and warmth.
2. Walk on the spot briskly for a period of 1 minute.
3. Rub your hand together and blow on them for a period of 30 seconds.

Can Cold Water Clean Dishes

This is for the germ conscious folk that worry about using cold water to clean.

John went to visit his 90 year old grandfather in a very secluded, rural area of Bedfordshire, after spending a great evening chatting the night away, the next morning John's grandfather prepares breakfast of bacon, eggs and toast.

However, John noticed a film like substance on his plate, and questioning his grandfather asking "Are these plates clean?"

His grandfather replied "They're as clean as cold water can get em. Just go ahead and finish your meal, Sonny!"

For lunch the old man made hamburgers. Again, John was concerned about the plate, as his appeared to have tiny specks around the edge that looked like dried egg and asked, "Are you sure these plates are clean?"

Without looking up the old man said, "I told you before, Sonny, those dishes are as clean as clod water can get them. Now don't you fret, I don't want to hear another word about it!"

Later that afternoon, John was on his way to a nearby town and as he was leaving, his grandfather's dog started to growl, and wouldn't let him pass.

John yelled and said "Grandfather, your dog won't let me get to my car"

Without diverting his attention from the football game he was watching, the old man shouted! "Coldwater, go and lay down now, yah hear me!"

This is Coldwater!!



STRESS

A lecturer when explaining stress management to an audience,
Raised a glass of water and asked “How heavy is this glass of water?”

Answers called out ranged from 20g to 500g.

The lecturer replied “the absolute weight does not matter”
It depends on how long you try to hold it.

If I hold it for a minute, that’s not the problem.

If I hold it for an hour, I’ll have an ache in my right arm.

If I hold it for a day, you’ll have to call an ambulance.

In each case, it’s the same weight, but the longer I hold it, the heavier it becomes”

He continued.

“And that’s the way it is with stress management.

If we carry our burdens all the time sooner or later,

As the burden becomes increasingly heavy,

We won’t be able to carry on...

As with the glass of water,

\you have to put it down for a while before holding it again.

When we’re refreshed, we can carry on with the burden!”

So, before you return home tonight, put down the burden of work. Don’t carry it home. You can pick it up tomorrow.

Whatever burden you are carrying now,

Let them down for a moment if you can.

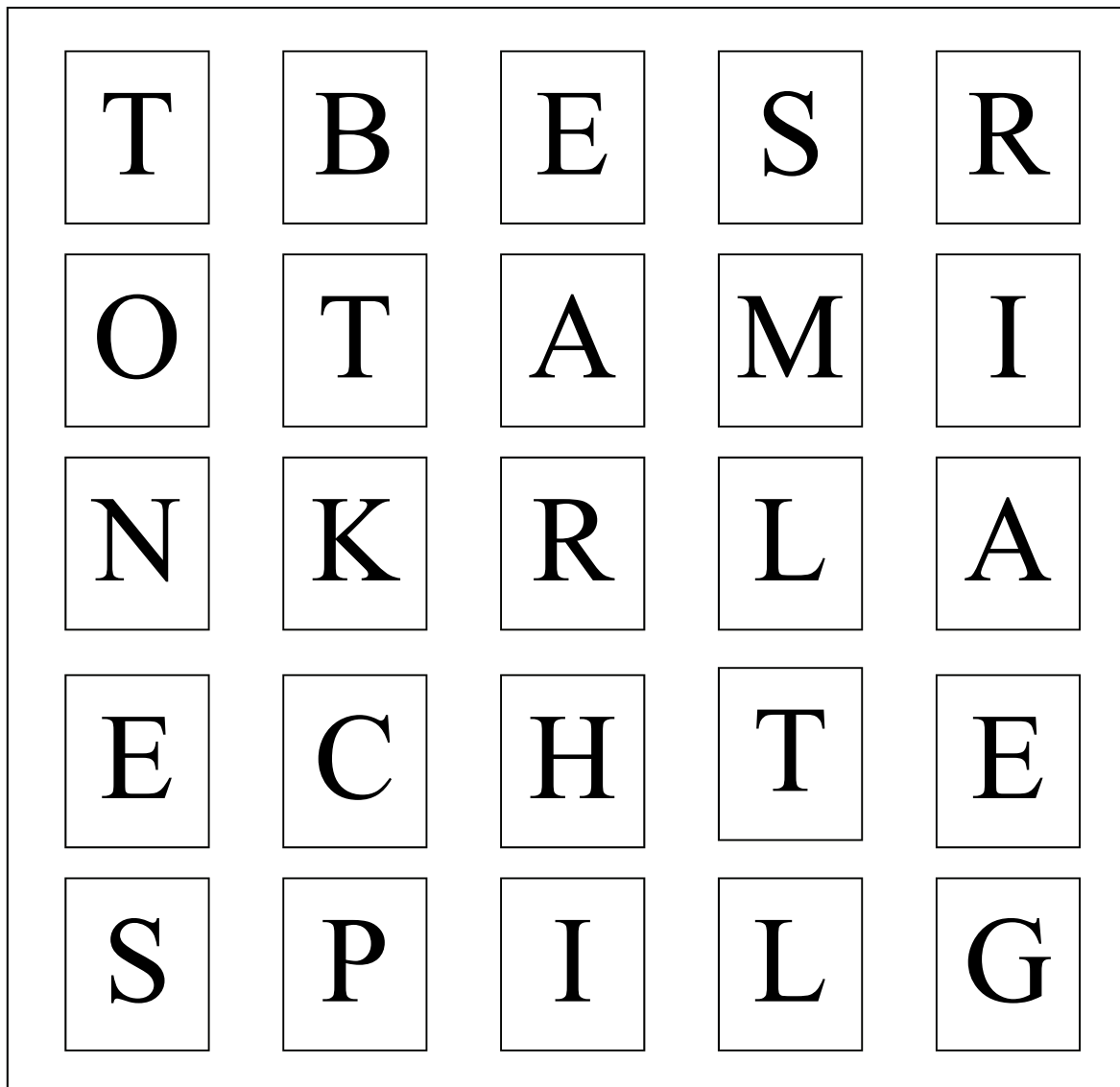
On This Day

August

When it rains in August it rains honey and wine.
Proverb from France and Spain

- 1st The kilogram is introduced in France as the first metric weight (1793)
- 2nd Barbed wire is patented (1887)
- 3rd Columbus sets sail on his first voyage (1492)
- 4th More than 6,000 people are killed when an earthquake levels 50 towns in Ecuador (1949)
- 5th The earliest known drawing by Leonardo da Vinci is done (1473)
- 6th An atom bomb is dropped on Hiroshima (1945)
- 7th A flash flood at Pyrenees mountain campsite in Spain claims at least 86 lives (1996)
- 8th President Truman signs the United Nations Charter (1945)
- 9th The electric machine is patented (1910)
- 10th The motion picture projector is patented (1910)
- 11th The S.O.S. signal is first used (1909)
- 12th Prime Minister William Macmahon sacks defence Minister William Gorton over Gorton's 'I did it my way' newspaper article (1971)
- 13th The last hanging takes place in Britain (1964)
- 14th South Africa's National Party, which was the architect of Apartheid, moves to the opposition benches for the first time in 48 years (1996)
- 15th Sir Walter Scott, Scottish poet and novelist, is born (1771)
- 16th Mary Gilmore is born (1865)
- 17th Seven people are killed in Sydney's Strathfield Plaza massacre (1991)
- 18th Mongol conqueror Genghis Khan dies (1227)
- 19th A Soviet spacecraft carrying two dogs makes 17 orbits of the Earth before returning safely (1960)
- 20th Burke and Will's expedition begins (1860)
- 21st Venetian blinds are patented (1841)
- 22nd The two halves of Sydney Harbour Bridge are joined together; it was later opened in 1932 (1930)
- 23rd The death of film star Rudolph Valentino from ruptured ulcer (1926)
- 24th Australian domestic airline pilots resign en masse over a salary dispute, crippling the nation's air transport system (1989)
- 25th The Commonwealth Judiciary Act is agreed to and provides for the establishment of the High Court of Australia (1847)
- 26th The typewriter is patented (1843)
- 27th Tarzan comes to life- *Tarzan of the Apes* is published by Edgar Rice Burroughs (1912)
- 28th Slavery is banned by the British Parliament throughout the British Empire (1833)
- 29th The Ashes is instituted in cricket (1882)
- 30th Lismore is proclaimed a city (1946)
- 31st The Sydney Harbour Tunnel is officially opened to traffic (1991)

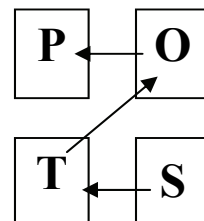
Boggle Cube



INSTRUCTIONS

The aim is to search for all the words you can find in the grid. A word is valid if you spell it by tracing a line from the first letter to the last by moving from one letter to the next (in any direction, inc horizontally), as long as you don't skip over any letters. For example if you saw the cluster of letter below you could spell *STOP*, so you would write that word down and get a point.

You could also make the words *post*, *pots* *tops* and *spot*. You can not make re-use a letter in the same word eg *tots* could not be made out of these letters. Words need to be two, three or four letters long depending on which you choose. They cannot be proper nouns or abbreviations. A word and it's plural are both acceptable.



Seniors/Older People's Information

Most legal inquiries made to Legal Aid WA from seniors and older people involve questions about **Wills** or **Problems with neighbours**. The **Information about the law** section of the Legal Aide WA website has specific information about these and other issues that may be helpful to you. Further information may also be obtained buy calling the

Legal Aid InforLine

1300 650 579

Further legal and other community services providing information for seniors and older people are listed below. These services are not Legal Aid WA services. Legal Aid WA expressly disclaims any liability and responsibility for the advise and information provided by non Legal Aid WA and advises there any be other organisations able to provide you with advice and information that are not included on this website.

Community services

Advocare (Inc) provides and advice and advocacy service to people living in aged residential care or who are receiving community care services and who are concerned about the services being provided. Staff are also able to provide information and support to family members and carers who are worried about the welfare of people in residential care. For information, contact

Advocare

(08) 9479 7566 or 1800 655 566

Council on the Ageing (WA) Inc website provides a range of information about services that offer discounts to seniors and older people in Western Australia including discounts at restaurants, reduced insurance premiums for over 50's. The website also provides a range of information about health care research and services that provide support to seniors and older people. For more information, visit the website or contact the

Council on Ageing (WA) Inc

(08) 9321 3133



Information regarding 'Gophers'

Where can my Gopher be used?

When you are using a gopher you can travel on footpaths, shared paths, in shopping centres, in public places, and across roads.

However, it is illegal to operate a gopher faster than 10km/hr on foot paths, shared paths, and on roads. Travelling faster than 10km/hr is dangerous for you and other pedestrians as there is a risk of more serious injury the faster you travel.



What are the road rules for Gophers?

When using a Gopher you are considered a pedestrian, therefore:

- Keep left unless passing another pedestrian
- Beware of vehicles coming out of driveways
- Show consideration for other pedestrians, especially seniors and people with disabilities
- Travel no faster than the surrounding pedestrians as they may not be able to move out of your way quickly
- When parking your Gopher on footpaths please be considerate to other pedestrians and leave enough room to pass



If the footpath is not suitable or there is no footpath available and you need to travel on the road:

- Always face oncoming traffic, as you're not as visible as a car
- Be aware of traffic movement, signals, and signs
- Watch out for obstructions such as drains, potholes, and people opening car doors when you pass parked cars
- Fit a flag to your gopher to make you more visible
- Take additional care as not all motorists obey the road rules



Where can I get
more information?

Department of Transport
www.transport.wa.gov.au
Ph: 9216 8000 or 133 677 (TTY)

Other useful contacts:

Disability Services Commission

Website: www.disability.wa.gov.au

Ph: 9426 9200 or 94269315 (TTY)

Main Roads WA

Website: www.mainroads.wa.gov.au

Ph: 138 138 or 133 677 (TTY)

Public Transport Authority

Website: www.pta.wa.gov.au

Ph: 9326 2000 or 133 677 (TTY)