

Heartmoves: looking after your health



For the last two years Donna has been strengthening the lives of our West Wallsend clients in a unique way. Donna's goal is to give people the strength and independence to live comfortably in their homes and to prevent falls. She does this by leading 'Heartmoves'. An exercise class specifically for older people.

Noelene is a regular and she says, "I haven't fallen since I started Heartmoves because I know where to place my legs for balance now and don't get frightened like I used to".

Emily, also a regular says, "I do exercises at home that I learn here to ensure I stay in my own home".

Donna's theory is that the stronger you are, the better quality of life you have - which all our ladies agree with.

Another regular participant, Janet said "Since I started heartmoves I'm more aware of my breathing and have reduced my asthma attacks".

Elaine says, "I always sleep better on Friday nights after Heartmoves".

One thing everyone was emphatic about is that Heartmoves, good company and great food make for a fantastic Friday at West Wallsend Day Centre.

Everyone is welcome to join the Heartmoves class, including men.

What is Heartmoves?

The Heart Foundation's Heartmoves program is a gentle physical activity program suitable for people of all shapes and sizes. Heartmoves allows you to work at your own pace in a friendly, supportive and safe environment.

Heartmoves is run by accredited professionals specifically trained in delivering low to moderate intensity physical activities programs.

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The McAuley Roses are Blooming

Last May, to celebrate National Volunteers Week, Mercy Services volunteers were gifted a Catherine McAuley rose stock for their home garden. Volunteers were encouraged to share photos of their first buds and with the unusually warm weather many of the roses have started to bloom early. I hope you enjoy the photos ...



Bernie's rose



Jo's rose



Lyndell's rose



Russell's rose

*"In all our work we strive to provide compassionate, respectful,
high quality and environmentally sustainable practices."*

Part of Mercy Services Mission Statement

Dementia doesn't discriminate. Do you?

To mark Dementia Action Week 2019, which runs from 16-22 September, Dementia Australia will be calling on all Australians to change how we respond and behave around people living with dementia.

This year's theme, Dementia doesn't discriminate. Do you?, aims to start a conversation with all Australians to consider how discrimination impacts people living with dementia, their families and carers.

Dementia Australia CEO Maree McCabe said dementia doesn't discriminate in terms of who is impacted, but we can choose not to be discriminatory in the way we interact with individuals who are living with this chronic condition.

"A person living with dementia might be ignored or dismissed in conversations," Ms McCabe said.

"Assumptions might be made about a person's capacity to contribute to conversations, decision-making, whether they can still drive, cook or even continue to work. Friends and family might stop calling or inviting a person living with dementia to social occasions – not out of deliberate neglect but possibly out of not knowing how to include them.

The national peak body is calling on the community to complete a short survey to help to create an informed, national picture to better understand how discrimination for people living with dementia occurs, within what contexts, and what it would take to shift that behaviour.

Ms McCabe said recent research had shown that around



40 per cent of people feel awkward around someone with dementia and found talking to them confronting.

"This lack of understanding about dementia impacts over time with people living with dementia more than two times more likely not to see friends compared to carers and the general public," she said.

There are a range of ways that people can get involved in Dementia Action Week.

This includes completing the survey and then sharing the survey link and messages via social media to spread the word.

Survey link: https://reflectionsresearch.au1.qualtrics.com/jfe/form/SV_aavTLImC0TUqw29

Comic Corner



In honour of all dads for Father's Day ...

A cement mixer and a prison bus crashed on the highway. Police advise citizens to look out for a group of hardened criminals.

I couldn't figure out why the baseball kept getting bigger. Then it hit me.

What is the best day to go to the beach? Sunday, of course!

How does a dog stop a video? By hitting the paws button!

I used to be addicted to not showering. Luckily, I've been clean for five years.

I got my husband a fridge for his birthday. His face lit up when he opened it.

"We must strive to do ordinary things extraordinarily well."

Catherine McAuley, Foundress, Sisters of Mercy

Tandoori Prawn and Pappadum Salad

With the weather warming up, perhaps it's time to start thinking about salads for dinner. This one pan meal can feed quite a few with little effort. This recipe serves four people in no time.



Ingredients

- 20 peeled green prawns, tails intact
- 1 tablespoon tandoori paste
- 2 tablespoons olive oil
- 4 baby gem lettuce
- 2 Lebanese cucumbers
- 200g pkt tomato medley
- 1/2 small red onion
- 75g pkt cooked mini ready to eat pappadums
- Fresh mint leaves, to serve
- 200g ctn bought tzatziki

Method

- Place a chargrill or frying pan over medium-high heat.
- Place the prawns, tandoori paste and oil in a bowl and toss until well coated.
- Once pan is hot, add prawns and cook for 2-3 minutes each side or until cooked through.
- While the prawns cook, cut lettuce into wedges. Cut the cucumber into chunks, tomatoes in half and onion into thin wedges.
- Divide lettuce, cucumber, tomato, onion and pappadums among serving plates or arrange on a serving board. Top with prawns and mint. Dollop with tzatziki, season and serve.

Avoiding Falls Inside Your Home

Contrary to popular belief, falls are not inevitable and many older people can be prevented from falling. Let's take a look at what can be done in your home to prevent falls.

- Have good lighting, especially between the bed and the bathroom or toilet at night and near any internal steps. Replace light globes with CFL energy efficient light globes of 12 watts or higher. Use plug-in night-lights and have movement-sensitive lights near stairs and the bathroom. These lights are available from most hardware stores.
- Remove clutter and make sure walkways and corridors are kept clear and well lit.
- Repair or replace carpets with worn areas, holes or long threads.
- Check that mats and rugs are secure and have no tears or wrinkles. Put adhesive strips on all mats and rugs, including those in the bathroom.
- Make sure that chairs and beds are sturdy and easy to get into and out of, and that tables and benches do not have sharp corners.
- Wipe up spills immediately.
- Install grab rails in the bathroom (towel rails are not usually strong enough to use as grab rails).

*"We can never say 'it is enough'".
Catherine McAuley, Foundress, Sisters of Mercy*

Diary Dates

Mercy Services clients will be treated to a wonderful variety of events in the coming months. Below are a list of events planned at our Day Centres. To book your place at these events, please call 4962 6680 and your call will be directed to the fantastic staff at each of our Day Centres.

September 2019

- 05 Peter Cosimo at Newcastle Elderly Citizens Centre
- 05 Greg Mason at West Wallsend Day Centre
- 06 Heart Moves at West Wallsend Day Centre
- 11 Adam Price at Tighes Hill Day Centre
- 12 Busy Bees at Newcastle Elderly Citizens Centre
- 12 Music for Movement with Catherine at Tighes Hill Day Centre
- 13 Heart Moves at West Wallsend Day Centre
- 16 Greg Mason at Tighes Hill Day Centre
- 17 Reflections Yoga with Alica at Tighes Hill Day Centre
- 18 Chair Yoga at West Wallsend Day Centre
- 19 Shirley & Brian Appleyard at Newcastle Elderly Citizens Centre
- 19 Red River Roosters at West Wallsend Day Centre
- 20 Heart Moves at West Wallsend Day Centre
- 23 Chair Dancing with Jessica at Tighes Hill Day Centre
- 24 Sonia Erskine at Tighes Hill Day Centre
- 27 Heart Moves at West Wallsend Day Centre

October 2019

- 03 Steve Conden at Newcastle Elderly Citizens Centre
- 03 Daniel Overton at West Wallsend Day Centre
- 04 Heart Moves at West Wallsend Day Centre
- 10 Allan Walsh at Newcastle Elderly Citizens Centre
- 11 Heart Moves at West Wallsend Day Centre
- 17 Peter Cosimo Octoberfest at Newcastle Elderly Citizens Centre - Tickets on sale now
- 17 Sonia Erskine at West Wallsend Day Centre
- 18 Heart Moves at West Wallsend Day Centre
- 23 Chair Yoga at West Wallsend Day Centre
- 24 Greg Mason at Newcastle Elderly Citizens Centre
- 25 Heart Moves at West Wallsend Day Centre
- 31 Daniel Arvidson at Newcastle Elderly Citizens Centre

Intergenerational Play at Singleton

If you have been watching the ABC TV program 'Old People's Home for 4 Year Old' you will see the joy that a visit of young people brings to the residents in aged care. In Singleton, the residents of the Mercy Singleton Aged Care had the absolute pleasure of a visit from the local pre-school. There was singing, dancing and craft with lots of wonderful social interaction across the generations.

Everyone enjoyed the outing so much that the pre-school is planning on more visits in the coming weeks.



*"The simplest and most practical lesson I know ...
is to resolve to be good today - but better tomorrow."*

Catherine McAuley, Foundress, Sisters of Mercy

Newcastle Nostalgia

Here's a little reminder of days gone by. If you have a photo and a story you would like to share, then please get in touch with us.

Only a few blocks apart, but decades apart in time.



The photo on the left (courtesy Newcastle Star) is the re-laying of tram tracks in Hunter Street between Stewart Avenue and National Park Street in 1935. Please note the lack of barricades as well as the street remaining open.

The photo on the right (courtesy Newcastle Herald) is of the light rail construction near the Civic Centre in Hunter Street in 2017.



Did you know that there was a 'Shanty Town' at Waratah in 1936? This photo below (courtesy 'Australia Past Present') shows a group of transient shacks on vacant land between the abattoirs and river in Waratah. Unemployment in Newcastle at this time was high, estimated at 30%. Many people moved into the shanty towns which sprung up at Nobby's Beach, Stockton, Carrington, Adamstown, Lambton, Waratah and Hexham.



"A good beginning is of great importance. You must waste some time with visitors."
Catherine McAuley, Foundress, Sisters of Mercy