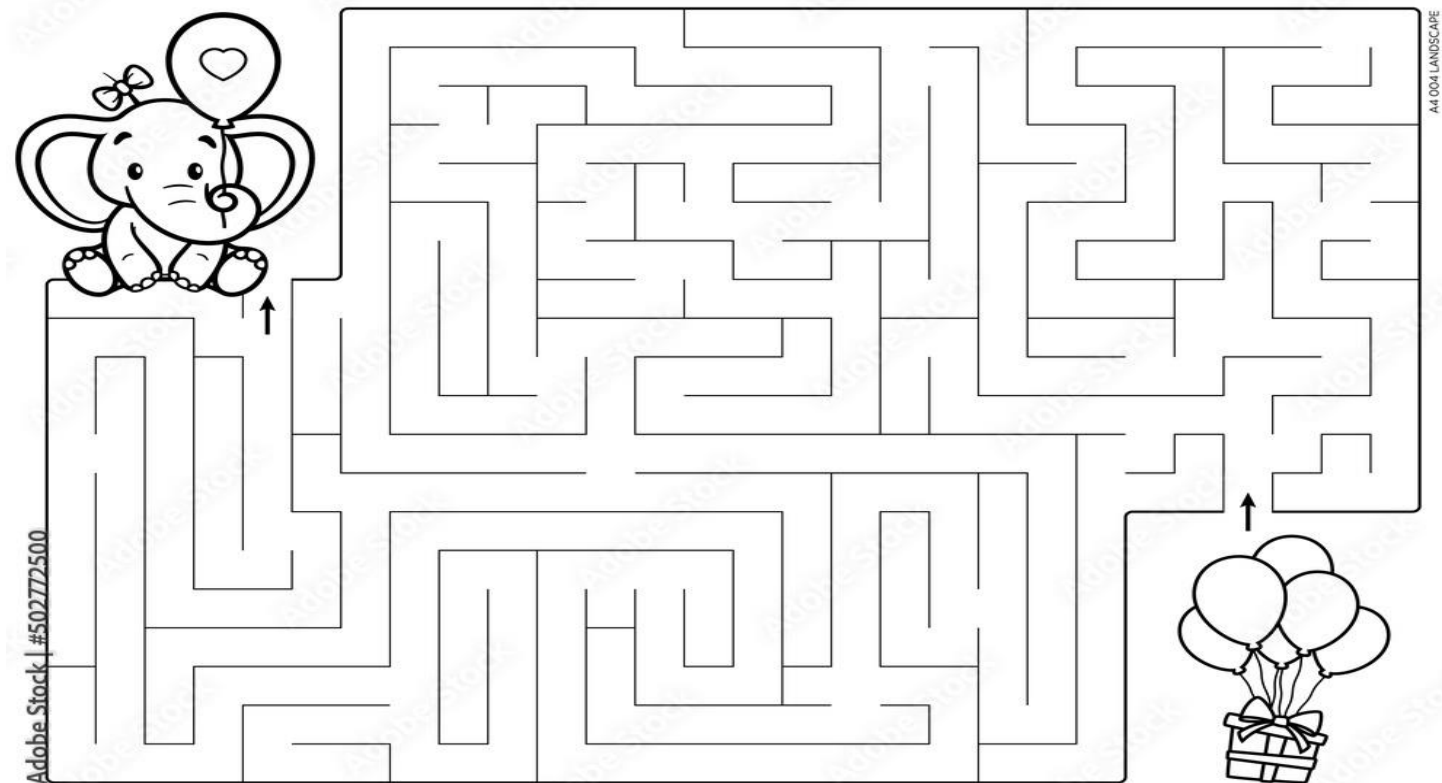




### THE BENEFITS OF WALK AND TALK!

The walking group offers numerous benefits for our residents, contributing to both physical and mental well-being. It is a low-impact exercise that helps improve cardiovascular health by enhancing blood circulation and reducing the risk of heart-related issues. Regular walking also aids in maintaining a healthy weight, promoting joint flexibility, and strengthening muscles, which consequently assists with balance and stability. It can alleviate joint pain and stiffness which can be associated with aging. Beyond the physical advantages, walking is a social activity that provides opportunities for our residents to engage with their community and each other, fostering social connection and combating feelings of isolation. Walking outdoors also exposes individuals to natural sunlight, promoting vitamin D synthesis, which is essential for bone health and immune systems. The simplicity and accessibility of walking makes it an ideal and enjoyable exercise for our residents, so next time why not think of joining us for a walk and talk.



### JOKE OF THE WEEK!

A man storms into the kitchen and walks directly up to his wife. Pointing a finger in her face, he says, "from now on, I want you to know that I am the man of this house, and my word is law! I want you to prepare me a gourmet meal tonight, and when I'm finished eating, I expect a sumptuous dessert. Then, after dinner, you are going to draw me my bath so I can relax. And when I'm finished with my bath, guess who's going to dress me and comb my hair?" His wife replies,

**"My guess would be the Funeral Director."**



yackandandah  
**health**

**Residents  
Weekly**

*THE WEEK THAT WAS 31<sup>st</sup> Dec – 5<sup>th</sup> January 2024*



Residents enjoyed a New Year's party on Sunday 31<sup>st</sup> December with plenty of food, drinks, and laughter. Thanks to Jennifer and Shannon for hosting the party and a great way to bring in 2024.





## A timely reminder with more hot weather expected.

### Help beat the heat for those living with dementia.

Those lazy, hazy, crazy days of summer are here, and while many Australians hit the beach or head to the pool, hot weather can be much more of a challenge for people living with dementia.

Whether you're out and about in the summer weather, hiding from the heat at home, or caring for someone in their house or a residential care home, there are many ways hot weather can affect us and the people we look after.

We've pulled together some tips to help everybody keep their cool and stay safe, even as the mercury rises.

#### At home

##### 1. Hydrate

Dementia can affect the part of the brain that recognises you're dehydrated and sends a message telling your body that you're thirsty. Some medications and dementia-related illnesses can also make dehydration worse. Memory problems can mean someone living with dementia can also simply forget if they've had a drink.

Signs of dehydration can include increased confusion (compared to typical dementia symptoms), dark and strong-smelling urine, dry mouth, lips and eyes, headaches or dizziness, feeling tired and not peeing very often (fewer than four times a day).

Some ideas to keep hydrated in the heat are:

- Leave jugs or bottles of water within easy reach.
- Make drinking as easy as possible by providing an easy-to-handle cup with a lid or a straw, or a brightly coloured water bottle left within line of sight.
- Share a cup of tea or a cold drink while you're with the person.
- Use prompts and reminders, whether by leaving notes out for them or setting up a phone reminder.
- Provide high water content foods, like ice blocks, jelly, ice cream, soup and fruit such as watermelon.

##### 2. Check clothing

Someone living with dementia may not adjust their clothing to suit the weather forecast. Make sure they have light, loose-fitting clothing, and a hat when outside.

##### 3. Cool the house

Take all usual measures to keep the house cool and shaded, where possible. You may need to close doors, windows and curtains, and use air conditioning or fans. Make sure you open the house up in the evening to catch the cooler night air.

##### 4. Choose your time

Stay out of the sun in the hottest part of the day (11am-3pm) and seek shade when you are outside. Make sure sunscreen is reapplied.

##### 5. Cool them down

A cool bath or shower can help bring body temperature down when all else fails. Frozen bottles of water or ice packs may also be useful.

#### In residential care

Several strategies are available to help with extreme heat in residential aged care homes to ensure the comfort and safety of residents. These include:

- Blinds closed all day
- Air conditioning checked regularly to ensure it is working correctly
- All services familiar with Critical Operations Standing Operating Procedures (COSOPS) in case of emergency
- Ice blocks purchased for residents and staff
- Iced water available all day
- Hourly drinks supplied to all residents
- Ensure residents stay out of the sun
- An additional night staff member per facility when temperatures are expected to be high late into the night
- Fluids and observation carried into the night

#### Stay safe

Heat waves can be deadly, particularly for vulnerable members of society. Keep an eye on the weather forecasts and plan accordingly. And don't forget to look after yourself as well! Hydration and a comfortable environment is essential for carers too – make sure you stay cool so you can continue to care for others.

## Covid update.

We have now been 5 weeks Covid free, so a friendly reminder, when visiting your loved ones please follow these simple steps.

- Negative RAT test prior to entry
- Always wear your face mask
- Practice good hand hygiene – use the sanitizer or wash your hands with soap provided.
- Please do not visit if you are unwell or have symptoms.

Residents were all tested on the 4<sup>th</sup> of January post-Christmas and New year's celebrations, with all returning a Negative result.

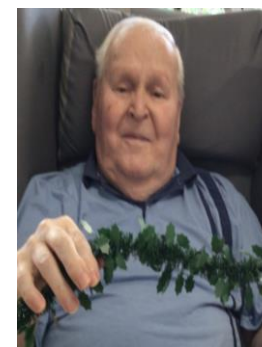
Staff still test daily prior to commencement of shifts and will remain wear N95 face masks.

Remember due diligence keeps your loved ones safe.



## CHRISTMAS 2023 is OVER.

Residents Geoff, Bob and Jean assist the Lifestyle staff taking down and packing up the decorations.



### Monday 7<sup>th</sup> January

#### **WELCOME TO 2024**

9.15 – Chair Exercises  
News & Discussion  
11.00 – Book Club  
2.00 – High Tea

### Tuesday 8<sup>th</sup> January

9.30 – Walk & Talk  
News & Discussion  
10.30 – Card & Dice Game  
2.00 – Knit & Natter

### Wednesday 9<sup>th</sup> January

#### **COOKED BREAKFAST**

9.30 - Cooking with Tracey  
2.00 – Movement to Music  
News & Discussion

### Thursday 10<sup>th</sup> January

#### **HAIRDRESSER**

10.30 – Prayer Service  
Fth Tony Shallue  
Hand and Nail care  
2.00 – Sing-along with Derek  
2.00 – Tai Chi & Quiz

### Friday 11<sup>th</sup> January

10.00 – Musical Memories  
1.30 – Carpet Bowls

### Saturday 12<sup>th</sup> January

#### **Wattle – Belinda**

10.00 – Conversation Toss  
1.30 – Craft

#### **Poppy – Jennifer**

10.00 – Cooking  
1.30 – Balloon Volleyball

### Sunday 13<sup>th</sup> January

#### **Wattle – Jennifer**

10.00 – Box Bowls  
1.30 – Word Games

#### **Poppy – Belinda**

10.00 – Garden Walks  
1.30 – Lifestyle Choice

