

Thanking our volunteers

Castlemaine District Community Health (CDCH) will recognise the valuable contribution of its more than 50 volunteers at the annual volunteer day on the 9th October.

Allied Health Promotion Team Leader and volunteer coordinator, Sam Peavey, acknowledged that "CDCH volunteers contribute many hours of unpaid service supporting our organisation and without them we simply wouldn't be able to offer the number of programs and services that we do. We're very grateful for their dedication and smiling faces. Our volunteers each bring their own skills and life experience to their role. They add value to our services and our organisation."

Many of the volunteers at CDCH are seniors and with the Victorian Seniors Festival coming up in October, it's timely to honour the contributions of these volunteers.

Grandparents Morning tea:

This is for Grandparents who are the main or sole carers of Grandchildren.

Meet monthly for Morning Tea

Where: Meet at CDCH

When: Last Thursday of the month at 10.00am

Contact: Gabrielle Finnerty
5479 1000
Castlemaine District Community Health
13 Mostyn Street, Castlemaine
3450

Castlemaine District Community Health Family Worker Gabrielle Finnerty (below) organises the Grandparents Morning tea.



If you would like to receive this newsletter by email, please provide your email address to: email@cdch.com.au

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Health Promotion Newsletter



**Castlemaine District
Community Health**
Facilitating Better Health

Senior's Month edition

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Fruit and Vegetables: Are you eating enough?

Lorna Reynolds, Dietitian at Castlemaine District Community Health

It's a well-known fact, but it's worth repeating: **Fruits and vegetables** help protect you against many chronic diseases and help to maintain good health — not to mention, they also provide essential vitamins, minerals and antioxidants that your body needs on a daily basis to function well.

Good nutrition is not just for babies and growing children, it's for **all the stages of life**. As you age your food choices become increasingly more important. *Why, because the human body is in a constant state of change? For example; white blood cells live for as little as a few hours to about 5 days. You have a new layer of skin*

approximately every 28 days and your muscles are on a 21 day cycle; 'Use em or lose em'. We need to provide the nutrition for the body to do its work, so you can do yours.

It is also very common for older people to be malnourished. You might be overweight but that doesn't mean you are well nourished. This might sound ridiculous but unfortunately extremely true.

Are you getting enough fruit and vegies everyday? So what is a serve size?

1 serve = ½ cup (75g) of vegetables if cooked

1 serve = 1 cup of vegetables if raw/ salad or 2 cups of leafy greens = 1 serve.

How many serves of vegetables do I need daily? 5 serves per day:-

An example of a days' worth of vegies is ½ cup potato + ½ cup of beans + ½ cup carrot + ½ cup cauliflower + ½ cup broccoli

Fruit:- Are you having 2 pieces of fruit each day?

What do salad greens, vegies fresh or frozen, fruit, yogurt, whole grains and fresh meat have in common? They're all staples of a well-stocked, healthy kitchen!

Having the right foods on hand can help you eat healthy every day.



Vitamins, Minerals and Antioxidants

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Philippa Calwell is responsible for the Healthy Ageing Project

Did you know that if you stay physically active and socially connected you are more likely to enjoy better health as you age?

In Mount Alexander there are many organisations and programs which support healthy ageing and provide opportunities for older people to stay active and connected. The Healthy Ageing Project is about strengthening this support and the links between the different services. Philippa Calwell has just started at Castlemaine District

Community Health to work on the Healthy Ageing project in partnership with other residential and community based aged care services. These services all rely heavily on the support of volunteers so a large focus of the project will be on improving the orientation, training and support for volunteers. "Many people find that volunteering as they get older is tremendously rewarding and improves their physical and emotional wellbeing" said Philippa. "There

Falls prevention amongst older people

Why is falls prevention so important? Imagine this scenario: 70 year old 'John' goes outside one wet evening to empty the rubbish. He slips and breaks his hip. While the bone heals, he is admitted to a nursing home where he needs to learn to walk with a frame and also starts to feel depressed. These are just some of the complications that may result from a fall.

A fall prevention study in the central Sydney community involved 702 people.

Participants in this study did a Tai Chi for Arthritis program, similar to what is offered at Castlemaine District Community Health. Participating in a 16 week program of learning and practicing Tai Chi reduced the number of falls. Tai Chi also significantly reduced the risk of multiple falls by approximately 70%. The study concluded that participation in weekly community-based Tai Chi classes can reduce falls in relatively healthy older people

living in the community.

Castlemaine District Community Health offers Tai Chi programs in Barfold, Castlemaine, Fryerstown, Guilford, Newstead, Maldon and Taradale. The classes are suitable for all levels and all ages including beginners and older people. The cost varies from \$3 to \$5 per session, and new participants are always welcome. Contact Reception for more information on (03) 5479 1000.



Janine Truscott coordinates CDCH Tai Chi programs

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Live Longer and Better Despite Diabetes

Adapted from an article by Mark Stibich, Ph.D. (2014)

On average, diabetes will shorten life expectancy by 7.5 years for men and 8.2 years for women. But you don't have to be "average." Be different: don't skip health screenings, eat well and stay active. Here are some tips to get started:

1. Take Your Medicine

Many people get medicine prescribed by a doctor and then simply don't take it. If you have been prescribed medication (or lifestyle changes), the single best thing you can do for your life expectancy and to manage your diabetes is to take your medicine.

2. Eat Right

Nutrition and eating is a huge part of living longer and healthier with diabetes. Castlemaine District Community Health dietitian Lorna Reynolds can provide guidance on improving your diet.

3. Good Shoes

Diabetes can wreak havoc with your circulation and your feet are one of the first places to show damage. One thing you can do to prevent damage to your feet

when you have diabetes is to wash your feet daily in warm water, dry carefully, check your feet carefully for blisters and other problems and, most importantly, make sure your shoes actually fit.

4. Exercise

Everyone needs to exercise to increase their life expectancy and improve their health. People with diabetes also need to exercise to help manage their diabetes. That's right, exercise helps your body balance blood sugar. Castlemaine District Community Health has a variety of exercise groups to assist you to exercise daily including Tai Chi Heartmoves and Walking groups.

5. Prevent Other Diseases

Just because you already have one chronic illness, doesn't mean you have protection from other illnesses. In fact, you may even have an increased risk of other chronic illness because of diabetes. Get regular check-ups from your doctor, and see your optometrist each year as diabetes

can increase the risk of eye problems.

6. Sleep More

Sleep helps you feel well rested, and helps your body balance hormones and make repairs. If you are well rested and have energy you will be less likely to break your good health habits.

7. Brush and Floss

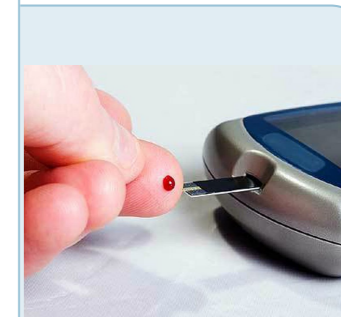
Diabetes may increase risk for gum disease. Weirdly, flossing not only keeps gum disease away, but can also add a few years to your life. So, in addition to a regular trip to the dentist, floss every day and take good care of your teeth.

8. See a Diabetes Nurse Educator

Kay and Andrea are diabetes nurse educators at Castlemaine District Community Health, who can provide education on how you can better manage your diabetes. Drop in or phone our reception desk on 5479 1000 to make a time. Appointments are \$10.



"Weirdly, flossing can add a few years to your life"



"Exercise helps your body to balance blood sugar levels"