

FIAAI Health Newsletter

October 2013

HEALTH EVENTS CALENDAR

International Day
of the Older Per-
sons

Ride to Work Day

World Mental
Health Day

RUOK? Day

World Osteopo-
rosis Day

World Polio Day

Seniors Week

Mental Health
Week

Foot Health
Month

Occupational
Therapy Week

Work Safe Tas-
mania Week

National Careers
Week

Breast Cancer
Awareness Month

SENIORS WEEK

1st till 7th October is a celebration of Seniors Week but due to sickness and other reasons, we will celebrate later.

FIAAI will hold a Community BBQ in recognition of Seniors Week

Lets see you all on October 16 at around 12.15pm for a BBQ at FIAAI

RSVP to Jenna on
63 593 532

FOOT HEALTH MONTH

October is foot health month and we have arranged to have the Podiatrist visit the Health Office for two days.

Appointments are available on Wednesday 23rd and Thursday 24th October.

Call the health office on 63 593 532
to set aside an appointment for yourself

Calcium

Calcium is essential for building and maintaining bone. Almost about 99% of the body's calcium is found in the bones. Calcium combines with other minerals to form hard crystals that give your bones strength and structure.

A small amount of calcium is dissolved in the blood; this calcium is essential for the healthy functioning of the heart, muscles, blood and nerves. Bones act like a calcium bank, if you do not take in enough calcium from your diet the body will withdraw calcium from your 'bone bank' for use in these other parts of the body. If your body withdraws more calcium than it deposits over a long period, your bone density (bone strength) will gradually decline and you may be at risk of developing osteoporosis.

Calcium Requirements

Growing children Peak Bone Mass – the point of which our bones are at their highest density – is achieved by our early twenties. Nearly 40% of Peak Bone Mass is acquired during puberty. Adequate calcium intake is therefore essential for children and teenagers.	Recommended: Children 1 – 3 years 500 mg per day 4 – 8 years 700 mg per day Girls & Boys 9 – 11 years 1,000 mg per day Teenagers 12 – 18 years 1,300 mg per day
Adulthood Adequate calcium intake is vital to maintain bone strength.	Recommended: Men & Women 19 years + 1,000 mg per day
Older Adults Calcium is absorbed less effectively from the intestine and more can be lost through the kidneys so calcium intake needs to be maintained at a higher level.	Recommended: Women over 50 years 1,300 mg per day Men over 70 years 1,300 mg per day

National Deaf Week is held in October

:to raise awareness of deafness, this story was copied off a web site, it's called
THE WORST THING ABOUT BEING DEAF

Growing up as a deaf person, I have noticed one common thought that hearing people share in general when they try to imagine the worst thing about being deaf. It always seems to come down to not being able to hear music. If not music, the birds singing or the sounds of rain drops hitting the roof of your house, among other sounds. While I can imagine how lovely birds singing must sound, it is very far away from what upsets me about being deaf.

I am a deaf individual who basically lives in the hearing world. Most of my friends and my entire family are hearing. Thus I frequently find myself in a group of hearing people engaging in a spoken conversation that I cannot be a part of. Not having the ability to contribute in a group conversation constantly leaves me feeling depressed or upset. I think the ease of conversing with hearing people for granted and for some reason seem to think not hearing music would be the worst thing about being deaf.



I can honestly say that I have never found myself distressed over the fact that I can't hear music. I never find myself in tears over this. In fact, I can even enjoy music through vibrations. There's such a variety of vibrations that you can experience if you actually pay attention to it. I have the tendency for dating boys who are musicians or downright obsessed with music, so I occasionally end up at a show to watch my boyfriend's band. I even dance to the music. Yes. Dance to music that I can't hear. Now that's a sight to see!!

never found myself distressed over music. I never find myself in tears over music through vibrations. There's that you can experience if you actually pay attention to it.

For almost every sound I cannot hear, I can see or feel something that is associated to the sound. When you hear a bird sing, I see a bird puffing its feathery chest up and down. While you listen to waves crashing into each other, I see the multicolored splashing and rushing toward my feet. As you listen to the wind blowing by, I feel the wind blowing through my hair. While the cat purrs heavily against you, I feel the purring rumbling through the cat's body as I pet it. When you hear music, I feel it roar through every part of my body.

But when people talk and laugh over something I cannot understand, it's difficult to find something to appreciate while being left out of something I'd love to be a part of. I often end up feeling depressed when I'm standing with hearing friends while they suddenly burst out laughing and I'm the only one who doesn't laugh.

That, my friends, is the worst thing about being deaf.

Flinders Island Community Bus



Did you know-

There is a community bus that operates on Flinders to transport people 65 years old and over (and anyone younger with special needs) to and from Community activities at a minimal cost. Ring Rosemary Amos on 63 598 463 for information about the bus.

Rosemary is the Island co-ordinator of Community Transport Services Tasmania (CTST). If you have to go to Launceston for a medical appointment and you are 65 or older, (or younger with special needs), Rosemary can organise a Community car for you to travel to and from the airport to your appointment, again at a small cost. They need a few days notice. Ring Rosemary on 63 598 463 to book a car.

Ianthe, the Heart/lung physio, is back!!!

Ianthe is due back on the 11th October to get us whipped back into shape and give us great lifestyle advice.

She'll be here after playing state hockey in South Australia for 3 weeks.

Let us know if you want to join in



Maree's news



Happy Seniors Week!!! Due to sickness and other things in the Health Centre, we will celebrate Seniors Week later than everyone else. Maybe we will have a Seniors Month, just to be different!! Community BBQ on the 16th for a start. We'll keep you posted.

October is Show time!!

The day before the Show, **Independent Living** is coming to FIAAI at 2.30 (Thursday October 17) to chat and show you some aids and gadgets that might help you around the house. Do you need tap turners to help you turn the taps on and off? Is your arthritis making things difficult for you? Come and see what they have to offer to make life easier.

It is also **Foot Health Month**. Are you looking after your feet? Book into the podiatrist on October 23 or 24 and give your feet a check up.

Congratulations to the new FIAAI Committee. May the next 12 months be good ones.

Think F.A.S.T. Act FAST!

CALL 000

For more info call StrokeLine
1800 STROKE (787 653)
www.strokefoundation.com.au



strokefoundation

How do you know if someone's having a stroke? Think...

F.A.S.T.

F ACE Check their FACE . Has their mouth drooped?	A RMS Can they lift both ARMS ?	S PEECH Is their SPEECH slurred? Do they understand you?	T I ME TIME is critical. If you see any of these signs, call 000 now!

HAVE'N A LAUGH

Surprise, Surprise

Many years had passed since the day a young woman, with a baby in her arms, entered her local butcher shop and confronted the owner with the news that the child was his and demanded that he did something about it.

The butcher promised to provide her with free meat until the boy was 16. The woman agreed to his proposal.

One day, the boy came to collect his weekly package of meat and told the butcher, "It's my 16th birthday today."

"I know," said the butcher with a smile. "I've been counting the days off. Tell your mother when you take this parcel home, that it's the last free meat she'll get and watch the expression on her face."

When the boy arrived home, he told his mother what the butcher had said. She replied, "Son, go back to the butcher and tell him I've also been getting free bread, free milk and free groceries for the past 16 years and watch the expression on his face!"



The Lecture

An elderly man was stopped by the police around 2.00am and was asked where he was going at that time of night.

The man replied, "I'm on my way to a lecture about alcohol abuse and the effects it has on the human body, as well as smoking and staying out late."

The officer then asked, "Really?"

Who's giving that lecture at this time of night?"

The man replied, "That would be my wife."

HAPPY BIRTHDAY

1ST.....CHARLIE COOK

3RD.....TODD BARRETT

18TH.....TARA BAILEY

20TH.....PAM COOK

22ND.....TAHLIA NEWALL

30TH.....BEA CONDIE



WHATS ON IN OCTOBER

1-7...Seniors Week

To be advised...In celebration of Seniors Week FIAAI will run a bus to Yellow Beach leaving fiaai at 2pm [or walk there for those who prefer]

Afternoon Tea and then a short nature/beach walk before returning

9th & 23rd...Peter C Browne, Clinical Psychologist

11th...Ianthe, Heart/Lung Physiotherapist at 10am

16th... Community BBQ for belated Seniors Week

17th...Independent Living Display, 2.30pm at FIAAI

18th...Flinders Island Show, FIAAI Closed, for any emergency please contact the MPC on 63 592 122

23rd & 24th...Podiatrist for two days

24 th...Doctors Day



Crunchy Pear and Celery Salad

Ingredients

- 4 stalks celery, trimmed and cut in half crosswise
- 2 tablespoons cider, pear, raspberry or other fruit vinegar
- 2 tablespoons honey
- 1/4 teaspoon salt
- 2 ripe pears, preferably red Bartlett or Anjou, diced
- 1 cup finely diced white Cheddar cheese
- 1/2 cup chopped pecans, toasted
- Freshly ground pepper, to taste
- 6 large leaves butterhead or other lettuce



Preparation

Soak celery in a bowl of ice water for 15 minutes. Drain and pat dry. Cut into 1/2-inch pieces.

Whisk vinegar, honey and salt in a large bowl until blended. Add pears; gently stir to coat. Add the celery, cheese and pecans; stir to combine. Season with pepper. Divide the lettuce leaves among 6 plates and top with a portion of salad. Serve at room temperature or chilled.

THE GOOD OIL

Which type of oil should I use for cooking with high heat?

The healthiest oils are those that are high in monounsaturated and polyunsaturated fats, such as vegetable oil and olive oil. These types of fats can help lower your risk of heart disease when used instead of saturated and trans fats.

When it comes to cooking, however, not all oils are created equal. Some oils can handle the heat, and some can't.

An oil's smoke point is the temperature at which it will start to smoke and break down. When cooking oil starts to smoke, it can lose some of its nutritional value and can give food an unpleasant taste.

Oils with high smoke points, such as corn, soybean, peanut and sesame, are good for high heat frying and stir-frying. Olive, canola and grape seed oils have moderately high smoke points, making them good for sautéing over medium-high heat.

Oils with low smoke points, such as flaxseed and walnut, are best saved for use in salad dressings and dips

