

Melbourne Aquarium

On 10th February a wonderful experience was enjoyed by the 48 residents and carers who participated in an excursion to the Melbourne aquarium.

Sprawled over four levels, this amazing complex contains a wide variety of sea living creatures, on display in huge glass fronted tanks. There were penguins who on land seemed awkward, but swam with the speed of a great white shark within their own tank. There were also grey nurse sharks, stingrays, gigantic manta rays, crocodiles, toxic green frogs and snakes who disguise themselves in the foliage of high trees in the tropics.

A fleet of seven maxi taxis had been arranged to transport us to and from the venue, which when we all moved off, was like an oversized yellow caravan moving from the kerb.

It was a well planned and executed outing, carried out with the competence we have learned to associate with Asiye - Lifestyle Manager and her team. To those unnamed PCA's who also came along, go our deepest thanks and appreciation, for helping make the day the great success it was. It was pleasing to see that all the planning and thoughtfulness were rewarded by such good resident participation in the excursion.

After thoroughly exploring the complex to the maximum we enjoyed an ample lunch, which ironically was fish & chips .

On a personal note I would like to add my long term ambition to become a deep sea diver were totally destroyed, after I had seen first hand those hidden dangers which lay beneath the surface of our sea!

Written by Brian Corcoran 5 East

Christmas Fund

Our sincere thanks go out to all the residents and their families who kindly donated to the Ardmillan Staff Christmas Fund.

The staff greatly appreciate your generous gifts and are extremely happy and proud to be acknowledged for the care and support they provide.



Myrtle Betts & Don Durham – 5 East



Paula Griffin – 5 East

Dementia and Changed Behaviours

The information below looks at some of the common behaviour changes that may occur when a person has dementia. Reasons for the changes and some general guidelines for coping with them are discussed.

Changes in the behaviour of a person with dementia are very common. This may place enormous stress on families and carers. It can be particularly upsetting when someone previously gentle and loving behaves in a strange or aggressive way.

Why does behaviour change?

There are many reasons why a person's behaviour may be changing. Dementia is a result of changes that take place in the brain and affects the person's memory, mood and behaviour. Sometimes the behaviour may be related to these changes taking place in the brain. In other instances, there may be changes occurring in the person's environment, their health or medication that trigger the behaviour. Perhaps an activity, such as taking a bath, is too difficult. Or the person may not be feeling physically well. Dementia affects people in different ways and reduces a person's capacity to communicate their needs and manage environmental stresses. Understanding why someone is behaving in a particular way may help you with some ideas about how to cope.

Managing

Coping with changed behaviours can be very difficult, and is often a matter of trial and error. Always remember that the behaviour is not deliberate. Anger and aggression are often directed against family members and carers because they are closest. The behaviour is out of the person's control and they may be quite frightened by it. They need reassurance, even though it may not appear that way.

"Don't think of people with dementia as not having abilities. They have an ability to feel and interact and we need to try and enter into their world."

What to try

Keep the environment familiar. People with dementia can become upset if they find themselves in a strange situation, or among a group of unfamiliar people where they feel confused and unable to cope. The frustration caused by being unable to meet other people's expectations, may be enough to trigger a change in behaviour. If a behaviour becomes difficult, it is best to refrain from any form of physical contact such as restraining, leading them away or approaching from behind. It may be better to leave them alone until they have recovered, or call a staff member for support. Avoid reprimand. The person may not remember the event and is therefore not able to learn from it. Speak slowly, in a calm, quiet and reassuring voice. Remain quiet or neutral if the person tells you something that seems wrong or mixed up.

Aggression

This can be physical, such as hitting out, or verbal such as using abusive language. Aggressive behaviour is usually an expression of anger, fear or frustration.

What to try

The aggression may be due to frustration. Activity and exercise may help prevent some outbursts. Approaching the person slowly and in full view may help. Explain what is going to happen in short, clear statements such as "I'm going to help you take your coat off". This may avoid the feeling of being attacked and becoming aggressive, as a self defence response. Check whether the aggressive behaviour is about getting what the person wants. If so, trying to anticipate their needs may help.

Extract from :
Changed Behaviours Help Sheet
fightdementia.org.au

Walking Group

Over the warmer months, the Lifestyle team has reintroduced the Ardmillan Place walking group. It is held on a regular basis, weather permitting, and usually involves a group of willing participants going for a 40 min walk. Some residents walk unaided whilst others use walkers or walking sticks. One very fit resident from Level 4 is often seen pushing his wife in a wheelchair, so that she can also be involved in the group and enjoy some of the following benefits:



Benefits of Walking for the Elderly

Benefits of walking can be enjoyed by anyone of any age but are especially far reaching in the case of the elderly. The benefits in the advanced years are not only an agile and fitter body physically, but also safeguarding against a number of geriatric diseases like high blood pressure, osteoporosis, diabetes, heart disease, dementia, cancer and Alzheimer's.

As well as an increase in the elderly person's life expectancy, a positive frame of mind and a certain sense of independence are the other related benefits of walking.

Posted by HealthFore on Sept 18, 2013

Footy Tipping

The 2017 AFL Premiership Season kicks off soon, with round one scheduled for Thursday 23rd March. All of our residents are welcome to join in the footy tipping competition run here at Ardmillan Place.

Last year we had a group of fifty three residents actively involved and interested in the weekly tipping and results. Hopefully that number may even increase this year.

Why not try out your AFL knowledge on the following questions and check your answers further below.

AFL Football Quiz

1. Who won the 1966 grand final?
2. Which team has won the most Brownlow medals?
3. Adam Goodes won the 2006 Brownlow.... True or false?
4. Who won the 2008 Coleman medal?
5. How many flags have Adelaide won?...2, 5 or 9?
6. Which AFL player has played the most consecutive games?
7. How many AFL rounds are planned for 2017 (not including finals)
8. What colours are Fremantle?
9. What was Etihad Stadium first called?
10. MCG stands for?

- AFL Football Quiz Answers:*
1. St Kilda
 2. Sydney
 3. True
 4. Lance Franklin
 5. Two
 6. Jarrod Crouch
 7. Twenty Three
 8. Purple, green, red & White
 9. Colonial Stadium
 10. Melbourne Cricket Ground

Activities and Entertainment

Morning Melodies



In March – A Fine Romance: The Magic of Fred Astaire

An all singing, all dancing tribute to one of the most famous dancers of all time. Audiences will be taken back to Fred's humble beginnings on Broadway all the way through to his Hollywood days and on screen romances with his many leading ladies

In April – Lanza Sings again

Experience the incredible life story and absolute hit songs of one of the greatest tenors our time Mario Lanza. 'Be My Love', 'O Sole Mio' and 'You'll Never Walk Alone' are just some of the hits sung in this production by Australia's star tenor, Roy Best, leading the show singing in Lanza's original keys.

In May – Australian Ballet School

A favourite of the Morning Music program, The Australian Ballet School return to present their ever popular showcase of works by their exceptional students in a sublime meeting of dance and music.

Milestone Birthdays for Autumn

We have some special birthdays

95th Birthday:

Margherita Quilty – 27 March

90th Birthdays:

Roma Smith – 5 May

Judy Gavens – 24 April

85th Birthday:

Ken Feben – 27 May

Michael Dalla Pozza – 13 May



Carpet Bowls

Approximately 15 to 20 residents participate in the twice weekly carpet bowls, which are held on Level 4 West. The activity is supervised by long term resident Bap, himself an experienced outdoor greens bowler, and assisted by David & Terri from the lifestyle team.

There is a friendly social competition between the 'blacks'(those bowling black bowls) and the 'browns' (those using the brown bowls) Historically the browns have dominated this competition, probably as Bap is a member of that side.

I have participated twice in this activity, and I must say, I enjoyed those experiences and their related challenges, as I strove to understand how the bias effects the forward direction of the bowl. In my first attempt, I was a complete failure, but that experience stood me in good stead for the second attempt, when I won a point for the blacks who won the competition 9 to 5, their first win for several weeks.

This sport can accommodate people of all abilities whether in wheelchairs or using walkers. On the green carpet we are all equal!

I encourage everyone to come along, participate and enjoy yourself. The atmosphere in the room is one of good cheer and friendliness.

Written by Brian Corcoran 5 East



Frank Job 4 West pictured playing for the "Blacks"