



Growing Old Gracefully

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Being F.A.S.T. could save your life

■ National Stroke Week

THIS week is National Stroke Week and to beat Australia's second biggest killer, NSW Ambulance has this message for the community - remembering the first signs of a stroke through the four letters F.A.S.T can save your life.

Stroke is Australia's second biggest killer, after coronary heart disease, and a leading cause of disability.

One in six people has a stroke in their lifetime, making it essential to stay up-to-date on the latest research into this potentially debilitating medical condition.

In NSW, paramedics also identify the signs of a stroke through the F.A.S.T test and can commence

lifesaving medical treatment as part of the NSW stroke reperfusion program.

In January this year NSW Ambulance, in collaboration with the Ministry of Health (MoH) and The NSW Agency of Clinical Innovation (ACI), launched the Stroke Reperfusion program where patients identified as having an acute stroke are transported directly to an Acute Thrombolytic Centre (ATC) for potential thrombolysis.

Patients like 71-year-old Wilma Hutcheon from West Wyalong have survived a stroke thanks to this program.

In February this year Wilma survived her stroke and has made a full recovery thanks to the F.A.S.T assessment tool, the NSW

paramedics and the NSW stroke reperfusion program.

Wilma's experience is just one of many who have survived a stroke.

NSW Ambulance advises people to become familiar with the F.A.S.T test and the following observations:

- FACE: Check their face. Has their mouth drooped?

- ARMS: Can they lift both arms?

- SPEECH: Is their speech slurred? Do they understand you?

- TIME: Time is critical. If you see any of these signs, dial Triple Zero '000' immediately and ask for Ambulance.

If a medical emergency arises call Triple Zero (000) and ask for the Ambulance, stay on the line and answer all the questions while Paramedics are dispatched.



Remembering the first signs of a stroke through the four letters F.A.S.T can save your life.



Warrigal Care

Your life, your choice, your care

"Excellence in service to older people" EVERYONE HAS A STORY.

I've just read a great new book about life in Australia over the last 92 years. In what started as an exchange of emails with a young acquaintance, Mrs Barbara Baird, a Warrigal Care resident born in 1921, has published her memoirs. A wonderful little book, My Story, contains many personal tales and wonderful photographs of life in Leadville, Katoomba, Cowra, Sydney and Kiama. As a memento it is something incredibly precious for her family to treasure. As a look at an earlier time, it is of value to us all.

The saying goes, every person has a good book within them to write, but even if you don't spend those words creating a great fiction, think about jotting down a few on your own life story. I encouraged my father to write his book a few years ago and my father in law has also started writing his stories. What may seem like a regular life, an ordinary tale of growing up in Australia 70, 80 or 90 years ago, going to school, going to work, perhaps getting married and having children, will be so rich in any details that you recall, that it will be extraordinary to others.

Think of the jobs that our grandkids will have in the next 20 years, jobs that don't exist yet. And of all of the jobs that our parents and grandparents used to do that don't exist now. Life, however ordinary, is constantly changing, and capturing those changes for people that haven't experienced them first hand that adds to our understanding about each other and strengthens our communities.

Even as we get older and move into retirement, life is extraordinary. This generation of older people are the oldest Australia has had yet. Knowing what it's like to get old, appreciating the challenges and the joys, is important for those who haven't been there yet. If you'd like to get a copy of Barbaras' story give us a call on 1800 626 670.

Whoever you are, please consider telling your story. Spoken or written, it's of great interest to us, and you might even get a kick out of it yourself.



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Healthy eating



EATING healthy food in a balanced diet is very important to help you get the energy you need, maintain good health and have strong bones and muscles.

We all know what healthy food is—a wide range of fruit and vegetables, some protein sources such as meats, dairy and pulses, and not too much fatty or highly processed food. Drinking plenty of water is important, too.

As we age, our bones are susceptible to becoming fragile and breaking. For them to stay strong, they need:

- Calcium
- Vitamin D

Calcium

CALCIUM is only stored in your bones, although it is essential for many different parts of the body, such as muscles and nerves.

If you don't eat enough calcium, it will be taken from your bones to other parts of the body where it is needed. As we get older, we absorb less and less calcium from our food. This means we actually need to eat more calcium as we get older.

People who smoke, who drink a lot of caffeine and soft drinks, and who eat a lot of meat, absorb less calcium from their diet than others.

Milk, yoghurt, cheese, salmon, sardines, tahini, figs, almonds and brazil nuts are all good sources of calcium.

Bread, cereals, fruit and green vegetables such as broccoli and bok choy also have calcium, although not as much.

The following menu is an example of a typical day's eating that would help you reach the recommended intake of calcium (1300 mg per day).

Breakfast: Toast or muesli plus a tub of low fat yoghurt

Lunch: Wholemeal sandwich with cheese, chicken and salad

Dinner: Pasta or rice with tinned salmon or tuna and vegetables such as peas, broccoli and carrots.

Snacking on fresh or dried fruit, cheese, and nuts and a glass of milk/soy milk each day will make up the rest. Calcium-enriched breads, juice and milk can be good sources for additional calcium.

Vitamin D and sunlight
VITAMIN D is very important for strong bones.

Being low in vitamin D can affect your muscle strength and play a part in osteoporosis because without it calcium won't be fully absorbed by your bones.

You get vitamin D in two ways—from your diet and from sunlight.

Vitamin D is found only in certain foods. These are:

- * milk
- * oily fish such as salmon and mackerel
- * eggs.

Sunlight is another way of getting vitamin D. Sunlight acts on the skin and converts it to vitamin D. Six to eight minutes a day is enough.

Water

MANY people don't drink enough water.

Lack of water can lead to dehydration, weakness and dizziness, and is a common cause of older people falling and hurting themselves.

Drink at least six glasses of fluid a day, preferably water.

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