



Growing Older Gracefully

Seniors welcome new ministers

NATIONAL Seniors Australia has welcomed the appointment of Kevin Andrews as Minister for Social Services with responsibility for several aspects of ageing and Senator Mitch Fifield as Assistant Minister with responsibility for both age care and NDIS.

National Seniors chief executive Michael O'Neill said he welcomed the appointment of Andrews and Fifield to what would be a challenging role, particularly with seniors comprising a rapidly growing percentage of the population.

"As a minister in the

inner Cabinet, Mr Andrews will oversee a huge and increasingly important portfolio and we wish him every success in his endeavours," Mr O'Neill said.

Health Minister Peter Dutton would also be a key appointment, according to O'Neill.

"Health, health costs, health insurance, PBS and so forth are all critical issues to the over 50s and we look forward to providing input from a consumer perspective."

O'Neill said the future would be challenging and it was likely the new government would look

long and hard at policy issues and entitlements of all kinds including those involving older Australians.

"We need to ensure that all considerations have regard to a consumer perspective and that more generally, there is an understanding among ministers of the challenge that is ageing.

"I am confident that the ministers concerned will be very capable in this regard."

Liberal MP Kevin Andrews (left) is the new Minister for Social Services with responsibility for several aspects of ageing.



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.



Warrigal Care

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COLOUR YOUR WORLD.

Colour is a very powerful and important thing. Different colours affect people differently, both physically and emotionally. Within retirement living and aged care, colour can be used to influence behaviour through environments, from creating sociable areas to encouraging eating. It contributes enormously to an interesting and inspiring environment.

For many people, getting older can affect their vision. It might be a slight muscle weakening or something more severe such as altered colour perception in dementia sufferers. Generally though, older people need about three times as much contrast as younger people to find objects.

Colour has been a hot topic of discussion at Warrigal Care for a few months now. We've had a new village and a new care home open at Goulburn requiring colour choices with everything from bench tops and bricks to sheets and curtains.

We're also undergoing a company wide rebrand. We've revised our vision and purpose, updated our philosophy of care, and as of October 28, we will have a new look, colour and feel to represent all of these improvements. Choosing a colour to represent our new direction was difficult, to go for a calm and relaxing blue, or an exciting and energetic red?

With the importance of colour so high in the context of getting older, we wanted to make sure that our new look was age-friendly, dementia-friendly and you-friendly. It's because we've achieved this that I'm so excited to share our changes with you. That's all I can say for now, but keep an eye out in late October for the new Warrigal Care.



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