



APRIL 2024

Glenview NEWS

CELEBRATING
75
YEARS
GLENVIEW
Community Services

BBQ helper

Nick is always a super help on BBQ days and cooks up a storm for us all to enjoy! Astro was a little disappointed that he had to leave before the sausages were served. He wasn't complaining about all the love and pats he received from some of his favorite people, though.



Open says me

We welcome with great delight the addition of automatic doors at the Korongee Café! A fabulous addition to the village, making access much simpler for all. It must be time for a coffee!



Lucky clucky's

A further welcome addition at Korongee is the fencing that is now in place to help keep the chickens in a safe and secure space. As a bonus, we'll be able to keep the gardens and paths a little tidier too!

A warm welcome to our new residents at Glenview:

**Lois B, Paul D,
Barry E, Denyse E,
Justin M, Gloria S,
Elaine T and
Michael 'Terry' T.**

KORONGEE ACTIVITIES DURING APRIL and MAY

Monday 15 April	Rewind Retro Concert at 2pm
Tuesday 16 April	Resident Meeting at 3pm
Thursday 18 April	Anglican Church Service and morning tea at 10:30am
Tuesday 23 April	Catholic Church service and morning tea at 10:30am
Tuesday 23 April	Terrapin Puppetry Show at 1:30pm
Thursday 25 April	ANZAC Day service and morning tea at 10:30am
Monday 29 April	Johnny Wright concert at 2pm
Tuesday 7 May	Old and Older concert at 2pm
Sunday 12 May	Mother's Day High tea at 2pm
Tuesday 14 May	Advocacy Tasmania visit at 1:30pm in the café
Thursday 16 May	Anglican Church Service and morning tea at 10:30am
Tuesday 21 May	Resident meeting at 3pm
Wednesday 29 May	Paul Fenton concert at 2pm

ACTIVITIES
ARE HELD IN
THE COMMUNITY
CENTRE
UNLESS
MENTIONED
OTHERWISE

Simple pleasures

Recently we enjoyed a cooking session in the Community Centre, and made Apple Roses. Food that is pretty seems to taste even better!

Our group followed a simple recipe using delicious red apples and a couple of other ingredients. We were impressed that the apple corer made preparing the apples so much easier!





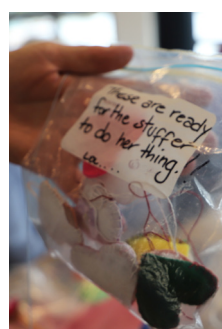
Democracy in action

Residents, staff, and visitors were pleased for the chance to cast their votes in the recent House of Assembly Elections.

Coming up soon is the Legislative Council Elections, when we will again have a mobile polling booth at **Windsor on Wednesday 1 May from 9:30am - 12:30pm.**

Easter celebrations

We had some (messy) fun making Easter chocolate creations, Easter cupcakes and enjoyed a lovely Easter Sunday edition of Lunch with Friends!



Crafting conversations

Our fabulous sewing group are exceptionally clever and creative. They are a lovely mix of people who appreciate each other's company every Wednesday at 10:30am in the Derwent Room. You don't have to sew, they enjoy a good chat just as much! Come along and join in the fun.

WINDSOR ACTIVITIES APRIL AND MAY

Thursday 18 April	Anglican Church Service and morning tea at 9:45am
Tuesday 23 April	Melody Lane Singers at 2pm
Wednesday 24 April	Terrapin Puppetry Show at 1:30pm
Thursday 25 April	ANZAC Day service and morning tea at 10:30am
Wednesday 1 May	Legislative Council Elections mobile polling booth in the Derwent Room at 9:30am - 12:30pm
Tuesday 7 May	Resident meeting at 2pm
Sunday 12 May	Mother's Day High tea at 2pm
Tuesday 14 May	Johnny Wright concert at 2pm
Tuesday 14 May	Advocacy Tasmania visit at 1:30pm
Thursday 16 May	Anglican Church Service and morning tea at 9:45am
Tuesday 28 April	Old and Older concert at 2pm

Quality assessors from the Aged Care Quality and Safety Commission plan to visit Windsor before 25 August. To provide feedback about services and standard of care, please call 1800 951 822 opt 2, or complete the survey at agedcarequality.gov.au/consumer-feedback use ID 8060

Here's to good Irish friends

never above you,
never below you,
always beside you.

St Patricks Day is always a vibrant affair! Plenty of green and orange, along with a few shenanigans to be sure.



How old are Leprechauns?
Old enough to remember when rainbows were in black and white!



Understanding Home Care Packages

a fact sheet about eligibility, entering the program and more is available at https://www.health.gov.au/sites/default/files/2024-03/understanding-home-care-packages_0.pdf

Please call us on 6277 8800 if you are interested in Home Care provided by Glenview.



Maureen won first prize in our Bisdee Easter Raffle.

Movers and Shakers

Our much-loved Korongee Facility Manager, **Liz Neville** said farewell to Glenview on 13 March. Liz was an integral part of the team and is off to new horizons. René Wise, Executive Manager Aged Care and Clinical Governance has taken on the role while we actively recruit a new facility manager. Please join us in wishing Liz all the best for her new ventures.

Congratulations to **Marlene Arnol** moving from Registered Nurse to Clinical Care Coordinator at Korongee.

Pragya Paneru has an additional role as Clinical Support Nurse and she will continue working shifts in her RN role.



Peter did some sanding and staining of our outdoor furniture while staying in respite at Hotel Bisdee. Thanks Pete!



Naomi and Sue popped out together to pick some flowers at Windsor.



8 ways to reduce your risk of Dementia

Are you worried about getting dementia? Do you have a loved one living with the condition? We focus a lot of our efforts on improving the lives of those living with dementia. But is it possible to avoid getting dementia in the first place?

Many people do not realize that dementia is not always genetically linked. In fact, the majority of dementia is not hereditary. There are certainly types of dementia that have a genetic component, such as Early-Onset Alzheimers and Frontotemporal dementia, and some have a stronger genetic connection than others. However, even for most of the genetically linked dementias, having a parent with the disease does not guarantee that you will develop it. To find out how to reduce that risk as much as possible, read on!

1. Let's Get Physical

Exercise significantly decreases your risk of getting dementia. Why? When you do aerobic or cardiovascular exercise, the oxygen and blood flow to your brain is increased. This increased flow helps keep your brain's blood vessels healthy, which in turn keeps your brain cells healthy.

Also, exercise helps stimulate the connections between nerve cells in the brain and encourages new brain cells and connections to be made. It is also thought that exercise helps slow the build-up of unhelpful proteins, free radicals, and inflammation in the brain that can lead to cell death and a slowing in brain connections.

How much should you exercise? Experts recommend 150 minutes a week of aerobic exercise for ideal benefits. If that seems overwhelming, start with less and work your way up to it.

2. Reach Out

A lack of social connection is a surprisingly strong risk factor for dementia. Humans are

social beings, and isolation and loneliness significantly increase your dementia risk.

Developing and maintaining social connections with friends or family members is an important step you can take to reduce your risk. If you know of someone who is isolated, reach out to them.

3. Use it or lose it

Challenging your brain is another way to reduce your dementia risk.

Learning new activities, doing jigsaw or word puzzles, playing board games that involve thinking or logic, attending classes, or learning a new skill are all ways that can help keep your mind as sharp as possible. Dancing is another excellent way to use your brain, as it involves coordination and rhythm, and often has a social aspect, too.

4. An Apple a Day

The food choices you make play a large role in dementia risk reduction. Current research shows that diets rich in fruits, vegetables, olive oil, fish, legumes, nuts, and whole grains reduce the risk of developing dementia. Diets high in saturated fat, empty carbohydrates, sugar, red meat, or processed foods increase your risk.

One direct reason for this is that increased body weight is correlated with an increased dementia risk. In addition, healthy diets result in less inflammation in the body and brain, which also decreases risk. Some foods actually contain compounds that are believed to protect the brain from decline.

Beverage choices matter, too. Drinking small amounts of red wine - one glass a day for women and two for men - is thought to reduce dementia risk. Consuming larger quantities of alcohol, however, greatly increases your risk. Caffeine in coffee and tea is currently believed to be beneficial to cognitive function, while regular and diet sodas are linked to a decline in function. Drinking plenty of water is always a good idea, as well.



5. Counting Sheep

Sleep is another key factor to dementia risk reduction. Sleeping six hours or less a night in middle age is linked to an increased risk of dementia.

When you sleep, your brain cells shrink slightly, allowing harmful protein accumulations to be flushed away. If you're not sleeping enough, then proteins and other toxins can build up in your brain and can eventually lead to cognitive decline.

6. Stress Less

This is often easier said than done, but reducing your stress level can decrease your dementia risk.

Stress causes the release of the hormone cortisol, which has been linked to decreased cognitive function. Researchers are also currently studying other ways that stress is linked to cognitive decline.

7. Kick the Habit

Smoking is a significant dementia risk factor. Many toxins in smoke cause cell damage and inflammation, which can have a harmful effect on your brain.

Smoking also causes problems with your blood vessels, including brain blood vessels, which can lead to dementia development.

Quitting smoking reduces your dementia risk substantially.

8. Get Treated

High blood pressure, diabetes, stroke, hearing loss, depression, and obesity are all significant risk factors for dementia.

It is essential to visit your physician regularly and have any medical conditions treated and monitored. Take medications as prescribed and follow medical recommendations.

Conclusion

Worrying about developing dementia does nothing to decrease your risk. In fact, stressing about it can actually increase your risk. Instead, focus on the dementia risk factors that you can control.

Getting regular physical exercise, maintaining social connections, challenging your brain by occasionally learning something new, eating a healthy diet, getting the sleep you need, reducing your stress, quitting smoking, and ensuring that your health is regularly monitored are all part of reducing one's risk of developing cognitive decline.

If it seems like too much, choose one and take baby steps toward your goal. Remember, every little bit helps when it comes to reducing your risk of developing dementia.



The Glenview promise

APRIL 2024

DAMIEN JACOBS, CEO

Dear all,

Korongee accreditation: we await the outcome of our re-accreditation which should be finalised within the next week or so. Thank you again to those that participated and supported this process.

What is ARIIA and why are we participating? ARIIA stands for Aged Care Research & Industry Innovation Australia (ARIIA). It promotes and facilitates innovation and research into improving the quality of aged care for all Australians.

A dedicated team of Glenview staff have been working with ARIIA to better understand, define and ultimately create, a more home-like environment at both Windsor Street and Korongee homes.

A place where our residents live on their own terms, according to their rhythms and daily choices. They wake up when they choose, breakfast is prepared in their homes so that the smells and sounds of morning, and other parts of their day, are normal and relaxed.

It sounds simple, and it's often referred to as the 'small house model', but is a significant challenge to achieve within our aged care system which continues to support older models of care (think hospitals and institutions) that are far removed from how we usually live.

We will ask you for your support as part of this project to better understand, define and deliver this model of care. Stay tuned.

I'm excited to see work progress on the **Merton outdoor balcony** area at Windsor. Special mention to the Royal Hobart Hospital Auxiliary who provided a generous donation to support the fit-out. Thank you.

Derwent Room Café: we are reaching out to residents and families at Windsor, regarding feedback that residents would like us to consider re-opening the café in the Derwent Room.

There have been several discussions over the past few months to explore what the residents would like to see, and what options we have to make this happen.

One of the key discussions have been about how we can provide a sustainable café service.

Unfortunately, under our new commonwealth funding arrangements, we are not funded to operate a café - so we have been exploring options on how to achieve this.

We will present our initial ideas at the next resident and relative meeting on **Tue 7 May at 2pm**. These include :

- preferred operating hours
- preferred days of the week
- ideas for a café menu
- consider a way forward

Please join us or alternatively, provide us with your thoughts. We would love to hear from you!

Damien Jacobs

Glenview News is produced monthly. Content for the next issue is due on **Thursday 2 May 2024**. Previous copies of Glenview News are here: <https://glenview.org.au/living-with-covid-visitors/>

If you have a photo or story to share on social media or in the newsletter, please email Alison Windmill, Marketing and Communications Coordinator awindmill@glenview.org.au

