

Inside this issue of the TPG Aged Care News :

- Lest We Forget
- Do Not Call Register
- Physical Activity
- Are You Tech Savvy?



COMMUNITY NURSING SERVICES

- Personal Care
- Medication Prompts
- Catheter Management
- Wound Care
- Medication Administration
- Bowel Care

All Gold Card Holders are eligible for any of the above services.

LEST WE FORGET

Anzac Day goes beyond the anniversary of the landing on Gallipoli in 1915. It is the day on which we remember all Australians who served and died in war and on operational service.

The spirit of Anzac, with its qualities of courage, mateship, and sacrifice, continues to have meaning and relevance for our sense of national identity. To all of our clients who have served in any of the defence forces we salute you.

PUBLIC HOLIDAY COVER

The public holidays falling in April are always a challenge for us especially when Anzac Day falls in close proximity to Good Friday and Easter Monday.

We will endeavour to provide make up services for all clients and this year we have made the decision to cover any domestic assistance, social support or shopping service in the following manner:

- services that fall on Good Friday (April 19) will be provided on the Monday, Tuesday, Wednesday or Thursday of that week (15 to 18 April)
- those that are due on Easter Monday (April 22) will be provided on the following Tuesday, Wednesday or Friday (23, 24, 26 April)
- services that are due on Anzac

Day (Thursday 25 April) will be covered in the following week (29 April to 3 May).

Our admin staff will begin working on the cover in the week beginning the 8 April and will contact you to negotiate a change of service day. If you are going to be away for any of the above days we will appreciate a call from you to notify us of your absence.

DO NOT CALL REGISTER

Recently we have received reports for many of our clients about the excessive amount of nuisance advertising calls they are receiving. They tell us that they do not answer their phone and leave all calls to go through to message bank and then check to see who has called.

The government has established the Do Not Call Register. Members of the general public who can register Australian numbers that are used for private or domestic purposes

The Do Not Call Register is a secure database where individuals and organisations can register, check or remove their Australian telephone, mobile and fax numbers to opt out of receiving most unsolicited telemarketing calls and faxes.

Registration is free and you only need to do it once. Information on how to register is available online at www.donotcall.gov.au/ or by calling

the Consumer Contact Centre on 1300 792 958.

Once registered, a number will stay on the register indefinitely unless the number owner or their representative removes the number.

How does the Do Not Call Register work?

Telemarketers and fax marketers have 30 days to recognise the registration of a number and to stop contacting that number.

To identify registered numbers, organisations are able to check—or 'wash'—their calling lists against the register.

Lists are submitted, checked and returned with all registered numbers identified. To protect the privacy of registrants, organisations are only given information on the numbers submitted.

Any organisation that either calls or faxes a number listed on the register, or arranges for this to occur, may be breaking the law and could face penalties.

PHYSICAL ACTIVITY

Adults aged 65 or older who are generally fit and have no health conditions that limit their mobility, should try to be active daily.

Some activity, however light, is better for your health than none at all — you should aim to do something, no matter what your age, weight, health problems or abilities. You should aim to active every day in as many ways as possible, doing a range of physical activities that incorporate fitness, strength, balance and flexibility.

To gain health benefits from muscle-strengthening activities to help prevent falls it is good to do them to the point where you find it hard to complete another repetition.

There are many ways you can strengthen your muscles, whether at home or in the gym. Examples of muscle-strengthening activities include:

- carrying or moving heavy loads such as groceries
- activities that involve stepping and jumping such as dancing
- heavy gardening, such as digging or shovelling
- exercises that use your body weight for resistance, such as push-ups or sit-ups
- yoga
- lifting weights

It is worth making time to do specific strength exercises

2 or 3 times a week, and build some of them into your everyday activities to help keep you on your feet.

ARE YOU TECH SAVVY?

Technological change is all around us and senior citizens have taken to texting and using computers with gusto. How familiar are you with any of these experiences?

Texting vocabulary:

BFF: Best Friend Fainted

BYOT: Bring Your Own Teeth

CBM: Covered by Medicare

FWB: Friend with Beta-blockers

LMDO: Laughing My Dentures Out

GGPBL: Gotta Go, Pacemaker Battery Low!



A couple of elderly men were venting their frustrations about the woes of modern technology.

"I just can't ever seem to remember my darn **passwords**," grumbled one of them.

The other one smiled. "Oh really? I can never forget mine!"

"How do you manage it?" asked the first guy curiously.

"Well, I simply set all my passwords to 'Incorrect' so that whenever I'm told that my password is incorrect, I'll remember it!"

