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STONNINGTON EDITION



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• Time Out

• Education

• Grow

• Stages



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This Exclusive Age Care Facility which offers Low Care Accommodation has recently opened a new wing and has rooms available now for permanent and short term. Chomley House offers the best of quality Care in truly luxurious surroundings.

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THE BUILDING

Architecturally designed. It is modern, bright and spacious, centrally heated and has first class furnishings and amenities. Garden areas are easily accessible if residents wish to enjoy time outdoors.

Activities are available to provide a variety of experiences and assist residents to develop, maintain or regain skills. These include outings to the various local facilities such as the theatre and cafes near our famous antique furniture shopping and clothing shops in High Street, Armadale.

PERSONAL CARE

Our professional and caring team offer individualised personal care and support for our residents. We have visiting weekly, hairdresser, podiatrist, beauty therapist and physiotherapist, residents have their own choice of doctor to continue their care.



CHOMLEY HOUSE
113 Chomley Street, Prahran VIC 3181

Telephone: (03) 9529 8107
Facsimile: (03) 9529 8166

Email: chomley@agecare.com.au
Website: www.chomleyhouse.com.au

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APADESIGN06

living in

STONNINGTON EDITION

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1. Chomley House Exclusive Aged Care Facility
(See pages 2 & 13)
113 Chomley Street,
Prahran
9529 8107

2. The Print Place
(See page 9 & back cover)
1300 78 22 73

3. Villa Maria Disability Services & Aged Care
(See page 4)
Villa Maria O'Neill
Lewisham Road North,
Prahran
9854 5111

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AGED CARE IN THE STONNINGTON COMMUNITY

Villa Maria, one of Victoria's largest aged care and disability service organisations, has a rich history of caring for the Stonnington community since 1938.

Villa Maria O'Neill, located in Lewisham Road North, is proud to offer a caring environment for residents and families of the area.

WHAT DOES VILLA MARIA O'NEILL OFFER?

Villa Maria O'Neill offers permanent nursing home care, offering 40 high level beds.

O'Neill comprises of 36 single and two double bedrooms with semi ensuite (toilet and hand basin) in Prahran, situated in the heart of inner urban Melbourne close to Chapel Street, Williams Road and public transport.

O'Neill has large lounge areas and a dining room shared by all residents. There is also a secure outdoor courtyard for residents and visitors to use. The main courtyard is due to be redeveloped during 2006.

O'Neill is also very activities-focussed with a dedicated Activities Team always developing new programs for the residents. Regular activities include gardening, life stories and weekly discussion groups. Most recently the residents were part of a

"Games Torch Relay" after watching the Queen's baton pass by in High Street.

O'Neill recently passed the Aged Care Accreditation with flying colours, with accreditation granted until 2009.

HOW DO I FIND OUT ABOUT MORE?

Entering the Aged Care system can be a difficult task if you're not sure where to start. At Villa Maria, all calls about our Aged Care Residences are taken by our Admissions Officer, Cathy Kenny, who can inform you of what options are available.

Cathy can also arrange a time for you and your family to visit our home so you can see our care in action. To arrange a visit, please call Cathy on 9769 5276.

For more information on Villa Maria please visit www.villamaria.com.au or telephone (03) 9854 5111.



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- Service directory
- Annual Report
- Newsletter
- I would be interested in a tour of Villa Maria Prahran Aged Care

RETURN TO:
Kelly Dwyer
Locked Bag 20
KEW 3101

05.06.CAS

in brief

LOCAL SPORTING CLUBS ENCOURAGED TO BE GOOD SPORTS

Stonnington sporting clubs are invited to attend a free session as part of the Good Sports program and proudly supported by the City of Stonnington.

Good Sports is an initiative of the Australian Drug Foundation and is designed to assist sporting clubs with the responsible management of alcohol.

Stonnington Council is funding a Responsible Serving of Alcohol course for all sporting clubs based in Stonnington, regardless of whether they are currently involved in the Good Sports program. The course will be held at the Lansbury Pavilion (behind the Malvern Town Hall, corner High Street and Glenferrie Road, Malvern) on Monday 27 November between 7 and 10 pm.

The seminar aims to raise awareness of sport and recreation clubs' legal and moral responsibilities regarding the sale and consumption of alcohol. Consumer Affairs Victoria – Liquor Licensing, Victoria Police and Good Sports will provide information, advice and assistance on the night. This seminar is being presented in lieu of the new entrant training 'Licensees' First Step' and can cost up to \$180 per person at a Technical and Further Education (TAFE) college.

To register your interest in attending or for further information on the Responsible Serving of Alcohol course or the Liquor Licensing Club seminar telephone 9667 9200, email goodsports@adf.org.au or visit the Good Sports website www.goodsports.com.au

STONNINGTON COUNCIL SUPPORTS INNOVATIVE PROGRAM FOR YOUNG DRIVERS

The City of Stonnington is supporting an innovative program at St Kevin's College, Toorak aimed at making young people more aware of the risks and factors that contribute to road accidents in their age group. The Fit to Drive Program will be conducted for St Kevin's students in Years 10, 11 and 12.

Stonnington Mayor, Cr Anne O'Shea said Council was proud to jointly fund this positive initiative that uses peer education strategies to help young people avoid road accidents.

"The Program aims to assist young people in avoiding road accidents by reducing risk-taking behaviour amongst young

drivers and passengers. Since driver inexperience is a major factor in road crashes, young drivers need as much driving experience possible in all types of conditions. The Fit to Drive Program reinforces the need for young drivers to improve their skills and broaden their driving experience so they have at least 120 hours of practice before they attain their Drivers License. These messages are timely for all young drivers," said Cr O'Shea.

In 2006 the Program offered sessions and workshops for Years 10, 11 and 12 students in the municipality and included presentations by the Metropolitan Fire Brigade and the Police Road Safety and Information Unit.

For further information about the Fit to Drive Program, visit Council's website www.stonnington.vic.gov.au.

ANIMAL POUND AT STONNINGTON DEPOT OFFICIALLY OPENED

The construction of Stonnington Council's new Animal Pound at the Stonnington Depot in Tooronga Road is nearing completion. City of Stonnington Mayor, Cr Anne O'Shea said the new shelter has the capacity to house up to 40 dogs and 20 cats and, at the time of writing, was expected to be fully operational by the end of October.

"The redevelopment of the Stonnington Depot allows Council to improve its services to the Stonnington community by merging facilities and upgrading the Animal Pound. Works on the Animal Pound are the first stage of the project. The second stage currently underway includes developing the office area, workshops, training facilities, waste transfer station, storage and hard standing areas. These works will take approximately 12 months to complete.

"The redevelopment has allowed Council to remove the unsightly buildings at the Tooronga Road site and develop the site with new architecturally designed buildings. Modern facilities will cater for a range of Council services. Along with the Animal Pound, these include important community facilities such as St John Ambulance and the State Emergency Service.

"The redevelopment of the Stonnington Depot will benefit the community substantially and lead to Council improving services for the local community and providing a more cost effective and efficient operation.

"The project has been developed over an extensive period of time, involving considerable input and analysis by industry experts on issues of community concern," said Cr O'Shea.

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HEALTHY RECIPES



SALAD - WARM POTATO AND SALMON

Best served immediately

Good source of: fibre
Preparation time: 30 minutes
Cooking time: 45 minutes
Serves: 4

INGREDIENTS:

- 600 g salmon fillets
- 500 g baby (new) potatoes, halved
- olive oil, cooking spray
- 100 g baby corn, (either whole canned baby corn or fresh corn)
- 100 g baby spinach leaves, washed and halved lengthwise
- 100 g semi-dried tomatoes

DRESSING

- 4 tablespoons natural yoghurt, reduced fat
- 3 tablespoons sweet chilli sauce
- 2 tablespoons lemon juice

METHOD:

1. Preheat oven to 200°C.
2. Remove the skin from the salmon fillet and then use tweezers to remove any bones. Cut the salmon into large cubes.
3. Put the potatoes in a large baking dish, lightly spray with olive oil spray and cook for 30 minutes, turning a couple of times during cooking.
4. Add the baby corn to the potatoes and cook for 10 minutes or until the potatoes and corn are tender.
5. Turn the oven off and keep the vegetables warm.
6. Lightly spray a chargrill with olive oil spray and cook the salmon cubes over a high heat for 3-4 minutes or until just tender and golden.
7. To make the dressing - Put the yoghurt, sweet chilli sauce and lemon juice in a small jug and whisk well.
8. Put the potatoes, spinach and semi-dried tomatoes in a bowl and toss to combine.
9. Arrange the salad on individual plates, top with hot salmon pieces and drizzle with the dressing.

Source: Heart Foundation, *Deliciously Healthy Cookbook*

HAMBURGERS - HEALTHY

Store covered in fridge (under 5°C)

Good source of: folate
Preparation time: 15 minutes
Cooking time: 10 minutes
Serves: 6

INGREDIENTS:

- 350 g lean minced beef,
- 1 carrot, large, grated
- 2 medium zucchini, grated
- 1 green apple, large, cored and grated
- 3 slices wholemeal bread, made into crumbs
- 2 tablespoons parsley, chopped
- 1 teaspoon mixed dried herbs
- 1 egg, beaten
- 1 tablespoon olive oil

TO ASSEMBLE:

- 1 onion, large, sliced
- 6 hamburger buns
- 2 tablespoons grainy mustard
- 2 tomatoes, sliced
- 6 small lettuce leaves
- 6 slices canned beetroot

METHOD:

1. Combine beef, carrot, zucchini, apple, breadcrumbs, parsley, herbs and egg.
2. Form into 6 patties. Grill or barbecue, using moderate heat, for about 5 to 6 minutes on each side.
3. While burgers are cooking, heat oil and cook onion, stirring several times.
4. Split and toast buns. Spread top half of each with mustard.
5. Assemble burgers by placing a lettuce leaf on one half of each hamburger bun, adding a burger patty, onions, sliced tomatoes and beetroot.
6. Top with remaining half of bun.

NOTES:

A good hamburger makes a balanced meal. It's hard to buy good burgers but easy to make them at home. If you have one, use a food processor to grate and mix the ingredients.

Source: *The Good Gut Cookbook*



PANCAKES FOR BREAKFAST

Suitable to freeze

Store covered in fridge (under 5°C)

Preparation time: 30 minutes

Cooking time: 5 minutes

Serves: 12



INGREDIENTS:

- 1 1/2 cups wholemeal self-raising flour
- 1 cup untoasted muesli or rolled oats
- 1 teaspoon mixed spice
- 1 egg, beaten
- 1 tablespoon honey
- 2 cups reduced fat milk
- 3 teaspoons margarine, mono- or poly-unsaturated extra reduced fat milk, if req.

METHOD:

1. Combine the flour, muesli and spice in a bowl, then make a hollow in the middle.
2. Add the egg and honey to the hollow and, using a wooden spoon, gradually beat in the milk. Allow to stand for 30 minutes, if possible, to soften the flour and muesli (or oats). The mixture should be the consistency of a thick batter and depending on the muesli used, you may need to stir in a little more milk.
3. Heat one teaspoon of the margarine in a frying pan over a medium to high heat. Use a large spoonful of the batter for each pancake, and cook the pancakes in batches, adding a little margarine to the pan as needed.
4. Cook the pancakes until golden brown, 1 to 2 minutes for each side. Keep the cooked pancakes warm on a plate covered with a clean dry tea towel until you are ready to serve them.

NOTES:

Serve with sliced fresh bananas, kiwifruit, strawberries, raspberries or blueberries. Add plain or fruit yoghurt then drizzle with a little maple syrup or warm honey. For variety serve with orange and grapefruit salsa. If you prepare food for people with an allergy to nuts and seeds, please check labels carefully for ingredients.

Source: *Lifetrack (1999), Eat! Enjoy! The Lifetrack cookbook, Melbourne.*

DIP - HOMMUS WITH PARSLEY

Store covered in fridge (under 5°C)

Good source of: fibre

Preparation time: 10 minutes

Cooking time: 0 minutes

Serves: 4

INGREDIENTS:

- 1 X 440g can chickpeas, drained
- 2 clove garlic, crushed
- 1/2 cup tahini
- 1/2 cup parsley, finely chopped
- 1/2 cup water
- large pinch black pepper
- pinch cayenne pepper

METHOD:


1. Mash chickpeas to a thick paste, using a food processor.
2. Combine everything and chill thoroughly.
3. Taste to correct seasonings. Some people like extra garlic, soya sauce or tahini.

NOTES:

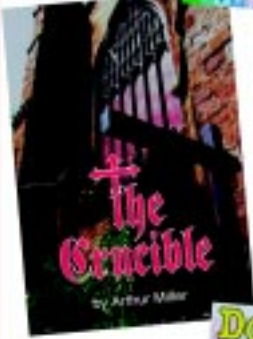
If you prefer you can use 1 1/2 cups of raw chickpeas. Soak for 1 1/2 hours and boil until very soft, about 1 to 1 1/2 hours.

Source: *International Diabetes Institute (1997), Diabetes, eating for health recipes, Caulfield.*

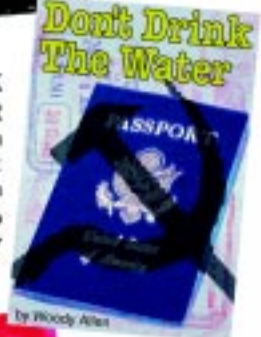
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CHILDREN NEED YOU TO LISTEN TO THEM

Listening to your child boosts their self-esteem and makes them feel worthy and loved. A parent that acts upon the old adage ‘a child should be seen, not heard’ can make a child feel they don’t count. Constantly ignoring your child when they are trying to speak will hurt their feelings and affect the strength of your relationship over time. It is worth remembering that children can understand language long before they can master speech. You can keep up with your child’s evolving language development by paying daily attention.

BABY TALK

A baby’s brain is ‘hard-wired’ to pay attention to the sound of a human voice. Their mastery of language depends on listening to you speak. Long before your baby can form understandable words, they will respond to you with noises, facial expressions and body language. You can actively listen to your baby and encourage their language development in many ways, including:

- Accept that crying is the baby’s primary method of communication.
- Attend to their needs as soon as you can once they start crying, to let them know they have been acknowledged and understood.
- Spend some time actively listening to your baby’s cooing and noise-making by looking them in the eye and encouraging them with smiles and talk
- Talk to your baby frequently.

TODDLER TALK

A toddler may have a vocabulary of two hundred or so words and can start stringing words together to make simple sentences. Mastering grammar and sentence construction is difficult and your toddler will make plenty of mistakes. You can encourage your toddler’s language development in many ways, including:

- It is more important to listen attentively to your child, than correct their grammatical errors.
- Allow your toddler sufficient time to finish what they are trying to say.
- Don’t show impatient body language, such as sighing or foot-tapping.
- Answer any questions using simple language.
- Spend some time each day doing nothing else but talking exclusively with your toddler.
- A child that constantly interrupts adult conversations may feel starved of sufficient attention.

OLDER CHILD TALK

By the time your child is in their later years of primary school, their language and conceptual abilities are sophisticated. They even alter their speech to suit the circumstances, for instance they may speak more formally in front of a teacher than they do with family and friends. Actively listening to your older child includes:

- Make time every day to listen exclusively to your child with no distractions.
- If your child tends to give 'yes' and 'no' answers, try asking open-ended questions.
- Allow your child to have differences of opinion and respect their point of view.
- Try not to interrupt, lecture or criticise.

TEENAGE TALK

The teenage years are typically a time of conflict, as the child starts to assert their independence from parents and authority figures. Communicating effectively with your child by listening and paying attention to what they are saying helps to sidestep potential arguments. Some suggestions on listening to your teenager include:

- Don't expect them to always share your beliefs and values, and try to appreciate their point of view.
- They are more likely to listen to you, if you listen to them.
- Your attentive listening, empathy and understanding will encourage your child to confide in you.
- Let them know you are always available if they need to talk to you.
- Take an active interest in their life.

GETTING HELP FOR ANY PROBLEMS

There are services available to help families with any type of

communication problem. For example you may need help if:

- You think your baby or child has difficulty hearing.
- Your toddler isn't speaking at all by two years of age.
- Your child doesn't understand what you say by two years of age.
- Your child stutters or has some other form of speech difficulty.
- You have problems communicating with your child.

WHERE TO GET HELP

Your doctor; Your community health centre; Maternal and child health care nurse; Family counsellor; Parenting helpline; Audiologist; Speech therapist.

THINGS TO REMEMBER

- Listening to your child boosts their self-esteem and makes them feel worthy and loved.
- Make time every day to listen exclusively to your child with no distractions.
- There are services available to help families with any type of communication problem.

This information has been provided by the Better Health Channel and was last reviewed in October 2005. Material on the Better Health Channel is regularly updated, for the latest version of this information please visit: www.betterhealth.vic.gov.au.

HAWTHORN SECONDARY COLLEGE

As a parent or guardian, selecting a secondary school for your child is an important decision. The wide number of choices available for families can be confusing.

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fulfil their potential and who excel. This is our aim for all students.

We invite you to visit, to see for yourselves our outstanding facilities, our attractive physical environment and our education programs. If you do, we are sure that you will feel the atmosphere of trust, cooperation and purposeful activity that exists here at Hawthorn.

Lynton Oaten, Principal

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TRAVEL TIPS FOR SENIORS

All travellers should plan carefully to ensure their health and safety while away. However, older people have a few extra concerns.

PRE-TRIP PLANNING

Suggestions include:

- Consult with your travel agent for suggestions. For example, many tour operators specialise in accommodating the needs of travelling seniors.
- Find out about the medical facilities in the areas you will be visiting.
- Research important factors such as climate, language and culture. Buy a guide book and read it before you go.
- Make arrangements for wheelchairs, guide dogs and seating needs well in advance.
- Organise travel insurance with pre-existing illness cover if needed.
- If you are concerned about your health, arrange to go on a package tour.

RECIPROCAL HEALTH CARE AGREEMENTS

Australia has a reciprocal health care agreement with some countries, which means emergency care is available. Non-emergency health care is only offered if delaying medical

attention until returning home is unreasonable. Check with Medicare for an up-to-date list of countries participating in reciprocal health care agreements. Remember that travel health insurance is still needed.

PRE-TRIP MEDICAL CHECK-UPS

Suggestions include:

- Consult with your doctor for a complete medical check-up. This is especially important if you have coronary heart disease, hypertension or any other chronic condition, or if you have recently undergone surgery or experienced a heart attack.
- Discuss any particular health concerns you may have, such as dietary changes and the possible impact of different eating habits on your specific condition.
- People with diabetes will need medical advice on how to safely stagger their medications to fit a different time zone.
- Consider having your flu and pneumonia vaccinations before you go on your trip.

Australia has a reciprocal health care agreement with some countries, which means emergency care is available. Non-emergency health care is only offered if delaying medical attention until returning home is unreasonable.

- If you intend travelling to areas where infectious diseases are present, make sure you are fully vaccinated.
- Visit your dentist for a check-up.
- Visit any other health care providers you consult with on a regular basis, such as your optometrist.

REGULAR MEDICATIONS

Suggestions include:

- Some medications that are legal in Australia may be prohibited overseas. Contact the Australian embassies in the countries you intend visiting to check.
- Take enough regular medication with you to last the entire trip. Some drugs may not be available overseas.
- You may like to consider a written and signed note from your doctor explaining the purpose of your medications, just in case.
- If you are taking large amounts of Pharmaceutical Benefits Scheme (PBS) medication with you, then you will need to take a letter of explanation from your doctor.
- If you are taking large amounts of over-the-counter

medication with you, then you will need to take a letter of explanation from your chemist.

- If you buy medications overseas, remember that the dosages may be different to the brands you are familiar with.
- If the medication you regularly take requires syringes (such as insulin-dependent diabetes), take enough syringes to last the trip.
- When overseas, wear a bracelet or pendant which contains your medical details to inform others of your medical complaint in case you need urgent help. Your doctor should be able to advise you about the options available.

YOUR LUGGAGE

Suggestions include:

- Make sure your carry-on bag contains everything you will need for the duration of the flight.
- Include a medical kit in your carry-on bag. Items to consider include regular medications, painkillers, antacids and band-aids.
- It might be a good idea to take along a pillbox with

CONTINUED NEXT PAGE



CONTINUED FROM PREVIOUS PAGE

compartments for different days of the week. Being away from home (and your usual routine) could make you more likely to forget to take your medication.

- Pack a spare pair of glasses.
- It may be easier on your back if you use a suitcase with wheels.

DEEP VEIN THROMBOSIS AND 'ECONOMY CLASS SYNDROME'

Coronary heart disease, obesity and sitting still for extended periods of time are known risk factors for the development of blood clots in the veins of the legs. This condition is known as deep vein thrombosis (DVT). Some researchers believe that long haul flights can be a risk factor in susceptible people. Suggestions on how to reduce the small risk of DVT while flying include:

- Consult with your doctor before flying. They may recommend that you take half an aspirin (150mg) on the day of the flight, and you may be advised to use elasticised stockings for the flight.
- Wear loose clothing.
- Don't smoke.
- Avoid alcoholic drinks.
- Drink plenty of fluids to prevent dehydration.
- Take strolls up and down the aisles when possible.
- Avoid sitting with your legs crossed.
- Perform leg and foot stretches and exercises while seated.

TAKING CARE OF YOURSELF WHILE ON HOLIDAYS

Suggestions include:

- Allow an easy day or two to recover from jet lag. Remember that the effects of jet lag may be lessened if you fly west instead of east.
- If you are unsure of the water supply, drink bottled water.
- To reduce the risk of food poisoning, avoid food buffets, seafood, undercooked meats, peeled and raw fruits and vegetables, and unpasteurised dairy products. Don't buy food from street vendors.
- Don't draw up a jam-packed itinerary for each and every day of your holiday – arrange for plenty of rest breaks, particularly in hot weather.
- Wear thongs in communal showers to reduce the risk of infectious diseases (like warts and tinea).
- Pack condoms and practise safe sex.

- Seniors cards are only supposed to offer benefits within your home State, but flashing the card at museums and other attractions may get you a cheaper entry ticket.
- Travellers' diarrhoea may reduce the effectiveness of your medications. Consult with a doctor if you have diarrhoea for more than one day. Your Australian embassy can provide you with a list of doctors.

SAFETY SUGGESTIONS

Thieves and pickpockets may consider older people as easy targets. Suggestions include:

- Don't travel around at night.
- Don't wear expensive jewellery on obvious display.
- Wear valuables (such as traveller's cheques and credit cards) on a belt worn under the clothes and next to the skin.
- Consider carrying a 'dummy' wallet holding a small amount of cash. If you are directly confronted by a mugger, you can hand over the dummy wallet and avoid further distress.
- Carry with you at all times the contact details of the Australian embassy. If your city doesn't have an Australian embassy, find out which other country's embassy is available to help you, such as the British embassy.

WHERE TO GET HELP

- Your doctor
- Travel agent
- Airline
- Australian embassies
- Medicare Tel. 132 011 (local call rate)
- Medicare Australia Tel. 132 011 (local call rate)

THINGS TO REMEMBER

- See your doctor for a complete check-up, particularly if you have a chronic medical condition.
- If you are taking large amounts of medication with you, then you will need to take a letter of explanation from your doctor.
- Organise travel insurance with pre-existing illness cover if needed.
- If you are concerned about your health, arrange to go on a package tour.

This information has been provided by the Better Health Channel and was last reviewed September 2005.

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Coronary heart disease, obesity and sitting still for extended periods of time are known risk factors for the development of blood clots in the veins of the legs.

A HOUSE WITH A SENSE OF HOME

When you enter Chomley House's recently renovated and extended premises you are immediately struck by a vitality and energy not normally associated with an Aged Care Home. Owners Kendra and Bill Templer and Facility Manager Margaret Zarkadas are passionate about the care they provide. It is clear that they put everything into creating a home where residents can enjoy their retirement years. It is obvious that the residents appreciate all the personal attention delivered from all the staff.

The renovations and extension have given Kendra and Bill the opportunity to decorate the home tastefully and comfortably, all rooms are private with ensuite, and contain hydronic heating allowing each resident to personally adjust the heating to their own comfort. Air-conditioned central and main areas along with lots of open space and natural light throughout the building, makes the atmosphere feel very homely and inviting.

Chomley House has attained a Three Year Accreditation every time. The modern hairdressing salon is utilised weekly by visiting podiatrist, physiotherapist and doctor of your own choice to continue your care. An enthusiastic activities Officer organises many and varied activities tailored to suit individual residents. "Menu is very important," says Kendra "we go out of our way to include meals that the residents request to be included on the menu. Our food service is extremely important because we understand that this can be the highlight of the resident's day, when a fine and appetising meal is presented on the table. Those that wish can have a glass of wine at the table. The weekly happy hour becomes a social event.

"The staff are selected for their kind and caring manner. When family visit they feel very included and are made to feel welcome. Margaret has encouraged a strong team focus within the home, and has implemented in-house group exercise classes with our own personal trainer Jason, who is a handsome young Italian man whom the ladies of Chomley love."



Owner William Templer, manager Margaret Zarkadas and resident Marjorie.

Chomley House provides:

- * Permanent Care
- * Personalised Activity Program
- * Weekly Hairdresser
- * In-house Concerts
- * Physiotherapist
- * Chomley House Pet Dog
- * In-house Church Services
- * Registered Nurse on Duty
- * Complete In-house Laundry
- * Respite Care
- * Visiting Beauty Therapist
- * Visiting Podiatrist
- * Special Events
- * Four Weekly Rotating Menu
- * Choice of your own Doctor
- * Weekly Bus Outings
- * Emergency Call System

Bill and Kendra have been working in Aged Care for the past 23 years and Margaret has been in Aged Care for 7 years. They have a wealth of experience that all goes to making the residents' stay at Chomley House a quality period of their lives.

**Enquiries: Ph: (03) 9529 8107 - Fax: (03) 9529 8166 -
Email: chomley@agedcare.com.au -
www.chomleyhouse.com.au**



CHOMLEY HOUSE



BODY IMAGE FOR MEN AND WOMEN

It is common for men and women to think that their body is bigger than it really is. For instance, only 16 per cent of young Australian women are happy with their body weight.

It is normal for women to carry fat on their hips and thighs. Frequent dieting does not work to remove this fat. Dieting is associated with many negative health effects, especially when episodes of dieting are followed by weight gain. Dieting can also make you depressed and it's also linked with poor self-image.

SOME PEOPLE THINK THEY ARE OVERWEIGHT

Many people think they are overweight when they are not:

- **Normal weight men and women** - 45 per cent of women and 23 per cent of men in the healthy weight range think they are overweight.
- **Underweight women** - at least 20 per cent of women who are underweight think that they are overweight and are dieting to lose weight.
- **Asian women** - after moving to Australia, the body image and diet habits of Asian women get worse.

There is a common misconception around that thin people are healthier than overweight people. However, thin people may have got that way by eating an inadequate diet or by smoking excessively.

WEIGHT LOSS FROM DIETS DOES NOT LAST

Australians spend up to one million dollars a day on weight loss programs that have little effect on their weight. Even if you remain on a weight loss program, it is likely that you will regain:

- One- to two-thirds of your lost weight within one year.
- Nearly all of your lost weight within five years.



Dieting is associated with many negative health effects, especially when episodes of dieting are followed by weight gain.

DIETING AFFECTS YOUR HEALTH AND MENTAL STATE

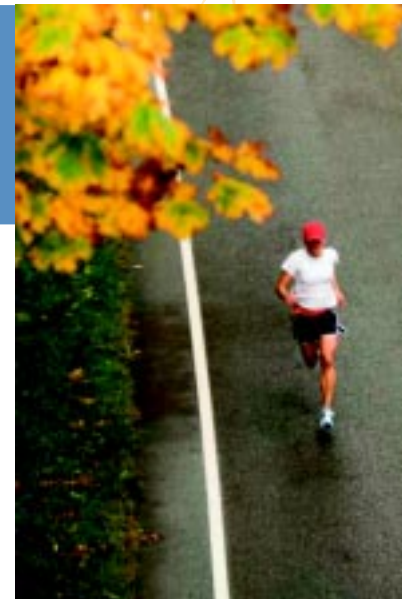
Women who diet frequently are more likely to:

- Binge eat
- Purge food (vomit)
- Have poor health
- Become depressed.

THE WEIGHT LOSS SEESAW

The weight loss, weight gain seesaw may put you at risk of heart disease. Some studies have shown that just one cycle of weight loss-weight gain is a risk factor for the development of heart disease later in life, but other studies have disputed this. Research has shown that nearly every young woman and nearly half of all middle-aged women have dieted to lose weight at least once.

Men and women should aim to have a body weight within the healthy weight range. This can be calculated using the BMI (calculated by dividing your weight in kilograms by your height in metres squared: a value of 20 to 25 is considered within the healthy weight range).



BODY MASS INDEX

Men and women should aim to have a body weight within the healthy weight range. This can be calculated using the BMI (calculated by dividing your weight in kilograms by your height in metres squared: a value of 20 to 25 is considered within the healthy weight range). However, a recent study in the US has shown that it is possible to be overweight and healthy as long as you are also active.

WOMEN NEED FAT ON THEIR HIPS AND THIGHS

It is normal for women to have fat on their hips and thighs. It is vital for:

- Fertility and lactation
- Prevention of osteoporosis
- Healthy skin, eyes, hair and teeth.

MEN ALSO WORRY ABOUT THEIR BODY IMAGE

Men are under increasing pressure to have an ideal body:

- 17 per cent of men are on some sort of diet.
- An increasing number of men are undergoing cosmetic surgery.
- More men are buying grooming products.

TIPS FOR PARENTS

Adopting a healthy lifestyle is the best way to manage your weight and model healthy behaviours for your children. Try the following to encourage healthy eating at home:

- Avoid calling foods 'good' or 'bad' - try 'everyday' foods and 'sometimes' foods.
- Model eating all foods. For example, when eating 'sometimes' foods, such as chocolate or lollies, show your child that it is OK to eat them slowly and enjoy them without feeling guilty. This is much better than eating them quickly, secretly or all at once.
- Try not to use food as a punishment or over-use it as a reward.
- Don't tell your child to lose weight - encourage the whole family to adopt healthy eating patterns and regular physical activity.
- Tell your child that you love them no matter how they look, what they eat or how much they weigh.

- Avoid using extreme weight loss practices yourself.
- Make family meal times enjoyable and stress free. Don't make eating habits a big issue.
- Make sure there's plenty of nutritious foods in the house, and limit access to less nutritious foods.
- Encourage your children to listen to signals from their body about when they're hungry and when they've had enough.
- Serve food in the centre of the table so everyone can dish out their own size meals according to their appetite.
- Don't make your child eat everything on the plate but do encourage them to at least taste some of the food.

If you need support, seek professional advice from someone who specialises in childhood weight issues.

WHERE TO GET HELP

- Your doctor
- Dietitian.

THINGS TO REMEMBER

- Many men and women think they are overweight, when they are not.
- If you diet, you will almost certainly gain any weight lost back again.
- Frequent dieting affects your health and can make you depressed.
- Women need to have some fat on their hips and thighs.

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