

Office

Hi Everyone,

We hope you have all had a lovely holiday period and spent time with loved ones. I cannot believe it is the New Year already.

We ran our Annual Management Meeting on Tuesday 30th October which no one at the village attended.

Changes in the office

We have restructured our staff in the Office. We are welcoming Kay who in December started working part time in the office after working for our Home Care Services for the past year.

Your first point of call for all Village Enquiries should be Emily.

Kay and Jo's main focus is on Homecare Services. Kay and Jo can still assist you if Emily is unavailable. As always Sandy is available if you would like to speak directly with her.

Emily will be leaving at the end of March to have her baby and we will keep you updated on the new administrator we hire.



We would like to welcome Garry McGrath to unit 1. Allan Hopkins will be moving into Unit 7 this month. Please make them feel welcome.

With the increased heat we have included some tips on dealing with heat. Please ensure you read it as we would like you all to stay safe over Summer.

Peter's Scheduled Visits

Wednesday 30th January

Wednesday 27th February

Wednesday 27th March

Wednesday 24th April



Events in Wagga

Wazza - Explore the life and legacy of local legend, mentor and pioneering cricket coach Warren 'Wazza' Smith

Exhibition running until 17 February | 10am - 4pm | Museum of Riverina Council Chambers Site | Free Entry

Australia Day Celebrations

Sat 26 Jan | TBA | Civic Theatre Precinct | FREE

Markets by the Lake

Saturday 26th Jan | 09am - 1pm | Apex Park Lake Albert | Free

Gil Mathew - Wagga Pro Rodeo

Saturday 09 Feb | 4pm - 11pm | Wagga Wagga Equex Centre Copland Street | Adult \$25, Under 14 \$15. Under five - Free.

Met Opera Special Screening

Screening on Sundays at 1pm
and Wednesdays at 10:30am



MARNIE: NICO MUHLY

10th February & 13th February

Nico Muhly's Marnie, based on Winston Graham's novel, which in turn inspired Alfred Hitchcock's suspenseful thriller, has its U.S. premiere at the Met this season. Isabel Leonard stars in the title role opposite Christopher Maltman as her blackmailing husband Mark Rutland, Iestyn Davies as his brother Terry, Janis Kelly as Mrs. Rutland, and acclaimed mezzo-soprano Denyce Graves as Marnie's mother. Robert Spano makes his company debut conducting



10

SUMMER HEALTH TIPS for Older Adults

As the warmer months are here, Wagga is experiencing a high rate of warmer weather. Temperatures are higher than before and are remaining that way for longer.. With older adults there are health risks to keep in mind.

1

Avoid Heat Stroke

Know the signs of heat stroke. If you notice symptoms contact your Doctor



2

Stay Hydrated

Know the signs of dehydration which can include dry mouth, rapid heartbeat



3

Drink plenty of Water

Seniors have a more difficult time identifying thirst, so keep hydrated by



4

Manage Caffeine intake

Caffeinated beverages like coffee or tea can dehydrate you. Make sure you have



5

Plan your exercise time

If your physical activity takes you outdoors, take advantage of early morning and evening hours when the sun is at its weakest.



6

Keep Cool Inside

Close blinds and curtains to help keep the heat out during the daytime hours.



7

Stay Cool

Use your air conditioning or evaporative cooling system to stay cool. Ensuring



8

Apply Sunscreen

When outdoors, make sure you wear sunscreen.



9

Cool Down

Take a cool Shower or hold a cool towel on your neck to help bring body temperatures back down after being outdoors



10

Check on your neighbours

Take the time to ensure your neighbours are looking after themselves and OK during heatwaves.



Recognising Heat Exhaustion and Heat Stroke

HEAT EXHAUSTION

Symptoms

- » Faint or Dizzy
- » Headache
- » Profuse Sweating
- » Irritability
- » Weak, Rapid Pulse
- » Shallow Breathing
- » Pale, Cool, Clammy Skin
- » Nausea or Vomiting
- » Muscle Cramps

Treatment

- » Have person lie down in a cool shaded area or in air conditioning
- » Drink Water if victim is conscious
- » Use caution when victim stands up, apply cold compresses



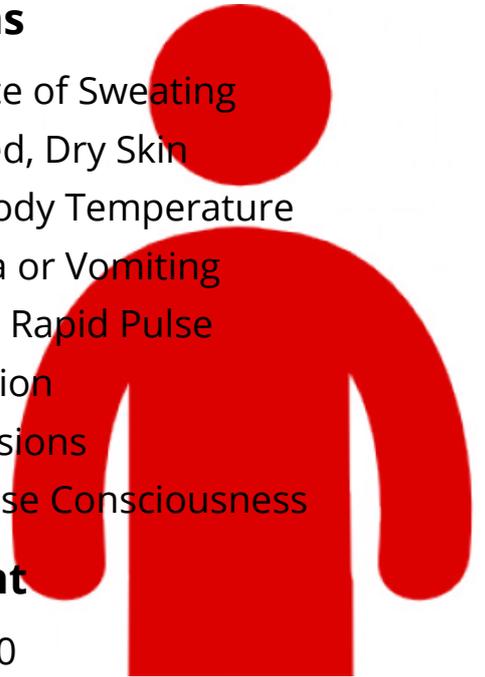
HEAT STROKE

Symptoms

- » Absence of Sweating
- » Hot, Red, Dry Skin
- » High Body Temperature
- » Nausea or Vomiting
- » Strong, Rapid Pulse
- » Confusion
- » Convulsions
- » May Lose Consciousness

Treatment

- » Dial 000
- » Take action to cool victim by any means. Place person in a cool area, wrap in wet towel, sponge victim with cool water.



How to stay hydrated in 8 steps:



1 Fill a large cup with water and drink it daily. The lidded cups with straws are perfect for watching how much you are drinking.

2 Stay away from sweetened drinks.

3 Drink a full glass of water when taking medication, instead of just what is necessary to swallow it.

4 Eat soup with clear broth. Watch out for soups high in sodium content if you have high blood pressure.

5 Eat foods high in water content such as watermelon, other melons, and apples.

6 Keep a bottle of water within reach.

7 Add flavour to water such as slices of lemon, limes, cucumbers or frozen berries

8 Avoid caffeine, which is a natural diuretic. Drink herbal tea instead.





Summer Search

D R P S U N T A N I C E C R E A M
 Z F C H U S U N B U R N F N J E N
 Y I A H G H B O A T C O U S U G B
 W R U E F F I S H I N G O I N L E
 M K G U T I B I K I N I C W E O A
 N Q U B E E W A T E R M E L O N C
 A N S W I M M I N G J L W G B B H
 Y Q T A C I P Q T O U Q N J D O H
 V R N N G X S G T W L X X G R L Y
 A L T F C M F Q D P Y S D A P C D
 C O L O A O A X G C M A I T P C E
 A T W S M S N S U N G L A S S E S
 T I O H P Q F X D F T E N T P X L
 I O V O I U I W Q K R H O T B M C
 O N J R N I M U F F H L K G L R W
 N Z R T G T X J Z K L H A T X Z T
 B K N S V O Q W J V X X R D W E B

August

beach

bikini

boat

camping

fan

fishing



hat

hot

ice cream

July

June

lotion

mosquito

shorts

sunburn

sunglasses

suntan

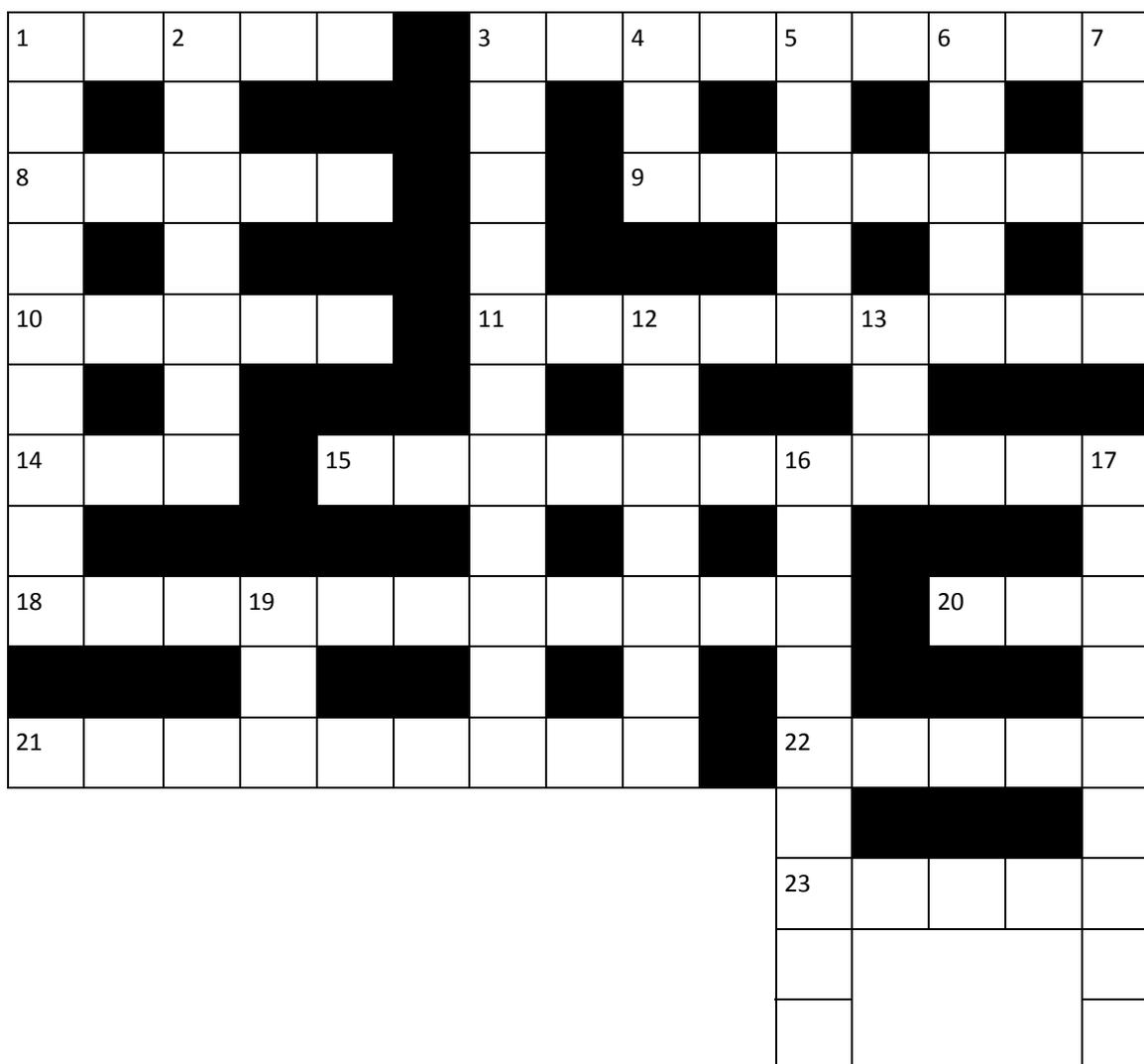
swimming

tent

vacation



Australia Crossword



ACROSS	DOWN
1. Victorian Town, Gateway to Otway Ranges (5)	1. Household Pest (9)
3. Addition to food, eg mint sauce (9)	2. Artist & Author, famous for The Magic Pudding Norman ____ (7)
8. Sceptic (5)	3. Storm Boy Author (5,6)
9. City paired with Albury (7)	4. Fourth largest state in Australia, abbr (3)
10. Corroded, Discoloured (5)	5. Movie starring Judy Davis, A passage to ____ (5)
11. Sydney Suburb with great beaches, near Collaroy (9)	6. Actor, ____ Dingo (5)
14. Whichever (3)	7. The Ghan is a ____ (5)
15. Whispering Jack singer (4,7)	12. Contemplate (7)
18. Socceroos' World Cup 2006 Star (5,6)	13. Awake is the New Sleep musician ____ Lee (3)
20. Metal mined at Renison Bell (3)	16. Family (9)
21. Actress featured in Elizabeth Cate ____ (9)	17. Toothless egg laying mammal, eg Echidna (9)
22. NSW Town & Shire at foot of Snowy Mountains (5)	19. AFL Legend, ____ Barassi (3)
23. You're the ____, by 17A (5)	

Beautiful Old Age

**It ought to be lovely to be old
to be full of the peace that comes of experience
and wrinkled ripe fulfilment.**

**The wrinkled smile of completeness that follows a life
lived undaunted and unsoured with accepted lies
they would ripen like apples, and be scented like pippins
in their old age.**

**Soothing, old people should be, like apples
when one is tired of love.
Fragrant like yellowing leaves, and dim with the soft
stillness and satisfaction of autumn.**

**And a girl should say:
It must be wonderful to live and grow old.
Look at my mother, how rich and still she is! -**

**And a young man should think: By Jove
my father has faced all weathers, but it's been a life!**

Sir Howard Florey

In the 1930s, penicillin was known only as an interesting curiosity. The few scientists who had heard of it knew it as an unusual bacteria-killing substance produced by a microscopic fungus. Nobody had found an effective way to produce penicillin or use it in medical treatments.

In the early 1940s, Howard Florey and his scientific team transformed penicillin into a potent antibiotic. In doing so, they revolutionized medical science, helped the Allies win World War 2, and went on to save countless millions of lives.

Howard Florey, Ernst Chain, and Alexander Fleming shared the 1945 Nobel Prize in Physiology or Medicine: Fleming for penicillin's original discovery in 1928; Florey & Chain for transforming it into the bacteria-killing magic bullet it became.

Beginnings

Howard Walter Florey was born on September 24, 1898 in the city of Adelaide, South Australia. His father, Joseph Florey, was a shoemaker, and his mother Bertha Mary Wadham was a housewife.

He won a number of university scholarships and represented his school in tennis, athletics, gymnastics, and football competitions. His favourite subject was chemistry, but his headmaster told his father there was no demand for chemists in Australia.

In 1916, age 18, Howard Florey began a medical degree at the University of Adelaide; highly disciplined and hard working, he came first in most exams. He graduated as top student in 1921, and was awarded a Rhodes Scholarship for the University of Oxford.

The Discovery of Penicillin

After three years at Sheffield, in 1935, age 37, Florey returned to Oxford as Chair of Pathology. Also in 1935, a 28-year-old refugee from Nazi Germany, Ernst Chain, began lecturing at Oxford. Chain was a biochemist, and in 1939 Florey recruited him to his lysozyme research project. Lysozyme was a substance discovered in human body fluids and egg whites by Alexander Fleming in 1922. His research identified lysozyme as a microbe killer.

From Lysozyme to Penicillin

Florey asked Chain, the biochemist, to discover the mechanism involved when lysozyme dissolved bacteria. Chain began a literature search and came across Fleming's 1929 paper describing his discovery that *Penicillium* fungus produces a bacteria-killing substance Fleming named penicillin. Fleming had attempted to produce penicillin on a larger scale, but failed.

Fleming had given a culture of his original *Penicillium* to Oxford's School of Pathology, and it had been kept alive. In 1938, Chain began some exploratory experiments with it. The results were interesting.

Florey built a penicillin research team and began testing on infected animals.

Sir Howard Florey

Penicillin Saves Mice

In May 1940, Florey tested penicillin at a purity level of just 1 percent on mice infected with deadly streptococci. The four mice he treated survived, while four untreated mice died. Florey's team published their results in *The Lancet* in August 1940 with the title: *Penicillin as a chemotherapeutic agent*.

Penicillin Saves People

In the fall of 1940, the Battle of Britain was raging: Britain was fighting for its existence against Nazi Germany.

Florey's attempts to persuade British drug companies to produce penicillin failed – they were already running flat out on other war work. Florey's response was to work with amazing intensity and vitality, turning his laboratories into a penicillin factory in miniature.

By January 1941, he had produced enough penicillin to begin clinical trials on patients dying of bacterial infections in Oxford's Radcliffe Infirmary. Working with the infirmary's Dr. Charles Fletcher, six patients received restricted doses: one died when the penicillin supply ran out. The others survived.

Florey's team were thrilled. Increasingly, penicillin was looking like the long-dreamed-of magic bullet – a bacteria killer with no toxicity to humans.

Scaling Up

In June 1941, Florey and Heatley travelled to America to describe their penicillin production process. The U.S. government offered money to any American companies willing to produce penicillin on a large scale. The money was needed because, although Florey's method was suitable for small-scale production, it was not suitable for industrial-scale production.

Meanwhile Florey's own lab-factory continued operating. By 1942, he had enough penicillin for a larger-scale clinical trial on 187 patients at the Radcliffe Infirmary, which was again successful.

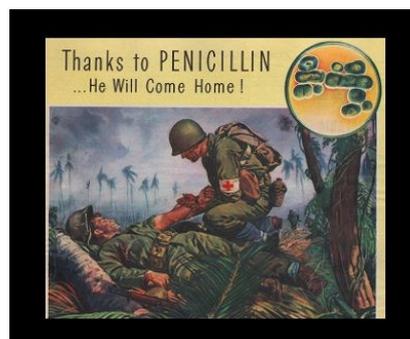
Penicillin Helps the War Effort

In 1943, Florey travelled to North Africa to carry out penicillin trials on war wounds. By the war's end, penicillin had saved the lives of tens of thousands of allied soldiers.

Florey did not patent penicillin or any aspect of its production, believing it would be unethical.

Nobel Prizes

Florey, Alexander Fleming, and Ernst Chain were awarded the Nobel Prize in Physiology or Medicine in 1945



An add for penicillin



Howard Florey, aged 46

Our other services & locations

Community Care

Eleanor Bohr
Amaroo Dementia Day Club
Lavington
ph (02) 6025 1776

Trish Robinson
Home Care Packages - HCP
Commonwealth Home Support Program - CHSP
Lavington & Henty
ph (02) 69293244

Henty Meals on Wheels
Community Centre Ivor Street
Henty, NSW, 2658
ph (02) 6929 3244

Sandy Brown
Home Care Packages - HCP
Commonwealth Home Support Program - CHSP
DVA
Wagga Wagga
ph (02) 6921 3219

For any general enquiries please contact the regional office:

342 Wagga Road
Lavington NSW 2641
ph (02) 6025 1776
e region-
aloffice@upamurray.org.au

Independent Living

Sal Anderson
Hillsborough Retirement Village
32 Sydney Road
Beechworth, VIC, 3747
ph (02) 6025 1776 fax (02) 6025 5712

Murray Vale Self Care
340 Moore Street
Lavington, NSW, 2641
ph (02) 6025 1776 fax (02) 6025 5712

Myoora Independent Living
Allan Street
Henty, NSW, 2658
ph (02) 6025 1776

Park Hall Village
Park Hall Village Place
Wodonga, VIC, 3690
ph (02) 6025 1776 fax (02) 6025 5712

Elms Self Care - Retirement Village
Balfour Street Culcairn, NSW, 2660
ph (02) 6025 1776 fax (02) 6025 5712

Sandy Brown
Gumleigh Gardens Retirement Village
23 Albury Street
Wagga Wagga, NSW, 2650
ph (02) 6921 3219

Knightleigh Cottages
Cnr John & Nicholas Streets
The Rock, NSW, 2655
ph (02) 6921 3219

WT Wilson Homes
Near Cnr North & Operator Streets
West Wyalong, NSW, 2671
ph (02) 6921 3219

Residential Care

Christine Fulthorpe
Gumleigh Gardens Hostel
29 Shaw Street
Wagga Wagga, NSW, 2650
ph (02) 6931 0409 fax (02) 6971 9610

Leonie Mardling
Holbrook Village Hostel
45/47-55 Bowler Street
Holbrook, NSW, 2644
ph (02) 6036 2817 fax (02) 6036 3618

Kerralyn Bullock
Jindera Gardens Hostel
80 Creek Street
Jindera, NSW, 2642
ph (02) 6026 3799 fax (02) 6026 3477

Judy Osmand
Oolong Hostel
97 Sturt Street
Howlong, NSW, 2643
ph (02) 6026 6800 fax (02) 6026 5111

Jaqui Hastings
Murray Vale Shalem Hostel
342 Wagga Road
Lavington, NSW, 2641
ph (02) 6025 4889 fax (02) 6040 0359

Susan Weston
Myoora Homestead Hostel
Bartsch Ave & Keighran Street
Henty, NSW, 2658
ph (02) 6929 3200 fax (02) 6929 3602