



SPRING
is here

Vitamin D for seniors

Vitamin D, often called the "sunshine vitamin," is produced by the body in response to sunlight. It can also be obtained through certain foods and supplements. For the elderly, maintaining adequate levels of vitamin D is crucial due to its role in bone health, immune support, and reducing the risk of chronic diseases. However, many seniors are at risk of vitamin D deficiency due to factors such as reduced skin synthesis, limited sun exposure, and dietary insufficiencies.

Symptoms of Vitamin D Deficiency

Vitamin D deficiency can have serious implications for the elderly.

Some common symptoms to watch for include:

1. Bone Pain and Muscle Weakness
2. Fatigue and General Weakness
3. Depression
4. Frequent Infections

Prevention and Treatment

Ensuring adequate vitamin D levels in the elderly involves a combination of dietary intake, safe sun exposure, and supplementation when necessary.

Here are some steps you can take to help prevent and treat vitamin D deficiency:

1. Encourage Safe Sun Exposure
2. Promote a Vitamin D-Rich Diet
3. Supplementation
4. Regular Monitoring
5. Education and Awareness

Spend time outdoors in the sunlight. Aim for about 15-30 minutes of sun exposure several times a week. Those with limited sun exposure or dietary restrictions, vitamin D supplements may be necessary. A diet that includes fatty fish (like salmon, mackerel, and sardines), fortified dairy products, eggs, and mushrooms. Make sure you have regular check-ups that include testing for vitamin D levels. This will help in early detection and management of any deficiencies.

FINALISTS BUSINESS NSW REGIONAL BUSINESS AWARDS

Omicare Alliance has just been officially named as a finalist in the Business NSW Regional Business Awards for:
Outstanding Community Organisation


Winners will be announced at a Gala dinner in Port Macquarie on Friday, 20 September 2024.



Get in touch today, we're here to help

 1300 336 488

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Bain Park Centre



Look at the gorgeous artwork done for Naidoc week by the Bain Park seniors hub. The theme was snakes and turtles.



There was also some creative dot paintings on leaves that were made into lovely art displays.



Greenmeadows Centre



Getting out and about for the start of spring. The men from Greenmeadows enjoyed an outing to North Haven for a walk along breakwall and spot the local grey nurse sharks, no luck with the sharks but a beautiful morning was enjoyed.

Ask
R U OK?
ANY DAY

R U OK? is a public health promotion to encourage people to stay connected and have conversations that can help others through difficult times in their lives.

Have a conversation with family or friends and ask them if they are OK!

TECH
TALK

How
smart
is your
home?



Smart home technology is also called home automation. A smart home is a home that uses devices connected by the internet to enable the remote monitoring and management of appliances and systems. Smart home technology is used for various reasons within homes. It provides home owners the ability to control smart devices like audio speakers or security cameras using a smart home app from any mobile device. You can close and lock garage doors or switch off lights or adjust interior temperatures and so much more just by using an app on your mobile device.

Thank you to everyone who took time to complete our Client Survey. Your feedback is important and some great ideas were received. These surveys take place every year and we will email when the next survey is ready to be released.

ARE YOU ELIGIBLE FOR A HOME CARE PACKAGE?

If you are 65 years or over (or 50 and over for First Nations people) and would benefit from coordinated support services, you may be eligible for a Home Care Package. You will need to apply to have an assessment by calling My Aged Care on 1800 200 422 or apply online - <https://www.myagedcare.gov.au/assessment/apply-online>

Parklands Centre

Omnicare Parklands Cottage day respite centre held their own Olympics. They enjoyed making table decorations and dressed up in their Olympic outfits. They made an Olympic photo board representing many countries by displaying their flags.

Clients enjoyed the Olympic events - balloon weight lifting, pedal cycling, gymnastics ribbon twirling and bean bag shot put.

At the end, they had a presentation for medals. What a great time they had!



Radio programs

Have you tuned into the radio programs hosted by Omnicare?

'Walk Down Memory Lane' on 2wayFM 103.9 at 9am, f/nightly on Tuesday mornings. Clients from our centres come in to co host the show, they pick music and chat.

Photos of Morton Street clients (left)- John, Tina & Jan and Greenmeadows clients (right) Bob, Charlie and Jack. They loved picking their own music to play and dancing in the studio.

Omnicare Client Advisory Body

YOU ARE INVITED!

Tell us about your experience with Omnicare services so we can better understand what works for you. Sharing your story is a powerful way to let us know what works well and what does not. It can help guide changes to the way our services are delivered.

Partnering with clients helps us to identify opportunities to improve how, when and where we deliver care to the community, meet growing demand and work towards best practice care delivery. We are committed to developing strong and effective partnerships to meet the community's health needs and welcome suggestions to help us improve the care and services we provide.

Join Omnicare's Client Advisory Body (CAB) by contacting our friendly team on 1300 336 488 or email clientcouncil@omnicare.org.au

LOCAL VOICE
in your community



Health & Nutrition

What is Malnutrition?

Malnutrition occurs over time if someone does not meet their nutritional needs. People become malnourished if they don't eat enough, or the right types of food, or if their body can't absorb all the nutrients from food.

Malnutrition is linked with poor health. It can affect quality of life and lead to poor medical outcomes. Screening and monitoring for malnutrition is an important tool. Early detection can prevent the need for major treatments.

Symptoms of malnutrition include:

- loss of appetite
- weight loss
- muscle wasting
- hair loss
- pale skin
- fatigue or mental confusion
- poor wound healing

Older people with malnutrition have a higher risk of falls, infection and pressure wounds. They may take a longer time to recover from illness or injury and can need more help with day-to-day tasks. They are also more vulnerable to disease and being admitted to hospital.

How can malnutrition be prevented?

- Eat a healthy and balanced diet.
- Consume a variety of foods from the main food groups in the [Australian Guide to Healthy Eating](#).
- Speak to your dietitian or GP if you have any malnutrition symptoms

TOP TIPS:

- Consume a varied and well-balanced diet to meet your nutritional needs.
- Eat small, frequent meals and snacks.
- If you have any symptoms, ensure your healthcare professional screens and monitors malnutrition.

Acknowledgement: "What is Malnutrition" – a resource written by the Dietitian's Association of Australia (DAA) February 2022
<https://dietitiansaustralia.org.au/health-advice/malnutrition>

How Omnicare can provide support to you

Dementia Day Respite | Meals Services | Social Connections | Home Care | Home Nursing
Home Modifications | Transport | Home Maintenance | Disability Services | Carer Support

Omnicare Meals Services

Have you tried our yummy meals yet? Available with your Home Care Package, CHSP, NDIS plan or as a self-funded client. Talk to our friendly team today to request your complimentary meal pack.

Home Modifications & Maintenance

Do you need a grab rail in the bathroom, ramps or hand rails, lawn / garden maintenance, gutter cleaning or pressure cleaning? Something to make your life a little easier. Talk to our friendly team today for further details.

Social Connections

We have some great activities available at our Seniors Hubs & Dementia Day Respite Centres.

Talk to our friendly team today for further details.