



In Touch

Summer 2014

NURSES ON WHEELS INC NEWSLETTER

Dear Readers,

Welcome to the summer edition of In Touch. We wish all our patients, carers, families and friends a safe, happy and prosperous Christmas and 2015!

Thank you to all those who filled in our survey and sent it back to us. We have read all your thoughts and feedback. We will report the findings and our recommendations to our board.

The annual Nurses On Wheels **Christmas Party** is on Thursday 18th December. There are a few place still left so if you'd like to come along please call us on 9502 3422 to secure your spot for this **amazing musical extravaganza!**

In this edition we will look seniors' tips for revitalizing your social life and the potential benefits for you. We have a great puzzle page for you and there is an article about our weekday bus trips that can help you get out and about.

We look forward to your feedback!

Team NOW!



Revitalising your social life!

Having an active social life can help contribute to your emotional and mental wellbeing, leading to an increased quality and length of life. However as we get older and things around us change, it can be easy to lose perspective on life and slip into seclusion away from your family and friends. Start revitalising your social life by following 5 easy tips;

1. Try new activities - What activities would you like to do or what did you used to enjoy? Why not start new activities or pick them where you left off? There are many groups through local clubs, churches, in newspapers or even through Internet and library research.
2. Fitness - An improvement in your fitness can help with your physical and mental health. There are programs available for all ages and level of physical ability. So why not look at participating in a local walking clubs, hydro fitness, physio gym or other fitness activities made available especially for seniors
3. Friends - Contacting old friends or making new friends is a great way to re-introduce yourself into socialising. There are many social groups that you can join to ease yourself into socialising. NOW has a bus that picks you up and drops you off from home so you can attend social outings in safe setting. Call us today on 02 9502 3422 to talk to us about joining our Day Trippers.



4. Volunteer – Volunteering can help a person regain a sense of purpose in their lives and in their community. Offer your services at local clubs, charities or to guide people (museums, zoos, parks etc.). You have so much knowledge and life experience, share it so others can learn from you and you can grow by sharing.

5. Remain positive - It is important to keep positive and smile, even when you are feeling down. Smiling induces positive chemical changes in the brain and

helps us remain positive. Watch your favourite movie, listen to comedy on the radio, read a humorous book or two and have a good hearty chuckle. Smiling and laughing will help to improve your emotional and mental wellbeing.

Reproduced from information sourced from Columbia Aged Care website.

http://www.columbiaagedcare.com.au/blog/Columbia_Aged_Care/tag/social_life/

Puzzle Page

Sudoku – Level Easy

			7	2				
3	1			9				
			3		6			
		5	9		8			3
			7		8			
		9	3	1		5	2	
	7		4		3	9	6	
				6				5
			8		5			1

Sudoku – Level Medium

7			8	1				
		6		2				
	9						4	
4		5						
	8	3					9	
			3					4
				8	5	6		9
	7			9		5	2	
	3							



Brain teaser:

There are 5 houses in 5 different colours. In each house lives a person of a different nationality. The 5 owners drink a certain type of beverage, smoke a certain brand of cigar, and keep a certain pet. Using the clues below can you determine who owns the fish?

- The Brit lives in a red house.
- The Swede keeps dogs as pets.
- The Dane drinks tea.
- The green house is on the immediate left of the white house.
- The green house owner drinks coffee.
- The person who smokes Pall Mall rears birds.
- The owner of the yellow house smokes Dunhill.
- The man living in the house right in the middle drinks milk.
- The Norwegian lives in the first house.
- The man who smokes Blend lives next door to the one who keeps cats.
- The man who keeps horses lives next door to the man who smokes Dunhill.
- The owner who smokes Blue Master drinks chocolate.
- The German smokes Prince.
- The Norwegian lives next to the blue house.
- The man who smokes Blend has a neighbour who drinks water.

For solutions contact Andrea at Nurses On Wheels

Christmas at Nurses On Wheels

As the silly season is nearly upon us we thought we should just remind you about the NOW services over Christmas and the New Year.

We will continue to work over the Christmas period but our services may be limited. Remember if you are unwell over the Christmas period call you're GP surgery or '000' if it is an emergency.



If you have any questions about our services over Christmas please call us 02 9502 3422.

In Touch

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