Hello Volunteers & Friends

Hello Volunteers,
How has your start to 2018 been?
It was wonderful to catch up for a Christmas luncheon at Bertsy and Co.

Catching up on the phone or at Christmas time reinforces to Shari and I how lucky we are to have you as a Do Care visitor.

Our numbers are pretty stable in Do Care and the quiet achiever type work that many of you do is greatly appreciated.

Behind the scenes with Do Care there has been a slight change—one that for many of you is really no more than a change of logo on a Newsletter or our website but it is significant at our end as it means we are now being funded for Do Care via the Federal Government (see the Department of Health’s logo at the foot of this page).

We intend having a coffee catch up mid-year but more on that in our May Newsletter.

Remember if you have any recipes you wish to share with us you can send them to shari.artley@thecentre.vic.edu.au

For this issue we have a recipe for Spring Vegetable Soup on Page 4.

Enjoy reading.

Scott and Shari

Happy Birthday to those of you who will be celebrating your birthdays in March, April and May!
(Incuding Shari)
Believe it or not one of our residents turns 105 in April!!!

Australian Government
Department of Health
Music for aged care

Everyone responds instinctively to music. A person’s ability to engage in music often remains intact far into the advanced stages of dementia.

Research into music and brain function has revealed that music triggers certain networks of the brain that benefit people who have difficulty with language, cognition, or motor control.

**What is Music Therapy?**

Music therapy is a research-based practice and profession in which music is used to actively support people as they strive to improve their health, functioning and well-being.

Music Therapy is commonly used as an intervention for people living with dementia to reduce agitated behaviour and improve communication.

In the absence of a Music Therapist, you can still successfully incorporate music activities into your activity programs. Regular music sessions with familiar music is a wonderful way to positively influence mood and behaviour.

**Music Therapy for Dementia**

Music lights up the entire brain. Music Therapy can give people with dementia a break from confusion and fear. Some people can no longer remember their loved ones, but they still know all the words to their favourite songs.

Music Therapy may even in some instances provide relief from pain and help people recover lost memories.

**Who can Benefit from an Individual Music Activity Session?**

Everyone can benefit from music activities! Regardless of genre, listening to music of your preference releases endorphins in the brain and may reduce anxiety, relieve depression and boost the immune system among other benefits.

You may offer individual music sessions to:

- Physically frail elderly clients who are functionally dependent
- People living with dementia or Alzheimer’s Disease
- People with Aphasia and Agnosia disorders
- People with perceived or real lack of autonomy


The Golden Carers website has various ideas about things you could do with your resident, some of it is under a paywall, some is free to access.
**Volunteers**

DO NOT NECESSARILY HAVE THE TIME;
THEY HAVE THE HEART

-ELIZABETH ANDREW

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**Nature’s Sweetest Sounds**

- A baby’s laugh
- Birds in the morning
- Somebody else doing the dishes

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**I miss being able to slap my phone down when I hang up on somebody.**

**Violently pressing “end call” just doesn’t do it for me!**

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**The best way to hang up on someone is in the middle of your own sentence. That way they never suspect you hung up on them.**

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**Remember when you used to be able to call a person 57 times, and hang up, and they never knew it was you.**

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**...good times.**
Spring Vegetable Soup

(Doesn’t need fresh spring vegetables)

Makes 4 servings

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1/4 red cabbage (medium head, about 2 cups, finely shredded)
- 2 ripe tomatoes (medium, seeded and chopped)
- 1/2 cup canned artichoke hearts (drained and chopped)
- 1 cup green peas (frozen or fresh)
- 2 1/2 cups vegetable juice (low-sodium tomato)
- 1 cup water
- 2 teaspoons dried basil
- Salt and black pepper, to taste

Preparation

- In large soup pot, heat oil over medium heat. Saute cabbage, tomatoes, artichoke hearts and peas for 10 minutes.
- Add tomato juice and water. Bring to boil. Reduce heat, add basil and simmer for 10 minutes, or until all vegetables are tender and soup is piping hot.
- Serve in individual serving bowls. Season to taste with salt and pepper.