

# Modbury Meanderer

## \*\*Evacuation Rules\*\*

Leave the building immediately if instructed to by TTP staff or a leader. Do not go home until you have given name to one of the leaders. Leave by your nearest door & head to one of the points:

- 1 In carpark out from Millers
- 2 In carpark out from movie theatres
- 3 In parking area out from Jetty Surf. Listen only to leader

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## Mind Matters – Memory

Why do we remember some things from long ago and forget others and what helps us remember some things for many years. Firstly, repetition helps us remember a telephone number that we call frequently for example.

The role of emotion in memory is important apparently. We remember emotional events better than boring ones and the memory of events associated with pleasant experiences can last longer than those with unpleasant ones. Damon Galgut, author of "In a Strange Room", considers that for events of the recent past we recall that "I" did this or that. For events long ago we may say "he" or "she" did this or that because in some ways at least, we are now different persons to those of decades ago.

I know I often worry that a word will not slip off the tongue like it used to—it eventually comes, often quite a while after! Remember that the Alzhiemers Association says that the reason for this is because we all have such a lot stored in our memory, that it takes longer to recall—it becomes a problem when we never remember!

Socialization is great - laughter, friends, a busy social calendar, learning new things all play a part in keeping us alert.

### THANK YOU

June Richardson and Bill Devine would like to thank all the walkers who have expressed their sadness at the passing of Brian and Chris. It really helps to have people around who are willing to lend an ear.

### MOBILE FRAMERS

Damian and Nelleke are happy to give free quotes on design, framing, canvas prints, mirrors, memorabilia, photography and they will come to you.

Phone 0409 697848 or 0408290181 for all your framing needs, enquiries and friendly advice.

### HANDY HINT

Keep your Messenger plastic cover and put your wet umbrella in it.

## Social Round up

### Vilis Tour

Well as usual this was a very well attended trip. The morning tea is a real highlight.

### The Adelaide Town Hall tours are no longer being conducted

### Op shop Tour

After canvassing support for this tour, there appears to be many who would like to take part—funnily enough mostly women! This Tour will be held in July

### Mid Year Luncheon

Details to follow

### Xmas Luncheon

Date is November 23—more details later

### Xmas Breakfast

The committee has decided to have the breakfast on a Tuesday for a change as some are unable to attend on a Friday and this will be held on December 20. More details later

### Walking Cards:

10 walks for \$18

20 walks for \$30

Don't forget Carol is still collecting stamps for charity.

If you shred your paper either give it to Carol or take it straight to the pet shop in Modbury Triangle. They need plenty of it for the bottom of the pet cages.

### Coffee roster:

1st week of the month is downstairs

2nd week is downstairs

3rd week: Your choice

4th Week: 42nd Street

Your Walking Group have available for members to hire - at very reasonable rates the following items:  
BBQ and Gas bottle \$5  
Tarpaulins/screens 2 each 6 x 8 ft with poles and pegs \$5 each  
Portable folding table opens to 6' x 2'6" (folds to 3' x 2'6") \$5

Also your Walking Group has obtained free membership to Rays Outdoors. Our members will be entitled to a discount of up to 10% on most purchases.

An individual card is not needed. To benefit members simply need to quote our Membership No as ID - D48388.

### Enquiries to Bill Devine.

Tony Aldous is a JP if anyone is looking to have documents signed

## Speakers

7th June—SA Police, Paul Bryant

5th August—Home sustainability

11th October—Ted Jedyak—Foot Leg & spine issues

## Birthdays

**April:** Jenny, Janet, Edna, Carol, Robert, Susan, Nora, Ray, Meri, Janice, Jessie, Terry, Curt, Christina, Audrey

**May:** Ida, Geoff, Margaret, Anne, Iain, Shirley, Joan, Shirley, Sue, Sue, Vicki, Graham, Max, Joyce, Lyn

**June:** Judy, Purita, Sigrid, Betty, June, Miranda, Jillian, Carol, Sandra, Liz, Joy, Janet, Nadine

## Strength helps beat arthritis

This month I emphasise the place of strength (resistance) training and aerobic activity especially for those with arthritis (Miriam Nelson and others “Strong Women and Men beat Arthritis”, 2002, p86). The authors say the reasons improved strength ameliorates arthritis are that there is less stress on joints, better balance and improved awareness of parts of the body relative to each other e.g. how the upper leg and knee relate to the ankle and foot. Improved heart function through aerobic exercise is beneficial as arthritis can compromise the fitness of the heart, lungs, and all the blood vessels linking them together.

Flexibility exercise (stretching) is as important as strength (resistance) training and aerobic activity especially for those with arthritis. They say the reasons for the importance of stretching and flexibility are:

- Movement efficiency
- Decreased muscle tension
- Relieved cramps
- Reduced incidence of low back injury and pain.

Stretching also reduces ‘joint contractures’ – a common occurrence in arthritis. By a contracture I mean ‘an abnormal condition of a joint caused by loss of muscle fibres’. There can also be a ‘chronic loss of joint motion due to structural changes in non-bony tissue (muscles, ligaments and tendons)’

### Avoiding the winter blues

We all know that winter is well and truly upon us. Perhaps the usual motivation to get out there and remain active and eat healthy has gone onto the backburner. The motivation is just not there, energy levels are low and perhaps the ‘winter blues’ are setting in.

The good news is we can chase away those blues by taking some simple steps. Get the ‘feel good chemicals’ circulating and improve energy levels by continuing to do regular exercise. Rug up, take the brolly and the dog and walk around the block or look for indoor activities, try something new, how long is it since you went dancing or tenpin bowling?

Lack of sunshine can cause some people to become depressed or feel low, so enjoy the sunshine when you can. Open blinds and curtains and let the sunshine in.

Eating a healthy diet is also really important as what you eat can affect not only your weight but also your mood and energy levels. Eat nutritious natural foods like vegetables, wholemeal breads, brown rice and fruit and remember to keep up your fluid intake.

Keep food treats to a minimum, instead treat yourself to something like an outing or catch up with friends, even curl up with a good book or magazine to read. Staying in touch with friends and family is also really important try giving a long lost friend a call and make their day.

Last but not least take the time to watch the leaves change colour, listen to the rain on the roof and watch the birds play in the water as the sun comes up and enjoy the season, spring is on its way before you know it.

### Tea Tree Plaza Walking Group

PO Box 530  
Modbury SA 5092

Contact: Walk Leader  
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08 8263 8158  
Mobile: 0405630039  
Email: jr829452@gmail.com  
www.mallwalking.net



**A big thank you to Frances  
Bedfords' office for the  
continued support & printing of  
the newsletter**

Tea Tree Plaza Walking Group Inc is a not for profit organization.

Some of the services they provide:

- Walking twice per week
- Social Club
- Day Trips
- Guest Speakers
- Fun & Fitness



### Distances—TTPlaza

Ground floor-400 mtrs  
Top floor (including all exit areas) 1.5 km  
Both top and bottom 1.9 kms  
2 laps=3.8 kms  
3 laps=5.7 kms  
2 bottoms & a top 2.3 kms  
3 bottoms @ a top 2.7 km  
With renovations due to start soon, these distances will change again.  
The manager says that it should not affect the walkers much at all.

**RETARDED GRANDPARENTS** (this was actually reported by a teacher)  
After Christmas, a teacher asked her young pupils how they spent their holiday away from school. One child wrote the following:

We always used to spend the holidays with Grandma and Grandpa. They used to live in a big brick house but Grandpa got retarded and they moved to Batemans Bay where everyone lives in nice little houses, and so they don't have to mow the grass anymore!  
They ride around on their bicycles and scooters and wear name tags because they don't know who they are anymore.  
They go to a building called a wreck centre, but they must have got it fixed because it is all okay now. They do exercises there, but they don't do them very well.  
There is a swimming pool too, but they all jump up and down in it with hats on. At their gate, there is a doll house with a little old man sitting in it. He watches all day so nobody can escape. Sometimes they sneak out, and go cruising in their golf carts!  
Nobody there cooks, they just eat out.  
And, they eat the same thing every night --- early birds.  
Some of the people can't get out past the man in the doll house.  
The ones who do get out, bring food back to the wrecked centre for pot luck.  
My Grandma says that Grandpa worked all his life to earn his retardment and says I should work hard so I can be retarded someday too.  
When I earn my retardment, I want to be the man in the doll house.  
Then I will let people out, so they can visit their grandchildren.