

WINTER APPEAL 2021

Falls can be devastating for the frail and elderly

It was a hot morning, but Evelyn wanted to walk to the local chemist to get her prescription.

Crossing the gutter, she stumbled, lost her balance and fell on the road. She suffered several fractures, including a broken hip, severe shock and extensive cuts and bruises. She never recovered.

Falls can have tragic consequences for our loved ones. As they age, vision impairment, weakening muscles, stiffening joints, medication side effects and many other issues can put them at greater risk of slips, trips and heavy falls.

Falls can cause devastating injuries, serious deterioration in health and wellbeing, lengthy confinement to bed, incredible pain and suffering, and often, death.

In terms of morbidity and mortality, a hip fracture can be catastrophic. One in four people will die after sustaining this injury And one in three people will never regain complete mobility.

Even those who do get back on their feet without physical injuries might never be the same again – a fall can destroy a person's confidence, robbing them of their independence.

Falls hit women worst, with injury rates almost double. For every 100 men and women who fall each year, four men and seven women will end up in hospital.

Source: Australian and New Zealand Falls Prevention Society. www.anzfallsprevention.org/info

Pressing on with life

Falls can be prevented. And every fall prevented can be a life saved. With this incentive and with your assistance, mecwacare is launching a new campaign to prevent falls and further protect our loved ones – **Standing Strong**.

At the centre of **Standing Strong** is the HUR leg press, specifically designed for the elderly. This equipment uses fit-for-purpose technology that safely and effectively builds strength in the muscles that matter in preventing falls: the legs, hips and glutes. Strength in these critical areas boosts mobility, balance, health and wellbeing – and confidence.



Exercise and positive ageing

Regular exercise is an integral part of mecwacare's positive ageing approach. Benefits include:

- Minimising age-related conditions, such as osteoporosis, arthritis, muscle atrophy, lower bone density, falls risk and heart disease
- Reduced reliance on medication
- Reduction in aggression and depression
- Improved cognition
- Better quality of life

**Every fall prevented can be a life saved.
Donate today and help prevent falls.**

An exercise in enthusiasm

mecwacare Malvern Centre residents Elizabeth McKenzie, 94, and her close friend Jenny Armstrong, 87 are “poster” girls for exercise.



Jenny (left) and Elizabeth

These vibrant women are living examples of the benefits of exercise. To see Elizabeth and Jenny move, converse and exchange witticisms is to observe the vitality and sharpness of two people decades younger than their age. And Elizabeth is proudly on no medication!

Jenny credits the mecwacare exercise program with restoring her health after major surgery three years ago. And it was one of the reasons Elizabeth moved into the Malvern Centre after previous stints in respite care.

Malvern Centre Lifestyle Coordinator Peter Naughton loves their enthusiasm and energy in the exercise classes.

“They are leaders, born leaders,” he said. “They inspire others and they’re regular participants at every session.”

At the centre of **Standing Strong**

is the new HUR leg press machine, which both ladies would love to add to their daily exercise regime.

Elizabeth and Jenny have been lifelong exercisers. Horse riding, walking and playing tennis were Elizabeth’s favourites.

“I have always been vigorous,” she said. “Fresh air and exercise are one of the joys of life.”

Jenny was a hospital social worker and said the experience instilled an ongoing appreciation for good health. A top young hockey player and runner, she seems to be applying that competitive spirit to staying in the best shape she can now.

Elizabeth and Jenny’s positive attitude to exercise is spreading.

We want all residents to move confidently and safely around our aged care homes.

STANDING STRONG

Your gift will help us to purchase 20 HUR leg presses to install in our aged care homes and community centres, as part of mecwacare’s strength training program.

At a cost of \$18,100 each, you will be investing in fall prevention and improving the quality of life for some of the most vulnerable people in our community.

For information about the strength training program at our community centres in Malvern and Pakenham call 1800 163 292.



To make a donation call 1800 163 292 or complete the form below and mail to:
mecwacare, 1287 Malvern Road, Malvern VIC 3144

PAYMENT DETAILS

mecwacare

Title ☐ Mr ☐ Miss ☐ Mrs ☐ Ms ☐ Mx ☐ Other:

Name

Address

Email

Telephone

Date of Birth (optional) / /

☐ I would like to receive information about remembering mecwacare in my Will.

☐ I would like to make a donation of \$

☐ I would like to make a regular monthly donation via credit card on the 15th of every month for the amount of \$

All donations over \$2 are tax deductible.

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