

Seniors Special Monthly Feature mycitylogan.com.au

Treat exercise as a medicine

PEOPLE living with type 2 diabetes (T2D) and related illness are being encouraged to re-discover the joy of movement.

"While diabetes is an enormous burden on our community, the welcome news is that exercise really is one effective treatment for this chronic disease and can play a vital role in prevention too," Logan Healthy Living program manager and exercise physiologist Harmonice Dove said.

May 23-29 is Exercise Right Week, and Logan has the fifth highest rate of insulin-treated T2D in the nation, with some areas within the region recording a diabetes death rate nearly twice the national average.

Ms Dove says hospitalisations due to T2D complications may be reduced by introducing exercise as a key component of a diabetes treatment plan.

She says if we consider exercise as medicine, there is a specific prescription required for different conditions. For T2D cases, aerobic and resistance exercise are key.

"Exercise training improves glycaemic control, body composition, cardiorespiratory fitness, physical functions, and wellbeing, making exercise a core component to lifestyle management interventions," she says.

"While people generally accept exercise is good for them, it's not quite as simple to determine exactly what type of exercise is right for us, and for how long and how often."

Exercise physiologists are the leaders in exercise prescription, and they individualise their approach for each client's specific needs.

Ms Dove works with diabetes clients every day, helping them determine what movement works for them and how they might incorporate this into their everyday lives.

"Traditional exercise can be intimidating for many people, particularly those who have been discouraged by mobility issues and ill health because of diabetes," she says.

"An ideal exercise program combines your preferences and considers your current level of fitness and any conditions you have."

There are opportunities for movement all around us, from the gym to the washing, to community physical activity groups, to playing with the kids.

"The idea is that we can take the prescription for diabetes, 30 minutes of moderate intensity aerobic exercise a day, plus two days per week resistance training and turn that into something that you can achieve and even enjoy," Ms Dove says.



Lorraine Ligteringen at the Eagleby Breastscreening unit.

Screening saves lives

THE BreastScreen Queensland mobile unit is moving around Logan and is currently having its annual Eagleby visit.

Regular breast screening is free at the unit and aims to find breast cancer in its very early stages, which can increase treatment options and help save lives.

Local resident Lorraine Ligteringen appreciates the importance of breast screening and attends for her breast screen every two years.

"I regularly attend BreastScreen, having a mammogram is something I've always done," Lorraine said. "When I get my reminder, I book in straight away. It's important for women to look after their health. To make sure they know what's going on in their bodies; as we

don't always know."

The mobile unit is at The Twin Rivers Centre, 104 River Hills Road, until July 1.

Women aged 50 to 74 are strongly encouraged to attend as breast screening is most effective for this age group.

Women in their 40s, and those aged 75 or older, are encouraged to talk with their doctor to help them decide if screening is right for them.

Lorraine is grateful for the new mobile site at Eagleby. "I used to go to the mobile at Beenleigh; but coming to the new site at Eagleby was easier for me and had better parking."

To book an appointment today visit breast-screen.qld.gov.au or call 13 20 50.



Pre-paying your funeral is the ultimate act of care for your family

The women of White Lady Funerals Tanah Merah – Kristina, Julie, and Maree – take time to understand your needs so you can make informed decisions for the future.

We can help you plan a funeral service that emotionally nurtures all involved.

WHITE LADY FUNERALS

33 Pintu Dr, Tanah Merah | 3801 4777 | whiteladyfunerals.com.au

Prices starting from \$180,000

River Glen THE VILLAGE. THE PEOPLE. THE LIFESTYLE.



Where living is easy.

Ph: 07 3805 2155

30 Beutel Street Waterford West, Queensland sales@riverglenhaven.com.au www.riverglenhaven.com.au

Woman who saved Rosies

By Kate Schmidt

WHEN she looks back on it, Rosies volunteer Margaret Harvey is absolutely amazed how much of a positive impact the Logan outreach had on the community.

"We were in a position to get good community backing and it made a lot of difference," she said.

"Logan is very different to say (Brisbane) city in that in the city you see people sleeping in doors and that sort of thing, you might see them one night and someone different tomorrow.

"But in Logan we mostly have marginalised patrons and we see them all the time on Wednesdays and Fridays, we see them the next week and the week after that.

"Their circumstances don't change. By the time they pay their rent so they have a roof over their head they don't get to buy much food or may have habits like going down to the poker machine with what's left and then their kids don't get properly fed."

Ms Harvey recalled one family in particular, a woman and her two sons.

"(The boys) come up and have a cream bun or pie or something that they'd never get otherwise because they can't afford it," she said. "It's their night out."

The 81-year-old, who held the role of the Logan coordinator for many years, had to step back from the role after a second heart attack convinced her to slow down, but that doesn't



Margaret Harvey, aged 81, with other Rosies volunteers.

mean that she's finished with Rosies - far from it.

Every Friday night you'll find her with her loyal and trusted team, doing what they can to help Logan's disadvantaged.

She first came to Rosies 16 years ago after she retired from working in the disability industry.

"I was at Mass one night and I'd been wondering what I was going to do and then I saw a little ad in the newsletter about Rosies starting and wanting volunteers," she said.

She'd been volunteering with the charity for

a little while when she was approached and asked to become the city's outreach coordinator.

"They told me I had a month to get this running right or otherwise they'll have to close it down and I thought, oh well, I'll give it a go and so I started going to community groups and getting donations," Ms Harvey said.

And it just grew and grew from there - soon Ms Harvey started speaking about Rosies at various Masses around the city and visiting other community groups to get the message out there and recruit volunteers.

"Rosies just grew, it was really needed in Logan and the community got behind us, including the Lions, the Diggers and many others who donated. Then the Islamic and Mormon church communities came on board, the Street Doctor, and Orange Sky too," she said.

Ms Harvey was instrumental in finding donations to facilitate the purchase of a new van, as well as starting up outreaches in Beenleigh, both on the street at night and inside the Beenleigh courthouse.

"We went to them and asked if we could have an outreach outside and they said they'd do a deal with us if we came inside and did outreaches inside the court," she said.

"At one point ... we had about 200 volunteers."

Ms Harvey couldn't speak highly enough of her tight-knit team and many other volunteers she worked beside for years.

"We got our volunteers by going out and speaking with people - not the internet - and we got people who wanted to be there, wanted to be there for the right reasons and they stayed for a long time."

She recalled another volunteer she formed a close friendship with, the late Mu Hai. She said the Burmese man couldn't speak a word of English but came along every week because he wanted to "pay back to Australia for giving him and his family a good home".

While she's stepped back from her coordinator role, Ms Harvey intends to keep volunteering for as long as she can.

BULK-BILLED DIABETES SERVICE

Logan
Healthy Living



Change is possible
with our no cost
T2 diabetes program

T 3365 1057

lhl.org.au



*Ask your GP to provide a 'Referral Form for group allied health services under Medicare for patients with Type 2 diabetes'.



Do you live with the pain of Arthritis?

We invite you to a free information session to learn about our 'Good Living with Arthritis' program and how we can help

Results we are seeing with current patients:

- 36% reduction in pain
- 25% improvement in quality of life
- 32% improvement in sit to stand

Call us to book your spot

2 Mallee Street
Crestmead

3200 8541
www.loganphysio.com.au