

### JOHN D'ORAZIO

*John D'Orazio, who passed away suddenly on 11th April 2011 at the age of 57 years was a long term supporter of ECHO and community involvement in the City of Bayswater generally.*

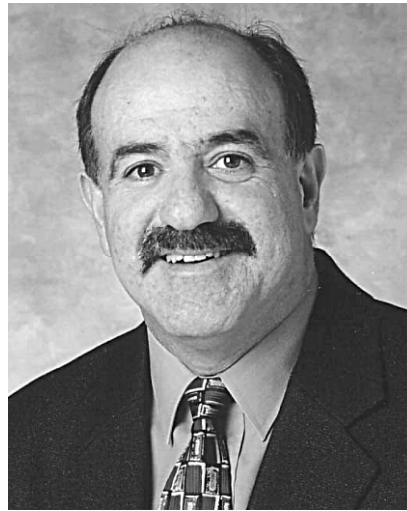
John was born in Perth to Italian parents on 5th September 1955. His father migrated to Australia in 1949 and was joined by his mother two years later. As immigrants they faced considerable challenges but persevered and embraced opportunities as they settled in Bayswater, developing a market garden and a home for the extended D'Orazio family.

After attending Christian Brothers College in Highgate John studied pharmacy at the Western Australian Institute of Technology (now Curtin University). As well as successfully completing his studies there John displayed his keen interest in sport by playing grade cricket and football - the Gaelic version even captaining the All-Australian Gaelic Football Team.

John was keen to establish his own pharmacy business in Bayswater after graduation but encountered local council resistance to his plans. He eventually prevailed and was later to describe this experience as the cornerstone of his decision to get involved in local government. And he did it with gusto.

John was elected a councillor of the City of Bayswater at the age of 24 years. The following year he became Deputy Mayor and at the age of 27 he became Mayor, serving in that position for 17 years. It was an action packed era.

During his time as Mayor the City of Bayswater was the first local authority in Western Australia to become debt free; introduced the first



integrated recycling system; provided security patrols in the community; oversaw the commencement and completion of the Galleria shopping complex; developed the Bayswater Wave Aquatic and Leisure Centre which included the State's first wave pool; facilitated the establishment of a community bank in Bayswater among other initiatives.

In 1995 John was made a Freeman of the City of Bayswater in recognition of his achievements. During this period of local government leadership John also served as a member of the Western Australian Planning Commission and later as its Deputy Chairman and Chairman.

In 2001 John entered State Parliament as the member for Ballajura and was subsequently appointed a Minister. After his parliamentary career ended in 2008, John returned to his pharmacy.

Throughout his career in local government and beyond John maintained a strong interest in community organisation and from its origins in 1982 was an early and staunch supporter of Bayswater ECHO and its activities in assisting elderly and disabled people. The association between ECHO and the City is now nearly 30 years old. John D'Orazio was a very important factor in its outcome. He was a good friend to ECHO, always ready to assist, support, advise and always with a 'can do' approach.

*Sympathy has been extended by ECHO to John's wife Ailsa, his family and his many friends.*

Vale John D'Orazio



## Preventing Skin Tears

**Ann Rudowski looks at ways of avoiding a common and preventable injury skin tears.**

*One of the biggest challenges in caring for older people is maintaining skin integrity, as people age the skin becomes thinner, less elastic and less resilient to trauma. This makes skin tears a common problem among older people with more than 1.5 million skin tears occurring each year in adults in health care facilities.*

A skin tear is a painful and often preventable injury. However, with appropriate preventative strategies put in place the numbers can be reduced.

As people age the skin loses collagen and elasticity and so has a reduced ability to withstand the forces of pressure, shear and friction. Older people who rely on others for assistance with transferring, repositioning, hygiene, dressing and grooming are at greater risk for sustaining a skin tear. Although in some cases the cause of skin tears may not be easily identifiable and may result from mechanical trauma such as wheelchairs, sharp furniture edges and accidental falls.

Unlike pressure ulcers, which have received considerable attention in terms of research, to date skin tears have received little attention even though they have been reported to be more common than pressure ulcers and burns in some prevalence studies. A system for categorising and managing skin tears was developed by Payne and Martin in 1993 and has some suggestions of how best to prevent them from occurring. However, the system is not commonly known or used to inform carers on how best to manage and prevent skin tears occurring in older people.

**Manual handling and environmental issues such as knocking into furniture and other objects are identified as the predominate causes of skin tears in older people.**

Ensuring older people are handled with care, using the best available equipment and guidelines, will reduce the risk.

Skin care guidelines that promote the use of the

frequent application of topical emollients are also offered as effective management strategies for preventing skin tears. Although the application of topical emollients do rehydrate the skin, the skin needs more protection in terms of additional layers to make up for the thinning losses.

Given we cannot thicken skin; the application of arm and leg protectors is the next logical step in the prevention of skin tears. Arm and leg protectors have been used successfully to prevent skin tears and are instrumental in preventing further inquiry in those who have a history of skin tears.

**Applying a preventative approach to skin tears brings an associated reduction in the pain and discomfort experienced by individuals and this in turn has a beneficial effect on their overall health and wellbeing.**

Arm and leg protectors have been developed that are comfortable, conformable, and easy to apply. They have been shown to be effective in protecting older skin and reducing the incidence of skin tears. The protectors serve as an

additional intervention which enhance current treatment of skin tears and highlight a prevention works best approach.

Skin tears are a real enemy of delicate skin and they can and should be prevented. A preventative approach maximises the provision of quality of care through the reduction of pain and suffering experienced by older people. Adopting a pro-active approach that includes education and training on how to identify those at risk of developing skin tears, management and the application of preventative strategies can reduce the incidence of skin tears.

*For further information please phone Actionworks on (03) 9578 9360 or e-mail to [inquiry@actionworks.com.au](mailto:inquiry@actionworks.com.au)*



**Short-notice Transport**  
Please ring Kerry or Jenny on 9271 7011  
**NO PROMISES**  
*However, Kerry and Jenny will give it their best shot.*



## Volunteers Corner



### Volunteer Birthdays

We have some wonderful volunteers celebrating their birthdays during June and July. Please join us in saying a huge **“HAPPY BIRTHDAY”** to the following Volunteers:

- 14 June June Cooper *Bus Assistant*
- 18 June Bill Cross *Transport*
- 10 July Richard Green *Board / Transport*
- 11 July Christine Chong *Transport*
- 19 July Wendy-Ann Baston *Transport*

### New Volunteer

#### Pascal Ntwari *Transport Volunteer*

We are very happy to report that Pascal has come back to the ‘fold’. A few years ago Pascal took our clients to their medical appointments, then, when he had to add a number of units to finish his degree, resigned as a volunteer. However, Pascal always said, studying permitting, he would come back and true to his word, Pascal once again applied to become a volunteer with ECHO Community Services.

Thank you Pascal for taking time out from your busy schedule to re-join our group of dedicated volunteers.

### AFL FOOTBALL WEEKEND

*For all our AFL buffs*

**Sunday 19th June for the Dockers vs Melbourne match**



Fancy indulging in typical footy fare: hearty beef pies or tasty hot dogs – sauce optional! ... with a warming cup of soup/tea/coffee. Come and watch these two teams go head-to-head. **For only \$7.00 you get door-to-door transport, sheltered, warm and comfortable surroundings at ECHO, plus a big screen to watch the games.**

Please ring Kerry or Jenny on 9271 7011 to register your interest. Looking forward to seeing you at the match.

**Volunteers are paid in six figures...**

**S-M-I-L-E-S**

## Volunteer Monthly Raffle

### Well done to Priscilla

This month’s Raffle Prize was won by Priscilla and is a Gift Voucher.

We were able to ‘capture’ the moment (see photograph) when ECHO Transport & Social Support Co-ordinator, Jenny, presented Priscilla with the voucher.



Many of you will know Priscilla ... if she is not on the phone ‘filling’ the buses for the various monthly outings, she is wearing her bus assistant ‘hat’ for our shopping trips, morning teas or luncheons. If that is not enough! When Priscilla has a few hours to spare she comes into the ECHO offices to help with mail-outs, filing or one of the many other administrative chores that need to be done. As you can all imagine ... an absolute GEM.

*A big thank you Priscilla from the Board and Staff*

## SUDOKU - A Logic Puzzle

Fill in the grid so that every row, every column, and every 3x3 grid contains the number 1 to 9. This puzzle was a bit more difficult than normal so is suited to those who enjoy a challenge

**Rated: DIFFICULT** (Solution page 4)

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



***A wonderful poem from our  
compassionate and dedicated  
Support Worker, Lorryn***

*Age is just a number  
It depends on how you feel  
Some will have more wrinkles  
Some will have problems that can't be healed.*

*ECHO will reach out and lend a helping hand  
To see that you get through  
Some of us may be stubborn  
But our main priority is you.*

*Having pain is such a problem  
When it comes to daily living  
Some will fall and hurt themselves  
But forever they will keep fighting.*

*All these lovely ladies and also lovely men  
Will help get back your independence  
And like Humpty Dumpty  
Help put you back together again.*

*Our agency is full of lovely people  
And I believe that this is true.  
Bayswater ECHO is here to help  
You and your family too.*

## The Stitch Witches

Kerry and Jenny are forever thinking up new events that might interest our clients ... their latest brain wave ... getting together a group to share needle work patterns, ideas or frustrations. The emphasis will be on having fun and enjoying a light afternoon tea. There is a vacant 'slot' on the monthly Social Support calendar on the second Wednesday of each month, so please ring Kerry or Jenny on 9271 7011 to make your booking. The cost, door-to-door will be \$7.00.

### SUDOKU Solution

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

### VOLUNTEERS MILEAGE FORMS

*A friendly reminder  
that Volunteer  
Mileage forms are  
due on Thursdays:*

**16th June  
30th June  
14th July  
28th July**

## FRIENDS OF ECHO

# EASTER RAFFLE

### *Congratulations to:*

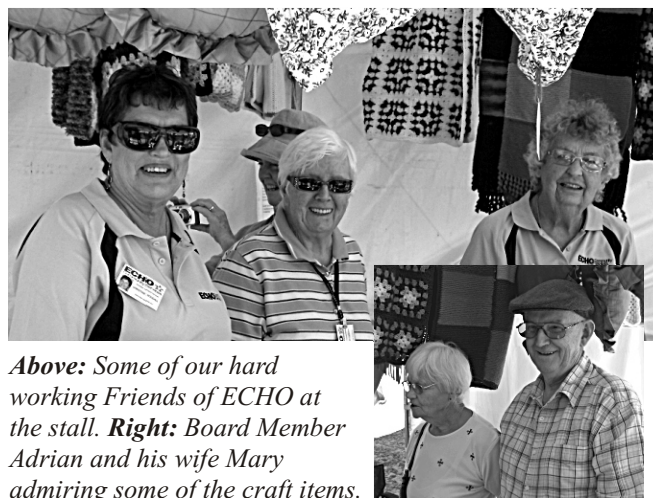
- 1st Prize** winner Marie with ticket number Z44
- 2nd Prize** winner Hugh with ticket number Z62
- 3rd Prize** winner Yvonne with Z30 (blue)

At first Marie was worried about how she was going to fit the giant Easter Egg in her car; not difficult to understand when you see the following photograph. Funnily enough Marie was not worried about who was going to help her and Dobson eat all the chocolate!



The Friends of ECHO would like to thank all of you who visited their stall at the Autumn River Festival. Wendy, Christine, Vicky, Yvonne and Kathleen were very busy at the stall selling lots of the craft items on display, as well as selling tickets for their Easter Raffle.

As the proceeds will go towards providing a special luncheon for our hard working volunteers the Board and Staff of ECHO would like to thank the Friends of ECHO for their dedication and generosity.



**Above:** Some of our hard working Friends of ECHO at the stall. **Right:** Board Member Adrian and his wife Mary admiring some of the craft items.

**Please Note:** Bayswater ECHO opening hours are 8.00am to 4.00pm Monday to Friday. Calls received outside of these hours will be directed to our answering machine and dealt with the next working day.