



LAUNCHED WITH A FLOURISH

Leading social wellness NGO, the Recovery Solutions Group Trust (RSGT) is extremely proud to announce the launch of Flourish, Auckland's first private prevention, education and treatment service for adolescents experiencing an eating disorder. The unit will cater for individuals suffering from Anorexia Nervosa, Bulimia Nervosa and from an Eating Disorder not otherwise specified (EDNOS).

The initiative was created out of the need to treat adolescents who may still have a normal Body Mass Index (BMI) but whose unhealthy relationship with food has raised concern with their parents and caregivers. As RSGT's CEO Clive Plucknett explains it, "Anorexia and Bulimia are insidious diseases that affect the whole family. You cannot imagine how much unless you experience it".

"The death rate for Anorexia Nervosa (AN) is listed as at 10%, but in reality it is much higher as most deaths occur in the thirties as a result of some other condition that is usually triggered by excessive weight loss", he says. "For some reason, eating disorders target very intelligent children, depriving our society of their potential contribution and that needs to stop".

The Recovery Solutions Group Trust's commitment to providing recovery options for eating disorder sufferers is ongoing and includes plans for prevention, awareness and treatment. "Why is it that some institutions/foundations have a 20% success rate while others have an 80% success rate? We have to find the answer and bring it back to New Zealand" says Clive Plucknett. "I want this to be the very best eating disorder service in the world so that whether you are living in Tokyo, London or Mt Eden, you will want your daughter or son to be treated at Flourish".

The service commenced on the 8th of August 2011 and is located in Parnell.

4 EASY WAYS TO BOOST YOUR MEMORY

Having problems remembering to take pills, buy grocery items, or make appointments? Everyone experiences memory problems sometimes. Memory experts often recommend the following simple aids to people with mild cognitive impairment or early symptoms of dementia. But anybody (including harried caregivers!) who's ever forgotten something important can benefit.

1. A GPS system

Remembering routes can be challenging, especially if they're not frequent destinations. And following written directions can be difficult for someone with early dementia, or anyone who doesn't want to be a distracted driver.

Simple solution: a global positioning (GPS) navigation system in the car. Prices have been dropping since these gizmos were first introduced; you can buy a simple unit for less than \$200. Many drivers find it easier to follow verbal instructions than to have to read them. And if you make a mistake, the GPS autocorrects and redirects you.

2. Medication reminders

Medication management is the bane of both caregivers and relatively healthy adults looking after themselves. Fortunately a variety of tools exist to help you remember to dispense, or take, meds on time.

Medical alarms can be programmed to send you an e-mail message or a beep to a special watch. Some pill containers themselves will send visual messages. Learn more about medication management for no more missed pills.

3. A small portable notebook

Not all memory aids are high-tech. The lowly notebook can be a lifesaver when it comes to remembering names, details, and to-do lists. The trick is to have the notebook handy at all times. Very small books (such as Moleskine's 2.5 by 4 inch extra-small version) that slip into a pocket or purse work well.

Train yourself to write down everything you don't want to slip away — the names of those present at a meeting, the sudden thought to call for a haircut appointment, items to pick up at the grocery store on your way home.

The act of writing it down helps to secure a thought in your mind — and if you forget, you can look it up.

4. A don't-lose basket or shelf

This idea amps up the old adage about "a place for everything." Dedicate a single basket or box to all key items that are often misplaced: car keys, house key, reading glasses, sunglasses, medications, and anything else used regularly — even cell phone, TV remote, and sweaters. (Note: For someone with dementia, you'd want to store medications out of sight and out of reach, to avoid accidental overdosing.)

