

Domestic Goddess

THIS WEEK →
DOMINIQUE SCHWARTZ



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Catherine Bauer → Belinda Heggen → Dominique Schwartz

Too busy for retirement

For those with a thirst for knowledge, there's always a return to campus.

SO THE government's lifting the retirement age? Doing us a favour, I reckon. Seems to me retirement is exhausting and should be delayed indefinitely. Take my folks for example – in between exercise classes, Probus outings, church functions, charity work, parenting and grandparenting duties, they barely have time for a sleep-in, let alone coffee and cake.

Then there's the whole business of deciding where and how to live if the family home becomes too much. Do you drive into the sunset as a grey nomad? Or settle into a retirement village? Or perhaps do both?

In the United States when your motoring days are over, you can pull into the Rainbow's End RV Park in Texas. For \$US800 a month for singles or \$US1200 for couples, you get to stay in your own RV (recreational vehicle)



while accessing CARE – Continuing Assistance for Retired Escapees. (No kidding, that's what they call it).

It provides three meals a day, two loads of laundry a week and organises shopping and medical appointments.

CARE workers even stage a blue-grass jam every week.

But dedicated country and western lovers will want to hold on for The Crescendo. Scheduled to open in 2013, the 180-unit community near Nashville is targeting music and showbiz retirees. It'll have multiple performance areas, a recording studio, and no doubt, a wonderful line-up of egos.

For those of a gay, lesbian, transgender or bisexual persuasion, Santa Fe offers Rainbow Vision, where life is, quite literally, a cabaret. And for those with a thirst for knowledge, there's always a return to campus. Stanford, Notre Dame and Pennsylvania State are just three of the universities which support burgeoning retirement communities.

My parents-in-law have recently moved into their own little patch of

retirement paradise in Perth: a lovely, two-bedroom unit which opens onto a park and playing field, with the shops they've patronised for 40 years, just a stroll across the green. Of course they miss their family home, but at least they're still connected with their community. And should they need it, there are higher-care facilities on site.

That would suit me. But Jack's hoping Philip and I will retire aboard a ship that cruises around East Africa. He could think of nothing better than hanging over the side waiting for the pirates to arrive. Just another reason to keep the day job, I say!

What do you think of the raising of the retirement age? Go to easterncourier.com.au, follow the links to Domestic Goddess and have your say.



Dominique Schwartz is the main newsreader with the ABC in South Australia.

Next week:
Catherine Bauer

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LHR Laser Hair Removal At The Bay



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Recommendations for the regulation of the laser hair removal industry will be presented to the federal government as early as next month.

The Australian Radiation Protection and Nuclear Safety Agency (ARPANSA) has joined with the national Radiation Health Committee to identify the most appropriate model for regulation, which is expected to be adopted by each state. As a long-time advocate for safe practice, registered nurse Veronica Denwick has applauded the move. The operator of Laser Hair Removal at The Bay has recently returned from the industry's major conference in Washington.

Australia has traditionally followed in the footsteps of America in the field of medical and cosmetic treatments. Ms Denwick said the American Society for Laser Medicine and Surgery disregarded the use of Intense Pulsed Light (IPL) systems which were still in use in this country, recommending the Diode Laser as most appropriate for laser hair removal.

"Because of the health issues which might cause excess hair growth, and the importance of extensive training in the use of the Diode Laser, it's incredibly important for anyone offering laser hair removal to have an appropriate background, and an interest in continuing education," Ms Denwick said.

During her study tour this year, Ms Denwick spent a period in the New York City practice of Dr David J Goldberg, one of the top 10 Dermatologists in the United States, and the author of the reference for laser hair removal practitioners. Dr Goldberg continues to contribute clinical and medical journal articles on the subject.

"The major difference between practice here and in the United States is the fact that there is significantly more legislation there to determine who may offer laser hair removal treatments," Ms Denwick said.

"I'm hoping this is what we can expect when ARPANSA makes its recommendations to Federal Parliament."

Veronica Denwick is a Registered Nurse with over 26 years nursing experience. This includes over 7 years experience with class 4 Medical Lasers and Laser safety qualifications.



Quick Facts

- "Laser" stands for "light amplification by stimulated emission of radiation". The term was coined by two American scientists who used the method to study molecular structures
- A laser was used 20 years later to successfully treat ingrown eyelashes
- Light Sheer Diode (LSD) lasers use a method called "selective photothermolysis" to selectively destroy each hair follicle. The laser passes through the skin to specifically target the melanin (colour) in the hair follicle
- Unwanted or excess hair growth can be caused by abnormal hormonal fluctuations, polycystic ovary syndrome and menopause, as well as reactions to some medications
- A growing number of men have found laser hair removal effective in treating excess hair growth all over the body
- Legislation has already been enacted in Queensland and Western Australia to regulate laser operators for the purposes of hair removal
- It's recommended that potential customers look for private practitioners who have already satisfied the requirements of state legislations, can show Laser Safety Officer qualifications and offer full consultation and test patch services before treating customers

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