

Goodlife

//Autumn-Winter 2018

For those who love their independence

A Daughter's Advice

Don't delay what you can do today

How Does Your Garden Grow?

Why it pays to potter in the garden

Pet Therapy

Why pets are good for you

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Win a hamper

We hope you enjoy our first issue and would like to hear what you think. What matters most to you as you age? Please send your letter to the editor and the most inspired letter will win a delicious Gourmet Hamper from Creative Hampers valued at \$120.

Please email your entries to editorial@scliving.org.au or post to Goodlife magazine SCC, PO Box 1008 Epping 1710 by 30 June.





Welcome

Welcome to Goodlife

Our new magazine is for everyone who loves their independence, revels in their age and wants to enjoy what life has to offer. We've collected inspiring real-life stories, great advice and handy information designed to support you to enjoy life to the full.

Whether you're living at home, in one of our retirement communities or perhaps considering a move into one, it's good to know what services and programs are available to make life safe, enjoyable and rewarding.

Tell us what you think. We have a hamper to give away for the best letter (see page 3 for details.) Good luck.

We understand that navigating services and support can be confusing. We hope Goodlife helps remove some of the complexity and provides common sense advice as you explore the many options available.

Remember, we'd love to hear what you think of Goodlife and what you'd like to see in the next issue.

We love what we do at Southern Cross Care

Helen Emmerson

Head of Care

"The older I get the more I value the importance of meaningful relationships."



Jan McIntosh

Operations Manager, Home Care

"A fulfilling life is all about mindset and seeing the possibilities, no matter your age."



Chantele Nelson

Operations Manager, Retirement Living

"When I'm 64 I hope to have my independence and space respected."



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Maximise your savings

NSW Seniors Card discounts

You've done the hard yards and deserve to reap the rewards! Many seniors are missing out on valuable savings by not taking advantage of the discounts available via the NSW Seniors Card. We'd like to help change that.

Download the 2018 Seniors Card directory on www.seniorscard.nsw.gov.au. If you don't have a free Seniors Card, you can apply for one by visiting the Service NSW website www.service.nsw.gov.au. Can't apply online? Phone them on 13 77 88 or visit a Service NSW centre to apply in person.

The best way to get value from your Seniors Card is to use the card as much as you can. You can find local participating businesses that offer savings whenever and whatever you happen to be doing. From Woolworth's grocery delivery, to cinema tickets, you can save on everyday expenses and treats too. The Seniors Card website even has a handy tool that will narrow down your options by

showing Seniors Card participators near your local postcode.

Seniors Card Shopping tips:

- Look for 'Seniors Card welcome here' sign, displayed by many participating businesses.
- Always ask for the normal quoted retail price before asking for the Seniors Card discount.
- Always ask for the Seniors Card discount... whatever you are buying.
- Present your Seniors Card at the time of booking or prior to making a payment. Most participating businesses will not give a Seniors Card discount once a transaction or service has been completed.
- Shop around and compare prices before making a purchase – Seniors Card does not guarantee the best price. Your item may be cheaper elsewhere.

Get the most out of your savings and *Live Life to the Full*.





A daughter's advice - Don't delay what you can do today

Watching your parents age can be challenging. Not only because we fear we might lose them but because of the pressure it can put on the family.

We're busy with careers, homes, and families, and often need to fit in extra visits to solve all sorts of urgent issues with mum and dad. I feel guilty that juggling their care needs has become the focus over enjoying time with my parents.

When my dad became unwell, it put additional pressure on the family as mum didn't cope and things started to slip for both of them. My parents wanted to stay at home, but the challenge was how to support this? There seemed to be all sorts of services available but how to sort this amongst everything else?

Following several confusing conversations with other providers, I finally made contact with Southern Cross Care. With the support of a lovely lady named Donna, the application process was explained in simple terms and my parents were finally assessed by the Regional Assessment Team (RAS), followed by a meeting with Aged Care Assessment Team (ACAT). We took our place in the national queue for a Home Care Package.

Thankfully while we waited, we were able to put in place a private service through Southern Cross Care until it was our turn to receive a government-funded Home Care Package.

Today mum and dad have enough funding to get the things done that are important to them and it's taken a huge pressure off our family.



A Daughter's Advice

They now have lawn mowing fortnightly, weekly housework help with washing, vacuuming and cleaning the bathroom. Their helper can take them shopping and transport dad to his doctor's appointments. It's given them back their independence rather than have to wait till we're free to help them. They're happier and so are we.

Importantly, we have a great rapport with their Service Advisor and are actively involved but can step back from managing their immediate daily care and focus instead on enjoying time just as we always have. Life now goes on as normal and most days are good days.

My advice is don't delay. Let Southern Cross Care help you and your family navigate applying for Home Care and then offer a range of options to help while you wait for a Home Care package.

"Today mum and dad have enough support and funding to get the things done that are important to them"



Get started

Handy information to help you get started

- 1 Register with My Aged Care. You can contact the government website via www.myagedcare.com.au or call them on 1800 200 422
- 2 If you have a question regarding your income and asset assessment you'll need to speak to Centrelink or visit a Centrelink office
- 3 To find out what Home Care services Southern Cross Care offer, contact us on 1800 632 314 or visit our website scliving.org.au



You can switch Home Care providers

If you're unhappy with your Home Care provider, for whatever reason, you can switch to another.

Many people don't know that it's easy to switch providers in just a few steps if your provider is unreliable or you feel you're missing out on the services and quality of support you need you don't have to settle for less. We recommend you look at your contract beforehand to see if exit fees apply. SCC don't charge exit fees – but many providers do. You may also have unspent funds that you might want to use up before you switch.

You can switch to a new Home Care Provider in 4 easy steps.

1. Shop around

Research providers in your area who can offer you what you need both now and in the future. Call those on your shortlist to get the information you need to make your decision, including when they could start your services. The right provider will take the time to talk with you so you get what you really need.

2. Contact My Aged Care

Once you've chosen a new provider, contact My Aged Care on 1800 200 422. Tell them

about your decision to move and ask them to re-activate your referral code. Make sure you keep a copy of the code handy, your new provider will need it to start your services.

3. Notify your current provider

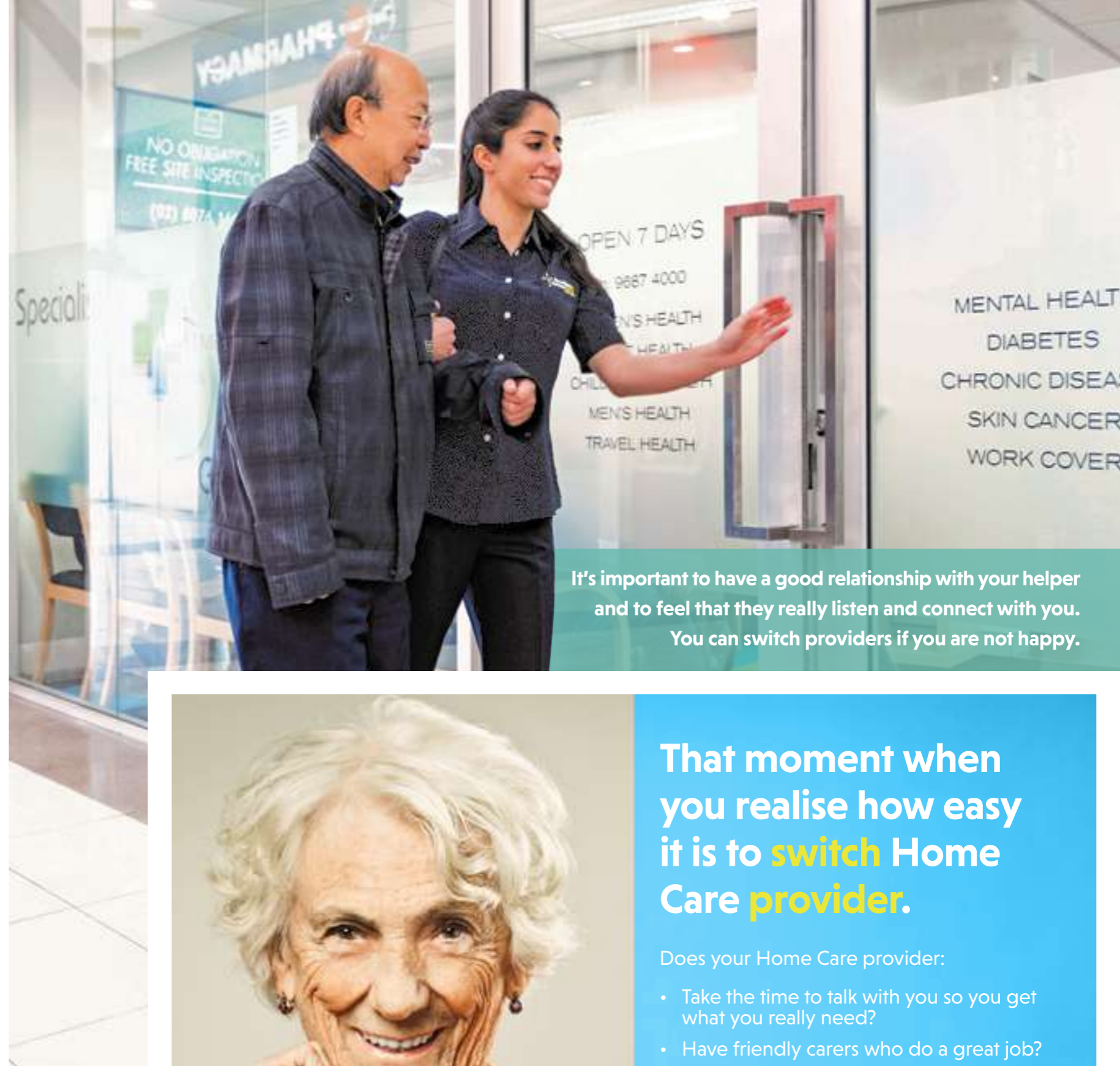
You can do this over email or the phone, however, it is worthwhile to have it in writing. You'll need to agree on an end date, based on when your new services will begin.

4. Start your new services

Once your new provider has received your referral code and the end date from your previous provider you're good to go. Your new Service Advisor will discuss your Home Care Agreement and a new service plan. We take the time to assist anyone wanting to switch to us and coordinate your new services to begin the same day your old agreement ends. Simply sit back, relax, and enjoy your new services.

Not all Home Care providers are created equal.

Call us on 1800 632 314 for more advice and discover why people are switching to us.



It's important to have a good relationship with your helper and to feel that they really listen and connect with you. You can switch providers if you are not happy.



That moment when you realise how easy it is to switch Home Care provider.

Does your Home Care provider:

- Take the time to talk with you so you get what you really need?
- Have friendly carers who do a great job?
- Give you value for money?
- Have no hidden fees & charges?

Not all Home Care providers are created equal. Call us today to find out why people are switching to Southern Cross Care.

Call: 1800 632 314



How does your Garden grow?

Gardening has fantastic health benefits and with a bit of planning and a few modifications, gardening can be a fun and safe hobby whatever your age.

The Pastoral and Spiritual Care Coordinator from Cardinal Gilroy Village in Merrylands had noticed a trend towards garden beds made from refurbished wheelbarrows after visiting Floriade in Canberra. We reached out to one of our partners, Programmed,

who generously donated wheelbarrows, flowers and soil to the village. Programmed is a leading provider of staffing and maintenance services, who work in the village providing a range of grounds keeping, painting and building refurbishment services.

The new wheelbarrows are encouraging seniors to get their hands dirty while keeping them comfortable and safe off the ground. The residents are

now flower crazy, giving them a chance to be creative, as well as improving their hand dexterity. Importantly they're forming bonds within the group.

Gardening is the perfect way to stimulate the body's systems without seeming like exercise. It provides a sense of accomplishment, that you can do something purposeful. This shows in the enthusiasm residents have when they get the chance to show off their gardening work. The residents have now formed a group to maintain the garden beds themselves, taking responsibility for the wheelbarrows.

They're grateful to be able to continue gardening into the later years of their life. Many in the village have previously created flower gardens and established vegetables and herbs produced from seed. They now express a renewed passion to create and nurture their little gardens.

Here are some modifications you can make while gardening to keep you comfortable and safe:

- **Choose plants wisely.** Plants that require the least amount of attention and maintenance include French Lavender, which is a beautiful, fragrant and low maintenance plant that doesn't require much water.
- **Use perennials instead of annuals.** Planting perennials is recommended because you won't have to worry about planting more of the same plant each year. If they're properly cared for throughout the season, they'll grow back the following year.
- **Think about timing.** Work early in the morning or later in the evening because these times tend to be cooler and you'll avoid the harsh heat. Also make sure to work in shade as much as possible during a sunny day, drink water and take breaks as you feel necessary to prevent overheating.





- **Garden small.** For a more manageable project, try container gardening, or even wheelbarrow gardening like the residents of Cardinal Gilroy! The garden can be placed virtually anywhere and is easily accessible at all times. Remember to use light weight containers for extra-easy handling.
- **Small seat.** Use a stool or a chair that will save your legs from having to squat down and plant.

- **Handle grips.** Use tools that are lightweight with longer handles that have some sort of grip to them. This will help prevent arm, shoulder, and back injuries and make use easier for those with arthritis.
- **Garden caddy.** Using a garden caddy with wheels makes it easier to store tools and transport them from one area to another. Make sure the caddy is lightweight and easy to carry or push through grass and dirt.

Residents are expressing a renewed passion in creating and nurturing their little gardens.

- **Watering gear.** Use a hose to water your plants to avoid carrying around a heavy watering can, which can cause injury to the back, arms and shoulders. Find a hose head that has a number of settings to make watering as simple as possible.



Pet therapy

Why pets are good for you

Pet Therapy

Pets are great at any and every stage of life. They help toddlers learn how to treat animals, they help teens learn how to care for something that depends on them, they're great for empty nesters and are some of the best companions and therapy a person can have. As long as you're physically able to care for them, they're certain to enrich your life. It's amazing the companionship a pet can provide, especially if you're living by yourself.

Southern Cross Care loves pets and can help you care for yours as you age. Our Home Care services assists with dog walking, pet care, and even transport to vets if needed. Increasingly, we are transforming some of our Retirement Communities to be pet-friendly, and our new development,

Thornton Park in Penrith will welcome furry and feathered friends when it opens next year.

Here's why we love pets

1. Someone to care for

No matter what age or gender an individual is, everyone has a nurturing side. A pet is something for seniors to care for, which in turn often causes them to take better care of themselves. Not to mention, pets need their owners and feeling needed by something is important, especially as we age.

2. Best of friends

Life can be lonely after the loss of a spouse or friends. So a pet is great company who you can talk

to throughout the day. Pets love attention and respond with lots of love and affection. But what's the best thing about talking to a pet? They don't talk back!

3. Staying active

Many pets require exercise, which is why they're a good fit if you're able to care for them! Having a mildly active pet will help you remain active yourself. Whether you're taking your pet for a walk outside or running after them in the house; getting up and moving around has great health benefits.

4. Social creatures

Sadly, some people stay cooped up in their houses and often don't stray from their daily routines. Pets, especially dogs, are naturally social beings. You may end up participating in pet-related activities, such as obedience classes, or taking them to the dog park, which allows both you and your pet to meet new people.

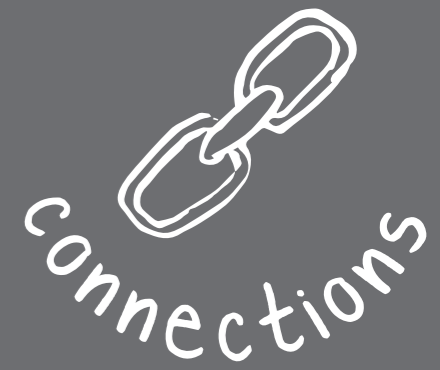
5. Sense of security

A pet can provide security in the sense of not feeling alone. If you're looking for more literal security, a dog may be the right option. Even a small dog could deter a thief. If a potential burglar hears barking, odds are they'll turn away.

6. Reduce stress

Multiple studies indicate that pets are powerful forms of stress relief, lowering not only blood pressure but also stress hormones like cortisol, which is associated with depression and anxiety, and elevating beneficial ones like oxytocin, which is linked to happiness and relaxation

Call us at **1800 632 314** to find out more about how we can help you care for your pets at home.



Pet People

RSPCA understands that to an older person; a pet can mean everything. The RSPCA Aged Care program aims to keep pets and their owners happy, healthy and together in their own homes for as long as possible.

A huge relief to many is that RSPCA offers emergency pet boarding or foster accommodation if you have to go into hospital, plus assistance with grooming, basic pet care, walking and transport to the vet.

For more information please contact the RSPCA Community Programs helpline on (02) 9782 4408.





In my village... Discover Parkes

Our stunning multi-million-dollar integrated village is world class.



Southern Cross Care officially opened the new Parkes Retirement Community and Residential Aged Care home last November with an open day and blessing that saw the whole Parkes community come together. The residents have moved in and are enjoying their new home, beautiful gardens and amenities.

The village has added 29 retirement units offering a new level of luxury living. The one and two room units feature

contemporary, quality finishes and fittings, ready for residents to add their personal touch.

Every part of the village has benefited from the redevelopment including the original sections of the village.

Anyone visiting the Parkes Village will be impressed with the vibrant community we've created. New features include a café, hair salon, children's play area, BBQ areas, attractive landscaped gardens,



recreational walking paths and a real sense of a friendly, country neighbourhood.

A further drawcard is the new Home Care office, providing a range of activities and services aimed at customers who want



to get involved within our community, while still living independently at home.

Parkes Village also boasts a world class co-located Residential Aged Care home. Our vision to provide Parkes and the Central West with a



Residential Aged Care home akin to the best you'll find in a major city is now complete. It is a warm, welcoming environment that sets new standards for care and allows us to continue to service residents, their families and the community for decades to come.



I get by with a little help from my friends

Raymond is the king of his castle in a Coogee unit he and his wife bought more than 20 years ago. It has everything he could possibly want. At almost 92 years of age he has made a few tweaks to allow him to stay at home and has learned to call on others for support.



Born in England and growing up in Kent, at 16 Raymond started an engineering apprenticeship with a firm for a few years before being lured to the Merchant Navy. The attraction of the sea finally led to his dream job as an engineer with P&O cruise lines.

A life of high seas adventures beckoned and a young Raymond jumped ship migrating to Australia as one of the million "ten-pound poms" arriving on our shores between 1945 and 1972. As fate would have it, Raymond met his future wife while sailing to Australia, where they married and started their life together in Sydney.

Sadly, Raymond's wife passed away in 2000 and he found himself learning to live alone. It's meant building strong relationships with old and new friends and calling on others a little more. Raymond has made the most of his retirement, becoming a keen bowls player, golfer, and relishing in knowledge that he's finally a "real true-blue digger."

Raymond suffered a stroke in his 80's and initially friends helped out when he was unable to drive. Many lent a hand to drive him to his doctor's appointments, help run errands and participate in social outings. Now, thanks to Home Care, Raymond gets this help from Southern Cross Care. It's easy for him to call up and schedule a carer to drive and accompany him to his appointments around town.

It was Raymond's doctor who first suggested he could manage a bit better if he had extra help at home by way of a Home Care service. Starting out on a Level 1 package, Raymond had Southern Cross Care help him manage the house work and his transport to his appointments. Over the next couple of years and, with some up and downs with his health, he has progressed to a Level 4 package.

"I love my home and independence. I have everything right at my fingertips and I plan to keep it that way".

Raymond now has the support of a carer once a day for personal, domestic, and social care, plus transport when he needs it. "It's always nice to know that someone's looking out for you and worrying, better safe than sorry", Raymond says after laughing over his care workers taking note of every health detail that may

pop up. When his carer calls in to clean the house for Raymond it also means a friendly face and someone to chat with.

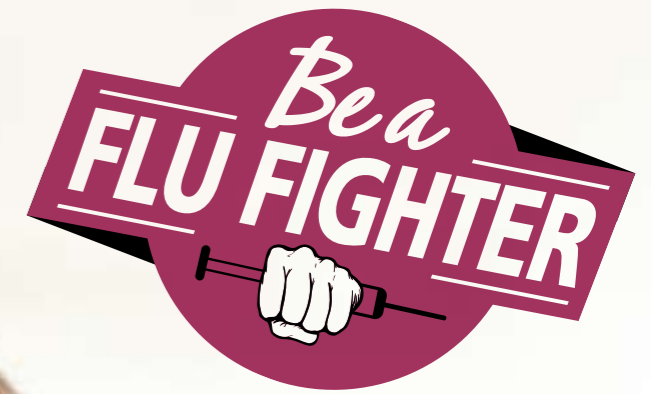
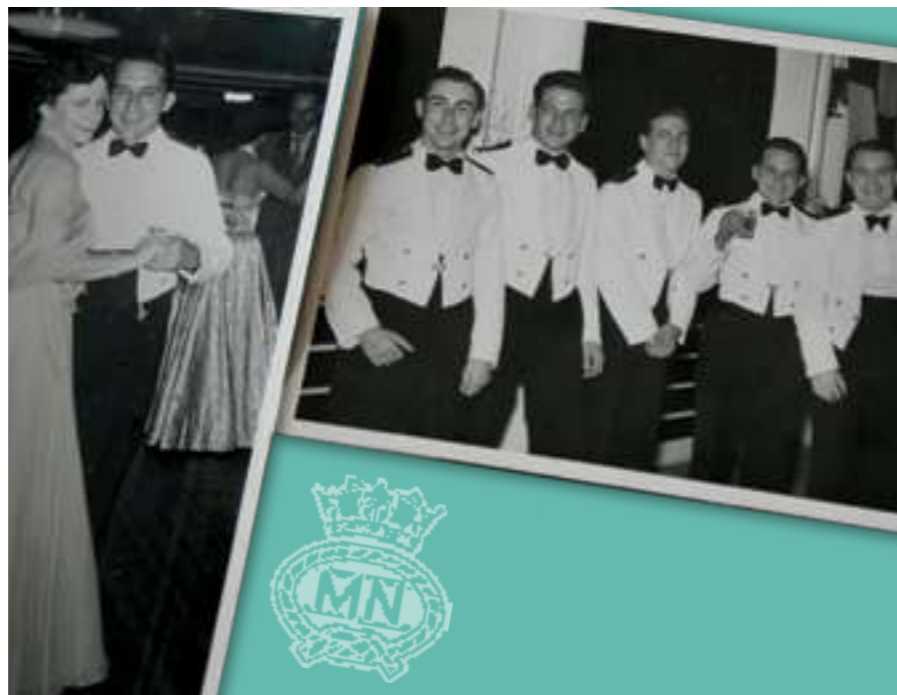
Raymond is fortunate to have good neighbours and a network of friends who look out for him. He has a busy calendar with a different friend calling in every day. Some days he goes to the pub with his old golf mates. Some days it's a cup of tea with the girl down the street, or lunch out with his care worker Ben.

Raymond says he has to always have a goal to work towards, to keep him going. His goal now is to keep up with his physiotherapy and improving his mobility. His friends tell him: "an old bugger

can't expect to be walking like a 20-year-old" but Raymond is determined to try!

"I love my home and independence. I have everything right at my fingertips and I plan to keep it that way, thanks to a little bit of help from my friends".

Thanks for sharing your story with us, Raymond. If you have a story to tell, we'd love to share it. Send your story to editorial@sccliving.org.au or to Goodlife PO Box 1008 Epping NSW 1710.



Flu fighters



In an attempt to avoid a repeat of last year's flu season, Health Minister Greg Hunt announced the government would fund two new flu vaccines in 2018 to try to better protect seniors.

While influenza affects people of all ages, infections among seniors are more likely to require hospitalisation or cause serious complications such as pneumonia and heart attacks.

Seniors' immune systems don't respond to flu vaccines as well as younger people's. Compared to the standard flu vaccine, the new high-dose version has been shown to better stimulate the immune system of older people to get the body to make protective antibodies and reduce rates of influenza in seniors, also protecting against pneumonia.

From April, the two free vaccines will be available for over-65s. Whilst the flu vaccine is the best defence, there are a number of ways you can protect yourself against the flu through your health and lifestyle.

1. Wash or sanitise hands thoroughly and often

Make sure to clean under your nails, backs of hands, between fingers, and wrists. Rub your hands together for at least 30 seconds with soap or hand sanitiser to eliminate germs.

2. Exercise regularly

Moderate exercise boosts your immune system and benefits your body greatly. This could reduce the risk of a cold by a third.

3. Avoid touching the eyes, nose, and mouth

We often touch our faces without thinking, but especially during flu season, this is a common way for germs to enter the body.

4. Clean your environment to eliminate germs

Try to keep your surroundings as clean as possible. Use disinfectant when cleaning during the flu season, especially in the bathroom and kitchen, paying close attention to doorknobs, light switches and counters.

5. Stay away from people who are sick

Protect yourself by keeping your distance. Limit contact and avoid unnecessary touching like shaking hands or hugging.

6. Drink plenty of fluids

Drink plenty of liquids, especially plain water.

7. Eat nutritious foods

Vitamin C has been shown to reduce the risk of getting sick. Get some extra Vitamin C naturally by eating more citrus fruits, strawberries, kiwi and dark leafy greens.

8. Protecting others

Always cover your mouth and nose when coughing or sneezing to stop the spread of germs. Put used tissues straight into the bin and wash your hands. Cough into the crook of your elbow when you don't have a tissue.

Call your doctor immediately if you have any of these symptoms:

- Trouble breathing with the flu.
- Symptoms don't improve or get worse after 3 or 4 days.
- After flu symptoms improve, you suddenly develop nausea, vomiting, high fever, shaking chills, chest pain, or coughing with thick, yellow-green mucus.



What you need to know to be a flu fighter

- The two new high-dose flu shots are free at your GP for those 65+. Whilst each vaccine has a different action, they both achieve the same outcome, so there is no preference for use between either of the two
- Many medical conditions make the flu more dangerous, regardless of your age
- The flu shot is available from April at most major pharmacies. Shop around for the best price
- Protect your loved ones by staying away. If you have a cough or other flu symptoms you may put other people at risk. If your visit is not urgent, consider visiting on another day when you're feeling better.



From Parkes to East Timor with love

Thanks to many people and organisations in Parkes, remote East Timorese hospitals and clinics are now treating patients with modern equipment they could have only dreamt of previously.

Southern Cross Care is committed to sustainability and protecting our planet. We are a Silver Sustainability Advantage Member, recognised by the Office of Heritage and the Environment.

A massive care package, consisting of two 12 metre long shipping containers packed to capacity with donated items arrived in Dili, the capital of East Timor, last month.



In addition to donating \$15,000 to the locally based charity ParaMarcia, Southern Cross Care donated materials from our former Parkes Residential Aged Care home. The containers were filled to capacity with old furniture, electric beds, medical equipment, linen, white goods, roofing, and more.

Organiser Bill Shallvey, on behalf of ParaMarcia said many of the donated items from Southern Cross Care were destined for the

Manufahi Health District in the remote northern part of Timor.

"Other recipients are missionary-led groups, including schools, a young women's refuge, a disability clinic, an orphanage and birthing facilities, all remarkable in their own way," Bill said.

Southern Cross Care's Chief Executive Paul McMahon said the organisation is honoured to have played a part in helping Timorese people receive the care they deserve.

"It was more than just a donation. It means a lot to us!"

"Southern Cross Care has won numerous awards for our sustainability programs, so opportunities to share and sustain resources, like the ParaMarcia program are a good fit for us," he said.

Bill said many East Timorese people are now receiving better care thanks to the donations, but to these clinics and charities in East Timor, the appreciation goes beyond the material donations.

Here are some heartfelt thank you messages from some of the recipients:

"On behalf of Kids Ark Ministry in Hera, Timor Leste I would like to say thank you, 'Obriagda barak', for all the beautiful things you have given to us. Thanks for partnering with us, it goes beyond the "things" sent, it touches people's lives here."

– Kids Ark Timor Leste

"The donation helps us to support and provide better care for the children. You have made a real difference in the lives of the children we serve. Thank you all again, it was more than just a donation. It means a lot to us!"

– Casa Vida

"Bairo Pite Clinic would like to formally thank Bill Shallvey, his energetic team and all those in Australia that assisted in the project bringing state-of-the-art beds to our facility in Timor-Leste. With groups like yours assisting we can have a much greater impact. Your generosity is much appreciated."

–Bairo Pite Clinic





A day in the life of a Village Liaison Officer

Across Southern Cross Care Retirement Communities, a small team of employees called Village Liaison Officers have sprung into action, injecting a new level of service to residents. We caught up with Deborah Bennett, who supports residents at Cardinal Gilroy Village Merrylands.



Deborah Bennett is supporting the needs of up to 211 residents living in Cardinal Gilroy Retirement Village, Merrylands. The average age of residents here is 82 and as a group there's a need for increased services, including Home Care, to help them live safely in their own home. Social and community support is also very important to remain connected and involved with one another and part of an active and caring community.

Describe your day

One day to the next is never the same and while I start my day with a long list of what I would like to achieve, I'm often surprised by how it actually plays out. The other day I was called to a unit where a resident had a medical emergency and I stayed with her until the ambulance arrived. I may then take calls from prospective new residents, be in touch with family members who need help or advice, liaise with health agencies, and deal with issues



ranging from parking problems to disagreements between neighbours.

I'm also attempting to meet with every resident so they have the opportunity to get to know me and understand how I can help them. During these meetings, I look to see how they're coping and if they may have any needs that have not been identified. Many people at CGV have lost partners, children, friends etc. and have no immediate family to help them navigate care or support services – or to keep an eye on their well-being. It's important that I build a connection with each resident and that they can trust me to assist or advise them. Navigating aged care is complex, and, even with the assistance of a relative, it's still very difficult. We have residents in their 90's whose children are in their 70's and I'm finding both generations



need help to understand what's available and how to access My Aged Care and government services.

What are the greatest opportunities?

I think the ability to be able to get to know our residents and think about how we can support each individual means we're able to make their days happy, safe and fulfilling. For some people it's about providing social engagements and activities that help minimise isolation and loneliness. For others it's domestic assistance, personal care, outings and transport. We're also important connectors, ensuring the outside community plays a role in Village life. There are schools, voluntary organisations, service providers, arts and entertainment organisations and transport services. In fact, an endless list of community



groups that residents can benefit from and by welcoming them in they can enrich the fabric of a community.

What do you enjoy most about your work?

People! I love their stories. I may walk into a room and see a frail little lady who shares with me a tiny piece of her life story. I leave humbled, perhaps with a picture of a starry-eyed girl at her wedding, a mother who raised children on her own during the war years, a woman with a lifetime of skills and knowledge. It's the very personal sharing of one's history that makes you see the real person.

If we can help people feel comfortable asking for and accepting help, supporting them to get services in place and ensure they feel connected to others within their village, then we've done a great job!

What's new



Thornton Park, Penrith

Our new \$56 million state-of-the-art aged care community in the heart of Penrith is expected to open in early 2019. The new development sits in a prime location on Empire Circuit, close to Sheffield Oval and a short walk to Penrith railway and shopping precinct. A big selling point is that it's close to

everything, yet tucked away and private, so perfect for those who are looking for a tranquil boutique village lifestyle.

Thornton Park will offer a range of lifestyle accommodation options including contemporary retirement living units, an aged care home, and a central Home Care hub delivering wellbeing and care services to clients and the broader community. There's

also a cafe, community wellness centre, hairdresser, and a range of allied health care services. Together with attractive gardens and outdoor spaces, it aims to be a vibrant destination designed to draw-in the wider community.

When complete, the new community will deliver an exciting model of senior living with a real focus on holistic wellbeing.

The 10k Project – a community centred approach to ageing well

A joint initiative between The GroundSwell Project, Western Sydney University and Southern Cross Care.



Imagine what happens when a Residential Aged Care home transforms from a place of care to a hub where relationships and inter-generational learning thrive.

The maintenance and development of older people's social networks is fundamental to wellbeing. Being connected, having a positive identity and continuing to contribute to the fabric of society are all essential to positive healthy ageing, increased life expectancy and overall life satisfaction.

These connections and community networks are often under recognised and are rarely utilised to their full potential. Through this project, we hope to develop active, connected and engaged aged care environments.

Placing a Southern Cross Care Aged Care home in the centre, we're working to engage with all of the resources and networks within a 10-kilometre radius of the home, including schools, community centres, faith-based organisations, TAFEs, Universities,

shopping centres, artists, businesses, garden centres and voluntary organisations.

The 10K project is a unique wellbeing pilot program that will bring to life the community networks of two Southern Cross Care homes over 3 years. Through this collaboration we hope to better develop a network of care and get the whole community involved in caring for each other.

The first home to be involved is our Greystanes Residential Aged Care home.

Autumn Roast Vegetable Salad

This salad is a tasty way to enjoy vegetables or to use up ingredients that may be lingering in the fridge. The nutrients in bright coloured vegetables like pumpkin and sweet potato are known to lower blood pressure and promote healthy joints, among many other benefits.



Serving suggestion:

Serve with meat or fish

Serves 1 Prep 10 mins
Cooking 30 mins

1 cup Pumpkin, sweet potato, red onion (or other vegetables of your choice). Cut in to 2-3cm pieces.

1 tbs Oil

1 tbs Balsamic vinegar

1 tsp Brown sugar or honey

1/8 tsp Rosemary, dried

To taste Salt and pepper

2 handfuls Rocket or spinach leaves

1/4 cup Feta, cubed (optional)

- 1 Preheat oven to 200°C.
- 2 Line a baking pan with baking paper.
- 3 In a bowl combine oil, vinegar, brown sugar, rosemary, salt and pepper.
- 4 Add vegetables to oil mixture and mix to coat.
- 5 Put vegetable mix into baking pan and arrange in a single layer.
- 6 Roast for 30-40 minutes or until vegetables are cooked and slightly browned.
- 7 Remove from the oven and allow to cool.
- 8 Arrange rocket/spinach leaves and vegetables on a plate.
- 9 Add feta (if using).

Swap it out

Don't have any pumpkin or sweet potato? It's easy to swap out. Here are some ideas you could try instead

- Roast green and red peppers with red onions
- Slice zucchini into long strips and roast with cauliflower florettes
- Roast baby potatoes and red onion tossed with garlic cloves and rosemary sprigs
- Roast carrot slices and beetroot wedges for a colourful salad.

Apple & Berry crumble

The ideal winter pudding!

Use seasonal stewed fruit or canned fruit.



Serving suggestion:

Serve hot with custard or ice cream

Serves 1 Prep 10 mins
Cooking 25 mins

1/4 cup Rolled oats

2 tbs Flour

2 tbs Brown sugar

1/4 tsp Cinnamon or mixed spice

1 1/2 tbs Margarine or butter, melted

1/2 cup apples and berries, canned or stewed

- 1 Preheat oven to 160° C.
- 2 Combine rolled oats, flour, brown sugar and spice in a bowl. Add margarine and mix well to make a crumbly topping.
- 3 Place fruit in a small ovenproof dish.
- 4 Sprinkle topping over fruit and cook for 20-25 minutes or until the topping is golden brown.

Swap it out

If you don't have any apples try these ideas instead

- A tin of apricots mixed with frozen mixed berries. Replace flour with almond meal
- Use sliced peaches and plums and toss sliced almonds into the crumble mix
- Mix pineapple chunks with frozen blueberries and add shredded coconut to the crumble mix.

Sudoku

Smart Life keeps your brain healthy with our quick and easy word games and puzzles.

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

How to play

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

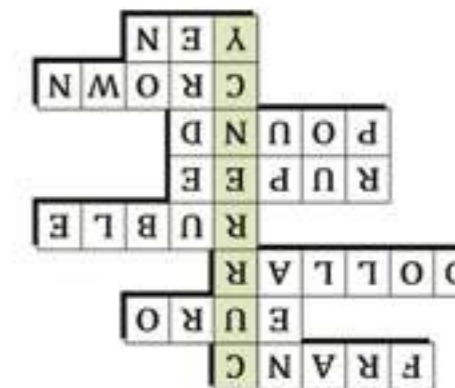
Money Matters



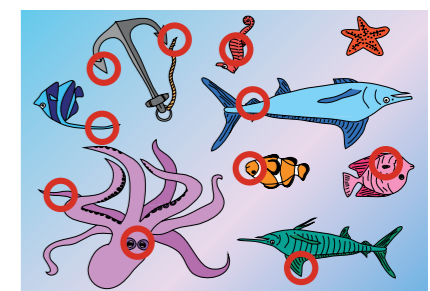
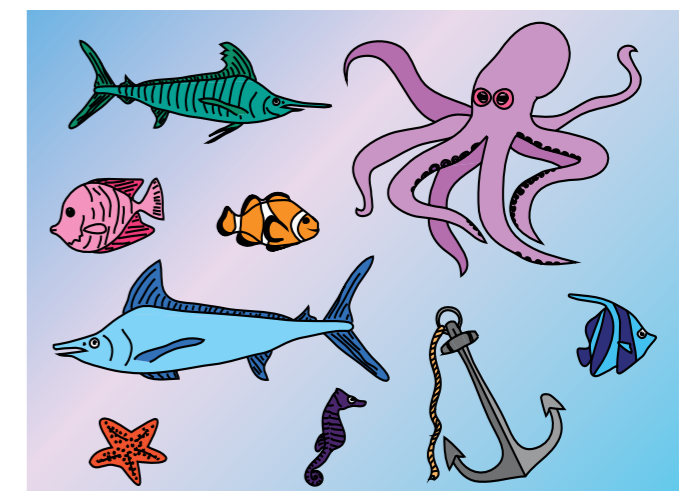
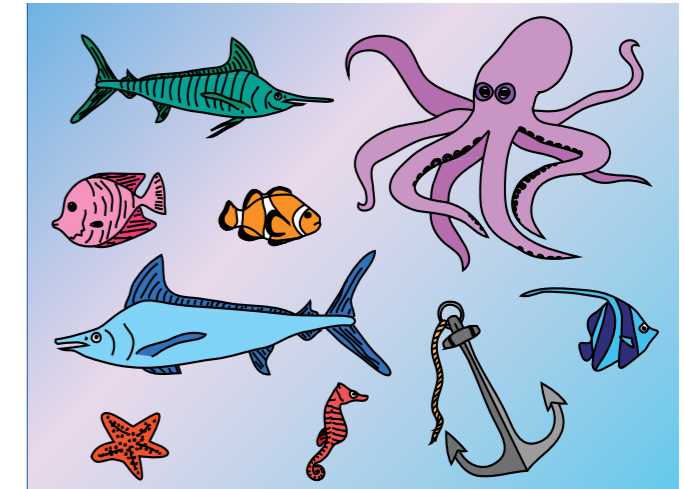
1. A novel by Frederic Beigbeder has this word in its title (5)
2. Currency used in Germany, France, Italy and many other countries (4)
3. As sound as a _ _ _ _ _ (6)
4. Russian money _ _ _ _ _ (5)
5. Indian currency (5)
6. In for a penny, in for a _ _ _ _ _ (5)
7. The name of Swedish currency Croner means (5)
8. The currency of the Land of the Rising Sun (3)

Answers

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



Find 10 differences



"Our future looks great from here."

"Moving into a Southern Cross Care Retirement Community was the right decision for us. Barry has dementia and I felt isolated and overwhelmed living in our family home. Today Barry receives Home Care services daily from Southern Cross Care and we're surrounded by new friends. I have peace of mind knowing there's an onsite Residential Aged Care for Barry, should the time come."

– Rhonda

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