

Goodlife

//Autumn 2019

For those who love their independence

A New Lease on Life

**Clever Interior
Design Tricks to
Transform Your
Home**

**Good health and
good spirits with
home care**

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Welcome

Welcome to the first issue of Goodlife for 2019!

It's always great to hear the stories from our customers and share them with you. We hope that you enjoy seeing yourselves, your neighbours and your friends in this issue.

Read Brian's story for a dose of inspiration. Brian is a home care customer from the far-north coast. Brian's determination and the support from SCC has brought him from a hospital bed to better health than he's had in years.

The magazine also has a bit of a foodie theme going on. We were excited to have guest Chef Olivia Robinson, a MasterChef Australia 2016 Top 24 Contestant, speak at the Reimagine Ageing Festival in Penrith about introducing new ingredients to our repertoires to create healthier, tastier dishes. In this issue you can find her tips and recipes like the one for Overnight Chocolate Oats that is so decadent, you wouldn't believe it was such a healthy breakfast option.

Eden from Bateau Bay, who featured in the Christmas issue of Goodlife, had a great suggestion for us to include conversation starters that could be discussed with your village neighbours and friends. So, we ask you all this question, what are the most important lessons you feel you've learned over the course of your life?



Share your answer, a story, or your feedback in the next Goodlife magazine by contacting the Goodlife Team by email at editorial@sccliving.org.au or post to Goodlife magazine SCC, PO Box 1008 Epping 1710.

Enjoy,
The Goodlife team.

Contact us

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 SouthernCrossCareNSWACT

7th Asia Pacific Eldercare Innovation Awards 2019 - Finalists

Southern Cross Care's innovative Connected Communities Program is recognised by the aged care industry.

Southern Cross Care is
incredibly excited to be
announced as a finalist in the 7th
Asia Pacific Eldercare Innovation
Awards 2019 for our Connected
Communities' Program, in the
categories of Innovation of the
Year – Community Care Model
and Innovation of the year –
Social Engagement Program.

The annual Asia Pacific Eldercare Innovation Awards is an industry innovation driven by Ageing Asia. The awards were created to provide annual recognition to organisations in the Asia Pacific Region that demonstrate eldercare innovation in their business, operational and service models

to change the way older adults age. These international awards received over 250 entries, and is a tremendous achievement between the Groundswell Project, Western Sydney University and SCC.

"This unique wellbeing program is based on the care model at our new development, Thornton Park, in Penrith. It focuses on bringing to life the community networks of our homes. I've always believed that ageing is everyone's business. Through this collaboration, we are better developing a network of care that gets the whole community involved in caring for each other," said CEO Helen Emmerson.



Win a hamper

We hope you enjoy this issue of Goodlife. Share your story and you could win a delicious gourmet hamper. Please email your entries to editorial@sccliving.org.au or post to Goodlife magazine SCC, PO Box 1008 Epping 1710 by the 30th of June.

Doing better than ever

Brian's story is one of perseverance and determination, showing the great things that come from hard work.

Brian was adamant that he would be able to return home upon discharge from a nine week stay in hospital. Brian has Parkinson's which severely impacts his mobility but the Area Health Team agreed to give him a chance at home, fully expecting him to fall and return to hospital in a short time.

Since coming out of hospital, SCC has been providing daily support to Brian with personal care, domestic cleaning, shopping, OT and physio support. Brian has now been at home for nine months and is safe and doing better than ever.

"Before I couldn't even walk two blocks down to the shops, now I can walk there and back with energy for more!" said Brian.

Kylie, Brian's Physiotherapist, says that it's been a "privilege and a joy working alongside Brian each week."

"His determination and faithfulness in following my advice and doing the daily exercises has been so special to witness. The benefits he has gained from doing so has seen him going from a man who was falling backwards almost daily to the "f" word ("fall") not being mentioned anymore. The gains in his strength, mobility, balance, flexibility, confidence and fitness level is a testimony to his determination and the wonderful benefits of exercise in a person's life. Thank you, Brian and Southern Cross Care, for the opportunity to work together," said Kylie.



"Before I couldn't even walk two blocks down to the shops, now I can walk there and back with energy for more!" said Brian.

"Brian still remains at high risk of having falls, but he cherishes each day in his own home with his pets and neighbours, so we're doing everything to keep him happy and safe," says Service Advisor Lyn.

Brian enjoys the feeling of being in his own home where he's comfortable and can be with his dog Larry and miniature pony Josie. He's glad to have his neighbour Leigh who looks out for him by visiting every day, as well as his carers.

Brian has every confidence that if anything goes wrong he now has the people around him to get him right back to tip-top shape.



Furry companions

For Margaret from Casino, her dog Jessie fills her days with love and companionship.

For many years Margaret lived in the community and received Home Care from SCC to help her stay at home while managing dementia.

Even as her symptoms began to pose a more serious risk to her health, Margaret was hesitant to move to residential care because she didn't want to give up Jessie, her dog.

Donna from the Home Care Team could see Margaret's struggle and wanted to balance the benefits that the love of a pet brings and the need for greater care for Margaret. Donna called Leanne, the Manager of the St Michaels home in Casino. Leanne is a great lover of animals so understood how Margaret was feeling and generously offered to adopt Jessie when Margaret was ready to move into the St Michaels home.

Donna says, "It's a pleasure to see Leanne and Jessie at work. Jessie is loving all the extra attention she now gets and is getting very fit from running around on the farm. It shows what a compassionate person Leanne is to think outside the box like that, to better the lives of her residents. It makes me proud to work for Southern Cross Care."

Jessie has become a fixture among the home and is sharing the love with Leanne, Margaret and all the other residents who love having her around.

Ensuring that Margaret is happy in her new home was a real group effort between our Home Care and Residential teams. Margaret is now safer and has since come out of her shell since being surrounded by friendly faces and activities like gardening, which she's always loved and helps keep her balance.

Lyn from the Home Care Team knew that being able to garden at the home would make the transition easier on Margaret. The team at St Michaels were very happy to then set up a new raised garden bed for residents who like working in the garden.



*Jessie brings
smiles to
St Michaels*

Clever Interior Design Tricks to Transform Your Home

Whether you've just moved or are looking for a quick, little home pick-me-up, or perhaps something more significant, there are some well-known interior design tricks that designers employ that you too can easily do with minimal effort and cost.

Sometimes the smallest things make the greatest impact. It could be the addition of a mirror, a painting, a lamp or even a plant. Maybe you want to soften your walls, brighten a room, or add some warmth to your living space. Take a look at these clever design tips and see how they can inspire you!

Paint smaller rooms in softer, lighter colours to help make the room feel larger

Maximising a small living space is all about the use of light. Light coloured walls and ample use of mirrors not only reflects the natural light pouring in from doors and windows, but the use of mirrors also gives the optical illusion of space, making the room seem larger than it actually is. Mirrors placed directly across from the windows will add instant light. Decorative mirrors can also be used in lieu of art to fill empty wall space. Even in a well-lit room, a small room in a darker colour will have a more boxed-in feel to it.

Mix it up. Mix up patterns and textures. Mix up old and new, expensive and inexpensive

There's nothing wrong with placing family heirlooms alongside your modern couch. The most important aspect to decorating your home is that it reflects who you are, your personality and your style. The antique desk that you've had forever tells a story. It tells the story of your past. The modern couch you fell in love with and simply had to purchase also tells

a story, your present story, and there is no reason why the present and past can't co-exist beautifully together. With fabrics, whether it be furniture, rugs or pillows, varied colours and patterns can bring warmth and texture into your living space.

We all have items in our possession, probably packed up in boxes somewhere and haven't given them a second glance. Instead of running to the store, take a good look at what you already have. You will be amazed at what you can do with what you already have!

Go green

Add plants to your living space. Add them to every room, small or large, few or many. Plants are an inexpensive means to accessorising your space and adding colour and texture. Not only are plants beautiful but many can clean household air and balance humidity. They can absorb pollutants and remove harmful gases from the air. No home should be without these wonderful greens!

Modifying your home can help you stay at home

Now that you've styled your home to your taste, there's a few modifications you can make to ensure it's comfortable and safe for you to stay at home. Get rid of any throw rugs or mats in the bedroom and replace flooring with soft, plush carpet. Not only will this be easier on your joints, it will keep the room warmer and provide friction to prevent



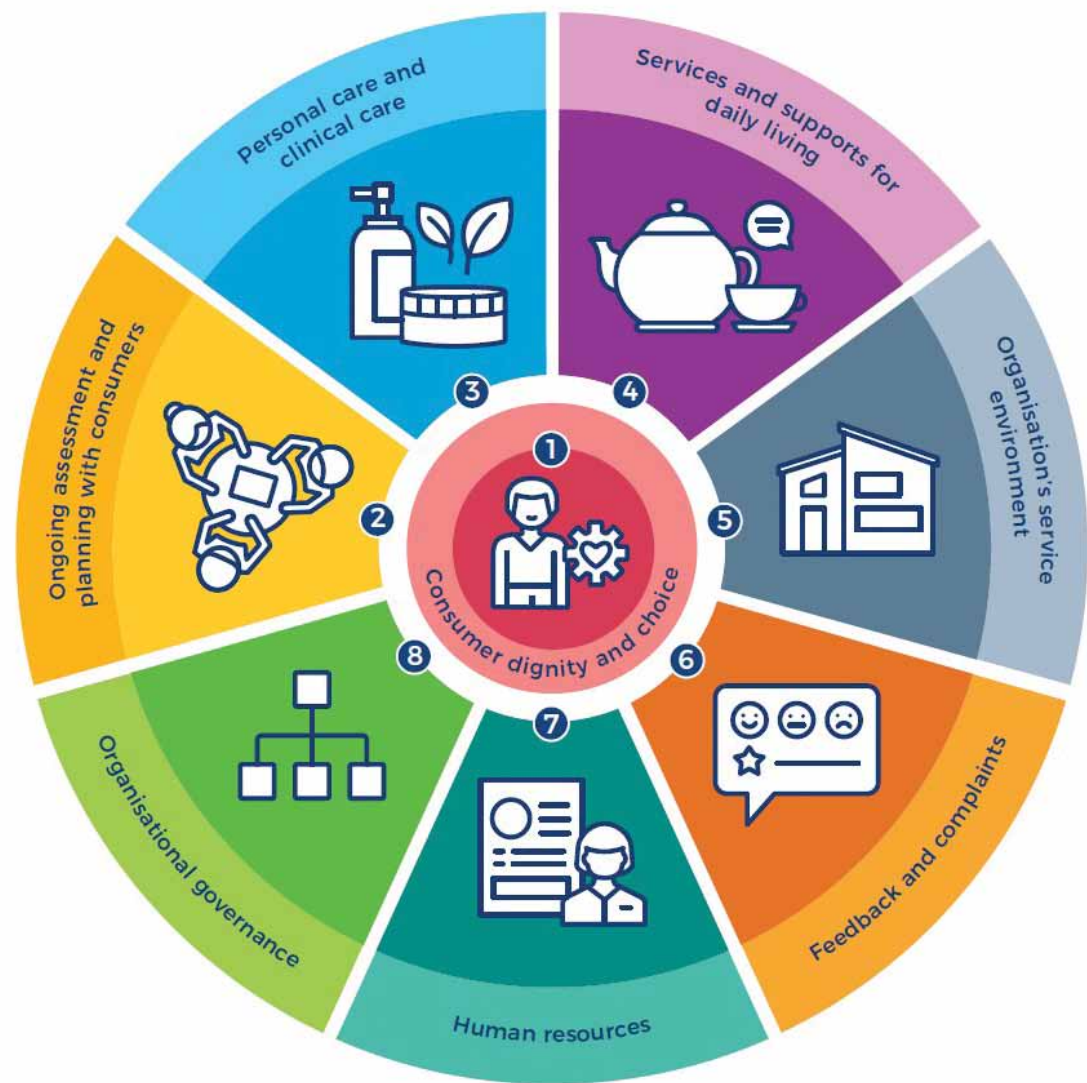
Southern Cross Care Parkes Retirement Village.

falls. Consider installing a walk-in shower so that you don't need to step over the tub to get in. Shower rails are a great addition to facilitate balance, and seats (permanent or foldable) are great if you have difficulty standing on your own, also consider

placing non-slip mats on the floor in the shower. Lift chairs are another good thing to look into as they make getting up from furniture safer. Arrange the furniture in a way that will allow you to move around rooms easily, especially if you use a walker.

New Aged Care Quality Standards

These eight new Aged Care Quality Standards tells you, the consumer, what to expect from your Aged Care provider.



This year, the Government is introducing a new Aged Care Quality Standards, bringing together Home Care services and Residential Aged Care services under one set of Standards. These eight standards will begin from 1 July 2019 and will make it easier to check that you are receiving good care, where your individual needs are respected and met. Every person who receives care has the right to be treated with dignity and respect, and to have their personal and clinical needs attended to.

Being a Southern Cross Care customer means that you will have choice and control over all aspects of your life. We will actively listen and communicate effectively and ensure your preferences are met. By understanding your preferences, we will balance your clinical needs with your social, emotional and physical needs, ensuring you can lead a meaningful life.



Standard 1: Consumer Dignity and Choice

"I am treated with dignity and respect and can maintain my identity. I can make informed choices about my care and services and live the life I choose."



Standard 2: Ongoing Assessment and Planning with Consumers

"I am a partner in ongoing assessment and planning that helps me get the care and services I need for my health and well-being."



Standard 3: Personal Care and Clinical Care

"I receive personal care and/or clinical care that is safe and right for me."



Standard 4: Services and Supports for Daily Living

"I receive the services and supports for daily living that are important for my health and well-being, that enable me to do things I want to do."



Standard 5: Organisation's Service Environment

"I feel I belong, and I am safe and comfortable in the Organisation's service environment."



Standard 6: Feedback and Complaints

"I feel safe and am encouraged and supported to give feedback and make complaints. I am engaged in processes to address my feedback and complaints, and appropriate action is taken."



Standard 7: Human Resources

"I get quality care and services when I need them from people who are knowledgeable, capable and caring."



Standard 8: Organisational Governance

"I am confident the Organisation is well run. I can partner in improving the delivery of care and services."

New lease on life

Doreen and Harry lived in many places all over Australia before settling in Parkes but they now say that the SCC Parkes Village is their absolute favourite place they've lived.

They never imagined how happy they could be as a part of village life after having been on a large farm without a neighbour in sight for so long.

Doreen and Harry's home care Service Advisor Karen could see that their health was deteriorating fast and they were suffering from being so isolated, especially after Harry had to stop driving. Karen invited them to look around the village and they were amazed. They then made, what they call, the biggest and best decision of their lives by moving in.

SCC is committed to providing these services in rural locations where isolation can be difficult to overcome for older people and access to care and support is limited.

"We were so impressed with the care and love. We felt so welcomed. I had no idea that this sort of thing was available," said Harry.

"We have always been busy worker bees, looking after chickens and cows, so we just love being a bit lazy now. Life is easier. It's a sigh of relief when we sit down in our new home. I do like playing bowls and having afternoon tea with the new ladies I've met. It's really given us a new lease on life," said Doreen.

"Moving here has added 10-15 years back to their lives. Their health has improved so much since moving here," said Karen.



Good health and good spirits with home care

Anyone who meets sisters Gloria and Mavis can see how kind and appreciative they are. Lyn, their Home Care Service Advisor, says the ladies seem to be in good health, good spirits and always eager for a chat with visitors.

One of their favourite visitors are their carers that support them with things like housekeeping, shopping and driving to appointments as neither has their license anymore.

"It's a joy to see them arrive and I'm sad to see them leave. They just make my day," said Gloria.



"Having them do the washing and ironing is a Godsend. The deal between Gloria and I is that I cook and she cleans up but the Home Care even takes care of some of that," said Mavis.

Mavis and her husband lived and worked on a farm so she's no stranger to hard work but at this point in her life, she'd rather relax.

When asked about how Gloria and Mavis keep their sunny dispositions, Mavis said, "Always put a smile on your face. Look forward to every day. We try not to be gloomy about our aches and pains, complaining too much can really get you down."

The sisters will soon be moving closer to family and are relieved that they can keep receiving SCC care in their new home which they're very excited about!

The sisters are lucky to be so close and look out for each other. Gloria spent a lot of her life in America where she worked in the Aerospace Industry in a very exciting time with a team of 100 working with the massive, early computer systems.

Gloria says, "To have a positive attitude, it's important to laugh a lot and be grateful for all the good people around you."



Aged care at home

With Southern Cross Care's wide range of in-home services, you have care and support close at hand to help you to continue to live happily and safely at home.

Call today to discuss your needs and preferences.

Call: **1800 632 314** (free call)
Visit: **sccliving.org.au**



Make your own sensory blankets

Sensory Blankets provide a soothing and stimulating activity for people living with dementia.

You may have a friend or relative who would benefit from a sensory blanket or your local aged care home would be delighted to receive one as a donation. You could even get together with a group of friends from your village and create a few blankets together to donate.

Residents from our Maroubra home were thrilled to receive their own sensory aprons and gloves, donated by volunteers. They have helped people keep their hands busy in a safe and soothing way and has even brought up lovely memories about knitting.

The size of your sensory blankets is up to you; the dimensions below make a lap mat that can be tied at the waist or positioned on a table with velcro.

What you need

- Volunteers and sewing machines. Not all volunteers need to know how to sew; they can decorate, cut fabric, and separate items for personalised mats
- Decorations: Leftover wool, strings, buttons, zippers,



buckles, bells, fabric in different textures, soft toys, squishy and squeaky items, key rings, beads and more

- Stiff stabilizer, fusible on both sides. – 1 piece 56 X 47 cm
- Fabric - 2 pieces (front and back) - 24 X 19 56 X 47 cm

Assembly

- Lay first piece of fabric right side up on a table
- Lay second piece of fabric, right side down (on top of first fabric)
- Lay stabilizer on top of fabrics
- Sew around and leave one side open
- Turn fabric layers inside out
- Now you have the interfacing between the two layers of the mat fabric
- Finish mat's open side by folding inwards and sewing shut.

- Iron the mat well to allow the interface to fuse
- Sew all around the 4 sides of the mat once more to finish the base.

Decorating

Use your imagination; anything interesting and safe is suitable. Decorations should be securely attached to fabric for safety reasons.

For example: Sew on a zipper, attach buttons, make a button hole for large buttons with button flaps, sew in a bunch of wool strands (about 18cm - to be braided); attach belt and buckle, sew in a fluffy piece of fabric and leather, attach pom-poms, squishy toys, and more. Attach soft toys, sew in a little pocket, large colourful beads, key ring and attach it to mat.



Ivan and Margaret keeping Merrylands lush

For Ivan and Margaret, from the Cardinal Gilroy Village in Merrylands, life in a retirement village is about living the life they always wanted.

We always liked spending time in the garden. We had a lot of rose bushes, those were our favourite. I like those and Snapdragons so I'd like to plant more of those here," said Ivan.

"When we came here we had this green space in front of our unit to do what we wanted. We made a garden bed but we seem to make it bigger and bigger all the time as I see different things Ivan could plant," said Margaret.

The Village Liaison Officer, Deborah, saw the value in gardening as a way for residents to exercise and socialise. She has created programs to encourage residents to 'get gardening' all around the Village. These spaces have spruced up the Village and have a personal touch that the residents can be proud of.

Bunnings and Programmed have been very generous partners, donating and helping to set up wheelbarrow gardens, raised garden beds and benches,

creating peaceful spots for residents to have their own veggie patches. Ivan enjoys tending to the garden and using the fruit and veggies from the garden like tomatoes, cucumbers, spring onions and strawberries.

"People like Deb and the maintenance crew have been a great help. Gardening is something we always did in our own home anyway. Living in the Village, getting help with tools and the raised beds, means it's a lot easier on all of us," said Ivan.

Marsfield Residential Aged Care

Conveniently located on a quiet residential street next to historic Curzon Hall, this beautifully appointed home offers a range of private suites with garden views, together with quality service and the reassurance of around-the-clock care. Enjoy the hotel-like experience without sacrificing the comforts of home.

Our friendly, professional team go out of their way to create a homely environment where you'll easily make friends and never be bored. With an ever-changing schedule of activities and social events you're able to get involved with activities that suit you.

- Onsite café
- Chapel
- Hair and beauty salon
- Beautiful, secure gardens
- Exercise classes
- Painting
- Pet therapy
- Shopping trips
- Walking groups
- Dementia care
- Palliative care
- End of life care

16 Vincentia Street, Marsfield

Call: **1800 632 314** (free call)

Visit: **sccliving.org.au**



Challenge yourselves

Take up the challenge of trying new things and let your retirement years be the time to live, learn and enjoy life.

Staying sharp as we age is possible if you're proactive and treat your brain like a muscle, because if we don't use it; we'll lose it! Mental stimulation improves brain function and reduces the risk of cognitive decline and related diseases. To use the most brain power, we need to be challenging ourselves and going beyond our comfort zones.

Finding that challenge can get trickier as we age and get comfortable with who we are and how we spend our days. A side effect of this complacency can be boredom which is detrimental to a sharp brain.

Join a course at University of the Third Age where you can acquire new knowledge and skills in an informal, friendly atmosphere. Take a deeper dive into a topic that's always interested you, like the French language if you loved your holidays to France, or creative writing if you've always been a bookworm.

Research has found that tennis players lived the longest among the activities they looked at. The researchers think that, what the sports with the biggest increases in life expectancy have in common, is that it takes two or more people to play them. It's not just the physical benefits sports give us, but the social ones of a community with shared interests and passions.

As well as a physical outlet, it's important we have a creative one too. Get in touch with your creative side by enrolling in a class and work towards mastering that knitted blanket, woodwork train set or capturing the perfect photo, the possibilities really are endless.



Overcoming FOTO – Fear of Throwing Out

The Fear of Throwing Out, aka FOTO, is real and 82% of Australians have it! Do you?



It's a feeling we're all familiar with – the inability to get rid of something despite knowing we're never likely to use it again. And to make matters worse, we often can't quite put our finger on why we find it so hard to throw out. Now, this phenomenon has a name – FOTO, or the Fear of Throwing Out.

According to leading Psychologist and expert on collecting and saving behaviour, Dr Jessica Grisham, it's impacting more than just our storage space, it's also weighing us down mentally and stopping us from embracing a happier life.

Recent research found that 4 in 5 Australians (80%) confess to holding onto things they no longer need, for reasons they can't explain. What's more, over half (57%) admit to feeling guilty or frustrated about the things

they can't bring themselves to throw out. Clothes (64%), travel mementos (48%) and books (47%) top the FOTO list.

The research also shows that FOTO can span over years, even decades, Dr Grisham states, "Often people keep hold of things that remind them of happy times, or because they have spent a lot of money on an item, perhaps when starting a new hobby or fitness regime. By keeping them around and not using them, items can change from being a source of pleasure to a source of angst. This negative feeling may linger for as long as they are unable to throw the thing away."

Overcoming FOTO and liberating yourself can be as easy as identifying those few things in life and taking the plunge. 77% of people confirmed they feel happier after getting rid of things

"Over half (57%) admit to feeling guilty or frustrated about the things they can't bring themselves to throw out."

they no longer need. "By breaking the habit and removing a few key things we've been holding onto for too long, most people experience a sense of liberation that will drive them to do more of the same. By overcoming FOTO, people can improve their mental wellbeing as it can help them embrace who they are today by having just the things they need around them," Dr Grisham says.

The research was conducted by Pureprofile in November 2017 on behalf of amaysim, surveying a nationally representative sample of 1,238 respondents in Australia aged 18 and over.

Living at St Martha's is a delight

Bobbie from the St Martha's home in Banora Point is a person who sets out to enjoy her life as much as possible and takes great delight in living at St Martha's.

It's so easy to sit down and waste your days. I've always been an early riser and a hard worker so to sit and watch hours pass me by isn't part of my nature. I'm lucky to still be quite cognitive at 91 so I see no reason to stop doing what I've always done," says Bobbie.

Bobbie says that she made a deal with herself. "I'm happy at St Martha's but I promised I will take any opportunity to get out

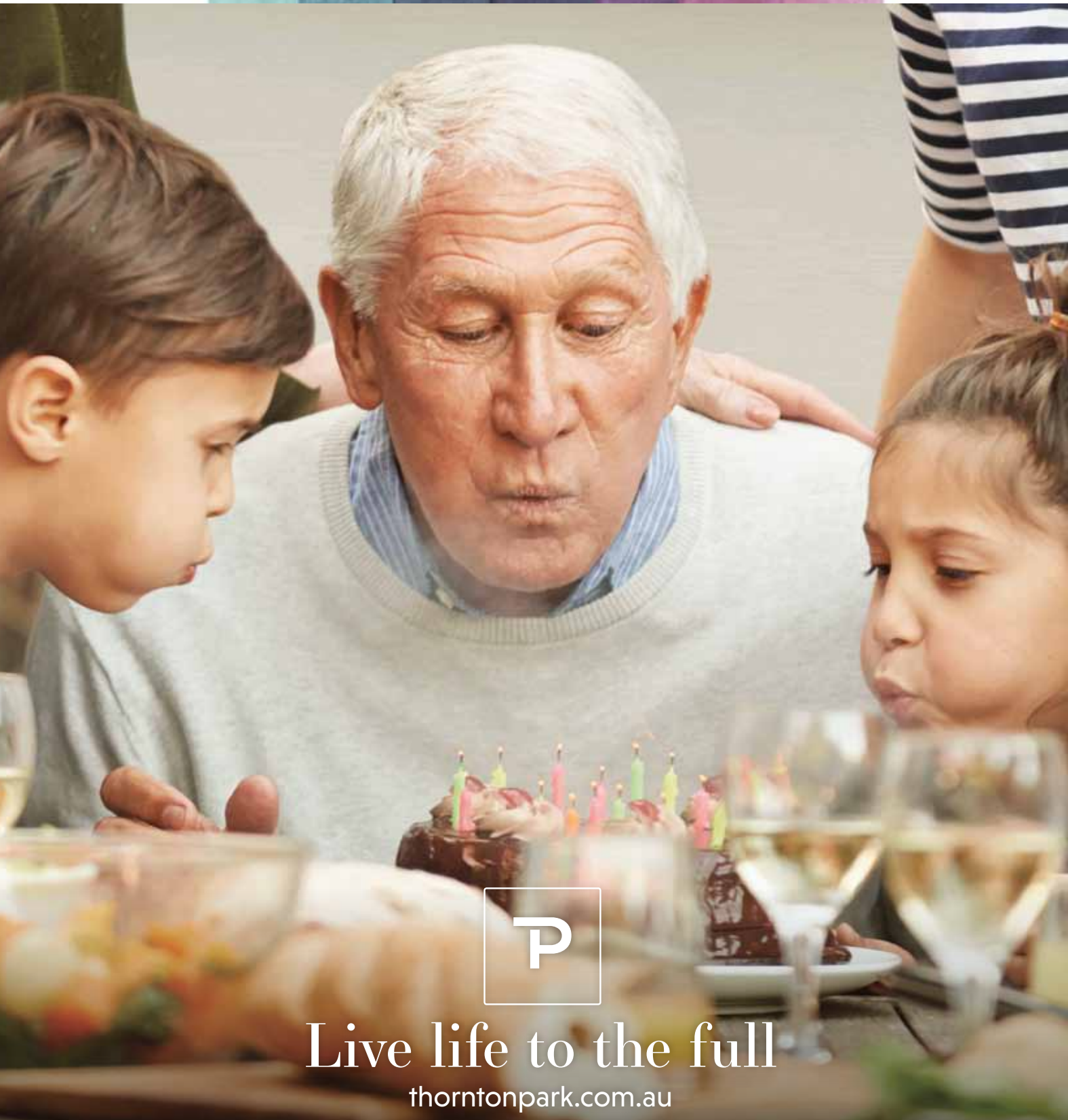
there and enjoy different things. My favourite activities are the outings, particularly to the other nearby home, St Joseph's, where we know the other residents and staff, so it's nice to catch up."

Bobbie got in touch with the local Lifeline Op-Shop wanting to do something a little bit different to help her community. She loves spending time there and says she'd never shop anywhere else

now after seeing the deals you can get, helping a few of her fellow residents find some gems too.

"We help residents pursue their interests, develop new ones, and provide an invaluable sense of community involvement, from going on an outing, an interest we supported them to pursue or as little as issuing a job to do within their home like setting tables and helping with the coffee shop," said Lindy the St Martha's Facility Manager.





Live life to the full
thorntonpark.com.au

This is retirement living like no other. Thornton Park is about freedom and space to choose the lifestyle that's perfect for you. It's your opportunity to be spontaneous, rediscover a passion, or simply strike up new friendships. Set on a tree-lined street among modern family homes, Thornton Park is conveniently tucked away in a tranquil setting, yet close to everything that Penrith has to offer.

This is your opportunity to secure an apartment and enjoy the best retirement you could dream of, with a great range of activities, services and onsite amenities. Featuring a selection of 1, 2 and 3 bedroom luxury apartments, many with a study, available from just \$495,000.

Dream big and reserve yours now.

Open days every Wednesday or call **Margaret** on **1800 860 480** to arrange an inspection.

Thornton Park opening around the corner

Thornton Park, Southern Cross Care's new retirement community and aged care development is due to open soon in Penrith.

Thornton Park is a place where you can enjoy a fulfilling and happy life, socialising, staying active, pursuing hobbies, and continuing to play a role in the community.

The lines between the retirement community, aged care, home care and the wider community are blurred at Thornton Park to encourage the feeling of a neighbourly community. The Hub of Thornton Park is where it all comes together, offering a café, multi-purpose community centre, computer kiosk, media room, library, consulting rooms for health professionals and more. This section is open to all and is a great space to socialise, participate in activities and spend time with family and friends.

In the aged care home, Care Staff (Companions) wear everyday clothes, not uniforms and operate around you, giving you freedom and autonomy to live how you would in a home setting.

The same concept applies to people receiving services from the retirement community.



These optional services are on tap to enable you to live your ideal lifestyle, support you to stay independent and care for your future needs. The people delivering this support are the same workers from the aged care home who are ununiformed and are familiar, friendly faces.

We realise that every person is different, with unique preferences for how you want to live, and we individualise our care for each person. Through close engagement between families,

residents and our team members, we tailor our approaches based on your passions and wellbeing, providing real freedom and familiar comforts.

Thornton Park is a vibrant, lively place with connections to the greater community of Thornton and Penrith. How much or little you get involved is up to you, but we have a range of activities, partnerships and common areas that mean you can remain part of your community and maintain your relationships and interests.

Healthy additions to everyday recipes

Guest Chef Olivia Robinson, a MasterChef Australia 2016 Top 24 Contestant, spoke at the Reimagine Ageing Festival in Penrith about introducing new ingredients to our repertoires to create healthier, tastier dishes.

It can be pretty easy to stick with tried and tested favourites when it comes to the food we prepare and eat every day. We know what we like and how we like to prepare it. It is easy to stick with a routine and eating habits that you are familiar with, particularly with the ever-increasing amount of new and different foods that are available. It can sometimes also be a little intimidating- how do I cook it? What does it go with? Where do I even start!?,” said Olivia.

Trying some of these new foods and incorporating them into your diet can be fun and exciting, as well as providing a potential added boost of nutrition. Increasing the variety of healthy foods that we consume is also great for our gut and digestive health which is crucial to our overall wellbeing.



“Good health starts with a good diet. I want to show people that nutritious food can still be delicious and affordable.”

Olivia prepared samples of a delicious Bircher Muesli and a decadent chocolate overnight oats version that went down a treat.

“Oats, although familiar to most, can be prepared in new and exciting ways to give a tasty and healthy breakfast. Oats are a great source of fibre, vitamins, minerals, protein and antioxidants. Soaking the oats overnight creates a creamy and delicious texture as well as allowing for easier digestion. You can add just about anything to flavour these oats- spices like cinnamon; fresh, dried or even frozen fruit- you could try berries, banana, or stone fruit; nuts and seeds; or a dollop of gut healthy natural yogurt,” said Olivia.

“Good health starts with a good diet. I want to show people that nutritious food can still be delicious and affordable. Retirement is the perfect time to try something different in the kitchen,” said Olivia.

Some ideas for taking toast to the next level!

Try smashed avocado on toast with:

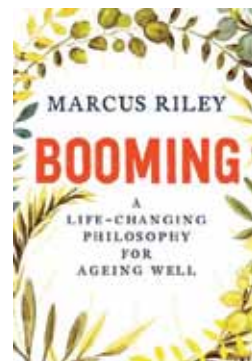
- crumbled feta and sauerkraut
- squeeze of lemon juice and a sprinkling of chili flakes
- pesto, sliced tomato, chopped basil
- sprinkled with nuts or seeds

Try ricotta on toast with:

- Sliced strawberries, honey, shredded coconut
- Banana, honey, cinnamon
- Grilled peach, almond flakes
- Tomato, basil, balsamic
- Fried egg, chili flakes
- Baby beets, mint
- Marinated grilled vegetables (capsicum, eggplant, zucchini) and chopped herbs

Recommended Reads

We love these books for the real and raw way they depict ageing.
Have you considered joining a book club, or maybe forming one in your village?
Perhaps you could suggest starting with these books.



Booming: A Life-Changing Philosophy for Ageing Well

When faced with getting old, there are two options, according to international ageing advocate and author, Marcus Riley. We can wither on the vine, or we can embrace our later years with positivity and passion.

That's the central theme of his book; *Booming: A Life-Changing Philosophy for Ageing Well*.

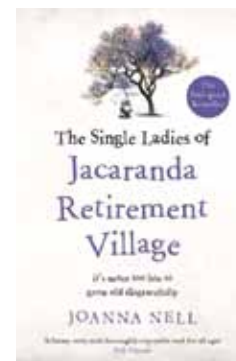
"There is a choice," he writes. "We can either accept the negativity that abounds about getting older ... we can define ourselves by our age, or we can choose to seize the opportunity to revel in our extended later years with joy, passion and wisdom."



Old Age: A Beginner's Guide

In this series of essays, Michael Kinsley uses his own battle with Parkinson's disease to unearth answers to questions we are all at some time forced to confront. "Sometimes, I feel like a scout from my generation, sent out ahead to experience in my 50s what even the healthiest Boomers are going to experience in their 60s, 50s, or 80s," writes Michael Kinsley.

This surprisingly cheerful book is at once a fresh assessment of a generation and a frequently funny account of one man's journey towards the finish line. "The least misfortune can do to make up for itself is to be interesting," he writes. "Parkinson's disease has fulfilled that obligation."



The Single Ladies of Jacaranda Retirement Village

Drawing on her own experiences as a GP, author, Joanna Nell, deftly explores society's treatment of the elderly, the struggles and insecurities that come with ageing and the importance of heartfelt and enduring friendship in an entertaining and honest way.

A beautifully written tale that is equal parts heart-warming, hilarious and poignant, 'The Single Ladies of the Jacaranda Retirement Village' is an ode to ageing disgracefully and proof that it is never too late to find love and enjoy life.

"This book is a joy - it's a celebration of age instead of an apology for it, and a reminder that life is always an adventure if you let it be. I loved this uniquely endearing book" said Author Kelly Rimmer.



Decadent Chocolate overnight oats

Serves: 2

1 cup rolled oats
1 Tbsp chia seeds
1 Tbsp unsweetened raw cacao powder (or unsweetened cocoa)
½ cup unsweetened natural yoghurt
¾ cup milk of your choice
1-2 tsp natural sweetener of your choice (honey, rice malt syrup, maple syrup)
Optional toppings: Sliced banana, shredded or flaked coconut, chopped nuts to serve

1 Combine all ingredients, except toppings, and store covered in the fridge overnight.

2 Add additional liquid before serving if you would like to adjust the consistency.

3 Transfer serves to individual bowls and garnish with toppings as desired.

One-pot chickpea and chorizo soup

Give this hearty one-pot soup a try. It's bursting with flavour.



Serves: 4

- 2 chorizo sausages, finely chopped
- 1 brown onion, finely chopped
- 1 large carrot, peeled, finely chopped
- 2 celery sticks, finely chopped
- 1 large zucchini, finely chopped
- 1 garlic clove, crushed
- 2 teaspoons smoked paprika
- 400g can diced tomatoes
- 4 cups (1L) salt-reduced chicken stock
- 400g can chickpeas, rinsed, drained
- $\frac{1}{3}$ cup (90g) basil pesto

- Heat a large, deep saucepan over medium-high heat. Add the chorizo and cook, stirring, for 2 mins or until light golden. Add onion, carrot, celery, zucchini and garlic. Cook, stirring, for 3 mins or until onion is tender.
- Add the paprika and cook for 30 secs or until aromatic. Add the tomato and stock. Increase heat to high. Bring to the boil. Cook for 10 mins or until the vegetables are tender and the soup thickens slightly.

- Stir in the chickpeas. Cook for 1 min or until heated through. Season. Serve with pesto

Lemon Poppy Seed Loaf

This light loaf is a crowd pleaser and the perfect afternoon tea to serve when friends and family pop by.



Serves: 10

- 1 $\frac{3}{4}$ cups all-purpose flour
- 1 tbsp poppy seeds
- 2 tsp baking powder
- $\frac{1}{2}$ cups unsalted butter, softened
- 1 $\frac{1}{4}$ cups sugar
- 3 lemons, zest finely grated
- 3 eggs
- $\frac{1}{2}$ cup lemon juice
- $\frac{1}{4}$ cup milk
- 1 cup icing sugar
- 2 tbsp lemon juice

- With the rack in the middle position, preheat oven to 180°C. Butter a 10x25cm loaf pan. Line pan with parchment paper, letting it hang over two sides.
- In a bowl, whisk together the flour, poppy seeds and baking powder.
- In another bowl, cream the butter, sugar and zest with an electric mixer. Add the eggs and beat until smooth. Stir in the dry ingredients alternately with the lemon juice and milk. Spoon the batter into a prepared pan.

- Bake for 1 hour or until a toothpick inserted into the centre of the cake comes out clean. Let cool completely on a wire rack before unmoulding.
- In a bowl, whisk together the icing sugar and lemon juice until smooth.
- Place the lemon poppy seed loaf on a serving platter and drizzle with the glaze.

Film Genres

Find and cross out all the listed words. The words may go horizontally, vertically, diagonally and backwards.

L R T O E H C L N N C Y J S E
J A W H O C F O O A R C C F R
X W C R R A N I M E L I N I U
E G R I N I T A T E E C R L T
G O R T R A L S M N D B E M N
R R A O M O Y L C O X Y T N E
L S Q I S M T E E Q R V S O V
Y C N N R O F S T R L S E I D
H A A C T I O N I B G M W R A
W A L A C I S U M H C Z W F G
O B M T B I O G R A P H Y A R
W T I A R E M I R C L A H M K
K O T P R F X U B K Z W A I D
N E F J C D P I E H F Z T L G
Y R A T N E M U C O D P M Y S

WORD LIST

ACTION
BIOGRAPHY
DOCUMENTARY
FANTASY
HORROR

ROMANCE
WAR
ADVENTURE
COMEDY
DRAMA

FILM NOIR
MUSICAL
SCIENCE FICTION
WESTERN
ANIMATION

CRIME
FAMILY
HISTORICAL
MYSTERY
THRILLER

Sudoku

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

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

Answers

S	L	T	O	E	H	C	L	N	N	C	Y	J	S	E
J	A	W	H	O	C	F	O	O	A	R	C	C	F	R
X	W	C	R	R	A	N	I	M	E	L	I	N	I	U
E	G	R	I	N	I	T	A	T	E	E	C	R	L	T
G	O	R	T	R	A	L	S	M	N	D	B	E	M	N
R	R	A	O	M	O	Y	L	C	O	X	Y	T	N	E
L	S	Q	I	S	M	T	E	E	Q	R	V	S	O	V
Y	C	N	N	R	O	F	S	T	R	L	S	E	I	D
H	A	A	C	T	I	O	N	I	B	G	M	W	R	A
W	A	L	A	C	I	S	U	M	H	C	Z	W	F	G
O	B	M	T	B	I	O	G	R	A	P	H	Y	A	R
W	T	I	A	R	E	M	I	R	C	L	A	H	M	K
K	O	T	P	R	F	X	U	B	K	Z	W	A	I	D
N	E	F	J	C	D	P	I	E	H	F	Z	T	L	G
Y	R	A	T	N	E	M	U	C	O	D	P	M	Y	S

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

Healthy Eating

Find and cross out all the listed words. The words may go horizontally, vertically, diagonally and backwards.

E	Q	E	K	P	S	L	M	O	T	N	Y	I	J	C
F	G	M	R	A	D	D	E	L	P	P	A	X	A	A
B	M	G	W	B	L	D	N	W	S	P	E	L	T	N
C	J	E	P	N	I	E	T	O	R	P	C	J	E	L
A	W	L	U	L	K	F	Q	P	M	I	B	K	I	V
S	V	S	H	O	A	U	D	L	U	L	C	S	S	T
P	G	O	A	W	I	N	V	M	F	I	A	R	C	R
I	C	T	C	N	H	P	T	W	H	B	J	I	H	U
N	S	E	O	A	J	M	V	C	A	L	V	C	I	H
A	Q	A	K	T	D	K	L	R	I	W	Q	O	A	G
C	O	Q	J	C	K	O	K	O	G	D	N	T	R	O
H	C	O	C	O	N	U	T	A	A	N	Q	T	Z	Y
O	W	U	X	P	L	M	Z	C	I	V	W	A	K	L
H	S	I	F	G	K	Q	J	A	V	S	R	Q	J	Q
X	O	B	K	D	H	U	O	C	V	Z	M	L	R	F

WORD LIST

ALMONDS
BASIL
CHIA
EGGPLANT
KALE

QUINOA
SPINACH
APPLE
CACAO
CHICKEN

FIBRE
~~OATS~~
RICOTTA
YOGHURT
AVOCADO

CALCIUM
COCONUT
FISH
PROTEIN
SPELT

Sudoku

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

Answers

F	O	E	K	P	S	L	M	O	T	N	Y	J
G	M	R	A	D	E	L	P	A	X	A	A	A
B	M	G	W	B	L	D	N	W	S	P	E	L
C	J	E	N	I	E	T	O	R	P	C	J	E
X	W	L	U	L	K	E	P	M	I	B	K	I
S	V	S	H	O	A	U	D	L	U	L	C	S
P	G	A	W	I	N	V	M	F	I	K	R	R
C	T	C	H	P	F	I	W	H	B	J	H	U
N	S	E	A	J	M	V	A	L	V	C	H	H
A	V	A	K	T	D	K	L	R	I	W	O	G
C	O	O	J	K	O	K	O	G	D	N	T	R
H	O	U	C	P	O	N	U	T	A	N	G	T
O	W	U	C	P	L	M	Z	C	I	V	A	Z
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X	O	B	K	D	H	V	O	C	V	Z	M	L

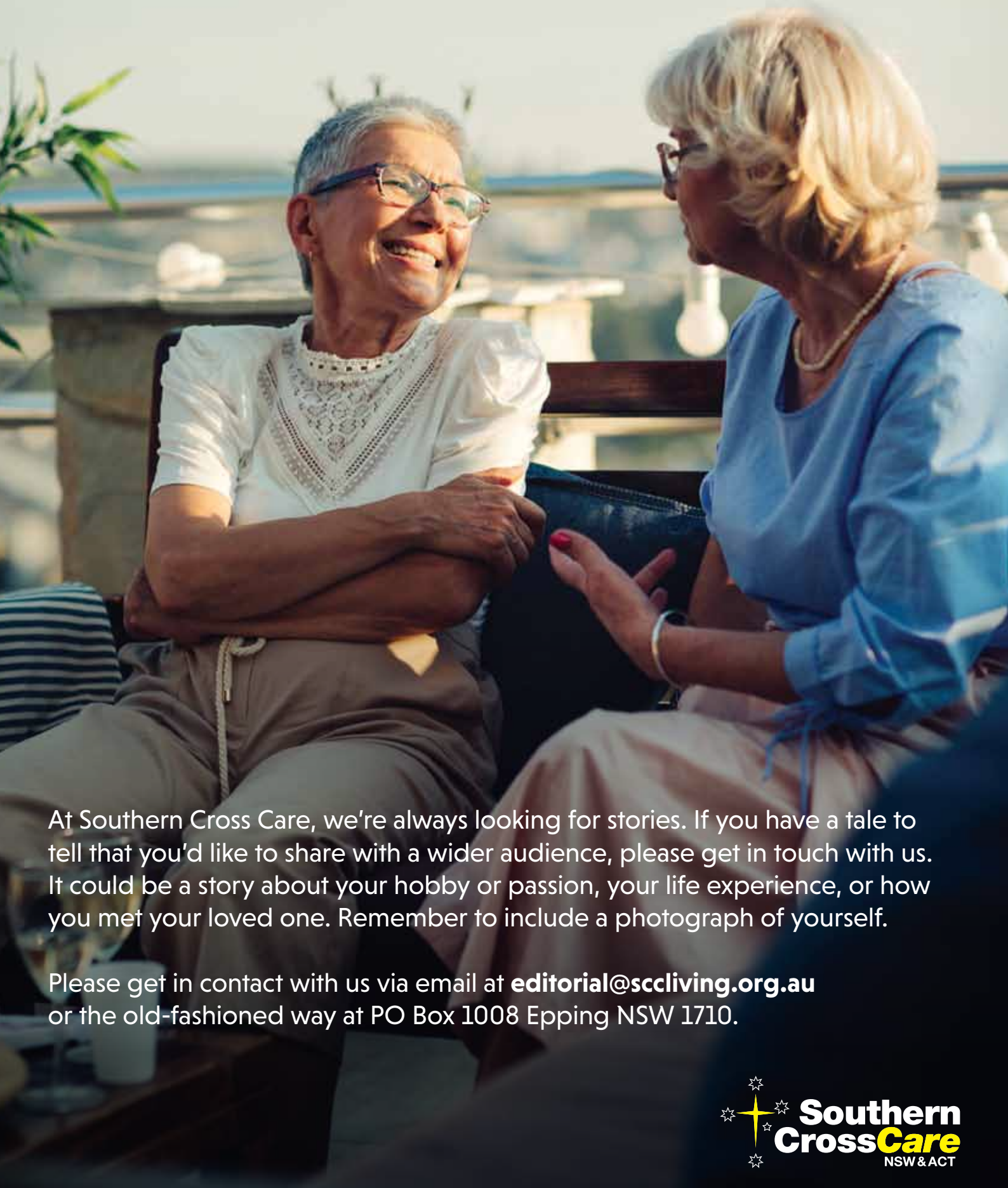
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5	4	1	9	8	2	6	3	7
8	9	6	3	4	7	5	1	2
7	2	3	5	6	1	8	4	9

Do you have a story to tell?



At Southern Cross Care, we're always looking for stories. If you have a tale to tell that you'd like to share with a wider audience, please get in touch with us. It could be a story about your hobby or passion, your life experience, or how you met your loved one. Remember to include a photograph of yourself.

Please get in contact with us via email at editorial@sccliving.org.au or the old-fashioned way at PO Box 1008 Epping NSW 1710.