

Goodlife

//Christmas 2018

For those who love their independence

FREE GIFT Christmas
wrap & gift tags inside

**There's something
about Mary**

**Extending the hand of
friendship at Christmas**

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FREE gift

Christmas wrap and gift tags inside.

Win a hamper

We hope you enjoy this special Christmas edition 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 28th February.



Welcome

Welcome to the last issue of Goodlife for 2018! Our Christmas issue has a few surprises tucked inside - free Christmas wrap and gift tags for those last-minute presents. We hope you like them.

We've loved receiving your feedback on our magazine, and yes, we are listening! So far, we've increased the games and puzzles, added poems and included life stories about you, our readers. So, thanks and keep sharing suggestions and ideas as to what you'd like to see more of.

Mary Sweeney from Cardinal Gilroy Village suggested we include personal life stories in our pages, so who better to start with than Mary herself. You can read about her fascinating life on page 6. You can also read Reynolds Court village resident Eden Stapleton's outlook on ageing on page 8.

With Christmas nearly here, it's a time to think about those around us who may not have friends and families to share the season with. Loneliness is, unfortunately, more acute during the festive season. When we are caught up in the busyness, it's easy to overlook those who are alone. In Aged Care homes, a disproportionately high number of residents' never have a visitor, ever. That's a very sad thought.

The gift of your time is perhaps the most authentic essence of what giving is all about. Perhaps over the coming weeks, you might call in on a neighbour to say Merry Christmas. Or, why not visit your local aged care home to sit with someone and share a story and



Banora Point getting into the Christmas spirit.

a cup of tea. The staff will happily introduce you to residents who would love some company and to see a friendly new face.

We hope you enjoy this issue of Goodlife. If you decide to make any of the recipes featured on pages 28-29, we'd love to see the photos of your efforts! Please email your photos to editorial@sccliving.org.au or post to Goodlife magazine SCC, PO Box 1008 Epping 1710.

From the team at Goodlife, we wish you a very Merry Christmas and a Happy New Year.

Enjoy x

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A picture paints a thousand words

100; a Celebration of Sydney's Oldest Residents' was designed to connect 100 centenarians from across Sydney suburbs with teenage artists.

The resulting portraits were truly magnificent and demonstrate how a picture says 1000 words, or in this case 100 years of life experiences and memories of our seniors.

Norah, a resident at our Nordby home was partnered with a young man named Andrew, a 16-year old artist, to paint her portrait. Artwork was important, as was the process of learning and discovering about one another. Norah and Andrew both benefited from the experience and we think Andrew has magically captured the true essence of Norah's personality. The program is run by Embraced.



We love what we do at SCC – Village Liaison Officers

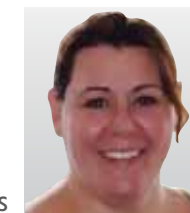
Jade Mitrovich

"I love watching my residents become family within a community. The residents are unique, each contributing different qualities."



Jo Foster

"I believe that ageing is the process of becoming the person you always wanted to be – hopefully happy, healthy and wise!"



Vince Costa

"Working in Aged Care lets me make a positive difference in people's lives. Whether that's through a smile or lending an ear."



There's something about Mary

Cardinal Gilroy Village resident Mary Sweeney wrote to Goodlife recently to congratulate us on our magazine. She also suggested that in each edition we feature stories about people who either live in our villages, aged care homes and those who receive home care services from us to share their stories.

Thanks to her suggestion, we decided to make Mary the first, asking to share her life story.

The world is often a small place, and Mary is secretly delighted to think her profile in this issue might just lead to someone out there recognising her as an old friend! Let's hope so.

Mary Sweeney and her husband Kevin moved into Cardinal Gilroy Village in Merrylands three years ago. They lived locally, and when it was time to downsize their family home Cardinal Gilroy was an obvious choice.

At the age of 30, Mary started up her own market research company appropriately titled Mary Sweeney Market Research. The business is still running today with her sons and daughters-in-law now running the show. One day a lady making market research calls rang Mary out of the blue and Mary said "I'll answer your questions on one condition, when you're done you give me the name and number for the company you work for." In no time Mary had a job as a market researcher, ringing people for interviews and door-knocking to gather research.

Mary soon started organising market research focus groups, where a group of people share their opinions and ideas on a product or service.



Mary says that people were surprisingly lovely during her time door knocking. Mary would often partner up with her cousin, each taking a side of the street and ringing doorbells. Mary would zoom through her houses in no time, happily taking down the basic information while her cousin tried to catch up.

Mary soon started organising market research focus groups, where a group of people share their opinions and ideas on a product or service. One call came in from the well-respected Roy Morgan Group asking if she could quickly pull together a focus



"We both enjoy writing letters to the editors of many publications that we read, usually complimenting them on a job well done or commenting on an article."

group of women aged 35-50 with children. "Ever the cheat, I quickly signed myself and all of my friends up since we matched the description perfectly!"

Mary's business was very successful and meant Mary and Kevin enjoyed many international trips. Ireland was always a special destination as Kevin's family were Irish, but they both loved America too, saying "it's surprising what trouble an Australian accent will get you out of."

Mary and Kevin still love to travel, often joining the many bus trips offered to village residents. "We love to get out of the city and enjoy the country scenery and enjoy the wide open space. The couple reminisced about Merrylands in the days when it was mostly open paddocks instead of roads.

"We loved setting off on foot to find a pretty spot for a picturesque picnic, those locations are now apartment blocks."

Mary's sons and their families live in Foster up on the North Coast, so of course Foster is one of their favourite destinations.

Mary and Kevin love reading and love anything they can get their hands on, including novels, magazines and newspapers. "We both enjoy writing letters to the editors of many publications that we read, usually complimenting them on a job well done or commenting on an article. Sharing their personal views keeps their minds sharp and connects them to the world and their community.

A Philosophy on Ageing

Eden Stapleton from Reynolds Court village in Bateau Bay wrote to Goodlife to reminisce on the Reynolds Court Village 40th Anniversary party last July.

The 40th Anniversary celebration was a most enjoyable event. From humble beginnings Reynolds Court has grown to a large vibrant village wrote Eden. We spent the day swapping happy stories of retired life at Reynolds Court. Some have been residents for more than 20 years, so there were many stories to share.

Eden also wanted to answer the question originally posed in the first Goodlife magazine, "What matters most to you as you age?" For Eden, there are six things:

The first one is my independence. I am a widower and live in a unit here at Reynolds Court. Independent by nature, I didn't want to be dependant for care from my three daughters in my declining years. Reynolds Court was perfect because it supports independence, is a Christian village, and ticked all the boxes for the needs of retirees, including ongoing care. However, I am aware that as I age and become less active my life now and in the future is here at Reynolds Court. The availability of services and facilities is what will matter to me the most.

The second thing that is important to me is good health. I practise a daily healthy lifestyle through balanced diet, morning walks, resistance exercises and sufficient sleep to keep fit. I also do crosswords, write letters and read, as well as participate in social activities to foster a healthy brain.



Eden Stapleton

Another thing that matters to me is family as well as friends here and in the general community. I enjoy their company, chatting to them on the phone or sharing a drink or a meal with them. As CEO Helen Emmerson said in a previous Goodlife magazine, "The older I get the more I value the importance of meaningful relationships."

Voluntary work is also important, it gives meaning to my life – 'bloom where you are planted' as they say. I do voluntary work assisting the village chaplain and

visiting people in our co-located aged care home which is rewarding and appreciated.

Suitable transport is also necessary as you age. You have to be able to get around one way or the other, by car, village or community bus or train.

Finally, I was a member of U3A (University of the Third Age) for many years so lifelong learning matters to me. I enjoy guest speakers, classical music, Australian history, biographies of famous Australians and spirituality.

Reading is also a favourite pastime, whether its newspapers or magazines with retirement and health literature and the latest medical research, and of course magazines such as Goodlife.

While each of these is important, what matters most to me is good health, because everything is dependent on it, and of course my family and friends.

New Government Standards for Quality Care

Next year you will hear about the introduction of a new quality framework that brings together Home Care services and Residential Aged Care services under one set of standards. The Aged Care Quality Standards have been developed by the government and clearly spell out what good care should look like. The new Standards will begin from 1 July 2019.

There are eight standards, and each one is about an aspect of care that contributes to your safety, health and wellbeing. The graphic shows you which part of your care these standards relate to, or you can see the list below:

- 1 Consumer dignity and choice
- 2 Ongoing assessment and planning with consumers
- 3 Personal care and clinical care
- 4 Services and supports for daily living
- 5 Organisation's service environment
- 6 Feedback and complaints
- 7 Human resources
- 8 Organisational governance

The new standards make it easier to check that you are receiving good care. Good care is not about your care provider 'ticking boxes'. It's about us caring for you and your individual needs.

Each standard says what you, the consumer, can expect. Southern Cross Care has to meet an "outcome" for you. We have to demonstrate how we are meeting that outcome.



Source: Australian Aged Care quality Agency website www.aacqa.gov.au

Most people know what good care feels like

The staff are friendly and respectful, and they respond to your particular needs. You are well cared for, by people who know their jobs. You've got people to talk to about things that matter to you. The organisation providing your care is well-run.

What you can expect

It doesn't matter whether you're getting care at home or you're living in a residential aged care home. It doesn't matter who you are, where you live, your life experience, identity, beliefs or culture. Every person who gets care has a right to be treated with dignity and respect, and to have their personal and clinical needs attended to.

In the coming months Southern Cross Care staff will be trained in the new standards ready for the switch over in July 2019. Once the new standards are in place, our staff will not only be knowledgeable and working to the standards, they will also act as an important source of information to help you understand how the standards relate to you or a loved one and what you can expect from us.

Game on!

Gaming to play a part in improving the lives of people with Parkinson's.

A novel online game called 'OrbIT' could play a leading role in the fight to improve life for people living with Parkinson's disease.

Parkinson's SA has announced a three-year \$90,000 study to connect Flinders University's computer game system OrbIT with neuroscience expertise to trial OrbIT as a cognitive training device to improve outcomes and delay dementia onset for people with Parkinson's disease.

The OrbIT is an accessible, fun computer gaming system that features an easy-to-use controller for people with hand impairment reducing the need for grip and fine motor control.

The trial will include both short-term and long-term follow up with individuals, in order to evaluate any lasting benefits of game play. Parkinson's disease affects more than 110,000 Australians, with 38 new cases diagnosed every day.

While many people think of Parkinson's disease as a motor disease, it can also be associated with a variety of non-motor impairments, including declines in cognitive function and memory.

Within 20 years of diagnosis over 80% of individuals living with Parkinson's disease go on to develop dementia.

"Cognitive decline is one of the most significant predictors of quality of life both for individuals living with Parkinson's disease and their caregivers, and currently there are no effective treatments for it," says Dr Collins-Praino.

"We hope that the OrbIT system may be able to help individuals maintain, or even improve, their cognitive function by allowing us to target the areas that are most vulnerable in Parkinson's disease," she says.

Story and image reproduced from Flinders University website.





Aged care at home gives peace-of-mind

Ling is the loving matriarch of her family, to whom she has dedicated her life to since moving to Australia from China.

Once her daughter Jenny grew up and had a family of her own, Ling was right there to care for the next generation. "Mum has always done so much for our family, my kids love having her around, and loves to look after them and be a big part of their lives" said Jenny.

Ling has lived with Jenny and her family for the past three years, and with so much going on and two young boys keeping everyone on their toes, Ling never feels lonely. Daughter Jenny is Ling's main carer and receives additional help from Southern Cross Care. Following a fall, Ling has a nurse call in to dress her wounds and help with physical therapy support each week. They manage well, but it can be difficult when the family needs to pursue other activities, like travelling to visit relatives abroad.

"It can be a difficult balance sometimes with my responsibilities for mum and the rest of my family, at home and in China. My sister-in-law's wedding is coming up and I really want to be with my family, but my mum is too frail to travel with us anymore."

By talking with Ling's Service Advisor, they learned they were able to arrange in-home respite care for the week Jenny was away. Ling has limited mobility so needs help getting ready in the morning, so her carer would come every morning to help with showering, dressing and medication. SCC also provided transport for the week to take Ling to play Mahjong with her local community group on the Tuesday and to Church on Sunday. "We had family friends call in regularly to check on mum and one of our friends stayed over on a couple of evenings to make sure mum had company. Our carer, knowing how worried I was about leaving mum actually arranged a Skype call so we could see each other and talk with the whole family. It was just great."

With good support in place, Jenny was able to enjoy her holiday, safe in the knowledge her mum was being well cared for. "It's a relief knowing we can use respite care at home if we need to. If I'm only gone for a few nights, there's no point putting mum through the hassle of moving around when she is just as safe, and happier at home."

Extending the hand of friendship

Christmas brings out the best in people. It's a time to celebrate and share with those around us. Unfortunately, there are many who miss out on the joy of the holiday season because they are alone at what should be the 'happiest time of the year'.

Last Christmas, Minister for Aged Care Ken Wyatt raised concerns that up to 40% of aged care home residents have no family or friends come to visit them. That isolation is not limited to people in residential care, with recent studies showing up to 70% of clients receiving aged care in their own home also experience loneliness.

Life events can impact the number and quality of a person's social and community networks and whilst loneliness isn't a necessary part of ageing, loss often can be. What the statistics show us is that you aren't alone in how you're feeling, there are many people who are dealing with the loss of a loved one or managing health issues. It stands to reason then that if you find yourself struggling with loneliness, your peers, who too may be experiencing similar struggles, are the perfect people to reach out to.

There are many groups and services who can make forming connections easier. Getting involved with a hobby, either new or old will give you a ready-built social circle, plus all the benefits that come with being more creative or active.

Through home services we can arrange transport to help you stay connected with your community,



getting you safely to all the activities you like to be involved with.

Social support services are special days that people really look forward to, getting out and about with your carer to the shops, for coffee or to the movies, spending the day however you like.

One of the benefits of living in a retirement village is the community that comes along with it, with friendly

like-minded neighbours and facilities available to host your own events.

- *Starts at 60* community coffee shop meetups are free casual social gatherings hosted by lovely volunteers in communities across Australia. Find a meetup near you at <https://www.facebook.com/pg/startsat60au/events/>

- We love finding activities on SeniorsServicesGuide.com.au where you can enter in your suburb to find great listings of groups or classes near you like bird watching outings, computer clubs and knitting groups.

All it takes is reaching out and taking one small step to change your life. Who knows what 2019 will bring if you give yourself the chance to get out of your comfort zone.

Putting seniors in touch with the services they want

When Jessica North needed to arrange in-home services for her elderly mother, she was astonished to discover how difficult it was to find them. It took a lot of detective work, Internet searches and telephone calls over many days before she was finally able to locate the services her mother needed.

Jessica couldn't help but think that there must be countless people across Australia in the same predicament. How many of them would have a child who could help them and be as persistent as she had been. There had to be a better way.

Over the next year, Jessica spent every evening and weekend tracking down services across Australia. She created a database of providers of all manner of services for the elderly, everything from social support, to gardening, transport and personal care. She also uncovered the many wonderful free or subsidised community services that are available, if only we knew about them.



With the help of her husband and son, a website was built to share the wealth of information and resources that she had assembled with the rest of Australia.

Senior Services Guide is free to use. You can visit it at www.seniorservicesguide.com.au

Senior Services Guide

Australia's easiest guide for in-home aged care

Every day, hundreds of people find fun activities and home-care services to help themselves or their loved ones stay living happily at home.

Caring people are just waiting to help you ♥

The Senior Services Guide
www.seniorservicesguide.com.au



Life's a beach at beautiful Reynolds Court Village

Be part of something special at our Reynolds Court retirement village in Bateau Bay.

Be part of something special at our Reynolds Court retirement village in Bateau Bay. With plenty of community activities, the convenience of great shopping close by plus access to services and wonderful coastal walks, retirement in this relaxed part of the world is pure bliss. This established village is large and welcoming, giving a coastal feel with green laws, palm trees and beautiful gardens.

There is a great choice of two bedroom, freshly refurbished brick units for sale now. These elegantly appointed units come with new appliances, great storage and tasteful finishes throughout.

The warm and active community was on show for the recent 'Living Well at Home' event. It was a chance for village residents and people from the community to view the tasteful show unit and learn more about the services, products and tools available through Home Care that can keep you living safely and independently.

Reynolds Court

BATEAU BAY RETIREMENT COMMUNITY

Starting from
\$295,000



Be part of something special...

A great choice of 2 bedroom, freshly refurbished units, appointed with new appliances, built-in storage and tasteful finishes.

- Fully refurbished
- Air conditioned
- Built-in wardrobes
- Outdoor BBQ
- Community centre
- Car parking
- Bus outside
- Wide range of optional in-home services

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Bateau Bay NSW 2261

Viewings by appointment
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jmitrovich@sccliving.org.au



Customers at the heart

At Southern Cross Care we've always strived to provide a holistic approach to care, meaning we view and respect the whole person, considering their physical, social, emotional and spiritual wellbeing alongside their life journey. It's important we listen to what our customers want, instead assuming we know what they need. We want people to spend their lives doing whatever is meaningful to them.

Choice is at the core of what is known as Consumer Directed Care (CDC). This approach to aged care is designed to support older people to make decisions about their care and everyday life with a plan of care that is directed by them.

As a key provider of aged care, three of our homes were invited to participate in a research program designed to help aged care organisations implement and sustain a Consumer Directed approach to care. Led by Swinburn University of Technology and funded by a

NHMRC Partnership Grant, with collaborations from Queensland University of Technology, Australian Catholic University, Deakin University and the University of Wollongong. The CDC program involves staff from a wide variety of roles and



The plans, specific to each home include some brilliant ideas. The teams will go on to train their co-workers to help them to understand the importance and practices of CDC.

because of this mix, each staff member was able to contribute their unique perspective based on their role, knowledge of the home and the people living in the home.

Over several weeks, staff worked towards detailed CDC implementation plans. The plans, specific to each home include some brilliant ideas. The teams will go on to train their co-workers to help them to understand the importance and practices of CDC.

Some of the initial changes and plans include:

- How staff can consult and communicate more with residents about their choices and preference on a day to day basis. For example, asking "When do you want to have your shower today?" as opposed to a routine approach.
- Plans for an improved dining experience, including an ambience where residents can

share meals amongst friends, through input and collaboration from residents and staff

- Resident and staff 'chat groups' to provide more opportunity to share stories and voice opinions
- A 'wish jar' to enable residents to request support to fulfil an aspiration

It is important that not only staff, but our customers engage in this change to achieve success. Staff at the homes will be providing information and beginning consultation.

The attitude of the staff can determine the outcome of the program's success and our staff are very passionate about making this work for the benefit of our customers.

Our 'customer at the heart' philosophy means that the happiness and wellbeing of our customers are our priority.

You're Special

- by George Johnson

*You're a special kind of person
With a special kind of worth
And I kind of think you ought to know*

There's none like you on earth

*Your special little habits
That are yours and yours alone,
And a laughter that is quite unique
It just has to be your own*

*There's that special little walk,
the way you talk*

The special way you move

So many things about you

This phenomenon would prove

*If you give it just a little thought
There's many things you'd wrestle
From your inmost thoughts and feelings*

That make you kind of special

*Like those funny little phobias
Peculiar wee pet hates
Moods that rise and wane,
and love*

To which your heart relates

And those special little manners

The longings in your heart

So many things that tend to

Set you quite apart

But there's one thing you ought to know

And that's all else above

There's someone who regards you

With a special kind of love

Chill out

The Australian summer is notoriously harsh, with higher temperatures posing a greater threat to the health of young and old. Adults over 50 are more likely to have a medical condition or use prescription medications that can impact the body's ability to control temperature.

1. Drink Plenty of Water

As we get older, we lose the ability to conserve water and become aware of thirst and are more susceptible to dehydration. Keeping a water bottle next to your bed or your favourite chair could help, especially for those with mobility issues. Ice-blocks are a great way to help increase fluid intake, particularly for people with swallowing problems.

2. Dress Right

When it's warm out, some people find natural fabric (such as cotton) to be cooler than synthetic fibres. Stock your summer wardrobe with light-coloured and loose-fitting clothes to help feel cooler and more comfortable.

3. Protect your Skin

Everyone should be wearing sun screen when outdoors, whether young or old. The elderly especially need extra sun protection to help keep them healthy. As we age, our skin undergoes changes that weaken our defences against skin disease like reduced immune systems, poorer healing capacity, thinner skin, and damage from things like smoking and pollution. These changes all contribute to accelerated skin aging and increase risk of skin cancer.

4. Keep an eye out for elderly friends and neighbours

It's important to regularly check in with elderly relatives and neighbours to make sure they are doing okay, particularly if they live alone. Call for medical help if they're showing symptoms of heat-related illness. Heat exhaustion occurs when your body overheats, and if it's not treated, it can lead to heat stroke, which is life threatening – know the signs of heat exhaustion, including sweating, dizziness, racing heartbeat, and headache.



Horsing Around

Each Wednesday, Jim from Fingal Head on the Far North Coast enjoys a day out with his carer Ashlea. Normally they alternate between going to the Murwillumbah markets one week and a trip to town or the movies the other. Recently, Ashlea had a special surprise in store for Jim after their market outing.

My partner Jacob is one of the lead trainers for Matthew Dunn Racing, one of the most successful country race horse trainers in Australia with stables based in Murwillumbah. Jim had been wanting to take a look at the stables for a while now, but it was difficult finding the chance. We turned up at the stables and I haven't seen Jim this excited about something in a while as it's something completely different to what we normally get up to. We met up with my partner Jacob then took Jim around for a personal tour to see horse shoes being fitted and to give them a pat and a cuddle" said Ashlea.



"I am well aware of the hard work it takes to care for someone. I looked after my father for 17 years till he was 101!"

Jim's Parkinson's is managed with medication, and he is thankful for the care his wife and SCC provide to keep him at home saying, "I am well aware of the hard work it takes to care for someone. I looked after my father for 17 years till he was 101!"

A happy marriage often requires time apart from each other too, so respite services give them the chance to do just that.

Jim really looks forward to every outing with Ashlea but says that this one was a stand out. It was a nice surprise and he was fascinated to meet the owner to learn first-hand about how the stables are run.

Days out, plus the personal care he receives are all a part of Jim's in-home respite care he receives from SCC. His wife Judith has been his main carer since Jim was diagnosed with Parkinson's. The respite services gives Judith a break and time to herself, while Jim a chance to enjoy outings and activities.

Aged care at home



"It's where I want to be."

Carmen, customer

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





SCC partners with Dementia Training Australia

In 2018 there is an estimated half a million Australians living with dementia. Without a medical breakthrough, the number of people with dementia is expected to increase with estimates set to double by 2058.



People with dementia account for 52% of all residents in aged care homes and SCC is committed to providing the best care and support to meet their needs.

To continuously improve the care we provide, we partnered with Dementia Training Australia (DTA) – an association group of experts in dementia care and workforce training striving to improve the care and wellbeing of people with dementia and the staff providing the care.

DTA is funded by the Australian Government with leadership provided by University of Wollongong, Dementia Australia, La Trobe University, Queensland University of Technology, University of Western Australia, Wicking Dementia Research and Education Centre (University of Tasmania)

Over the last year we have been working with DTA with a view to create a training program that will:

- Optimise residents' sense of wellbeing and quality of living.
- Increase staff knowledge and skills for appropriate responses to residents with complex behaviours associated with dementia
- Develop meaningful environments for residents through the application of the key environmental design principles for people with dementia

To enable us to design the best possible training program we sought the valuable input from those whose opinions matter the most, our residents, representatives and staff. These responses were gathered through an anonymous questionnaire conducted between June and October 2018.

An assessment of each homes environment was also done using the BEAT-D app. This app, created by DTA is a fascinating tool that requires photos to be taken of key parts of the environment, in addition to answering questions, which then creates a report identifying areas for improvement.

Over the last 30 years a considerable amount of research has gone into exploring the characteristics of buildings that help people with dementia by reducing confusion, agitation, frustration and depression while improving way finding, social interaction, choice and engagement with life. The app's report will highlight the strengths and weaknesses of a particular home based on these areas.

Combined, the questionnaire responses and environment reports will inform the priority areas of training to further improve staff knowledge and skills in dementia care. This will the guide SCC and DTA on the most appropriate education, training and support programs and the period over which to implement the program to achieve a sustained positive outcome.

To enable us to design the best possible training program we sought the valuable input from those whose opinions matter the most, our residents, representatives and staff.

We're now in the process of designing the customised training package, due to commence in 2019 and are looking forward to seeing how this program will improve the lives of our residents living with dementia.

Meet David Baker

David Baker is an advocate for dementia awareness and for Southern Cross Care. Last year we got behind David as he tackled the gruelling City to Surf course to raise awareness and money for Southern Cross Care Dementia programs.

I'd never realised what a terrible condition dementia is until it touched my family. My wife, Philomena, developed vascular dementia nearly five years ago when she was 75. She is now totally incapacitated; unable to care for herself and sadly can no longer speak" said David.

Dementia comes in varying types with Alzheimer's being the most common, followed by vascular dementia, and other less common forms. Vascular Dementia is the broad term for dementia associated with lack of blood circulation in the brain. It is often associated with ongoing strokes, which is what Philomena suffers with.



David has stayed in touch since the mammoth City to Surf in August 2017. He continues to regularly visit his wife Philomena at North Turramurra Residential Aged Care often taking public transport there and choosing to take the long walk home to keep up his fitness. He has recently purchased a car but still prefers the sights he sees when taking the bus or walking.

David says that the day Philomena moved into the home was the hardest of his life but that it was the kindness and understanding of the staff and manager, Trish Rochford that made it all much easier.

David met our CEO Helen Emmerson recently and challenged her to a game of ping-pong on our new table. They managed to deliver a few sets of volleys between them while sharing a good laugh. We challenge anyone who comes to visit our Epping office to join us in a fun-spirited game. Game on!



Thornton Park, Penrith Coming Soon

Southern Cross Care's new retirement community and residential aged care development, Thornton Park is set to be an engaging, active and rewarding place for the older people of Penrith to enjoy their retirement years.



SCC had the opportunity to design a vibrant lifestyle community in the centre of an up-and-coming neighbourhood, with everything

from dining and shopping, to expansive outdoor spaces and a thriving arts scene at its doorsteps. SCC is contributing to this growing city by creating greater connections with a cross-section of society, drawing together people with common interests and passions, regardless of age.

Both within the village and into the wider community we're harnessing mutually beneficial relationships with everyone, from wellness groups to arts and historical societies, schools, universities, gardening groups and growers markets, with the goal of

connecting people to what matters most to them. Thornton Park was created to be a place to cater to older people who are planning on living their lives in creative, meaningful and contributing ways.

Important to us when creating a new village is that its residents have access to a wide range of services to support their lifestyle and care of their future needs. With the 48-unit retirement community, 100 bed aged care home and an on-site home care hub, choice and access to a range of quality support, care and accommodation services will be there as and when required.

At Thornton Park we want you to enjoy this exciting phase of your life surrounded by people who, like you, are ready to explore all life has to offer.



Christmas Cranberry Ginger Ale Punch

Serves: 7

4 cups cranberry juice
3 cups ginger ale
Frozen cranberries
(in place of ice)
1 cup vodka (optional)

1 In a large pitcher, combine cranberry juice and ginger ale. Add frozen cranberries in place of ice and serve.

2 Stir in vodka, if desired.



Easy Christmas Pudding Ice-Cream

Serves: 6

150g mixed dried fruit
1/2 cup brandy
1/2 teaspoon mixed spice
1 litre good quality vanilla ice cream
Zest and juice of 1 orange
Raspberries (optional)

1 Place the dried fruit, brandy, orange zest and juice in a large bowl and allow to soak for an hour or overnight.

2 Remove the ice cream from the freezer and allow to soften slightly.

3 Add ice cream to the fruit, add the mixed spice and stir to combine.

4 Cover with plastic wrap and re-freeze.

5 Serve with some raspberries.



Buttery Shortbread Cookies

Makes 40 small cookies

2 cups salted butter, cold and cut into pieces
1 cup packed light brown sugar
2 1/2 cups all-purpose flour, divided
Your favourite sprinkles (optional)

1 Preheat oven to 160°C, with rack on lower middle position. Line baking sheets with parchment paper or silicone mats; set aside.

2 In the bowl of a mixer, add butter and brown sugar. Set on medium-high speed, mix until fluffy and light, several minutes. Add 3 1/2 cups of the flour and mix on medium-low speed until combined.

3 On a large board, sprinkle 1/2 cup flour. Knead dough by hand for 5 minutes, adding as much of the remaining 1/2 cup flour as needed to make a soft dough. The dough should end up soft and pliable, similar to play-dough, not sticky. Work in desired amount of sprinkles, if using. (You may not end up using all the flour, depending on how your dough feels.)

4 Divide dough into thirds, wrap tightly, and chill for at least 30 minutes or until firm enough to roll and cut shapes. Roll one-third of the dough out to about 1/2 inch thickness (lightly flour board if needed.) Either cut

into 3x1 inch rectangular strips, triangles, or use cookie cutter for shapes. Place each cookie 2 inches apart on baking sheet. Poke cookies with fork to design if not using sprinkles.

5 Bake 15-20 minutes, or until edges are golden brown. If your shapes are smaller, bake less time. Bake longer for bigger shapes. Repeat with the remaining dough, working in batches so dough stays chilled and workable.

6 Cool completely on wire rack before serving. Cookies keep when sealed airtight, at room temp.



Merry Christmas

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

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

WORD LIST

BLITZEN	PEACE	DONNER	CHRISTMAS	RUDOLPH
CLAUS	SANTA	GREETINGS	CUPID	TREE
DANCER	VIXEN	NATIVITY	DECEMBER	
DECORATIONS	CELEBRATION	PRANCER	GIFTS	
GINGERBREAD	COMET	STOCKINGS	JOY	
MERRY	DASHER	YULE	NOEL	

Sudoku

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

Difficulty rating: Medium

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

Difficulty rating: Medium

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

Difficulty rating: Medium

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

Difficulty rating: Easy

Answers

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

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

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

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

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

Summer time

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

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

WORD LIST

BBQ
HOT
POOL
SCORCHING
SUMMER

SURF
WARM
BEACH
OUTDOORS
RELAXING

SHADE
SUNGLASSES
SWELTERING
WATERMELON
HAT

PICNIC
SAND
SIZZLING
SUNSCREEN
SWIM

Sudoku

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

Difficulty rating: Very Hard

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

Difficulty rating: Hard

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

Difficulty rating: Medium

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

Difficulty rating: Easy

Answers

Figure 1 shows a 10x10 grid of 100 cells. Each cell contains a number from 1 to 10. The numbers are arranged in a pattern that suggests a 10x10 grid of 100 cells, with each cell containing a number from 1 to 10. The numbers are arranged in a pattern that suggests a 10x10 grid of 100 cells, with each cell containing a number from 1 to 10. The numbers are arranged in a pattern that suggests a 10x10 grid of 100 cells, with each cell containing a number from 1 to 10.

THORNTON PARK

RETIREMENT COMMUNITY

now selling



Thornton Park is a vibrant lifestyle community that draws together people with common interests and passions. We believe that love for learning, adventure and new experiences need not diminish as we grow older.

At Thornton Park, you'll enjoy a great range of onsite amenities, activities and services that you wouldn't find in a conventional apartment complex or house. Featuring a selection of 1, 2 and 3 bedroom luxury apartments, many with a study.

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Christmas gift tag cut outs

To	To	To
From	From	From
To	To	To
From	From	From
To	To	To
From	From	From

Christmas gift tags

