

Goodlife

// Winter-Spring 2018

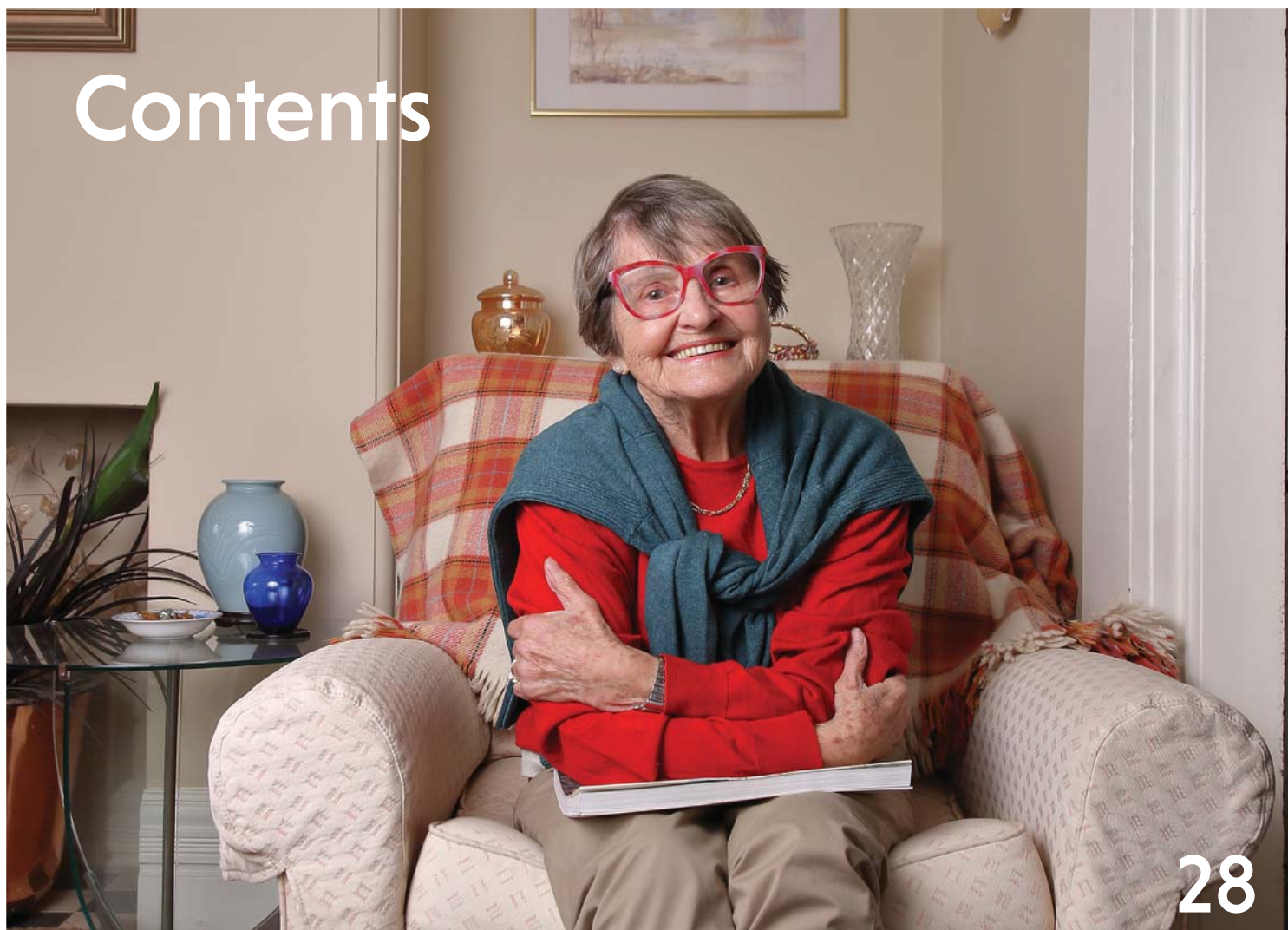
For those who love their independence

**A day out can
change your life**

**New CEO
announced**

**Aged Care
at Home**

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Win a hamper

We hope you enjoy the Winter/Spring issue of Goodlife. Share your story and you could win a delicious gourmet hamper from Creative Hampers valued at \$120. Please email your entries to editorial@sccliving.org.au or post to Goodlife magazine SCC, PO Box 1008 Epping 1710, by 31 October.





Welcome

Welcome to our second issue of Goodlife and thanks to all of you who gave us such positive feedback on our new magazine.

This Winter issue is packed with ideas, advice and easy reading, from personal stories to puzzles. So, grab a hot drink, find a comfy chair, flick on the heater and sit back and enjoy.

Congratulations to the winner of our Gourmet Hamper Giveaway, Rod Smith from Deniliquin who shared with us a story about his hobby and how it has helped him through challenging times. You can read about Rod on page 16. We're particularly loving the news that he has planned a small

get-together with friends to share his spoils and to circulate copies of the Goodlife magazine featuring his story.

Having a hobby and being involved with group activities with other like-minded people can be a real lifeline when facing difficult personal times. There are so many community groups, volunteer services and opportunities to meet new people and extend your circle of friends.

You can start with your local council or library to find out what's happening. If you are receiving Home Care services, ask your Service Advisor to help you locate a group or activity near you. Likewise, in our Villages, you can speak with a Village Liaison Officer or one of the SCC team to help you find local groups and activities.



We love to hear from our readers and encourage you to share a story. Whether it's an interesting family history, an adventure, hobby or even a few words of wisdom, please get in touch.

We have another Gourmet Hamper to give away with this issue so get busy!

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We love what we do at Southern Cross Care

In May this year we welcomed Margaret Sullivan to the Southern Cross Care team. As the Retirement Living Sales Coordinator, Margaret works on our new Retirement Community projects in the Customer Service Department.

My interest in ageing and how society treats its older citizens was sparked when I was very young and at university studying social theory. I became fascinated by the Grey Power movement in the United States and how older Americans rejected society relegating them to passive and disengaged lives, disregarding their professional skills and life experience in favour of a youth-oriented world.

Jean Paul Sartre's philosophy of Existentialism explains how I understand many of the problems of the aged care industry. Essentially, how others perceive us can determine how we perceive ourselves and lock us into being old, even before our time. It can limit our potential to remain active and involved members of our families, our communities and society at large, and even rob us of our sense of who we are.

I am constantly inspired by older people, by their stories, by their tenacity, by their wisdom, and by the how awesomely interesting they are.

It is refreshing to work with the creative, inspired and committed



team at Southern Cross Care who are challenging the traditional approaches to working with older people. Engaging with change and innovative management practices, Southern Cross Care is developing new strategies for partnering with older people at every level to support them in living life to the full.

I am very excited to be part of this new wave.

Donna Hampton

Casino Service Advisor

"I want to change the perception that you can't keep your independence as you age."



Nikki White

Parkes Village Liaison Officer

"When I'm 74 I hope to be well-travelled and nimble enough to play with my grandchildren."



Joanne Caughtry

Commissioning Manager Integrated Services

"The older I get the more I value friends, family, community, and a good Gin & Tonic."





New CEO announced for Southern Cross Care (NSW & ACT)

On the 5th of July the Chair of Southern Cross Care's Board announced the appointment of a new CEO to fill the shoes of retiring CEO, Paul McMahon.

The incoming CEO Helen Emmerson has served as an executive member at Southern Cross Care for over six years, most recently in the position of Head of Care Services.

Helen comes to the role with more than 20 years' experience in aged care and disability services gained in both Australia and the UK.

According to Southern Cross Care's Chair Anne Lane, the board sighted Ms. Emmerson's comprehensive background in clinical care, operations and leadership together with her drive to implement innovative ageing services as deciding factors in their decision. "Aged care is transforming, and Southern Cross Care intends to be a significant and innovative presence in the industry for the long term.

Ms. Emmerson brings enthusiasm and a fresh approach to supporting older people. We trust she will lead the organisations more than 2,000 employees to continue developing a sustainable organisation with a reputation for excellent care and innovative practices".

"The Board and employees thank Paul for his leadership and commitment to Southern Cross Care. Paul has navigated Southern Cross Care through some challenging times, and leaves it a stronger organisation capable of successfully adapting to sector reforms".

Paul is not going quietly into retirement, choosing to dedicate his time to keeping fit, promoting healthy ageing and some voluntary work, as well as continuing as Mercy Health Central Queensland Board member.

We wish him all the best.

Helen Emmerson will assume her role at CEO commencing on the 13th August, 2018.





A day out can change your life

A day out at the movies and the chance to dress up and socialise is something that most of us take for granted.

Hunter locals Sandra, who has mild dementia so hasn't been going out often and Maureen, who recently handed in her license, both felt they were missing out on life. Fortunately, once they became Southern Cross Care Home Care clients, a new world opened for them.

Helping clients achieve their goals is what Teresa and Lea from Southern Cross Care's Home Care team love most about their work. "When Sandra and Maureen wanted to get out of the house more and do the things they love they decided on a movie day. It was an opportunity to get dressed up and feel special and we followed it with lunch at the Club." It was a great success, now both are eager to do it again.

"We have clients who might need a helping hand getting to appointments, or to social outings with friends or just a trip to the shops with a companion to assist, whatever is important to them we try to make happen. We help clients set goals and then achieve them. It's the best job ever," says Lea.

According to Teresa, having social support and someone to look out for you is a special part of Home Care. "While we provide all sorts of services including housekeeping, personal care and nursing we know our clients love having a reliable, friendly face to chat with and share the good times also. Often a day out is exactly that."

Home Care services are available throughout Sydney and Regional NSW. If you'd like to find out how to access Home Care call us on 1800 632 314.



*We help
clients set
goals*



A welcomed switch

Living my life on my terms

Former butcher Bill moved to Moama from Melbourne two years ago in a bid to escape the rat race and enjoy retirement close to the Murray River. He wanted a location where he could live out his passion for fishing.

Bill enjoys his independence but realised a little extra help at home to keep things clean and safe was a good move. Over the years his physically demanding job had taken a toll on his body, and he attends physio and rehab to keep his strength up. He decided to start receiving Home Care through a local provider.

"I was at my local men's shed and got talking with other blokes who were receiving Home Care from Southern Cross Care (NSW & ACT). When we compared experiences, I realised I was missing out with my current provider." Bill explained he's had trouble communicating with his case manager and felt he was made to jump through hoops to get what he needed. "I was always surprised by new fees that weren't explained to me". Bill's friends gave him the number for their Service Advisor, Debbie over at Southern Cross Care and Bill got in touch.

When Debbie met Bill, she realised what a confusing experience he'd had. "It was a struggle for Bill to speak with anyone who understood him and he was wary of so many confusing documents to sign. Like many people, Bill was unaware that he could easily change his provider whenever he wished.

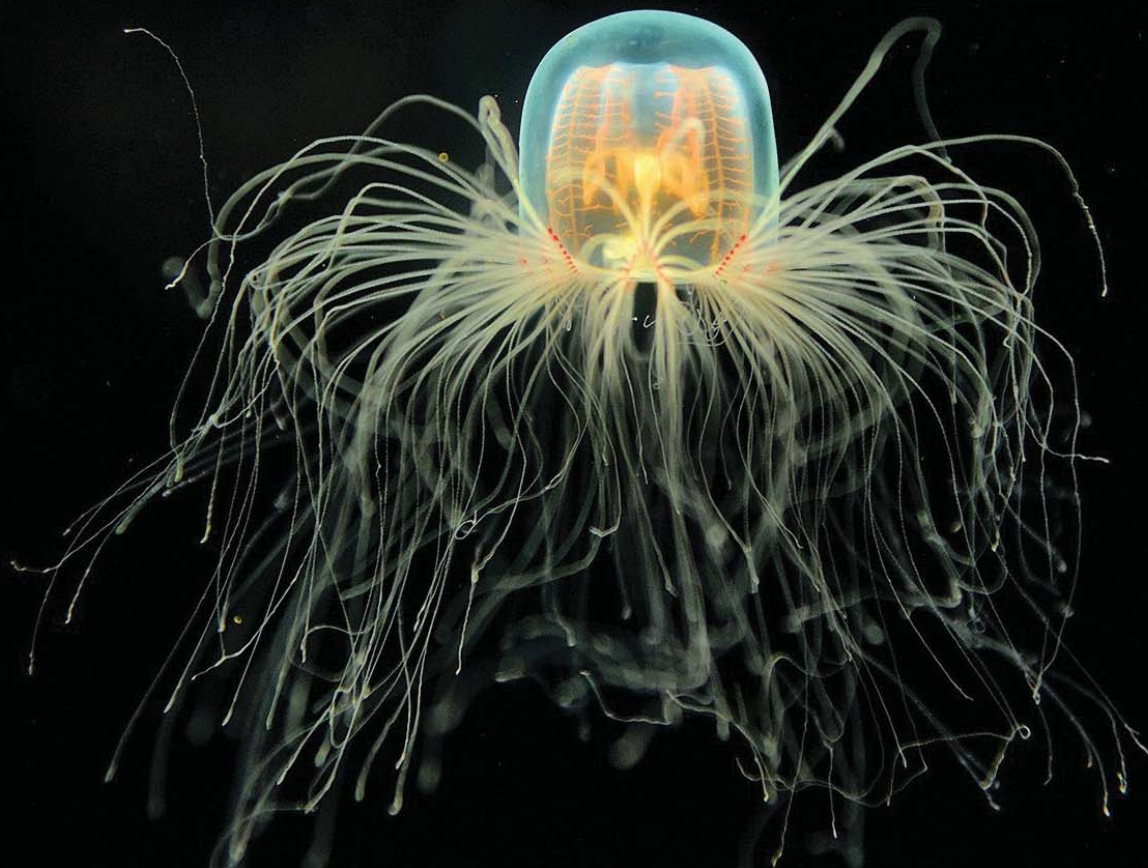
"I was at my local men's shed and got talking with other blokes who were receiving Home Care from Southern Cross Care".

Debbie took time to get to know Bill and what he wanted to achieve. Together they worked on a plan and a budget. Debbie promised to ring Bill the week after to see what he wanted to do. The very next day Bill called her and transferred his Home Care package to Southern Cross Care.

Debbie helped him through the steps including contacting My Aged Care to re-activate his referral code and liaising with his former provider to negotiate any exit fees and set an end date for his services. Bill was now free to start his new services with Southern Cross Care the very same day his old agreement ended.

Since switching, Bill is happily enjoying his new service of weekly help around the home with cleaning and washing, plus transport and help with shopping and getting to appointments.

"I now have a direct contact number for my Service Advisor and can speak to people who are genuinely interested in me. I should have done it sooner had I known it was that easy. My advice to others is to look into changing if you are not happy."



What science tells us about successful ageing

There have been some noteworthy examples of successful human ageing in the press recently. From the announcement that Prince Phillip will be retiring from royal duties, at the age of 96. To the sad news that 85-year-old Min Bahadur Sharchan died in an attempt to summit Everest (having successfully climbed the mountain at 76 years of age). We were also told about Bill Frankland, who, at 105 years of age, still works in immunology research, publishing regularly in scientific journals.

What allows some people to be so vital in old age? Are they mere outliers, or can anyone, potentially, reach a ripe old age in good health?

Chronological age reflects how long you've been alive, whereas biological age is a measure of how well your body functions compared with your chronological age. Chronological age is both easy

to measure and has a high degree of precision.

Biological age is a bit more intangible. We have population averages for blood pressure and heart rate at various ages. We also have good data on how muscle mass and grip strength tends to diminish with age. So, if you are better than the population average for your age, you are biologically "younger".

What separates chronological from biological age? People often think that the two are intrinsically linked; that is, as we age, we become frailer – as our cardiovascular, muscular and neurological capacities decrease. Indeed, it is well understood that these variables, across population groups, tend to decrease with time from about 30 years of age. However, the rate of change in function differs between individuals, as measured by either physical function, cardiovascular function or neurological ability (decision making, reaction time, memory and cognitive function). Also, lower rates of change – that is, better maintenance of function – lead to better health, independence and longevity. In other words: successful ageing.

If we look to animal models of successful ageing, biological and chronological ageing don't always go hand in hand. Lobsters live a very long time and they don't seem to show reductions in function with ageing (nature's cruellest joke – nearly immortal, yet delicious). One type of jellyfish (*Turritopsis nutricula*) is biologically immortal. They can essentially "age backwards".

Naked mole rats actually showed reduced ageing. Their chronological age differs from their biological age and their mortality rates don't accelerate as they age, like in most mammals. Of course, humans aren't jellyfish or subterranean sabre-toothed sausages. What evidence do we have of human functionality being preserved with age?

A couple of years ago, Ross Pollock and colleagues at King's College London examined a group of 142 'successfully ageing people'. Participants were cycling enthusiasts, aged 55 and 79 years.

The researchers attempted to differentiate between chronological and biological age, and they did indeed tease out some interesting differences.



These participants showed remarkable levels of muscular and cardiovascular function, with VO₂max (the maximum rate of oxygen consumption as measured during incremental exercise) values more commonly seen in people 30 to 40 years of age. Importantly, the participants' VO₂max values still had decreased with age – although not as much as in the general population – suggesting they had delayed, but not prevented, chronological age.

We're continuing to conduct research on this model of successful ageing to see if we can establish the effect of genes, environment and training history, and gain insight into cause and effect. Do these individuals maintain high levels of physical activity and thus successfully age better? Or do they successfully age better and thus maintain physical activity for longer?

We do know, however, that it's never too late to introduce supervised exercise into older people's lives, no matter their chronological or biological age. But, for the final answer as to how genetics, lifelong activity levels and environment all come together to result in successful ageing, we've got more work to do yet to establish the role these all play in making the naked mole rats and Prince Philip of this world.

Author - Bradley Elliott

Published by – The Conversation May 11, 2017



Dying to Talk

Talking about dying might be difficult, but it won't kill you. Despite being something that touches everyone, death doesn't receive enough visibility.

Dying to Know Day, created by The Groundswell Project, is officially held this year on August 8th and is encouraging everybody to spend the day removing the taboo by starting conversations about death and grieving. Dying to Know Day activates conversations and curiosity. With these conversations comes better support for people nearing the end-of-life and their loved ones.

Death is a part of life, so no matter your age or level of health there is something to benefit from talking about death. A death literate society is a compassionate

and understanding one, who are prepared to support those at the end of their life.

Have a conversation with your loved ones about your end-of-life wishes well before an emergency hits. This knowledge will help them to make decisions on your behalf should you be unable to communicate your wishes, reassuring both them and you that they are making informed decisions.

You can find out more about Dying to Know Day and the Groundswell Project by visiting www.dyingtoknowday.org.

Something to reflect on... prompts to start the conversation

- One of the things I value most in life is...
- Thinking back on my life, something that brought me great joy was...
- I would like to be remembered for...
- My greatest fear if I was very sick and may not recover would be...
- I think my family and friends would react to me being very sick by...
- If I was diagnosed with a condition I might not recover from, I would get strength from...





Winter Fire Safety

When it's cold outside nothing feels as good as being warm and cosy inside with the heater running or wrapped up in a cosy blanket. But beware, creature comforts can pose a bigger danger during the winter months.

Everyone who lives with Southern Cross Care has fire safety devices fitted in their units. However, if you are living in your own home, please ensure you have smoke alarms installed throughout your home and check regularly that they are in working order. If you're unable to maintain your smoke alarms, contact your local fire station to request help. If you have difficulty hearing, consider installing special smoke alarms which have a flashing strobe light and vibrating pad that can be placed under a pillow and activates when the smoke alarm sounds.

Is your home winter fire safe?

We recommend this simple safety checklist to help keep you safe this winter. Make sure you and everyone in your household follow the following safety advice:

- Never ever leave cooking unattended. **"Keep Looking When Cooking"**
- Make sure you and everyone in your household know two safe ways out of every room in your home.
- Have a written home escape plan in case of fire and practice it regularly.
- If you have a fireplace in your home make sure the chimney is clean, that its properly ventilated and a screen is placed in front of it when in use.
- Check electric blankets for damage or frayed cords before placing on the bed.
- Never drape any materials over a heater and keep your portable heater at least a metre away from anything that could catch fire.
- Make sure you clean the lint filter of the clothes dryer each and every time you use it.
- Always plug portable heaters directly into the wall, using a power board or extension cord can overwhelm the circuit
- Always extinguish candles or any other open flames before going to bed.





Pursuing my Passion

Rod became involved with Peg Art by fluke, never having heard of it until searching the library for books on making wooden toys.



Rod was on the look-out for a new hobby after illness led to his retirement. The only woodwork book he could find that day ended up being on Peg Art. "I admit I was frustrated at first, not thinking I was getting into this but I thought I'd better give it a go. Peg Art, how bad could it be?"

Rod started slowly working up to bigger constructions, learning along the way that a big part of Peg Art was patience. It was all worth it when he finished a magnificent six-seater Ferris wheel, which won a prize at the local show. Rod was now addicted, going bigger and better with each new challenge.

After Rod showed his son Guy his Ferris wheel project, Guy challenged him, asking what he'd make next. "Make the Sydney Harbour Bridge Dad" laughed Guy, thinking of the grandest project he could.

Sadly, Guy passed away in a motorbike accident which was a huge blow to the family. Rod subsequently lost interest in his hobby. Over time Rod eventually found his way back to his shed where he saw his old pegs and gear and remembered his sons' suggestion to make the Sydney Harbour Bridge. Determined to build it in memory of his son, Rod bought 1000 pegs and set to work.

"It feels good when your hard work is recognised".

"After 12 months the bridge was finished. I was quite chuffed when my neighbour wanted to take a picture of it and said "You made this for Guy didn't you" it feels good when your hard work is recognised" said Rod.

When a Men's Shed was established in Deniliquin, Rod was keen to join, giving him the space to spread out and work on his artwork, even teaching other men how it was done. It became a popular activity at the shed, suddenly grandchildren all over Deniliquin were receiving gifts made of pegs.

Rod started receiving Home Care three years ago, realising he needed the domestic assistance to help keep his home up to scratch. He is grateful that his Home Care services allow him to spend his days exactly how he likes, taking part in whatever hobby he wants to try out, with his home being a place of relaxation rather than a burden.

Rod spent nine years in the army and has a lifetime habit of keeping things neat and tidy. Different things equal independence to different people, for Rod it's making his bed himself every morning – just like he learnt to in the army.

Rod plans to keep up with his peg art. He has had one exhibition at the local library and would like to amass a bigger collection to leave as a legacy for everyone to enjoy.

World Environment Day

World Environment Day, this year held on 5 June, encourages us all to take a closer look at our overuse of disposable and single-use plastic, and the detrimental effects it's having on the earth, our wildlife, and even our health.

Every year, we throw away enough plastic to circle the Earth four times. Much of that waste doesn't make it into landfill but instead ends up in our oceans, where it's responsible for killing one million seabirds and one hundred thousand marine mammals every year. For the good of the planet, it's time to rethink how we use plastic. By preventing the problem in the first place, we can start to make a real impact in reducing plastic pollution.

For World Environment Day Southern Cross Care ran a photo competition for staff and residents to share their favourite photos of nature. We were blown away by the submissions that really showed the beauty of nature. We should never take the beauty in the world for granted, it is a gift that we must protect.

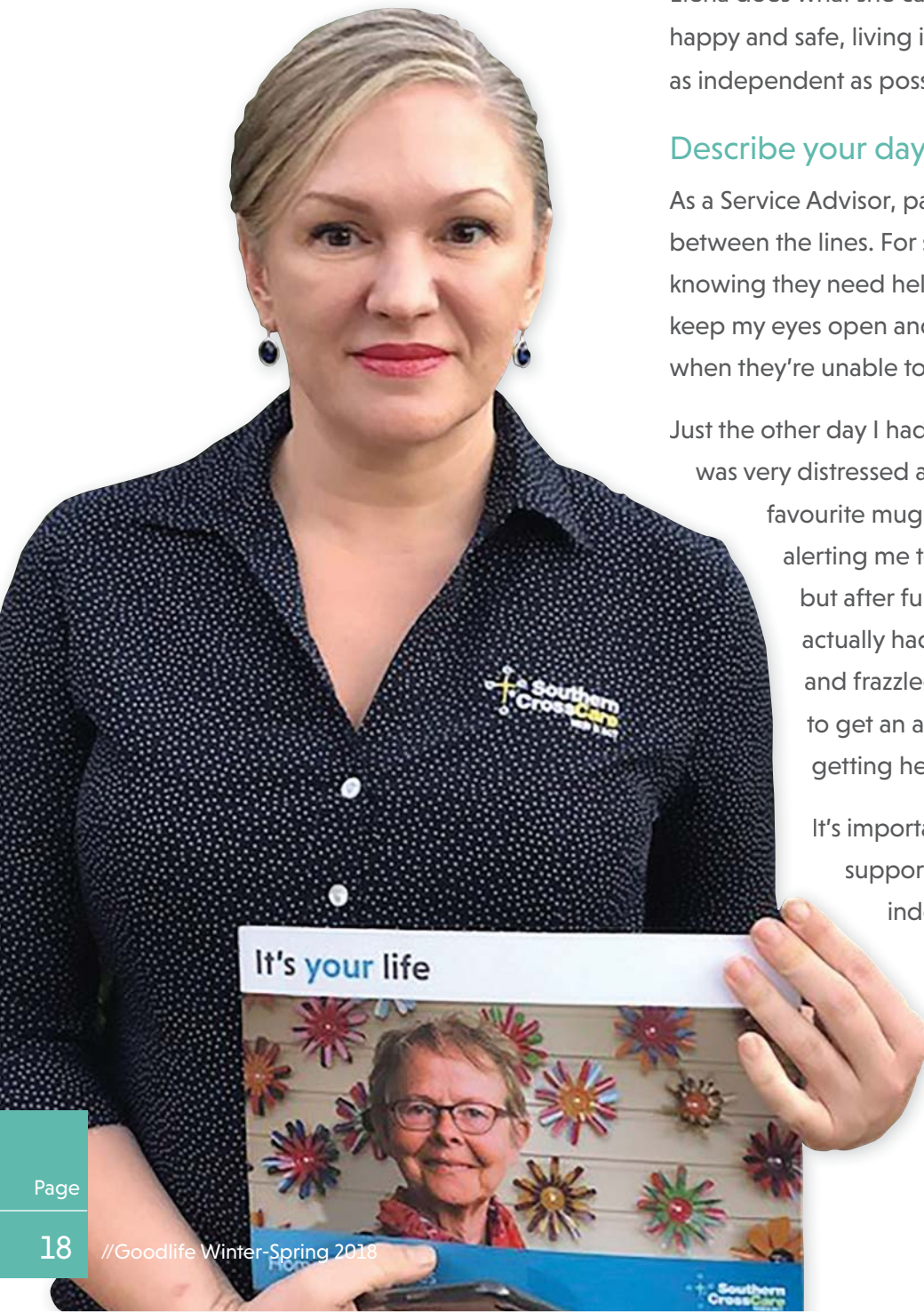
#Take3ForTheSea - Follow the lead of the great charitable organisation Take three by taking three extra pieces of rubbish when you leave the beach, waterway or anywhere in the great outdoors.



One of the photos submitted in our competition.



The most satisfying job in the world



As a Home Care Service Advisor for the Nepean area of Greater Western Sydney, Elena makes sure that her clients' needs are met – assisting them with advice and support to get the most out of their Home Care. Elena does what she can to make sure her clients are happy and safe, living in their own home and remaining as independent as possible.

Describe your day

As a Service Advisor, part of the role is learning to read between the lines. For some, asking for help, or even knowing they need help, can be a struggle. I need to keep my eyes open and be actively listening to people when they're unable to ask for help themselves.

Just the other day I had a phone call from a client who was very distressed at not being able to find her favourite mug. This might have been a trigger alerting me to the possibility of dementia, but after further questioning I found she'd actually had a bad fall and was feeling unwell and frazzled. After figuring that out I was able to get an ambulance to her straight away, getting her the help she really needed.

It's important to figure out what kind of support will give a person greater independence. Sometimes it's more obvious, like needing nursing care to help them after being in hospital, but sometimes it's the smaller things like help around the house and social support that allows a person to thrive.

Home Care is also just about knowing that there's someone out there looking out for you. They can also identify if your needs have changed. Often family members tell us that having support can really take the pressure off families, so they can get back to being the partner or child, not the care giver.

What do you enjoy most about your job?

I love the sense of satisfaction I have at the end of every day. It's so rewarding seeing someone smile and watching them get better and stronger with care. I like seeing people achieve the goals they set out at our first meeting. It's great having that ongoing relationship so that I can keep working with them, making sure they're getting the most out of Home Care. I helped them through the process of starting their services and I'll still be there for them down the road to make sure they're getting what they need.



What's your top piece of advice for people wanting help at home?

If you have an opportunity to get a Home Care Package – go for it. It can be a long process but it's worth getting on the list sooner rather than later. Starting a Home Care Package early gives peace of mind, if you start at a Level 1 package it is a much easier process if you later require a Level 2, 3 or 4, in the event you need more care.

Home Care Packages offer more flexibility, more care and more support than the Commonwealth Home Support Program (CHSP). Home Care Packages puts you in

////////////////////////////////////
"It's great having that ongoing relationship so that I can keep working with clients, making sure they're getting the most out of Home Care".
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charge of your package, giving you the opportunity to pick and choose the timing you receive your care, the kind of care and who provides it. You are the boss and decision-maker, with Service Advisors there to listen, guide and advise what is the best route.

Find out more about Home Care by calling 1800 632 314.



Paying for Aged Care

Eric Haim, founder and principal of Balance Financial Solutions explains what to do when one half of a couple needs to move into aged care.



It can be a worrying situation when a couple resides in a Retirement Community and one of them needs to move into residential aged care. There can be concerns about being able to afford the aged care fees and still be able to fund the living expenses of the one still in the Retirement Community.

Bob came to us to discuss care needs for his wife, who at just 67 needed to move into residential

aged care. Bob was reluctant to use their investments to pay the \$590,000 Accommodation Payment at the aged care home. The couple had more than this amount between savings and investments but Bob was concerned that he would have no income to live off, still having a household to run and bills to pay.

We spoke with Bob and showed him a couple of options. If he was to pay the Daily Accommodation

Payment (DAP) as he planned then it would result in a cash flow shortage of around \$15,000pa, depleting his savings quite rapidly. We then showed Bob that by using some of his investments to pay the Refundable Accommodation Deposit (RAD) then they would be eligible to receive a higher pension. This higher pension would more than make up for the loss of income from their investments, giving a



cash surplus of around \$9,000pa. This would increase their savings and ease concerns about living expenses greatly.

Situations like these are not as difficult if the options are simply explained so you understand how, you can make the most out of it. If you make the right choice, moving into aged care can in some cases provide a higher pension and tax benefits, depending on your financial situation. This is an area where guidance is crucial. The Centrelink Income and Assets form will determine whether the Government can provide additional subsidies for your accommodation. These forms can be quite long and complex, costing you more money and time if not completed correctly.

Southern Cross Care (NSW & ACT) does not provide financial advice. We recommend you always seek independent advice before making any decision regarding aged care finances. Please consult with an established aged care financial expert or a legal firm with experience in residential aged care and retirement village law to ensure you make a decision best suited to your financial and personal situation. You can also find more information on the Governments www.myagedcare website. The Department of Fair Trading also provides information about retirement villages and they can be contacted on 133 220 or via their website www.fairtrading.nsw.gov.au/



Not too late to be vaccinated against the flu

Fewer people in NSW have fallen ill so far this season with reports showing that June 2018 has been a much milder month for flu cases compared to the year



before. With the full brunt of the flu season not yet hit, there's still time to receive the flu vaccine.

"Vaccination is your best defence against flu so if you're yet to have your flu shot call ahead to your GP to check they have the right vaccine for you," Dr McNulty from NSW Health has said.

He's also urged people to maintain healthy hygiene habits such as coughing and sneezing into your elbow, regularly washing hands and staying home when sick to prevent the spread of the flu and other viruses.

As a result of last year's flu season, which was the worst on record in NSW, the state government committed to spending \$22.75 million on immunisation programs in 2017-18. The flu vaccine is free from your GP for those 65+. Southern Cross Care is offering the vaccination to every staff member for free and encouraging every staff member, resident, client and visitor to be a Flu Fighter.

A Flu Fighter is mindful of the impact they have on others and always:

- Gets the flu shot
- Covers their mouth and nose with a tissue when sneezing or coughing;
- Disposes of tissues afterwards;
- Cough/sneezes into their elbow, if they don't have tissues;
- Regularly washes their hands with soap and water;
- Uses alcohol-based hand cleansers if they don't have access to soap and water after coughing, sneezing or blowing their nose;
- Stays at home if they're sick.



Marsfield Residential Aged Care is something special

Our Marsfield home is unapologetically unlike traditional residential care homes. It's a place where every day is celebrated and wonderful moments are in abundant supply.

Marsfield Residential Aged Care is nestled in a quiet residential street alongside historic Curzon Hall. The view of the stately Grand Hall, rising up behind the tree-lined courtyard gardens is rather special.

As soon as you step foot into this modern home your senses are greeted with colour and laughter, and you immediately feel the warmth and kindness. According to Manager Sue Daby, this home is a place where people come to live and enjoy their lives.

"So many treat aged care homes as places to die. We turn that notion on its head with a commitment to making everyday life-affirming and positive."

From the vibrant décor to the quiet, customised private suites and tranquil gardens this is clearly a community that celebrates the individuality of every person who chooses to live there.

"Every day you are acknowledged for who you are. Your choices and happiness are our complete focus. We are a tight-knit family, and our team builds loving friendships with residents and their families and friends. We make a

conscious decision to hug people, to link arms and walk together and to make connections."

A unique way they encourage residents with dementia to continue their everyday activities is through GPS trackers, a small, discreet device that allows them to come and go from the home as they like.

"Many of our residents' love spending time outside and going on walks. Especially those that came to our home from the local area, or the co-located retirement village and still like to walk the local paths. We can monitor the path they are taking, keeping an eye on them and are able to locate them if they do lose their way."

The home regularly hosts family days, featuring musicians, great food, and families. "We always get such a good turn up. It's because people feel good coming here. They know their family member is getting all the attention and care they deserve. But it's not just special event days; it's like that every day - because every day counts".

To find out more and discover if this unique home is the one you've been looking for call 1800 632 314.



*Our home
is not for
everyone*

It takes a village

Growing older is something to celebrate. Importantly it should never mean you have to compromise where or how you live.

Living in one of our Southern Cross Care Retirement Communities opens up a world of new opportunities, friendships and lifestyle choices. You are gaining peace-of-mind, knowing that if your needs or circumstances change, the support you need can easily be set up through Southern Cross Care's Home Care service. The extra help can keep you independent in the comfort, and familiarity of your own home, maintaining the lifestyle that you enjoy.

We have Service Advisors based close to, or right in the heart of our villages, ensuring help and a friendly, familiar face is always close by. Knowing that there is someone on hand to help you through the process, and



beyond, has been the reason why many people are switching over to Southern Cross Care.

In our Retirement Community in Parkes, NSW our clients tell us they chose to switch over to us because of the difference the relationship with their Service Advisor Karen Thompson has made.

Sister Marie recently switched over from another provider after getting to know Karen. "Karen came door knocking and was so helpful in providing information to me that made me stop and think if I'd be better off with Southern Cross. I decided yes and switched," said Sister Marie.

According to Karen, this is increasingly common. "We hear regularly from people who were not getting what they needed. Knowing that Southern Cross Care will look out for you and are genuinely interested in how you're doing sets us apart. Retirement is a time to relax, so we work to make it easier for people to really enjoy their lives. It's the best job ever," says Karen.

Merle, another Southern Cross Care client from Parkes is happy



"Knowing that Southern Cross Care will look out for you and are genuinely interested in how you're doing sets us apart".

knowing that she can trust her care worker to look after things. "My care worker is so polite and courteous. He is thorough with the cleaning and has kept up that attention to detail every time he visits. He actually stopped me when I tried to empty the garbage, telling me to relax, he'd take care of everything. When he

was finished we shared a cup of tea and a chat. He made an old girl happy," says Merle.

Contact Southern Cross Care (NSW & ACT) on 1800 632 314 to discover how Home Care can help you get back to enjoying life.



In my village...

Discover Marsfield

Set in the northern suburbs of Sydney, on entering Marsfield Village, the contrast of classic red brick buildings with lush green gardens immediately gives you a sense of calm. There's a tranquillity and privacy to the place, just tucked away down a quiet residential street.



In the peaceful, green environment sits 72 comfortable 2 and 3 bedroom apartments, featuring private balconies and courtyards. The village location offers something for everyone, adjacent to the historic Curzon Hall, close to both local shops and the vast variety of shops and entertainment opportunities offered by the Macquarie Shopping Centre.

For nature lovers, there are nearby local parks, including the stunning

Lane Cove National Park and the Lane Cove River. Great places to take walks or just visit to spend time with friends, family, or yourself. You'll never be short of something to do.

There's a strong sense of community throughout the village, with plenty of communal spaces to get to know your neighbours and share interests and hobbies.

Call 1800 632 314 to find out more about life at Marsfield Village.





Aged Care at Home

Carmen is 81 and is living safely at home with dementia thanks to Aged Care at Home.

When my doctor told me I had early-stage dementia my heart broke. I knew something wasn't quite right, but I would never imagine it would be dementia. Both my parents lived to a good age, and neither had a neurological condition. The news really knocked me, and I started to worry about what was going to happen to me".

At 81, Carmen is an active and lively woman who spends her days gardening, visiting her children, caring for grandkids, walking their dogs and spending time with friends. She loves her independence and feels there's still so much more to do and experience in life.

"My biggest fear was that I would be a burden to the kids. They are wonderful, and we spend a lot of time together, but I don't want them to have to juggle their busy lives to accommodate me if and when my health declines. I started to feel really down and considered if I should sell up and

move into an aged care home. It was not a very good time for me."

Fortunately, a couple of Carmen's friends had investigated care options for themselves and discovered there was support available to live in your own home while you age.

"When they told me that Aged Care at Home was an option, I got my daughter to help me investigate how it works and what I needed to do."

After looking into it, Carmen and her daughter Nina decided that not only was Home Care the more attractive option, it was also the one that made most sense financially for them, paying fortnightly for the hours of care Carmen needed. By paying for Home Care, Carmen gets exactly the services she wants and when she wants them.

"I have my regular services like assistance with the garden, housework, and shopping.

I'm not driving anymore, but whenever I need it my care worker drives me to appointments and to visit my friends. It's been marvellous. I'm not so worried anymore, and I know that I can increase my services at home whenever I need to."

With Aged Care at Home support, Carmen is able to live safely at home. Her Service Advisor works closely with her and daughter Nina to monitor Carmen's needs. She is receiving help with medication reminders and has a personal emergency alarm as an added security measure should she ever need help.

Keeping fit and active is also high on Carmen's agenda, and once a week her carer takes her to an aqua aerobics group. Maintaining connections to community, family, and friends is vital for everyone, and that's perhaps one of the greatest benefits of Aged Care at Home.





Step Up to Better Health

Staying physically active is the single most important thing you can do to stay fit and independent, as you get older. Physical activity is good for the body and mind.



Age is no barrier - research shows that any exercise, at any age, is worth the effort. If you are in any doubt about exercise, please talk to your doctor.

Try to do some form of stretching and balance exercises every day – even if it is only while you are watching TV. Make a specific time

each day to do these exercises or fit them in whenever you can, like while waiting for the kettle to boil. Mixing these exercises with 30 minutes of moderate activity like a brisk walk or a sport like tennis or golf will keep you healthy and strong.

1. Heel to toe standing/walking

- Helps keep balance when walking through a narrow space
- With fingertips on something solid to help balance, stand heel to toe, bend your knees slightly and keep still for 10 seconds.
- Vary the exercise with feet close together and one foot halfway in front of the other.
- Upgrade the exercise by walking slowly, placing your heel to touch the toe of the other foot.

2. Knee raises

- Helps with climbing stairs and getting in and out of cars and buses.
- With fingertips on something solid to help balance, lift a knee to hip level and hold it for 5 seconds.

3. Side leg raise/sideways walking

- Improves stability when you have to take the weight on one leg, and helps you step sideways and avoid tripping.
- With fingertips on something solid to help balance, stand on one leg and raise the other sideways, holding it for 5 seconds.
- Repeat 8 times.
- Repeat with other leg.
- Extend to walking sideways with slow steps alongside a bench or table.

4. Stepping up a step

- Improves stability on steps, paths and uneven surfaces.
- Holding onto a rail, go up and down a single step.
- Repeat 5 times

5. Sit to stand

- Helps with getting up and down from a chair or toilet, and in and out of the car.
- Stand up slowly from a chair, keeping your knees slightly apart. To make it harder, cross your arms in front of your chest or hold them out in front of you at shoulder height.
- Then lower yourself back down into the chair
- Repeat 5 times.



Pumpkin Soup

Serve with a dollop of cream or yogurt.



Serves: 4

700g pumpkin
500g sweet potatoes
1 large red onion
olive oil
1 teaspoon ground cinnamon
½ teaspoon freshly ground nutmeg
1 litre vegetable or chicken stock
salt & pepper

- 1 Preheat oven to 200°C.
- 2 Peel the pumpkin and sweet potatoes and chop them into large chunks, about 5 cm in size.
- 3 Peel the onion and cut it into quarter wedges.

- 4 Place the vegetables onto a large baking tray lined with baking paper or foil.
- 5 Drizzle the olive oil over the vegetables, and sprinkle over the ground cinnamon and nutmeg.
- 6 Roast the vegetables for about 1 hour until they are golden and cooked through.
- 7 Bring 1 litre of vegetable or chicken stock to the boil.
- 8 Place the roasted vegetables into a large saucepan and pour over just enough stock to cover the vegetables.
- 9 Bring the saucepan to a gentle simmer.

- 10 Take the saucepan off the heat.
- 11 Use a stick blender to purée the soup. Alternatively, purée the vegetables with some stock in a blender, though you will have to do this in a few batches.
- 12 If the soup is a bit thick, add some more stock or hot water to thin out the soup to your liking.
- 13 Heat the soup until it is gently simmering and taste for seasoning.



Coconut and lemon self-saucing pudding

Serve with Ice cream or natural yogurt.

Serves: 6



1½ cups self-raising flour
½ cup desiccated coconut
½ cup caster sugar
1 tablespoon finely grated lemon rind
½ cup coconut milk
1 egg, lightly whisked
60g butter, melted
Vanilla ice-cream, to serve

Sauce

1 tablespoon cornflour or custard powder
1 cup caster sugar
⅔ cup lemon juice
½ cup coconut milk
½ cup water

- 1 Preheat oven to 180°C.
- 2 Grease an 8-cup (2 litre) capacity ovenproof dish with butter. Place on an oven tray.
- 3 Combine flour, coconut, sugar and lemon rind in a large bowl.
- 4 Whisk coconut milk, egg and butter in a separate bowl.
- 5 Add coconut milk mixture to flour mixture. Stir to combine.
- 6 Pour mixture into prepared pan and use the back of a spoon to smooth surface.
- 7 To make sauce, combine cornflour and sugar in a bowl. Use a spoon to sprinkle evenly over pudding.
- 8 Combine remaining ingredients in a small saucepan over medium heat; bring to a simmer.
- 9 Pour mixture over the prepared pudding base and use the back of a spoon to smooth surface.
- 10 Bake in a preheated oven for 25- 30 minutes or until just cooked through and golden.
- 11 Set aside for 5 minutes before serving.



Football



Find and cross out all the listed words. The words may go horizontally, vertically, diagonally, not backwards.
Ignore spaces, dashes and diacritics, if any.



WORD LIST

ARENA
BENCH
BOOTS
BOWL
CAPTAIN
CLUB
COACH
CODES
COIN TOSS
DEFENDER
DIET
DRIBBLING
ELEVEN
FEINT
FIELD
FOOT
FOOTBALL
FORMATION
FOUL
FREE KICK
GAME PLAN
~~GOAL~~
GOALKEEPER
GRASS
HALF-BACK
HUDDLE
INJURIES
KIT
LEAGUE
MANAGER

MATCH
OFFSIDE
PENALTY
PITCH
PLAYBOOK

RECEIVER
RED CARD
REFEREE
RUN
SCORE

SHIN PADS
SOCCER
SOLO
STRIKER
TEAM

TEE
THROW-IN
TIME
TIMEOUT
TOURNAMENT

TRADE
TRAP
VICTORY

D R I B B L I N G C A P T A I N F
S F G A M E P L A N T B O O T S R
C O D E S F G F O R M A T I O N E
R O C F O O T O E P E H U D D L E
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Sudoku

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Answers

D R I B B L I N G C A P T A I N
 S F G A M E P L A N T B O O T S
 C O B E S F O R M A T I O N E
 R O C K F O O T O E R H U D D L E
 F E T A C E L U B K X L N T M E K
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Aged care at home



It's where I
want to be

Ian Stephens, customer

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