

GOODWIN LIFE



GOODWIN
THE BETTER LIFE CHOICE

SUMMER | 2016

FOUR WHOLE PAGES
of social photos

*Open Day Fair
success*

THE CENTRAL
*final stage to open
for inspection*

WHAT DOES IT MEAN TO
*'age well' with
dementia?*

New Farrer development
GETS THE GO-AHEAD

CEO address

Goodness – the time really does seem to speed by faster each year!

In this our Summer edition, I want to take the opportunity to thank all of our members, residents, clients, employees and volunteers for another inspiring year.

Our Annual Activity Statement 2015–16 was released in October and is available on our website.

It's been an important year for Goodwin as we have continued to respond to the opportunities and challenges occurring in the aged care industry. Industry reports suggest an additional 70,000 beds, 80,000 home care packages and 93,000 retirement living units will be required in the next 10 years to meet the needs of Australia's ageing population.

There's not enough room in one newsletter to cover all the inspirational things that have gone on across Goodwin during the year. (If you're able, I encourage you to join us on Facebook, for daily stories of Goodwin activities.) From an organisational perspective, key successes have been:

- the launch of Goodwin Health Club
- the launch of Monash Day Club
- introduction of 24/7 onsite nursing at our residential care facilities
- construction of Stage 2/3 of The Central
- expansion of home care package offerings into Queanbeyan
- our Day Clubs winning the Age Friendly Community Award
- approved plans for the Farrer village redevelopment (see page 7).

I encourage all of our readers to use these summer holidays to pause to congratulate yourselves on a year well done, and well lived.

And please, if your needs have changed in any way, get in touch with the Goodwin team to ensure that you're well set up to make the most of another year to come.

Best wishes for Christmas and the new year,

Sue Levy
Chief Executive Officer



*We'd love
to hear
from you!*

We always welcome contributions from our residents. If you have a story or photos, please send them to marketing@goodwin.org.au or drop them into reception, addressed to Marketing.

Cover image: Nancy McLean celebrates her 100th birthday at Goodwin Farrer

Health and Wellness Centre *news*

Health and Wellness Centre services have expanded into Ainslie and Crace independent living villages, with a range of popular fitness and wellbeing classes now available.

Yoga, tai chi, walking, and weights and resistance classes are offered under the Health Club – a subsidiary of the Wellness Centre, now known as Goodwin Health and Wellness Centre.

With an average of 10-11 people in each of Ainslie and Monash classes, weights and resistance training is proving the most popular of the line-up of classes.

Yoga is currently the only class offered at The Central in Crace (Wednesdays, 11.30am), with a view to expansion per demand and/or as the community grows.

The Health Club was created earlier this year to supplement the services of the Wellness Centre's team of health experts, with opportunities to focus on the triad of mind, body and soul for long-term wellbeing maintenance strategies.

Membership to the Health Club is only \$20 and gains you unlimited classes for 12 months.

To join the Health Club, come along for a free health assessment so we can identify your needs and ability: Mondays at 9.30 at Monash Clubhouse; Tuesdays and Thursdays at 10.30am at Ainslie Clubhouse; or by appointment on 6175 5668.

The Central *final stage to open for inspection*

The final stage of The Central in Crace is expected to open for inspection in March of 2017.

Construction is nearing completion now on various sized apartments and penthouses plus eight two-storey townhouses. At the time of printing only around 45 properties remain up for grabs across the whole 135-home complex.

The Central now has a thriving community that enjoys a full weekly calendar including regular Happy Hour, games, events and fitness groups.

Contact Renee or Liz in our sales office on 6175 5057.

A choice of colour schemes is available only if purchasing off the plan.



Open Day Fair *a huge success*

Goodwin's inaugural Open Day Fair on Saturday 12 November was a roaring success, with around 300 visitors to Goodwin village Ainslie on the day.

To all Goodwin Ainslie residents, thank you for opening your village to visitors. Special thanks to the ladies behind the Bits n Bobs shop and Latte Da resident café: Jenny Mitchell (both), Mary McPake (Bits n Bobs) and Eileen Rope (Latte Da).

Thanks also to Bunnings for supplying the petunias for planting and to Farm Fresh Fruit Market and Mastercut meats for donating food for the sausage sizzle. All proceeds went to Alzheimer's Australia (ACT).



GOODWIN SPONSORS SENIORS WEEK 2017!

We're proud to announce that Goodwin is the major sponsor for Seniors Week ACT 2017.

From 18 to 26 March, you can join a range of events designed to encourage older people to live healthy, active lifestyles and show that older age can be a time of learning, adventure, and contribution to community.



What does it mean to *'age well' with dementia?*

Goodwin was a proud sponsor of the National Conference of Emerging Researchers in Ageing, in October at the Australian National University.

The theme of this year's conference, 'Pathways to ageing well' raised questions about what it means to 'age well', what limits our efforts to do so, and what services are needed to support it.

'Little has been done to investigate how people with dementia wish to live their lives.'

Conference convenor Professor Kaarin Anstey said, 'Pathways to ageing well recognises that all older adults have a right to age well, regardless of health status, disability, cognitive impairment, gender, sexual orientation, race and religion'.

Goodwin CEO, Sue Levy said, 'As a not-for-profit with a large cohort of employees, clients and residents, Goodwin is well placed to support new research. It's something

we greatly value, as it leads to continual improvement in care methods.'

Our nurse practitioner Tamra Macleod addressed the plenary session. Goodwin also sponsored a special 'Pathways through dementia' session. One particular project presented here by Curtin University researchers said evidence suggests that people with dementia feel services are not always responsive to their needs and that they wish to be included in their service planning.

Pharmacological advances mean that people with dementia may have an increased quality of life for longer. However, little has been done to investigate how people with dementia wish to live their lives, say researchers.

With little ability to predict the trajectory of their dementia journey, some people found it difficult to establish future needs and goals. This project looks at how finding meaning in their lives helps people with dementia to manage the feeling of losing control.

The study showed it helps to stay connected to their pre-diagnosis life for as long as possible.

Governor-General visits Monash resident

Goodwin Monash resident Dorothy Ross received a personal visit from His Excellency, the Governor-General, General the Honourable Sir Peter Cosgrove AK MC (Retd) on 31 August. Sir Peter Cosgrove is patron of Meals on Wheels, and joined Red Cross volunteers to deliver meals across Tuggeranong to honour National Meals on Wheels Day.

'It's not every day the Governor-General comes to your house, it was quite an honour and I feel wonderful about it,' Dorothy said.



Staff moves, new staff *and awards*

New central contact for home care

Sarah Knowles, veteran and guru of our home care team, has moved into a newly created role as Community Engagement Officer.

This new role creates a consistent entry point for all enquiries into home and community care, and a familiar, expert voice.

Some of you will have met Sarah at the recent information sessions at the independent living villages.

February 2017 presents a lot of opportunity for Goodwin, as home care packages will be uncapped via federal government reforms. That means more opportunity for you, our current and future clients, too.

Goodwin can assist you with everything from shopping, cleaning, transport, clinical care and more.

If you are interested in what home care can do for you, want to understand eligibility and government subsidies, or have any other queries, contact Sarah on 6175 5650.

(We'd also like to congratulate Sarah on her recent wedding!)

Residents General Forum members


Do you know who your current Residents General Forum representative is? Here's the updated list. These people can represent your concerns, queries and feedback to the Goodwin executive team.

Independent living

David Francis – Ainslie, **Gwen Hartican** – Farrer, **Kevin Maguire** – Monash, **Margaret Inwood** – Crace

Residential care facilities

Victor Cristofani – Farrer, **Brian Rochford** – Monash, **David Harper House**, **Rodney Bourke** – Monash, **Ralph Cartwright Centre**, **Wendy Cosford** – Ainslie,



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New Farrer village *gets the go-ahead*

Goodwin is very pleased to announce that plans for redevelopment of our Farrer village have gained final approval from the ACT Civil and Administrative Tribunal (ACAT).

The redevelopment will proceed with six buildings as originally submitted – the upgraded residential care facility including Memory Support wing; plus five buildings totalling around 150 modern, independent living apartments.

'Goodwin has worked hard to address community feedback on plans to upgrade the village, which has been part of Farrer community for 40 years,' said Goodwin Chief Executive Officer, Sue Levy.

Revised plans have reduced the height of three buildings, from earlier plans, and

amended facades to improve the visual amenity and silhouette of larger buildings.

'We are immensely proud of the final design at which we've arrived,' said Ms Levy. 'This is an exciting project for our residents and the Woden Valley.'

The construction process is hoped to begin in the first quarter of 2017. Construction is planned over a four to five-year period, with independent living apartments released in stages. The comfort and wellbeing of residents during that period is our highest priority.

The vision is a village with linkages to the natural environment including visitor playgrounds, health and wellness initiatives, and a vibrant hub with lifestyle clubhouse.



Social *pages*



Birthdays

Leo Praks, 105



Katherine Cawsey, 99



Nancy McLean, 100



Remembrance Day at George Sautelle House, Farrer (left) David Knight, (centre) David and Jackie Knight, (right) Terry Perrott



Our latest TV stars! Thanks to Charlie King, Ian Kirkpatrick, David Nott and Ken Clancy (all of Ainslie village) for playing extras in our TV commercial for home care, on air from December. Those grins and beers look very genuine! (Thanks also to Edgar's Bar, Ainslie.)



Ainslie village residents, and their families, participating the 2016 Alzheimer's Australia Memory Run. (right) Joan Mallory and Consie Larmour with their families after the race.



Halloween fun at Ralph Cartwright Centre

Residents enjoying happy hour at The Central



High tea with The Queen and Duke of Edinburgh at the Queanbeyan Day Club

Goodwin's 'Olympians'

Goodwin brought home five medals from the recent YMCA seniors sports carnival (three to the Ainslie team and two to Farrer).

The 32-member team competed in a range of modified Olympic sports from javelin to relay, after six weeks of hard training by University of Canberra volunteers. The carnival is open to residents of aged care facilities and day clubs.

'First day in my life I felt so good doing something different. I didn't think I could! It made me feel so much younger,' said Evette Adhami of Goodwin House.

Farrer team pictured: Residents Lorraine Dixon, Betty White, Margaret Johnson, Marie Sharpe & Amparo Manaog. Front left Libby Cross (physio aide Farrer), far right Sandra Riley (valued Farrer village volunteer), and our trainers in white.



Cleo Goodchild, Ainslie team



David McConnell competing for Ainslie team



Marco Falzarano, Larry Carmour and David McConnell



Farrer team

Health *tips*

Part 3 of our series with Goodwin Health and Wellness Centre, offering easy health habits that you can begin right away to improve your everyday wellbeing.

Exercise more!

As you grow older, an active lifestyle is more important than ever. Not only does regular exercise help boost energy, maintain your independence, and manage symptoms of illness or pain, it can even reverse some of the symptoms of ageing.

'The age old saying 'if you don't use it, you lose it' is absolutely true,' agrees Matthew Politarhis a physiotherapist who has been working with seniors for more than five years. 'I have seen first hand how people who are more physically active enjoy a much better quality of life as they age.'

Starting or maintaining a regular exercise routine can be a challenge however. You might feel discouraged by illness, ongoing health problems, or concerns about injuries or falls. Or perhaps you've never exercised before and think you're too old to start.

'In most cases any increase in physical activity is beneficial,' he says. 'But everyone is different. That's why it's crucial to consult a relevant health professional before starting any new exercise program. We focus on our clients achieving a slow and steady progression of small goals.'

Once people have added more movement and activity to their daily life, the benefits become quickly apparent.

'Daily exercise can assist in maintaining and improving balance, muscular endurance/ strength and general cardiovascular health,' says Matthew. 'This in turn reduces the risk of falls and can assist in minimising ailments associated with poor cardiovascular health.'

Exercise is also incredibly beneficial for your mind; from helping you sleep better to boosting your mood and self-confidence and relieving stress. Studies have even shown that



'Many people might not realise that exercise is also incredibly beneficial for your mind.'

exercise can improve your memory. But you don't have to embark on a strenuous regime to reap the rewards. In fact enjoyment is key to sustaining an exercise program each day.

'I am a big advocate of walking,' says Matthew. 'Not only does it incorporate your larger muscle groups and improve your cardiovascular system, but it's also a great excuse to get out of the house.'

'Exercise classes are also a great way to meet new people and get active within a supportive environment,' he adds. 'Anything that involves socialising is always going to be a lot more motivating than if you were to do something on your own. You're much more likely to commit to a regular schedule.'

Matthew works for Wellness & Lifestyles Aged Care Services, including services at Goodwin.



Melbourne Cup lunch

- (top left) Janice McDonald and Kath Sandeman
- (top centre) Shirley Rainbird and Jean Townsend
- (top right) Jean and Ron Lane
- (midde left) Paola Giurgola, Juanita Bayley and Joyann Loftus
- (middle centre) Fay Benjamin
- (middle right) Barry and Ellalene Seymour
- (bottom) Pam Scott, Pam and Ian Kirkpatrick, Geoff and June Steele and Charlie King

Newsletter and media
 marketing@goodwin.org.au
 6175 5055

Apartment and villa sales
 sales@goodwin.org.au
 6175 5000

Help to stay at home, Day Clubs
 community@goodwin.org.au
 6175 5650

Live-in care admissions
 admissions@goodwin.org.au
 6175 5192



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