

# GOODWIN

# LIFE



GOODWIN  
THE BETTER LIFE CHOICE

AUTUMN | 2017

CLUB MEMBERS'  
**'fish and chip'**  
suits for African  
babies

STAFF MOVES  
and social pages

NEW  
Massage  
services 24/7  
for pain relief

WHO IS OUR  
**Canberra Golden Girl?**

# CEO address

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In our autumn edition I'm going to say the same about the cooler weather as I do about age: Who says we're meant to slow down?

Part 4 of our healthy living series on page 11 is all about getting social and staying connected – extra pertinent as we feel the urge to retreat into the house, as the weather gets cooler. That could mean taking greater advantage of onsite facilities, a move to a more social living situation like a village, or saying yes to opportunities around the community.

Our Health and Wellness Centre is ramping up, with new staff bringing extra services (page 3) and fresh styles of group classes (another social avenue!) under new trainer Kahlan Cliffe. Do try them.

Speaking of social, big thanks to our Monash residents and families for your cooperation

with our Open Day Fair. We loved that many of you joined in, enjoying the BBQ and singalong at David Harper House, and the Canberra Symphony Orchestra ensemble at the café. Visitors clearly saw how much you enjoy your home, and the sense of community you all share.

Human contact has special healing powers. Our quest for continual improvement in care has this quarter seen the addition of massage services and hot wax hand baths for pain management in live-in care. Our nurses have been trained to provide the service, which offers one-to-one care and conversation at the same time as drug-free, immediate relief (story page 4). Our simulation nursing mannequin provides high quality training to all care staff (page 5).

Enjoy the Goodwin Life!

**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](mailto:marketing@goodwin.org.au) or drop them into reception, addressed to Marketing.

## Staff moves and new staff

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John Penca is now Manager Operations Residential at David Harper House, Monash. Goodwin House Ainslie has three new staff roles: Charlotte Bai, Manager Operations Residential, Evelyn MacDonald, Care Manager and Himanshu (David) Patel, Deputy Care Manager.

Sarah Robinson and Maria Lum have joined marketing. Sarah is our designer and photographer Maria is contact for the newsletter and social media.

We also have a new look Health and Wellness team at Monash: Justin Jarvis, Centre Manager and Podiatrist,

Kahlan Cliffe, Health Coach and Micheala Day, Physiotherapist.

We welcome all these new staff and hope they enjoy their time at Goodwin!

# Health and Wellness Centre news

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We had a chat with Justin Jarvis, recently appointed Podiatrist and Health and Wellness Centre Manager, about his role and the Centre.

## 1. Describe your role at the Health and Wellness Centre?

When I am in clinic I spend my entire day seeing patients, helping them understand what is happening with their feet and how we can develop a plan to manage their conditions. I ask patients questions and together we work out how to maintain healthy feet, including stability, mobility and ongoing care.

When I am not seeing patients I work with the team at the Health and Wellness Centre to improve the service we offer to our clients. This includes meeting with Goodwin's home care team or external service providers.

## 2. What, in your view, is great about the Centre?

Our Centre provides an opportunity for clients to maintain their health, rather than "fix" problems after they have set in. We work towards a "wellness model" rather than what has been called a "sickness model".

## 3. What interests you about podiatry and how it can help seniors?

Podiatry is about maintaining healthy feet and legs. This then helps to improve and maintain quality of life.

## 4. What is your vision for the Centre?

The vision is to increase opportunities for our clients to access health and wellness services, including more fitness and recreation activities with the Health Club.

We believe that the Centre's ability to provide a joint service team for ongoing health care will continue to improve clients' physical and psychological health and wellbeing. The shared information amongst the Centre's health professionals provides a more specialised service for each client.



The Health and Wellness Centre team (left to right) Justin Jarvis, Patricia Davis, Michaela Day and Kahlan Cliffe.

The Health and Wellness Centre currently has a podiatrist, geriatrician, physiotherapist, nurse practitioner, health club coach and general practitioner.

Please come and visit us, as we are always looking at how we can improve the service we provide. If there is something that you want... let us know and hopefully we can accommodate your needs.

For further information contact the Health and Wellness Centre on 02 6175 5668.

Next issue we will chat to Michaela Day, Physiotherapist at the Health and Wellness Centre.

# Massage for pain relief

Goodwin's live-in care residents now benefit from specialised massage treatment for pain relief. The new service began in February and over 50 residents across our sites have already become part of the program. Thirty of Goodwin's registered nurses have undertaken training to provide the service.

Treatment options include a gentle massage for 10 minutes twice a week to relieve arthritic pain, plus a hot wax bath for arthritic hands.

Residents really enjoy the treatment especially the wax baths, and the one-to-one care provided by the clinicians who take time to listen and provide a professional healing touch. The trained clinicians discuss the best way forward for patients and what has and hasn't worked to relieve their pain.

The idea of the program is to increase non-pharmacological treatment, that is, an alternative to 'popping a pill'. Now, when Goodwin residents at any time of the day or night look for medication for their pain, a massage alternative may be a better solution. Massage has a positive impact on postural stability and blood pressure.

This is an improved service for Goodwin residents as massage was previously provided by external contractors. Now, patients can have massage treatment at the most convenient time and place, that is, in the comfort of their room, watching television or in the middle of the night.



(top) Goodwin nurses undertake massage training (bottom) Joan Nunn enjoying a hot wax hand treatment demonstration, at Queanbeyan Day Club, as a special treat.

# Builder named for Farrer village

We're proud to announce that PBS Building have been selected as builders of the first stage of the Goodwin Farrer village redevelopment.

As Goodwin develops and owns its properties, we aim to build quality, made to last.

PBS have an impressive history on villages and care facilities across Australia plus a range of other residential developments.

We are confident they will lead a smooth process with minimal disruption to village life.

PBS Building have worked with Goodwin on stages of both Monash village and The Central at Crace.

The development is also partnered with AMC Architecture, who worked with us on The Central and our Monash redevelopment which was named Australia's Best Retirement Living Development in 2015.

# Welcome Geri: simulation nursing mannequin

Goodwin recently welcomed a much anticipated new team member: a digital geriatric nursing skills mannequin providing hands-on practice for our nurses.

The Nasco Life Form, nicknamed Geri, provides simulation nursing and allows practical experience in more than 35 procedures such as taking blood, administering injections, urinary catheterisation, and administering eye and ear drops. It can also be used to practise denture placement and removal, hearing aid placement, and dressings.

The simulator replicates human conditions as Geri moves like an older person and can be filled with lifelike fluids like blood and comes with both male and female anatomy.

A remote control function allows the trainer to set particular heart and lung conditions allowing trainees to learn to distinguish between different heart and lung sounds for more accurate patient assessments.

This level of technology in training is usually reserved for universities and takes Goodwin's training to higher levels.



Tamra MacLeod, Nurse Practitioner, with Geri the simulation nursing mannequin.



## Live-in care: trialing on-site pharmacists

Goodwin has begun a trial of on-site pharmacists in live-in care, with Dr Sam Kosari, Assistant Professor of Pharmacy, at the University of Canberra.

The trial will be conducted at David Harper House at Monash for two days a week for six months. It will review whether having the on-site expertise of a pharmacist will help to improve residents' health and wellbeing.

Including a pharmacist in the care team brings expert input on medicines which will be useful in developing care plans for residents. The trial hopes to see a reduction in residents' falls which may be associated with sedative drugs.

Over-use of antibiotics in Australian nursing homes is very concerning as frequent and inappropriate use of antibiotics can lead to the kind of antimicrobial resistance that creates superbugs, health authorities say.

The project also hopes to improve the efficiency of medication rounds, speed up communications with supplier pharmacies and improve residents' medication treatments so that there are very few or no medication related incidents.

An on-site pharmacist may provide a more timely medication review, which would otherwise rely on the availability of a GP.

# Home care changes: more say for consumers

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Changes to the national home care system mean home care packages are now portable, which allows consumers to easily move to a preferred provider, like Goodwin, if they wish.

Home care packages are now allocated directly to a consumer through the government's My Aged Care system whereas previously packages were awarded to a care provider. This means once people have received the letter from my aged care advising them they have funding, then they can contact Goodwin directly, and discuss their needs and commence services. Or, if you

already have a package you can move it to Goodwin — perfect if you live in our villages and we already know you.

Goodwin has the capacity to assist consumers of any package level.

If you know someone who would like information or assistance on moving their home care to Goodwin's reputable services, contact Goodwin's home care team on 6175 5650.

For information on home care and the changes please go to: [www.goodwin.org.au](http://www.goodwin.org.au).

## Monash open day kicks off ACT Seniors Week

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Our Monash Open Day Fair was a great success, with around 120 to 180 visitors plus many residents who joined in the fun. It was great to see family groups exploring options together and supporting older loved ones.

The Canberra Symphony Orchestra quartet was a huge hit in the clubhouse, which was buzzing all day with a full café and a series of wellness classes to join including yoga and tai chi, then shuffleboard in the afternoon.

Over at David Harper House live-in care, the singalong was very popular, along with a charity BBQ by Alzheimer's Australia ACT, and food tastings of the day's resident menu which always pleasantly surprise visitors.

Goodwin was proudly major sponsor of this year's Seniors Week ACT and enjoyed kicking off the week with such a lively event. Our thanks to Monash village residents for their cooperation and support.



# Day clubbers make 'fish and chip' suits for African babies

Goodwin's Day Club members at Queanbeyan have donated hand-knitted 'fish and chip' suits for newborn babies in Africa. Club members had fun working together over the last few months to knit these special soft, warm, and colourful suits donated to the Barbara May Foundation – a charity supporting underprivileged African mothers through childbirth.

As African babies are usually wrapped in newspaper after they are born, they are called 'fish and chip' babies. A newborn baby is considered lucky if they can be wrapped in a soft knitted suit rather than newspaper.

On Monday 13 February the beautifully knitted suits were gratefully accepted by Deb Debenham from local charity Quota, who support the Barbara May Foundation.

Quota is a world-wide organisation of volunteer women who believe they can make a positive difference through community and international service projects.

The Barbara May Foundation was founded to support the work of Australians Valerie Browning AM, and her nephew, Dr Andrew Browning in maternal healthcare in sub-Saharan Africa. The Foundation's primary focus is safer childbirth for mothers and children in rural areas and poorer communities. Dr Browning also undertakes extensive work treating women suffering from old, untreated obstetric fistula injuries which is estimated to be approximately two million women in Africa.

The women from Goodwin's Queanbeyan Day Club are proud to support such a worthy cause.



(top) Queanbeyan Day Club members and (bottom) Cheryl Rath, Queanbeyan Day Club coordinator, with knitted items donated to Quota.

# Social pages



(above) Ainslie village residents regularly attend the races at Thoroughbred Park, always followed by lunch! Pictured: Madelon Harvey and Ray Lloyd.



(above) As part of NSW Seniors Week Queanbeyan Social Club clients were informed about current scams by Jess from the NSW Department of Fair Trading. They then enjoyed a hot wax hand treatment thanks to Colleen from the Goodwin Health and Wellness Centre. Pictured top: Bessie Halloran and Joyce Stafford, and above, Lionel Smith.



Bits n' bobs resident run shops: open for business! (left) Mary McPake and Audry Shepherd run the Bits n' bobs at Goodwin House, Ainslie pictured with Alison Shepherd. (right) David Harper House's Bits n' bobs shop is run by Sylvia Martin (pictured left to right) Sylvia Martin, John Penca, Norma Crouch and Alf Fairhead.





Betty Lloyd, all dressed up, at the Ainslie village St Patrick's Day dinner.



Monash village residents visit Tidbinbilla Tracking Station (left to right) Pam Adams, Jean Alchin, Barbara Pretty, Helen Clarke, Babs Scott, Moya Ewin and Pat Byrne.

Residents of The Central joined Clean Up Australia Day efforts at Crace Recreation Park. A number of dedicated Central residents participate in the monthly Landcare Group at Crace. Pictured: Sue Moss, Claire Lewis and Don Moss.



(above) Maria Marin, Kitty De Leeuwe and Maureen Do Toit enjoy a high tea at our Monash Day Club.



Farrer Resident Betty White with her artwork from the Art and Dementia workshop run by the National Gallery of Australia at Goodwin.



Campbell High students and Goodwin House resident, Joy Griffin during a visit the Australian War Memorial as part of the Bridging the Gap program.

# Mary McPake *Canberra golden girl*

Goodwin House resident Mary McPake was recently nominated for the Canberra Gold Award for her services to the ACT for a period of more than 50 years.

Abbie Dawson from Goodwin nominated Mary for the award. 'I wanted her to know how valuable she still is to the Goodwin community and the community as a whole.'

Mary was born in England, in 1931. In 1949 Mary left England on the ship *Ranchi*. 'My girlfriend had heard of a scheme where you only paid five pounds for your passage to Australia if you were under 18 years of age.'

Mary arrived in Canberra in January, 1950. In the 1950s with only about 19,000 people living in Canberra, Mary would ride up Northbourne Avenue on a horse. 'It used to be a bit quiet back then,' she says.

In 1950 Mary started work at the then Bureau of Mineral Resources. The following year she worked at Woodgers and Calthorpe Real Estate, and Stock and Station Agents in Canberra City. Mary then worked at the Department of Air, originally typesetting until computers came in and she began designing forms. Later Mary worked as head typist for the Prime Minister's Department when R.G. Menzies was Prime Minister.



Goodwin House resident Mary McPake with ACT Chief Minister Andrew Barr at the Canberra Gold Awards.

In 1968, after having four children, Mary went back to work at the Department of Air, now Defence, where she worked for about 23 years.

Mary moved to Goodwin House in Ainslie 5 ½ years ago. She has been running the in-house resident shop Bits 'n Bobs for more than four years where she sells resident craft and homemade culinary delights. Mary consults fellow residents on how proceeds are spent for the in-house community.

## Snapshots from Elders in Objects and Stories



Goodwin residents Cleo Goodchild, Joy Griffin, Martha Stuart, Mary McPake, Ted Bamford and Evelyn Bean are part of a new collection of fascinating biographies from the book *Important to Me: Snapshots from Elders in Objects and Stories* by Pip McNaught. Stories include snapshots of life from the 1880s to 2004 spanning Australia, New Zealand, Europe and Asia. The book describes people's historic connection to objects such as leadlight lampshades, semi-precious stones, a painting from the 1880s, Canberra Times letters and a 1948 bible. The biographies detail associated personal histories such as post WWII rockets landing in front of people's farm houses, and the journey of the youngest single woman to travel from England to Sydney in the 1850s aged 16.

# Get social Health tips

Part 4 of our series offering easy health habits that you can begin right away to improve your everyday wellbeing.

Humans are, by nature, social beings that prefer to live in groups with a high level of social interaction. No surprise then, that social contact can be just as effective as exercise in terms of improving your mood and quality of life. If you aren't maintaining social interactions on a daily basis, you might also be putting yourself at risk of depression or even dementia. However staying socially active can become harder as you age—especially if your circumstances change.

'A common scenario is when people move interstate to be with their children and grandchildren,' adds Fiona Nilsson, Independent Living Manager at The Central in Crace who has worked with Goodwin for more than seven years. 'Often they're leaving behind long life friends and the thought of establishing new friends can be a bit difficult.'

Fiona also says that the loss of a partner, particularly for men, can lead to social isolation and loneliness. 'Women tend to be the ones who organise social interactions within couples,' notes Fiona. 'So without their wives, a lot of men tend to retreat into their shell.'

Fiona is also quick to point out that loneliness is not an inevitability of ageing and that there are lots of programs and services in Canberra to help people who find it difficult to maintain their social activities, stay connected.

'The challenge is to take advantage of the opportunities that exist,' says Fiona.

For many people, avoiding social isolation means a change to their living situation, which is why retirement communities have become so popular. Where there are daily social events organised.



Social contact can be just as effective as exercise in terms of improving your mood and quality of life.

## 4 quick tips for staying connected

- **Volunteer:** support an organisation you love, learn new skills and meet new people.
- **Join a club or group:** book clubs, walking groups, sports clubs, art & craft groups and others.
- **Take a class:** there are many adult education centres in Canberra that offer a wide range of interesting courses.
- **Learn new technology:** email and Facebook groups keep you connected to family and friends.



## CHOOSE AN EXCEPTIONAL LIFESTYLE

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