

# Turning the page

WINTER 2016

Latest news, services and developments of ACH Group

ACH GROUP

Good Lives for Older People

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## SALA paper hearts project

A giant installation made from origami paper hearts will be the centrepiece of ACH Group's involvement in SALA 2016.

The South Australian Living Arts festival runs from 1 to 31 August and this year our theme is 'LOVE: give, share, celebrate.' As part of the Paper Hearts project, the ACH Group community has been busy making as many hearts as possible in the lead-up to the festival.



Find out more about ACH Group's involvement in SALA at [www.ach.org.au/sala2016](http://www.ach.org.au/sala2016)



**TEAM EFFORT:** Sue Williams makes paper hearts with her art group at Murray Bridge.



**IN STEP:** Dancers Ken Dunlevey, Evelyn Mack, Mabel Lochowiak and Marsha Hinds get together every week.

## STEPPING OUT FOR RECONCILIATION

**A line dancing class at Stepney is creating common ground for a group of dancers from indigenous and non-indigenous backgrounds.**

The Otherway Guys and Gals dancing group is a collaboration between ACH Group's Social Links program and the Aboriginal Catholic Ministry at Stepney.

The class began in 2012 when Aboriginal Wyatt Holiday customers joined a Social Links dance group at Burnside. Social Links Coordinator Tash Burczyk says by the time the six-week program ended and the venue was no longer available, strong friendships had formed.

"It had been so successful, not just in terms of dancing, but in terms of reconciliation between indigenous and non-indigenous customers," she says.

The Aboriginal Catholic Ministry at Stepney offered its Otherway Centre at Stepney as a venue, and the group meets there every Wednesday.

Otherway Centre Coordinator June Romeo says the class is more popular than ever.

"They are all so close, there's a lovely bond there, so we're pleased that a way was found to keep it going," she says. "We went and did a demonstration at the Aboriginal Elders Village this year which was great – everyone loved it."

**"You don't need a partner, but you're still having fun and socialising."**

Marsha Hind, who came to Adelaide from Scotland 47 years ago, is very happy to be part of the group. "I have my music on at home all day long and I dance all day long," she says. "I love dancing and I love the company."

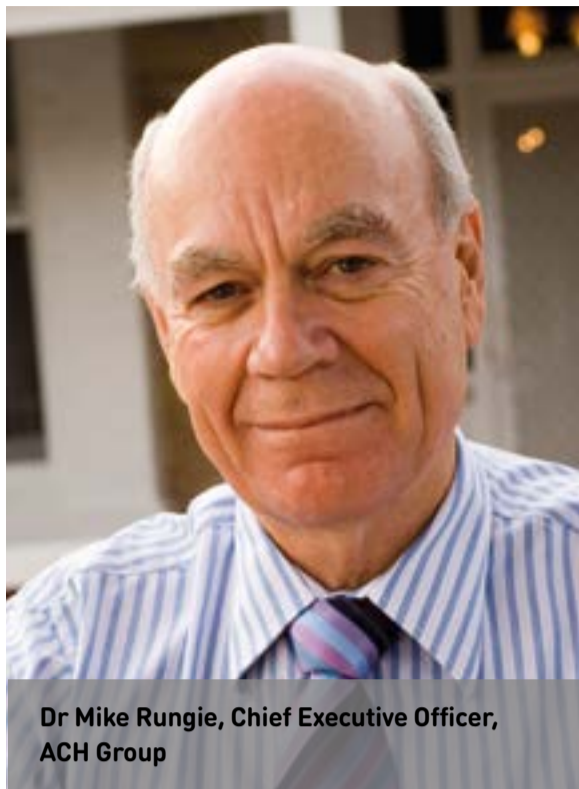
Dance instructor Margaret Plew says beginner level line dancing is low impact which is suitable for people who are recovering from injury or illness.

"We try to keep it at a speed and pace that suits everybody," she says. "You don't need a partner, but you're still having fun and socialising."

**To find out more or join in, phone ACH Group on 1300 224 477 or visit [www.ach.org.au/social](http://www.ach.org.au/social)**



## FROM THE CEO'S DESK



Dr Mike Rungie, Chief Executive Officer,  
ACH Group

According to Census data, a large number of Australians – many of them single women – face a retirement with insufficient funds to own a home, little likelihood of securing a housing trust unit, and really struggling on the pension paying commercial rent.

ACH Group loves a challenge and has introduced an entirely new housing idea. We've called it Encore Housing. To keep the price down, we are renovating old housing stock and experimenting with houses that are smaller but exceptionally well designed to use every bit of space well.

Using old housing stock means houses are well located close to local amenities and have larger blocks enabling outside rooms, gardens, sheds, garages and space for pets.

Our first trial of Encore Housing is the conversion of an old housing site at St Bernards Rd, Magill, to 55 one- and two-bedroom Encore houses. The designs are astounding. They are beautiful, light, connect gardens to the inside and enable people to live lives full of activity. That's why we call them Encore Housing, and not Retirement Villages. Demand and feedback has been outstanding, with 90 per cent of Stage 1 and 2 houses sold off the plan. With Stage 3 due to be completed by March 2017, now is the time to make enquiries to Nat Johncock on (08) 8159 3400.

We will continue to monitor demand, preferred design and ownership options with a view to extending this model to other ACH Group housing sites as we continue to support good lives in your community.

## Kapara welcomes Matt Williams MP

Member for Hindmarsh Matt Williams met residents and toured the residential facilities at Kapara in April.

Joined by ACH Group Chief Executive Officer Mike Rungie, Residential Services Division General Manager Trudy Sutton and Kapara Senior Manager Lyn Bertram, Mr Williams enjoyed morning tea in the Kapara Club where he spoke with several residents.

Dr Rungie spoke about ACH Group's work with Flinders University at ViTA to focus on restorative care and independent living.

"By working to promote healthy, active lives and encouraging people to be independent throughout their lives, we can in many cases bypass the hospital system altogether," he said.



CAMPAIGN TRAIL: Matt Williams MP chats  
with Kapara resident Roy Cockram.



## Guitar festival on its way

ACH Group is set to host a series of concerts as part of this year's Adelaide Guitar Festival which runs from 11 to 14 August.

The annual festival brings together 300 guitarists from around Australia and the world to celebrate the music and instrument.

New this year is Resonance, which will see world-class guitarists playing in hospital wards and residential homes for older South Australians. Tour director Slava Grigoryan says musicians will play guitar for music lovers who may not be able to otherwise attend the festival.

"This program recognises the inherent human need for music and is inspired by the growing understanding of music's role in health, wellbeing and recovery," Slava says.

The role of music in healing will be discussed by musicians and doctors in a free panel discussion during the festival.

ACH Group will host Resonance performances at two residential living facilities.

**For the latest information on venue times and dates visit [www.ach.org.au](http://www.ach.org.au) or visit [www.adelaideguitarfestival.com.au](http://www.adelaideguitarfestival.com.au) for a full program.**

**Turning the Page** is an ACH Group publication. If you have any questions or would like to subscribe to the publication, please contact the Marketing and Communications Team on telephone **(08) 8159 3600**.

For more information about any of ACH Group's programs please contact 1300 224 477.



[www.ach.org.au](http://www.ach.org.au)



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ACH Group



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## Katie Otto cooks at Tasting Australia



**ACH Group chef Katie Otto was the guest chef at Maggie Beer's Food in Aged Care Think Session at Tasting Australia in Adelaide in May.**

Katie told onlookers her chocolate, prune and pistachio bliss balls were tasty and packed with protein and energy. "They're quite simple to make and something you could make as a group activity," she said. "They can be picked up and eaten with hands easily and they are really nutritious."

Katie's session was part of 'Creating an Appetite for Life', a day hosted by the Maggie Beer Foundation that explored a range of topics around food in aged care, including training and education, food and nutrition, mental stimulation and sustainability.

Katie spoke about her role as an instructor of a new TAFE course aimed at enhancing cookery skills and nutrition knowledge in aged care, set to begin in June and July. The course will cover innovative techniques including texture modified food, the importance of religious and cultural dietary needs and optimising nutrition, all practices employed at ACH Group.

"I have learnt a world of knowledge from my time as a chef at ACH Group and I'm looking forward to sharing that knowledge with others," Katie says. Katie won the 'Every Dollar Counts' competition against five other chefs from aged care organisations at the 2014 Tasting Australia event.

**For more information about the TAFE SA course visit [www.tafesa.edu.au](http://www.tafesa.edu.au)**

### Katie Otto's Chocolate, Prune & Pistachio Bliss Balls

Makes about 30



#### INGREDIENTS:

- 400g dark compound chocolate
- 175ml double cream
- 20 chopped prunes
- 250g ground pistachios
- 100ml golden syrup
- Ginger powder
- Boiling water (if required)

#### METHOD:

- 1 Place chocolate and cream in a bowl and melt gently, stirring, over a double boiler.
- 2 In a food processor, blitz half the pistachio kernels to a coarse crumble, then the remainder to a fine crumb that resembles almond meal.
- 3 Remove nuts from the blender. Set aside a quarter of the nut mixture. Add the rest of the nut mixture to the chopped prunes and golden syrup. Some water may need to be added to help puree the prunes.
- 4 When the chocolate has melted, add all the ingredients together. Mix well, ensuring all ingredients are well combined.
- 5 Allow the mixture to cool. Cover and refrigerate if required.
- 6 One mixture is cool, roll into balls and then roll balls in the remaining ground pistachios. Eat immediately or store in the freezer.

## Study placement showcases aged care to nursing graduates



**REWARDING:** Registered Nurse Rajni Jindal with Kapara resident Irene Trowse.

**ACH Group is working with the University of South Australia to attract more nursing graduates, by showcasing aged care as an exciting career choice.**

After a successful 12-month trial, UniSA has established an ongoing eight-week Aged Care Specialty Nursing Student Placement for third year Bachelor of Nursing students.

This replaces the four-week model and is designed to ignite a passion in students who have an interest in working with older people, while supporting them to develop the skills required to be a specialty nurse. Interprofessional Learning Coordinator Kirsty Marles says attracting graduates to the sector will become more important than ever in South Australia as its workforce and the general population grows older.

"The program will help change attitudes and encourage more students to consider working with older people, where there are many career opportunities available."

One of the students who took part in the trial, Rajni Jindal, enjoyed her placement at ACH Group so much that she applied for a job immediately after graduation and now works as a Registered Nurse at residential living site Kapara at Glenelg South.

"I enjoy this work because it is all about early intervention and restoring health, which is very rewarding," she says.



## Music: the best medicine?



**Just about everyone enjoys music, from those who devote their lives to learning theory and mastering performance, to the rest of us who can't help but tap our feet to an infectious rhythm.**

In his 1973 track 'Trenchtown Rock', Bob Marley sings: "One good thing about music – when it hits you, you feel no pain". This might overstate the healing powers of a good tune. But why is it that people across all nations and cultures share a love of music?

The field of positive psychology provides some clues. Positive psychology focuses on the resources, personal characteristics and behaviours that help people to lead full and satisfying lives. We know that engagement with music fosters many of the attributes central to mental health.

Music can enhance mood. Positive feelings play a role in undoing negative feelings and broadening our perspectives on the world. Music played with others fosters the pursuit of shared goals and a sense of purpose. Just as 'practice makes perfect', rehearsal and improvements in performance contribute to a sense of mastery and achievement, which are recognised as being important for wellbeing.

Music participation can offer specific benefits to people as they get older. Social isolation can be an issue for those living alone. Joining a choir is a great option as it requires no prior specialist knowledge or the need to buy instruments, and can lead to regular social engagement.

**"Maybe it's time to book those guitar or piano lessons, form a band or join a choir. It's never too late..."**

There's a component of light exercise (standing, moving, giving the lungs and diaphragm a workout). Importantly, singing could also have benefits for brain health. Researchers have highlighted the importance of an intellectually, physically and socially engaged lifestyle for maintaining memory into later life.

Research evidence in this area is somewhat sketchy, relying on interview-based studies rather than health and wellbeing trials.

There are, however, studies beginning to take a more systematic approach to examining relationships between music participation and wellbeing. One recent randomised controlled trial (RCT) based in the UK showed that quality of life was rated as higher among older choral singers than others.

Is it realistic to expect those who don't have a history of music performance, who may not be confident in their ability to hit the right notes, to drop everything and join a choir?

Maybe not, but finding a group that values participation and commitment just as much as talent and experience is a good start. The time-honoured practice of beginning to sing at barely audible levels (or, let's face it, basically miming) is another. When confidence grows, so will the volume.

One of the blessings of growing older is the increasing awareness that how much we enjoy something and improve at it is more important than whether or not we expect to impress others with our efforts. So maybe it's time to book those guitar or piano lessons, form a band or join a choir. It's never too late, and if Bob Marley were here, he would no doubt approve.

*Dr Tim Windsor is Director of Flinders Centre for Ageing Studies and School of Psychology at Flinders University.*

**For more information about ACH Group's four Sing for Joy community choirs, phone 1300 224 477 or visit [www.ach.org.au](http://www.ach.org.au)**

## NEWS BRIEF

### Lights, camera... action!

**As a major sponsor of Seniors on Screen, presented by the Media Resource Centre at the Mercury Cinema, ACH Group is keen to continue to provide a vehicle for older people to continue to enjoy film.**

Seniors on Screen is a year-long program of the best of the A-list film circuit with sessions on Tuesdays and Fridays at 10.45am, plus a highlight screening on Sundays at 2pm and 4pm.

Aimed at the over 50s, Seniors on Screen encompasses a special events program including Q&As with filmmakers, talks, trading tables, lunches and a workshop program.

#### WIN A DOUBLE PASS!

To celebrate the partnership, we are offering the chance to win one of 10 double passes to one of the films featured in the program.

To enter, tell us the name of your favourite film and why you loved it so much. Email your answer, along with your phone number and address, to [arandell@ach.org.au](mailto:arandell@ach.org.au) by Monday 30 July. Good luck!

Tickets are \$7 seniors, \$13 for everyone else (Seniors on Screen) and \$15 (or \$13 concession), \$7 seniors, \$10 with accompanying senior (Sunday Sessions).

Book tickets online at [www.mrc.org.au](http://www.mrc.org.au), at the box office via (08) 8410 1934 or email [info@mrc.org.au](mailto:info@mrc.org.au). Check out the program at [www.ach.org.au/seniorsonscreen](http://www.ach.org.au/seniorsonscreen)

## Southern volunteers recognised

ACH Group volunteers from the southern region were celebrated at Morphet Vale as part of National Volunteers Week in May. The volunteers, who work in a number of roles including gardening, cooking and transport, enjoyed lunch and were presented certificates in recognition of their service.

ACH Group has over 430 volunteers across a broad range of roles, from program support in dementia, respite and disability, social links groups, transport, home support, visits, teaching, fundraising, events and administrative support.

Mother and daughter Jenny Collins and Mandy Cotterill (right) have cooked together at the Aberfoyle Park Community Centre for the past decade.





## Band plays on for Jeff



Trumpet and cornet player Jeff Uern is a member of three bands and plays to an audience somewhere in Adelaide most weeks.

Living in a hassle-free independent retirement unit at Salisbury, Jeff manages to find time to help out at the auto repair business he founded, enjoy a weekly motorbike ride and fulfil his duties as treasurer of Playford City Bands Inc.

Jeff, 83, started playing the trumpet in his 20s, and was a regular fixture at beer gardens and cabarets as a member of a dance band during the years of 'six o'clock closing'. Life became busy after he married, with four kids to raise and a business to run.

"I hadn't picked up an instrument for 40 years until I joined the Late Starters Band (later renamed the Playford City Band) when I retired," he says. "I got out my old trumpet and started playing again."

From there Jeff went on to join the Salisbury City Brass, then the 14-piece German band Die Lustige Kapelle ('The Fun Band'). He practises for half an hour a day and regularly performs to community groups and in public concerts across the state.

"Music is a necessary part of my life," he says. "Reading music stimulates my brain, and playing and connecting with others is something I love to do."

"The thing about music is that there's just so much of it – there's always something to learn; you never stop learning."

He enjoys playing at Minda where he performs three times a year to people with an intellectual disability. "It's nice to see those kids enjoying themselves; smiling and laughing. Music is a big part of their lives, just like it is for everyone else."

**To find out more about ACH Group's independent living options, phone 1300 224 477.**

## ORCHESTRA VISIT UNEARTHS MUSICAL PAST

Joyce Haarsma thought she would never play the violin again, but she surprised herself and members of the Adelaide Symphony Orchestra when she was chosen to participate at a concert at Highercombe in February.

ASO viola player Martin Butler plucked Joyce from the audience of Highercombe and Milpara residents, their family and friends and asked her to play a two-string violin tuned to accompany a song. It was soon clear that Joyce knew what she was doing as she placed the violin under her chin and picked up the bow in her right hand.

"I used to play in the Adelaide Junior Orchestra, as it was known back then," she says. "I would have been 10 or 11 years old. I kept playing until I was about 16, when I had to give it away to travel and work as a nurse – it wasn't easy to carry a violin around."

Joyce remembers rehearsing once a week with the orchestra and performing at a concert at the Adelaide Town Hall.

"It was a great experience for kids to have. We practised every day and sat exams; I enjoyed it. Not everybody appreciates the violin, but it can be a beautiful instrument when it's played well."

Joyce is from a musical family: her mother Maria played piano, as did her sister Patricia, who used to accompany Joyce when she played violin. "My eldest daughter Helen is very musical, and still plays."



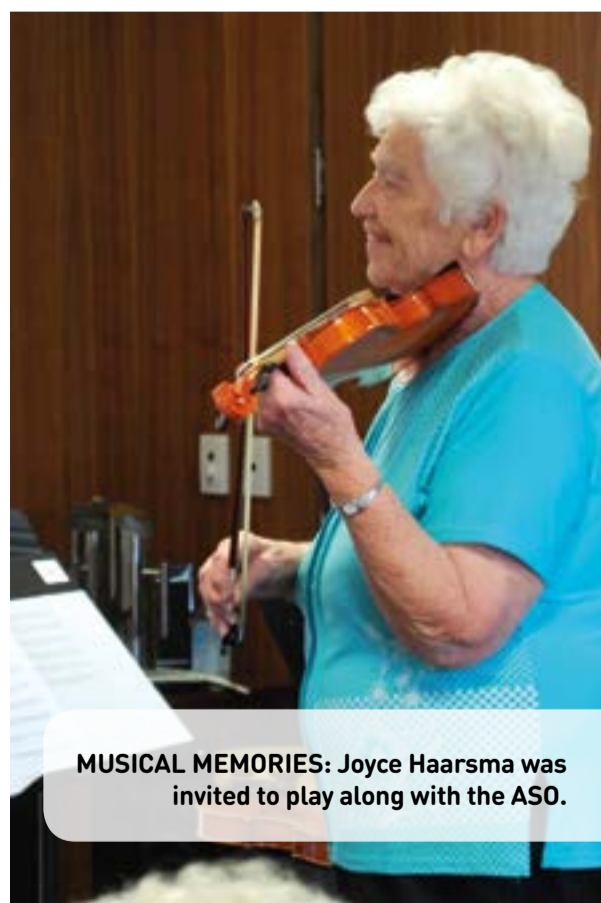
Helen, who lives in Adelaide, is one of Joyce's four children, and is custodian of her mother's violin. About 100 people enjoyed the ASO concert, one of eight community concerts performed across metropolitan Adelaide.

ASO Community Engagement Officer Emily Gann says the community program is part of a push by the orchestra to improve community engagement. "Over the coming year we will work closely with community organisations including ACH Group to develop future strategies and plans to better engage with and support our communities," she says.

**"I kept playing until I was about 16, when I had to give it away to travel and work as a nurse – it wasn't easy to carry a violin around."**

The eight-player ensemble comprised strings, woodwind and brass and played a selection of works from Mozart, Piazzolla and Morricone. Joyce was chosen as guest soloist to play in a work that requires no rehearsal ahead of time and was cued in with taps on the shoulder. Joyce trained to be a nurse in Adelaide and worked in Tasmania and Cairns before joining two girlfriends to hitchhike around Europe in between nursing stints in London for two years.

**To find out more about Milpara or Highercombe residential living options at Rostrevor and Hope Valley, please contact ACH Group on 1300 224 477.**



**MUSICAL MEMORIES:** Joyce Haarsma was invited to play along with the ASO.



## Helen lends a helping hand

When Helen Parmiter developed arthritis in her hands three years ago, she had to give up her job as a domestic and commercial cleaner.

But she still wanted to be active and involved, so signed on to join the volunteers at ACH Group's Perry Park residential living facility at Port Noarlunga.

Helen helps in the nail salon, works in the shop, takes residents shopping and does community visits, as well as helping with crafts on Thursdays.

"I've always worked solo so I really enjoy being with other people," she says.

"It's like a family here and I feel as if I belong. I've made new friends and we like to share jokes and have a laugh. It's a lovely place to be."

Helen, who cares for her father at home, says she enjoys going home knowing she's made someone's day brighter.

"I look forward to seeing everyone and it gives me a break from being at home, too," she says.

**To find out more about Perry Park or voluntary work options at ACH Group, phone 1300 224 447.**



**SINGALONG:** Volunteer Tim Windsor enjoys a tune with Swan Cottage resident Marie Elsegood.

## Singing group moves with the times

The Kinks, Status Quo and Abba are on the set list at a singing group at ACH Group's Swan Cottage in Adelaide's West.

An initiative of the Health and Community Services Volunteer Program in the West, the group is run by volunteers Tim Windsor, who is director of Flinders Centre for Ageing Studies, and clinical psychology student Victoria Allen.

Tim and Victoria invite guests to sing and play along on a range of percussion instruments to a range of music, from country and blues to rock'n'roll.

"We don't sing songs that are too 'old-timey' because the demographic is changing and what people remember from their youth is changing," he says. "Everyone seems to enjoy it, whether it's singing along or just tapping their feet or shaking maracas."

Tim has a disciplinary interest in whether music can delay rates of decline in some areas.

"As researchers we spend a lot of time looking at studies and analysing data and not enough time interacting with older adults," he says. "We know anecdotally about the benefits, but there's not a lot of data to back it up."

"Music appeals at a fundamental level; it creates a very direct conversation. It's a nice way to take away those barriers around different levels of capacity and enjoy together."

ACH Group Volunteer Manager Tay Parker says the initiative is a great example of Swan Cottage and the West Region Volunteer program working closely together to develop innovative service responses to the needs of customers with dementia.

**To find out more about ACH Group's range of respite options for people living with dementia contact Louise Bower on 1300 224 447.**

## Len starts a new life down under

You're never too old to start over – just ask Len Rayner, the newest member of ACH Group's Aldinga Social Links group, who emigrated to Australia at the age of 98 and a half.

Len, who celebrated his 100th birthday at the Aldinga Senior Citizens Club in April, made the long flight from the UK to Adelaide to start a new life in SA. His daughter Susan, who lives with Len at Aldinga Beach, says Len wanted to join her 'down under' after his second wife Myra passed away.

Len was born and raised in Essex and joined the British Army as a 24-year-old in 1940. He was posted to Coleraine in Northern Ireland where he served in the Royal Mechanical Engineer Corps as a mechanical engineer for five years. He says he's never been a smoker or a big drinker.

"I've been very lucky in my life," he says. "I never worry about things too much. I've always kept busy and got on with it."

Len attends ACH Group Social Links Club on Thursday and Friday and the McLaren Vale Men's Program each fortnight.

**To find out more about ACH Group's Social Links programs, phone ACH Group on 1300 224 477 or visit [www.ach.org.au](http://www.ach.org.au)**



**PARTY TIME:** Len Rayner celebrated his 100th birthday with new friends at Aldinga in April.



# ORGAN VISIT HITS THE RIGHT NOTE

**Rosemary Ingles has played hymns many times, but never on one of the world's most highly regarded pipe organs.**

Rosemary was one of a group of Social Links club members invited to tour the Hill & Son Grand Organ at Tanunda, which has been restored to its original 1877 glory after a 14-year restoration project.

The 12-metre high, 20-tonne organ came to Australia from England in 1875 where it was installed at the Adelaide Town Hall.

**“This organ is one of only two in Australia, making this a project of national importance.”**

Painted white in the 1930s, the organ was rebuilt and ‘modernised’ in 1970, affecting the quality of the sound. It was replaced in 1990 and went into storage.

Organ Historical Trust of Australia (OHTA) director Steve Kaesler has been a driving force in the \$1 million restoration project and push to

have the organ relocated to the Tanunda Soldiers Memorial Hall at the Barossa Regional Gallery.

Steve, who was awarded an OAM in the Queen’s Birthday honour’s list last year for his work on the project, spoke to the group about the importance of the organ before playing Bach’s ‘Toccat et Fugue’ and other works.

“There were 15 Hill and Son organs built before 1900 and only a handful survive,” he said.

“This organ is one of only two in Australia, making this a project of national importance.”

He asked if anyone else would like to play, and Rosemary stepped up to play a hymn she remembered from her years accompanying Church services at Mount Barker and Blakiston in the Adelaide Hills.

The organ is at the Tanunda Soldiers Memorial Hall, part of the Barossa Regional Gallery.

**To join a Social Links program please contact ACH Group on 1300 224 477.**



**IN TUNE:** Rosemary Ingles played a hymn.



**GIVING THANKS:** Joan Skibneff thanked Steve Kaesler OAM for the tour.

## Teddies bring smiles to sick kids

**ACH Group Bedford Heights Estate Craft Group presented an armful of AFL-themed teddy bears to the Box Hill Hospital Children’s Ward in May.**

The group made the 39 colourful teddies at its weekly get-together.

“We wanted to do something for the children and someone suggested that teddy bears might be a nice idea,” Group Convenor Gloria Turner says. “We thought if children are feeling a bit flat, a teddy is a good way to make them feel better; it’s something they can get attached to.”

Fifteen were decked out in AFL colours and a few were dressed in pink skirts to represent the players’ ‘wives and girlfriends’.

The bears were warmly received by staff at the hospital, who said they would also appeal to older age groups.

“We were told that doctors use these bears if patients are anxious or confused and that it brings an enormous amount of comfort; they’re a distraction that makes people feel comfortable,” Gloria says.

Staff told them that the bears would bring comfort to parents of sick children.

“The parents appreciate that someone has given their energy and thought to their child; that makes the bears special,” she says.

**For more information on Bedford Heights’ 147 independent living villas at Box Hill, Melbourne, please contact ACH Group on (03) 9890 8514.**



**CUDDLES:** Gloria Turner, Nurse Heather Andrews and Anne Verwoert with some of the teddies they presented to the Box Hill Hospital Children’s Ward.



# The ACH Group Foundation For Older Australians

## Love is in the air for artists

**Pat Egan didn't pick up a paintbrush until three years ago, and now there's no stopping him. From birds, to boats and buildings – and in acrylics, pencil and ink – Pat's creativity is ever-evolving. But the artwork he's currently working on is particularly unique.**

"Three years ago there's no way I would have pictured myself drawing 'love,' but that's exactly what I'm doing with this piece," Pat says, showing his intricate line drawing of India's famed Taj Mahal, which was built for love.

Pat's artwork, which he will complete with pen and ink, will feature in this year's South Australian Living Arts (SALA) Festival, at the Space Between exhibition off Rundle Street, Adelaide.

The ACH Group Foundation is proud to support our theme for this year's festival, LOVE: give, share, celebrate.

"Painting to a theme is challenging, because it makes you think outside the square. But it's good to have challenges as you get older – it certainly keeps the brain active!" says Pat, who is a member of the Osmond Social Art Group at Norwood.

Pat began painting when his career as an architect was brought to a sudden halt after suffering a stroke four years ago.

"I spent one year convalescing and then started the hard road back to good physical health. A stroke really knocks you physically and you have to be disciplined and stay mentally strong to get better."



LABOUR OF LOVE: Pat Egan works on his 2016 SALA exhibit.

He says painting gave him a new focus and direction as his body slowly healed.

"I'd never painted before, but ACH Group told me there was an art class nearby, so I thought I'd give it a go. As an architect I used to work a lot in lines, but now I have the freedom to try different mediums and subjects. I really love it."

For details about ACH Group's involvement, go to [www.ach.org.au/sala2016](http://www.ach.org.au/sala2016)



## Have you ever thought about leaving a gift to The ACH Group Foundation in your Will?

### A GIFT FOR LASTING CHANGE

The ACH Group Foundation is excited to announce the launch of its new bequest booklet *A Gift for Lasting Change*.

The booklet, which will be available across ACH Group, explains how with your help we can create an exciting world to grow older in today, while shaping a healthier tomorrow for everyone.

The ACH Group Foundation relies on the goodwill and generosity of donors who enable us to make a real and lasting difference to older Australians.

Our focus on innovation that responds to changing times reflects our commitment to influence what it means to grow older in Australia.

#### How do we make a difference?

- The arts: We enable older people to live their dreams through film making, exhibiting art as well as singing and performing on stage;
- Health and lifestyle: Our commitment to healthy ageing has resulted in ground-breaking ways for older people to get back on their feet when they need it the most; and
- Research and scholarships: We help to pave the way to deliver better quality of lives for all older Australians, particularly in the area of Brain Health.



Leaving a gift in your Will is an incredibly powerful way to make real and lasting change that will continue to live on in the lives of others.

After your family has been looked after, donating a gift from your estate to The ACH Group Foundation will make a tremendous difference to the lives of so many.

**Please call us on 1300 224 477 or contact us via email at [foundation@ach.org.au](mailto:foundation@ach.org.au) for your free copy of *A Gift for Lasting Change*.**

Your generosity is indeed 'A Gift for Lasting Change'.