

# Media Release

**IMMEDIATE RELEASE**  
**March 2018**



## Friends celebrate Neighbour Day at Elkanah

Ruth Inwood quickly discovered the benefits of having neighbours nearby when she moved to an ACH Group Elkanah Retirement Living unit at Morphett Vale three years ago.

Not long after moving in, she hurt her leg in a kitchen accident and called out for help.

Her neighbour Jean Waydock was home and rushed next door.

“It was the first time we had met but she took me to Flinders Medical Centre and stayed with me until I had it stitched,” Ruth said. “We became friends right away and we’ve been friends ever since.”

Jean said she had thought about moving for many years and when she finally made the move found that she enjoyed having neighbours around.

“My house was getting too big for me to look after it myself,” she said. “I didn’t want to give up my independence, but you’ve still got that independence in a unit, but you’ve also got that community feeling.”

Nita Kenney and Margaret Collins have been neighbours for seven years and say they enjoy knowing the people who live around them.

“We’re there for each other if anyone wants anything, and if we’re going away we let each other know,” Nita says. “But we’re not in each other’s pockets, either.”

Elkanah residents enjoyed a barbecue together at the Elkanah Community Hall to celebrate Neighbour Day this week.

ACH Group’s Caroline Edmonds said living in a retirement community offered opportunities for neighbourly connections, a sense of belonging and genuine community links.

“Sometimes as people age they may find it harder to stay in touch and might feel isolated and lonely. Retirement living communities offer common spaces and offer activities and events to create opportunities for people to meet. Every day there are opportunities for social interaction such as a chat by the letterbox, a cup of tea with your neighbour, or a wave as you take the bin out.”

Over 900 people call ACH Group Retirement Living units home across Adelaide, the Fleurieu Peninsula and eastern Melbourne.

\*End Media Release\*

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## **About ACH Group**

ACH Group is a not-for-profit aged care organisation that has been offering services to support good lives for older people in South Australia since 1952.

As well as accommodation options across Adelaide, the Fleurieu Peninsula and East Melbourne, the group offers a range of health, wellbeing, respite and support services, help at home and social activities.

Our 1700 specialist staff and hundreds of volunteers share the belief that older people should be valued and respected, connected to their communities and in control of their lives.

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