

good lives

LIFESTYLE MAGAZINE FOR 50+

VEGGIES
FOR SMALL
GARDENS

WIN A LUXURY
STAYCATION

FIG & PECAN
HOT CROSS BUNS
recipe

SOPHIN'S
EXTRAORDINARY

JOURNEY

WELCOME

good lives

Publisher ACH Group

Production Manager
Michelle Kelly

Feedback We appreciate your feedback. Please email us at goodlivesmag@ach.org.au and let us know what you think. Alternatively post to PO Box 646, Torrensville Plaza, Torrensville SA 5031

About ACH Group
Founded in 1952, ACH Group is a not-for-profit organisation promoting opportunities and services to support good lives for older people.

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JOIN THE CONVERSATION



from the CEO

WELCOME TO OUR AUTUMN 2021 GOOD LIVES MAGAZINE! ANOTHER JAM-PACKED EDITION FULL OF INSPIRING PEOPLE LIVING LIFE TO THE FULLEST AND STORIES ON WAYS THAT WE CAN ALL LIVE WELL AS WE AGE.

Everyone within our community comes from different walks of life and we can often learn a lot when we hear the experiences of others. Sophin, our feature profile in this issue, tells her story of growing up as a young adult during the Cambodian genocide in the mid to late-1970s. Devastatingly, more than 1.5 million people were killed under the leadership of Pol Pot including Sophin's immediate family members. Now living in Adelaide, Sophin connects with fellow Cambodians through ACH Group's Cambodian Program which is a much-loved part of her and her husband's week.

In early March, the Final Report of the Royal Commission into Aged Care Quality and Safety was released by the Federal Government. Read more about the Commissioners' findings and recommendations on pages 22-23 and what it might mean for older people in the future.

Within this issue you'll also find a host of upcoming events (pages 6-7) and social experiences (pages 16-17). While overseas trips are off the cards, there's no better time to discover what's right on our doorstep.

Speaking of new discoveries, meet Stephen who has reignited his passion for painting after joining our Arts in Focus class (pages 20-21).

Gardening guru and ABC presenter Sophie Thomson shares her tips on growing veggies in small gardens (pages 30-31), while ACH Group Dietitian Kaitlyn Dienelt highlights simple dietary changes that can help manage common diet related diseases (pages 18-19).

Happy reading!



FRANK WEITS
ACH GROUP
CHIEF EXECUTIVE OFFICER



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Did your magazine come in a plastic wrap? Don't forget you can recycle in a REDcycle bin located at many supermarkets - visit redcycle.net.au to find out more.

Winners

CONGRATULATIONS!

Thanks for the overwhelming interest in our competitions! Congratulations to the following winners:

- \$100 COLES MYER VOUCHER: Peggy
- APPLE IPAD: Klaudia
- CINEMA GOLD LOUNGE GIFT CARD: Pen

ENTER MORE COMPETITIONS IN THIS ISSUE ON PAGES 5 AND 17.

WE LOVE TO HEAR YOUR FEEDBACK!

We hope you are enjoying the eighth issue of our bi-annual magazine!

There have been wonderful responses from Good Lives readers over the 4 years the magazine has been printed.

Please let us know what else you would like to read about in our upcoming issues.

Keep sending your ideas via email to goodlivesmag@ach.org.au or post to **Good Lives Magazine, PO Box 646, Torrensville Plaza, Torrensville SA 5031**

You could WIN a \$100 Coles Myer voucher.

SUBSCRIBE TO OUR DIGITAL VERSION OF THE MAGAZINE VIA ACHGROUP.ORG.AU/NEWS/GOODLIVESMAGAZINE/

JOIN THE CONVERSATION ON

#social media



Instagram icon: "I THOROUGHLY ENJOYED TODAY, I'M SO GLAD I CAME." SPROUT COOKING CLASS PARTICIPANT



Facebook icon: PROPERTY OF THE WEEK - KAPARA MEWS AT GLENELG SOUTH.



Instagram icon: LOOKING FOR THE PERFECT CHRISTMAS FRUIT CAKE RECIPE?



Instagram icon: ASK FOR A COPY OF OUR NEW DISCOVER & EXPLORE GUIDE.



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FOLLOW US ON FACEBOOK, INSTAGRAM AND TWITTER!

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TELL US YOUR FAVOURITE APPS

There was such a wonderful response to our win an Apple iPad competition and share your favourite apps. Thank you!

A stand out entry was from Peggy...

My name is Peggy, I will be 92 in December, and I would love to win an Apple iPad. I use my iPhone for a number of apps, here are some of my favourites.

The first one is the BOM Weather app as I take a keen interest in the weather. I am a gardener who has always kept an eye on the weather and this app is very useful in telling me when to expect rain and when the heat is likely to get to my plants.

I use Google many times a day to look up things as I am constantly curious about the world. I often use it to look up the meanings of words. It helps to settle a point in a discussion! So this is a useful one.

Another app that I love is the ABC Listen app, I listen to many interesting programs, one of my favourites is Conversations.

Finally, the app that has really been invaluable during COVID-19 is WhatsApp - where I can keep in close touch with my five children and six grandchildren who live in different regions of Australia and the UK. We send messages, photos and can stay connected in these difficult times.

[Congratulations Penny on winning a \$100 Coles Myer voucher and to Klaudia who won the iPad.]



WIN A BREWERY TOUR & TASTING FOR 6 PEOPLE AT PIRATE LIFE BREWING

Offered by Pirate Life Brewing, Port Adelaide. Includes tour, tasting session and two complimentary beers per person. See more about our Explore SA tours running in June to Pirate Life Brewery on page 16!

Entries close on July 2021. Email your entries to goodlivesmag@ach.org.au or alternatively post to PO Box 646, Torrensville Plaza, Torrensville SA 5031. Valid for 6 months after date of receipt. Full terms and conditions at achgroup.org.au/news/goodlivesmagazine

what's on...

PLEASE NOTE:
AT THE TIME OF PRINTING ALL
EVENTS WERE SCHEDULED TO
GO AHEAD. DUE TO COVID-19
RESTRICTIONS THIS MAY CHANGE.
PLEASE CHECK WEBSITES
CLOSER TO THE TIME.



MARCH

The Everly Brothers & The Rock n Roll Legends of the 50s & 60s

What: Hear hits such as 'Bye Bye Love,' 'Wake up Little Susie,' 'Bird Dog' and more.

When: 20 March

Where: Adelaide Festival Centre

More info: adelaidefestivalcentre.com.au



APRIL

Barossa Vintage Festival

What: A celebration of the Barossa's wine, food, culture and heritage. Over 80 events, including family-friendly events, long table lunches, masterclasses, and a gala Vintage Ball.

When: 14 - 18 April

Where: Barossa Valley

More info: barossavintagefestival.com.au

Salt Festival

What: SALT provides a platform for artists and contributors to showcase their ideas, and celebrates people coming together through creative practices.

When: 16 - 25 April

Where: Eyre Peninsula

More info: saltfestival.com.au

Tasting Australia

What: One of the country's longest-running food and beverage festivals. Create lasting memories through the incredible delights of eating and drinking produce only South Australia can offer.

When: 30 April - 9 May

Where: Various locations, Adelaide

More info: tastingaustralia.com.au

MAY

Animals - Classics Unwrapped 2

What: From the cute and the cuddly, to the tall and the terrifying, the animal kingdom has captivated composers through the ages. The Adelaide Symphony Orchestra will delight concertgoers with an exploration of music for all creatures great and small.

When: 19 May

Where: Festival Theatre

Price: Concession from \$40

More info: adelaidefestivalcentre.com.au

History Festival

What: The History Festival is an annual statewide event exploring South Australia's past.

When: 1 - 31 May

Where: Various locations across Adelaide

DON'T FORGET TO CHECK OUR WEBSITE

Discover & Explore available experiences

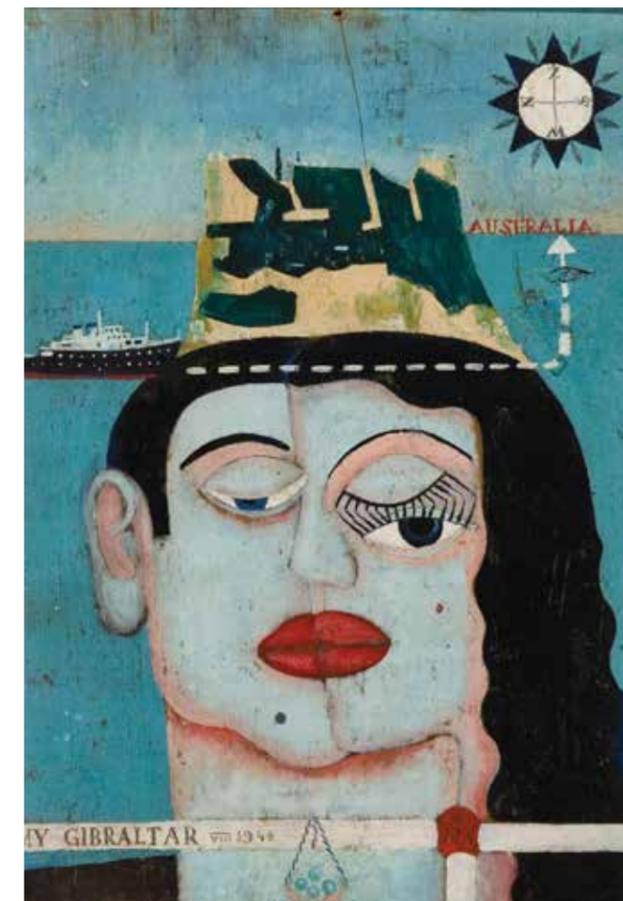
At ACH Group we offer a range of social experiences designed to connect you with your community. Whether you have a passion for art, love to sing or enjoy fishing, we have a group experience to match your interest.

achgroup.org.au/available-experiences

Events

Keep up to date with our calendar of upcoming events

achgroup.org.au/events



JUNE

Surrealists at Sea - Exhibition

What: This exhibition presents the breadth of Dusan and Voitre Marek's investigations and showcases their voyage paintings created during their long sea journey from Europe to Australia in 1948.

When: 19 June - 12 September

Where: Art Gallery of South Australia

More info: agsa.sa.gov.au

THE good news

SMALL-SCALE, COVID-SAFE LIVING FOR OLDER PEOPLE NORTH OF ADELAIDE



A desire for 'home-like' living in older age will see the first small-scale residential care home, built in South Australia.

Located adjacent the Lyell McEwin Hospital in Elizabeth South, ACH Group's Healthia will offer eight small residential care houses with a focus on contemporary best practice, personalised, dementia-friendly care in a familiar and domestic-style setting.

ACH Group CEO Frank Weits said the organisation was proud to launch this state-of-the-art residential care home which will allow older people in the north of Adelaide to feel connected to their community and involve themselves in the natural flow of daily routine in the home.

"We recognise that the northern metropolitan Adelaide region is the fastest growing region for older people in South Australia," he said.

Residents in each of the 12 bed houses will have access to integrated services to support them living in their own homes, while additional on-site services include a café, hairdresser and resident gym.

Reviewed by internationally regarded health design specialists, Health Projects International, Healthia will pioneer COVID-safe infection control measures.

"Design features to support COVID-safe care practices have been at the forefront in the planning of Healthia," Mr Weits said.

The design includes larger communal living spaces to allow for social distancing, increased fresh air circulation, and designated one-way entry and exit points to each house to reduce the spread of infection. In addition, doors and taps will be automated wherever possible, and antimicrobial products will feature more prominently than has been seen previously."

The project is expected to be open to residents in late-2022.



Images: Artist impressions of Healthia at Elizabeth South.

DINING CO. PROJECT: CHAMPIONING AGE FRIENDLINESS ONE MEAL AT A TIME



DR EDOARDO ROSSO
ACH GROUP PRODUCT
CO-DESIGN MANAGER

Meaningful connections support people to age well in their communities. Living in an area with great places to eat out, which care about and understand older people, and are inclusive, supportive and flexible, may be an important aspect of remaining socially connected and engaged.

Through the Dining Co. project, supported by the Office for Ageing Well, SA Health, ACH Group recently explored what an age friendly, meaningful eating out experience may look like.

Working with local businesses in the City of Onkaparinga, older local community members, the Council and other community partners, we found the capacity of eating venues to understand and respond to the needs and preferences of older people is crucial in encouraging them to go out and socialise.

MEANINGFUL CONNECTIONS SUPPORT PEOPLE TO AGE WELL IN THEIR LOCAL COMMUNITIES.

With this in mind the Dining Co. project is now providing coaching and support to two eating establishments to champion age friendly customer service in the Noarlunga area. The project challenges the inherent ageism that only too often affects the ability of older people to interact with the community in a typical, stereotype-free way.



Look for this symbol!



Led by ACH Group, the Dining Co. project is funded through the South Australian Office for Ageing Well, SA Health and is supported by the City of Onkaparinga. The project is conducted in partnership with local businesses, community groups, service providers and older people.

DURING MARCH & APRIL CHECK OUT OUR AGE FRIENDLY PARTNER VENUES

Jimmy Deane's
South Adelaide Football Club
1 Lovelock Drive
Noarlunga Downs

Beck's Bakehouse
25 Clarke Street
Port Noarlunga

If you are interested in providing feedback on your experience, please get in touch with us at diningcoproject@ach.org.au

SOPHIN FINDS

comfort & connection

AT THE
CAMBODIAN
GROUP

SOPHIN WAS BORN IN A SMALL VILLAGE IN CAMBODIA AND HAS FOND MEMORIES OF A SIMPLE LIFE AS A KID, WITH HER PARENTS AND FOUR SIBLINGS. THAT WAS UNTIL TRAGEDY STRUCK UNDER THE LEADERSHIP OF POL POT, WHO RADICALLY PUSHED CAMBODIA TOWARDS COMMUNISM.

Like many in her country, Sophin fled to survive. The regime took away her family but not her purpose to use her education to help others.

After decades in Australia, Sophin with husband Kim found ACH Group's Cambodian Program. The program supported the couple to connect with other Cambodians and immerse themselves in their culture, talk their mother language, and eat food that takes them back to their childhood.

In this interview, Sophin shares her journey.

TELL US ABOUT YOUR MEMORIES OF CAMBODIA.

I am the sole survivor in my family (apart from my two half-brothers) of the Khmer Rouge regime genocide, which took place from 1975 to 1979. Before Khmer Rouge, I was based in Phnom Penh and studied science at Phnom Penh University.

I had lived away from my parents since I was in high school and would only return home during school breaks. My parents had high expectations of all their children to succeed in education. My family was not well off and my parents struggled to earn a living.

WHAT WAS IT LIKE TO BE A SURVIVOR OF THE COMMUNIST REGIME IN CAMBODIA?

When the war broke out, we were forced to leave home with little belongings. We were moved to the countryside and forced into hard labour in exchange for small rations of food. We lived in fear and with no access to healthcare in areas where cholera and malaria were common.

The Khmer Rouge were after all the educated people and one of my brothers was murdered because he was a pilot. My parents and my four other siblings were also executed by order of the regime. I only survived as I lived away from my family. I did not hear of the shocking loss of my family until the end of the Khmer Rouge regime, where one of my parents' former neighbours told me.

"WHEN THE WAR BROKE OUT, WE WERE FORCED TO LEAVE HOME WITH LITTLE BELONGINGS. WE WERE MOVED TO THE COUNTRYSIDE AND FORCED INTO HARD LABOUR IN EXCHANGE FOR SMALL RATIONS OF FOOD."



Traditional gathering at the temple

CAMBODIAN GENOCIDE

The Cambodian genocide was the systematic persecution and killing of Cambodians by the Khmer Rouge under the leadership of Pol Pot, who radically pushed Cambodia towards communism. It resulted in the deaths of 1.5 - 2 million people from 1975 to 1979, nearly a quarter of Cambodia's 1975 population, including Sophin's entire family.



WHAT WERE YOUR NEXT STEPS AFTER SURVIVING THE REGIME?

Following such a devastating loss and after nearly four years under the Khmer Rouge, the future was unknown. In April 1979, I went to stay with a family member I had never known and only returned to my village in July 1979. I stayed with my half-brother until April 1980 when I decided I would venture to the refugee camp at the Thailand border with a friend. I stayed in the Surin refugee camp for almost one year.

WHAT WAS LIFE LIKE IN THE REFUGEE CAMP?

In the camp, I offered support to other refugees in the camp teaching French and very basic English, even though I had never formally worked as a teacher. I also spent my days working with children in the playgroup whilst studying English myself.

It was also there where I met my husband Kim. We were offered asylum in Australia and arrived in Adelaide in April 1981. We stayed for three months at the Glen Osmond Saint Paul Retreat before moving into a rental house and starting a family.

“THE GROUP MEETS WEEKLY AND HAS ALLOWED MY HUSBAND AND MYSELF TO KEEP CONNECTED TO OUR CULTURE AND TO MEET AND SUPPORT OTHERS.”

WHAT CHALLENGES DID YOU FACE WHEN ARRIVING IN ADELAIDE?

My new chapter in a new country was not without its challenges, such as understanding a new culture and way of living.

My life in Australia has been filled with ups and downs and I often miss Cambodia, especially on special occasions. I miss my family the most. Kim and I have been living here for 40 years and have two children and two grandchildren.

We are a close family and I have been watching my one-year-old grandchild three-times-a-week, since my daughter went back to work. My son is getting married next year, so I am grateful for the life we could provide our children in Australia.

TELL US ABOUT YOUR CAREER IN AUSTRALIA

A few years after I arrived, I started to pick up small jobs, volunteer work and hourly paid work with different organisations such as Child and Youth Health, Migrant Resources, and Primary Health Care Services. I learned a lot and was involved in health promotion, health education and advocacy, supporting a number of multicultural communities and new migrants and refugees.

CENTENNIAL MEDAL

In the year 2002, Sophin was awarded with the Centennial Medal issued by the Federal Government for her contribution and support to services in the community. The medal was presented by then Foreign Minister Alexander Downer.

“It was a proud moment with lots of congratulatory letters from the many different organisations I had worked or been involved with. That made me so proud, not just as a person, but in the name of the refugees. I feel so honoured and am always thankful to the organisations and whoever nominated me.”



DID YOUR ROLE AT SA HEALTH HELP YOU REMAIN CONNECTED TO PEOPLE FROM CAMBODIA?

Yes, it did. I met a lot of Cambodians through work and remain connected with some of them still. Because of my role as a Multicultural Community Health Worker, people not only knew me, but they also respected me. I was someone they could trust and that they knew would understand the cultural differences between Cambodia and Australia.

WHEN DID YOU JOIN THE ACH GROUP CAMBODIA PROGRAM AND HOW DID IT COME ABOUT?

After my 23 years of work, I decided to retire in 2012 and found continued sense of community when I began to attend the ACH Group Cambodian Program.

Because of my work, I was fully aware of the program but had never attended. It was a no-brainer for us. I enjoy being with a group where I meet lots of people from Cambodia, socialising, having fun, laughing, exercising and going on outings to places I would not normally go on my own.

I believe the other group members find similar joy in attending the group.

We always have opportunities to share snippets of our everyday life with the group, as well as offer to stop and listen to each other.

WHAT ARE SOME OF THE THINGS YOU DO AS A GROUP?

The group meets weekly and has allowed my husband and myself to keep connected to our culture and to meet and support others. Some people enjoy the social aspect of it and how you can come along and talk about everyday life things. A lot of people in the group also go for walks together and there is a lot of dancing, so we are keeping active as we get older.

I like the fact that the ACH Group Cultural Program focuses on your emotional, physical, and mental wellbeing by providing opportunities to exercise, socialise and have fun.

WHAT IS YOUR FAVOURITE THING ABOUT AUSTRALIA?

I like how friendly the Australian people are and how much freedom we have here. Not only freedom to come and go but people do not judge your appearance, so you have freedom to wear what you like. Australia makes me feel free and secured.

WHAT DO YOU MISS ABOUT CAMBODIA THE MOST?

I miss my family and still feel homesick often. I feel sad at times when families tend to come together, like birthdays or weddings. I feel sad I do not have my family as part of my life here in Australia.

LAST THOUGHTS...

There is a saying: “Every journey starts with a first step”. More often than not, the first step is the hardest one, but due to a critical circumstances I was forced into an unknown destination. This destination turned out to be such an extraordinary journey.

ACH GROUP CELEBRATES DIVERSITY AND WELCOMES EVERYONE AS AN INDIVIDUAL, ACKNOWLEDGING AND RESPECTING CULTURAL BACKGROUNDS, RELIGIOUS AND SPIRITUAL BELIEFS, AND PRACTICES.

To find out more call 1300 22 44 77 or visit achgroup.org.au/available-experiences

COOKING UP

A STORM WITH CALLUM HANN



‘WE LOVED HAVING THE GROUPS THROUGH AND I THINK EVERYONE LEARNT SOMETHING NEW BUT MORE IMPORTANTLY WE HAD A LOT OF LAUGHS AND A LOT OF FUN WHICH IS WHAT WE ALWAYS TRY TO DO AT SPROUT.’
CALLUM HANN



Social Links participants with Callum Hann.

Kicking off in January, our brand-new Social Links experience program began with fresh and dynamic events, including guests cooking up a storm in the Sprout Cooking School kitchen with Callum Hann (MasterChef star and Sprout owner).

Participants learnt new cooking techniques and then sat down to share their meals together.

Callum and the Sprout team have been regular contributors of the Good Lives magazine - see the latest recipe and article on page 29.

Register your interest for our next Sprout Cooking class, email enquiries@ach.org.au

‘I THOROUGHLY ENJOYED TODAY. I JUST REALLY, REALLY ENJOYED IT’
JANET.



Photos by @nichole_louise_photography

SALA

Let the art begin...

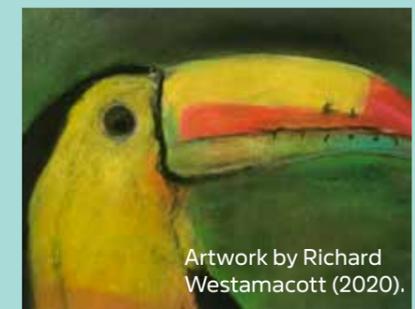
2021 ACH GROUP SALA THEME ANNOUNCED!

‘From Little Things, Big Things Grow’

Participate as an artist as part of ACH Group’s exhibition. The South Australian Living Artists Festival (SALA) is a statewide, open-access arts festival held in August.



Artwork by Ann Whitby (2020).



Artwork by Richard Westamacott (2020).

For more information email sala@ach.org.au or visit achgroup.org.au/events
Registrations close in June.

Discover & Explore

UPCOMING SOCIAL EXPERIENCES



SEE PAGE 5 FOR OUR COMPETITION TO WIN A PIRATE LIFE BREWING TOUR & TASTING FOR 6 PEOPLE.

EXPLORE SA TOURS

Whether you love food, nature, art, sport or wildlife, ACH Group's Explore SA small group tours offer something for everyone.

Jump aboard to socialise with friends or meet new people while exploring an exciting destination or new experience in South Australia.

APRIL

Victor Harbor & Seal Island Boat Tour

Experience the thrill of this boat tour and see the wildlife at Seal Island and the spectacular Victor Harbor coastline from a unique perspective.

MAY

Central Market Discovery Tour

Learn the history behind the markets, meet the stallholders, hear their stories, and taste a delicious selection of foods grown in South Australia.

JUNE

Pirate Life Brewery

Stroll around the historic Port Adelaide Wharf and peruse local shops before heading to funky Pirate Life Brewery for a unique tasting experience, including lunch.

ASK FOR A COPY OF THE LATEST DISCOVER & EXPLORE GUIDE!

CONCERT SERIES

APRIL

Sweet as Swing

Reimagining your favourite Aussie songs from Waltzing Matilda to You're the Voice and serving them up with a jazz twist.

Marion - 13 April 11am

Port Noarlunga - 14 April 2pm

Golden Grove - 15 April 2pm

MAY

You've Got A Friend - Carole King's Tapestry

Victoria Traeger pays homage to Carole King's timeless album, performing Tapestry cover to cover.

Port Noarlunga - 12 May 2pm

Golden Grove - 13 May 2pm

Marion - 18 May 2pm

JUNE

Greg Hart in Concert

Join Greg Hart as he sings songs from his many sell out tribute shows and his leading roles in musical theatre, with songs from Roy Orbison, Neil Diamond, Elvis, Tom Jones and more.

Marion - 15 June

Port Noarlunga - 16 June

Golden Grove - 17 June

OTHER EXPERIENCES

ACH Group provides a range of social experiences where you can meet new people, learn new skills or revitalise interests.

Whether it's a one-on-one or in a group, we have a class or event that will suit your interests and needs.

Classes and experiences include:

- Monthly Showtime Movie Group
- Sing for Joy Choir
- Art in Focus
- Nights Out
- Social Golf
- More groups coming soon!

NDIS GROUPS

Social groups you can access with NDIS funding, include:

- Golf group
- JamFactory Ceramics
- JamFactory Jewellery Making

ACH Group has been supporting people aged under 65 who are living with neurological conditions for many years.

Not yet on NDIS? Access these classes privately.



CARER GETAWAYS

These retreats offer respite as well as the opportunity to socialise and engage with like minded people in a relaxed and safe environment.

The first getaways for 2021 took participants on a Murray River Discovery Cruise and to Kangaroo Island.

Upcoming getaways:

May - Kangaroo Island Experience

June - Murray River Discovery Cruise

All social groups are delivered in a safe and friendly environment facilitated by experts, specialised support staff and volunteers. New experiences and getaways are regularly added.

For more information on available dates, locations and pricing call 1300 22 44 77, email enquiries@ach.org.au or visit achgroup.org.au/available-experiences.

You may be eligible for Government subsidies.

-WIN- TELL US YOUR FAVOURITE THING TO DO IN SOUTH AUSTRALIA FOR YOUR CHANCE TO WIN A NIGHT AT THE INTERCONTINENTAL FOR TWO!

Enjoy a 1 night stay for 2 guests at the Intercontinental Adelaide, including access to their exclusive Club InterContinental lounge, complimentary full breakfast for two, as well as complimentary drinks and canapés in the evening.

Entries close on 30 April 2021. Email your entries to goodlivesmag@ach.org.au or alternatively post to PO Box 646, Torrensville Plaza, Torrensville SA 5031. Prize offer is valid for stays between May - July 2021. Blackout dates may apply. Voucher number required at time of booking. Full terms and conditions at achgroup.org.au/news/goodlivesmagazine



MANAGING COMMON

diet related diseases



KAITLYN DIENELT
ACH GROUP DIETITIAN

SIMPLE CHANGES TO YOUR DIET CAN HELP MAINTAIN GOOD HEALTH.

Common diet related diseases that become more prevalent as we age include hypercholesterolaemia, hypertension and type 2 diabetes.

WHAT ARE THESE CONDITIONS?

Hyper refers to a higher amount and in this case hypercholesterolemia refers to high cholesterol levels, whereas hypertension is high blood pressure. Both can be managed with medication however, dietary changes are an easy way to see improvements. Diabetes is a result of the body's inability to maintain appropriate blood sugar levels. Early signs of diabetes can be highlighted by your GP from blood test results, allowing time to make changes and prevent the progression to diabetes.

WHAT KIND OF DIET CAN HELP MANAGE THESE CONDITIONS?

Having a balanced diet with the right amount of salt, fat, fruit and vegetable intake can help manage common diet related diseases.

The daily recommended salt intake should be no more than 5 grams, which is equivalent to a teaspoon or around 2000mg of sodium. Considering sodium naturally occurs in food, we need to be mindful of sodium added during processing and cooking.

This means not adding any salt during the cooking process and avoiding highly processed foods or choosing 'no added salt' options.

HAVING A BALANCED DIET WITH THE RIGHT AMOUNT OF SALT, FAT, FRUIT AND VEGETABLE INTAKE CAN HELP MANAGE COMMON DIET RELATED DISEASES.

With fat intake, the type of fats consumed are important as well as the amount. Looking at foods naturally higher in unsaturated fats will help to maintain good cholesterol and avoid the build-up of plaques in blood vessels. This includes oily fish, nuts, legumes, vegetable oils and avocado.

Finally, fruit and vegetable intake is very important. Both of these food groups have plenty of vitamins and minerals that are excellent in supporting our essential body functions. This can also help manage diet related diseases and risk factors for other conditions. Aim for 2 servings of fruit and 5 servings of vegetables each day.

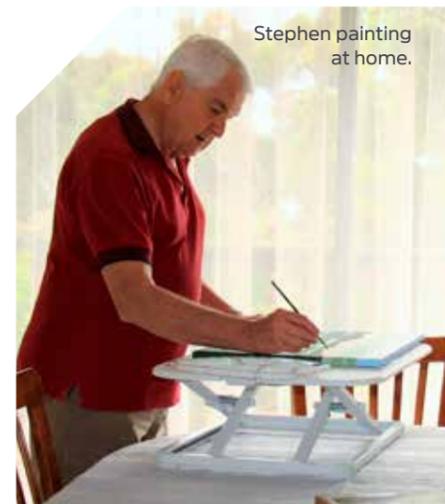


3 SIMPLE WAYS TO IMPROVE YOUR DIET:

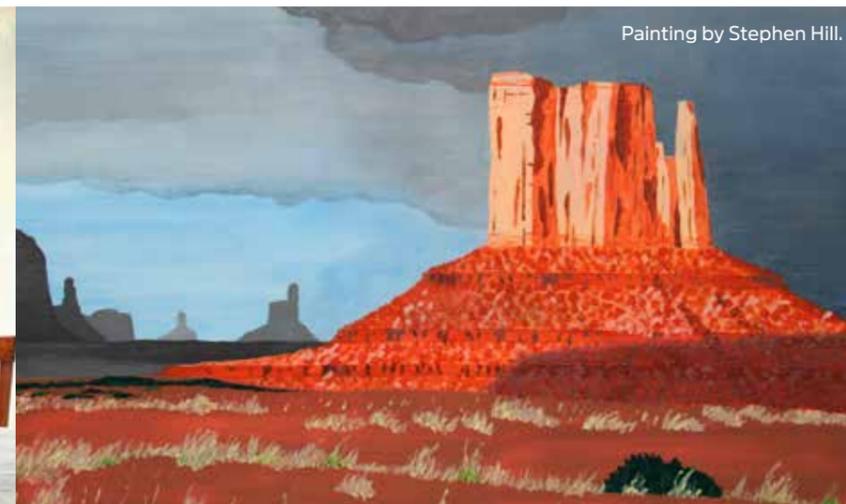
- Watch your salt intake
- Eat foods naturally high in unsaturated fats, including oily fish, nuts and avocado
- Aim for two serves of fruit and five servings of vegetables each day



Painting by Stephen Hill.



Stephen painting at home.



Painting by Stephen Hill.

Art

KEEPS STEPHEN'S BRAIN MUSCLES ACTIVE

When you see Stephen's artwork for the first time, you would think he had been an accomplished artist his entire life. The reality is, he only joined ACH Group's Art In Focus class in less than 12 months ago.

Stephen was diagnosed with Parkinson's Disease a few years ago and after seeing a post on Facebook about an art class near his home, he considered exploring.

"I was aware that art can be a useful therapy for Parkinson's Disease. With Parkinson's there is nothing you can do about its existence and progression. It is all about managing and finding activities that might make it easier to live with it," Stephen said.

The prospects of a new hobby he would enjoy, combined with the potential health benefits made the decision to join the class an easy one.

"Even though I had never done painting in my adult life, I always had a certain interest in it and in high school I was fairly good at it and thought I might enjoy that."

"I ENJOY MY TIME AT THE GROUP. AT THE END OF THE TWO HOURS I AM TIRED, BUT I DON'T MIND."

Stephen started his career as a civil engineer and finished as a town planner. His familiarity with dimensions, proportions and perspective are now used in an artistic way.

"These are two-hour sessions. In the first hour we explore new techniques, using different mediums. In the other half we can continue work on our projects. In between sessions, I do further work," Stephen explained.

"I enjoy my time at the art class. At the end of the two hours I am tired, but I don't mind. It is a satisfying tiredness. I am also enjoying the results. The activity forces my brain and nervous system to concentrate hard, so I can hold the paint brush steady. That doesn't alter the fact I have Parkinson's, but I am exercising my brain. I have a feeling it is useful for me and I enjoy it."

Care, dignity & respect

THE ROYAL COMMISSION DELIVERS ITS VISION FOR THE FUTURE OF AUSTRALIA'S AGED CARE SYSTEM.

After two-and-a-half years, 99 days of formal hearings and over 10,000 public submissions, the Royal Commission into Aged Care Quality and Safety has handed its Final Report to the Governor-General, His Excellency, General the Honourable David Hurley AC DSC (Retd).



So, what will its 148 recommendations mean for older Australians?

A NEW AGED CARE ACT

The Government has already committed to tearing up the old Aged Care Act and replacing it with new legislation based on a human-rights approach to aged care. This will ensure aged care is based around the person, not the provider or the funding, and guarantee all Australians' right to safe, quality care as they age.

EASIER ACCESS TO AGED CARE SERVICES

The Commissioners have advised the development of a new aged care program that will combine basic-level home supports, home care and residential care. This will make it simpler to transition between services through a single streamlined process and see the Federal Government's aged care portal My Aged Care made easier to navigate.

IMPROVED OVERSIGHT OF AGED CARE PROVIDERS

The Royal Commission have put forward a range of measures designed to better protect aged care users and their families. These include a new general duty for providers to provide high-quality care, a new Inspector-General of Aged Care to identify and investigate serious issues, a new Complaints Commissioner, plus civil penalties for providers that breach standards.

A 'STAR RATING' SYSTEM FOR PROVIDERS

Currently it's hard to know how aged care providers are performing but the Commissioners have recommended 'star ratings' be published so you will be able to see information about their staffing, clinical care, serious incidents, and complaints made plus reviews from people and their families using the service. This will help providers to improve the care they offer and allow families to make informed decisions about aged care services for their loved ones.

MORE TIME WITH STAFF IN RESIDENTIAL CARE

The Royal Commission has also advocated aged care residents receive a mandated minimum of three hours and 20 minutes of one-on-one care per day provided by a mix of nurses and personal care workers. Registered Nurses will be required to be on duty 24/7 and provide 40 minutes of direct care per resident too. This will make sure all residents receive the care – and more importantly the 'touch' – that they need to enjoy a real quality of life.

The recommendations will take time to roll out – five years according to the Commissioners' timeline – but the result will be a better-quality system for all Australians.



LAUREN BROOMHAM IS THE EDITOR AT THE DCM GROUP, HEADING UP ITS WEEKLY SOURCE AND DONALDSON SISTERS PUBLICATIONS.

Lauren is also the only journalist to have attended every hearing and community forum of the Royal Commission into Aged Care Quality and Safety, producing 300 issues of The Daily COMMISSION newsletter on the Royal Commission.

UNDERSTANDING

WHAT

help at home



IS AVAILABLE

MOST OF US PREFER TO STAY LIVING INDEPENDENTLY AT HOME AS WE AGE. FINDING THE RIGHT SUPPORT TO CONTINUE LIVING LIFE THE WAY YOU WANT CAN SOMETIMES BE CHALLENGING.

The government provides two streams of funding to support people aged 65 and over (50 years and over for Aboriginal and Torres Strait Islanders) to stay living in their home as they age.

COMMONWEALTH HOME SUPPORT PROGRAM (CHSP)

An entry level program which gives you access to basic support services. The Commonwealth Home Support Program offers a variety of basic assistance such as cleaning, home maintenance, home modification, personal care, health services, exercise classes or support to maintain social networks.

HOME CARE PACKAGE (HCP)

As needs increase, a Home Care Package may offer more support. A Home Care Package is, as the name suggests, a 'package' of services to support you to remain living safely and independently in your own home.

A Home Care Package can be accessed when you need more than basic support, and offers a coordinated approach with access to a greater range of services, aids and equipment and a dedicated Advisor who will help you design your package of care.

If you are assessed as eligible for a Home Care Package, you will be placed in the national queue. When you reach the top of the queue, you will be assigned a package and you can then choose an approved care provider such as ACH Group to coordinate and deliver your services.

There is likely to be a waiting period before you are assigned a Home Care Package. Wait times can vary between 3-18 months so it is important to be assessed as early as possible when your needs begin to change.

You can still privately fund aged care and health support whilst you wait, or as part of the Commonwealth Home Support Program if eligible.

THERE IS LIKELY TO BE A WAITING PERIOD BEFORE YOU ARE ASSIGNED A HOME CARE PACKAGE. WAIT TIMES CAN VARY BETWEEN 3-18 MONTHS SO IT IS IMPORTANT TO BE ASSESSED AS EARLY AS POSSIBLE WHEN YOUR NEEDS BEGIN TO CHANGE.

There are four levels of a Home Care Package with different levels of care and funding.

Package level	Level of care needs
Level 1	Basic care needs approximately \$9,000 a year
Level 2	Low care needs approximately \$15,750 a year
Level 3	Intermediate care needs approximately \$34,250 a year
Level 4	High care needs approximately \$52,000 a year

ACH GROUP IS HERE TO HELP YOU NOW OR IN THE FUTURE WITH A RANGE OF SERVICES FUNDED UNDER CHSP OR HCP.

Ask us for a copy of our FREE Information Guide showcasing the vast range of services and support on offer.



A NEW WAY

to play

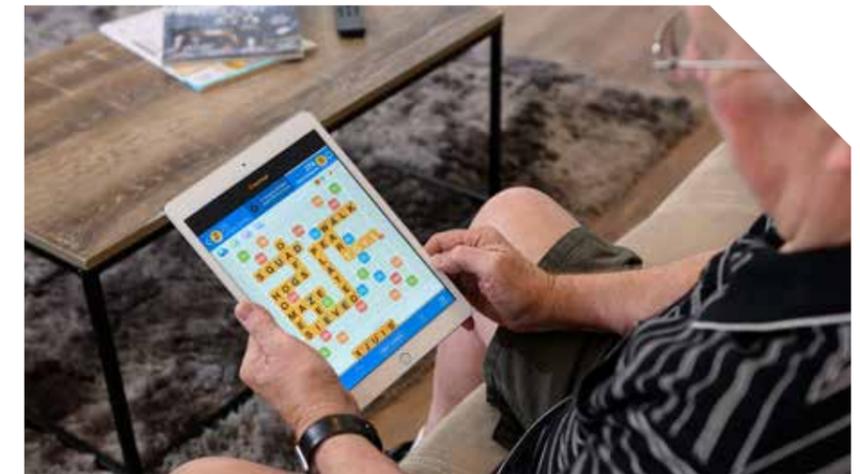
FROM PILATES CLASSES, TO CAR RACING, AND TRADITIONAL GAMES INCLUDING CHESS AND SOLITAIRE, THE OPTIONS ARE ENDLESS WHEN IT COMES TO ONLINE GAMING.

Think about the last time you played a game. Was it a board game with the family? A hit of tennis at the local courts? Or maybe a game of cards with some friends?

In 2021 many people's answer is just as likely to be that they played a game on their mobile phone, their iPad, or played a video console game with their family. Gaming is booming amongst Boomers and older generations. According to recent research, over 40 percent of Australians aged 65 and over regularly play some form of video game.

It's not just fun and games either! One of the reasons for the surge in popularity among older demographics is the potential positive effects of video games which include hand-eye coordination, problem-solving skills, information processing and even fitness. It's these skills that ACH Group's new Stay in the Game challenge is set to target. Launching in April 2021, the 6-week challenge is funded by Wellbeing SA and aims to get older South Australians playing video games to increase exercise, and fun and friendship with friends and family.

Project coordinator Kosta Canatselis has been working with people aged 65+ to identify which video games on the market have both an exercise component and are easy to use.



"VIDEO GAMES CAN BE AN EXTRA TOOL FOR WHEN YOU CAN'T GET TO THE GYM OR DO YOUR USUAL OUTDOOR EXERCISE."

DANIEL PEACOCK
ACH GROUP EXERCISE PHYSIOLOGIST

"Ringfit Adventure from Nintendo Switch is a great choice for staying physically fit at home. It comes with a Pilates ring that gives a great arm workout and has many different mobility and accessibility features," Kosta said.

For those who want to get started with gaming but want to begin with something familiar there is often an online version of most traditional games too. Scrabble, chess, solitaire, darts and bowling can be found online and are available in easy to learn formats. Plus, you can keep it local and play your mates or challenge someone on the other side of the world to a game, all from the comfort of your lounge room.

GAMES TO TRY FOR FUN AND FITNESS:

- Ring Fit on Nintendo Switch
- Words with Friends and Pictoword on smartphones and tablets
- Mario Kart on iPad
- Just Dance on PS4 or Switch

JOIN THE 'STAY IN THE GAME' CHALLENGE!

The six-week challenge from 19 April – 28 May encourages South Australians aged 65 and over, together with their friends and family, to play games online.

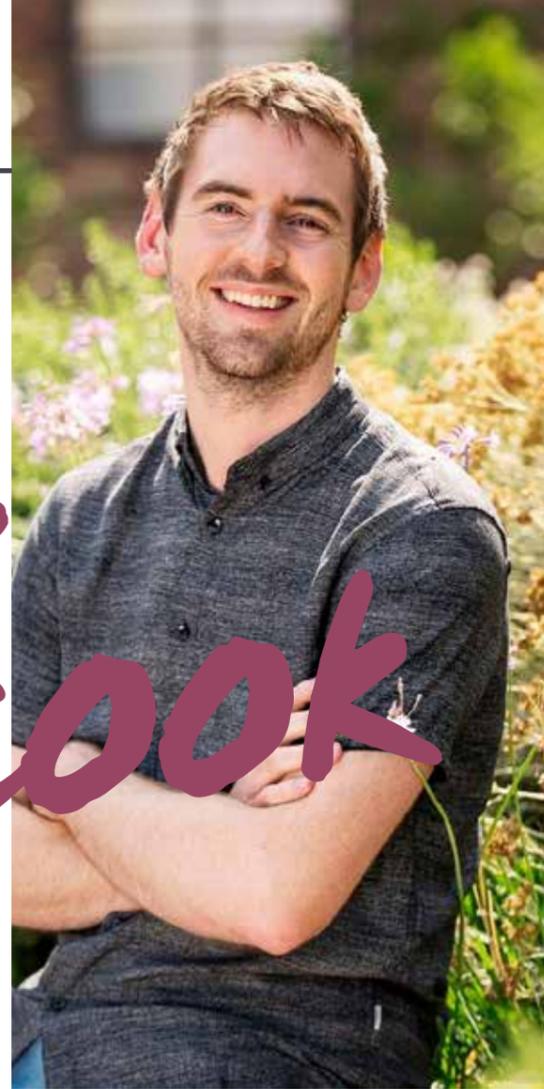
- Increase your physical activity and social connections.
- PLUS, you'll learn new skills, set and track your goals, and there's 10 prizes to WIN!

Sign up!
stayinthegame.achgroup.org.au

BECAUSE I'M

happy... to cook

WRITTEN BY
CALLUM HANN



RAISE YOUR HAND IF YOU HAVE EVER SAID "I DON'T LIKE COOKING". IT'S FINE, YOU'RE NOT ALONE!

Have you ever asked yourself, why you don't like cooking? Or have you ever considered why you cook at all? Perhaps when your patience and desire to cook was low, your motivation was wrong.

When we view something in a positive light we are more likely to be excited and likely to engage in associated tasks. For example, if it is cold and dark outside and my alarm wakes me up to go to the gym, am I more likely to go when I have no purpose or goal, am I more likely to go when I genuinely like the activity I'm doing, who I'm doing it with and if I have a clear goal? The latter, of course.

The key to happy cooking is recognising why you do it, and cooking for the right reasons, not just because you're hungry! Here are some reasons why people genuinely enjoy cooking:

- The challenge of watching the perfect sponge cake rise,
- It is rewarding to cook for others and allows you to socially connect,
- Cooking allows you to express your creativity and relax your mind,
- It's a way to explore different nationalities and cultures,
- A hobby that you can continue to challenge yourself and improve in.

And the best part about this hobby is that everyone around you is happy to support it because they get to enjoy the spoils!

Cooking (and eating!) should be fun, you just need to find your "why" and before you know it, you will fall in love with cooking. The best part though, if you love food, cooking and eating, then it will love you back with health and happiness.

FIG & PECAN HOT CROSS BUNS

INGREDIENTS

4 cups plain flour, plus ½ cup extra
 ⅓ cup caster sugar, plus 2 tablespoons extra
 2 x 7g sachets of dried yeast
 2 teaspoons ground cinnamon
 1 cup dried figs, roughly chopped
 ½ cup pecans, roughly chopped
 pinch of salt
 40g butter, melted
 300ml milk, warmed
 2 eggs, lightly beaten
 Water

METHOD

1. Combine 4 cups flour, ⅓ cup caster sugar, yeast, cinnamon, figs, pecans and salt in a large bowl. Make a well in the centre. Add butter, milk and eggs and mix with a wooden spoon until dough starts to come together.
2. Turn dough onto a floured surface. Use clean hands to knead for 10 minutes or until dough is smooth. Place in a lightly oiled bowl and cover with plastic wrap. Set aside in a warm place for 1-1½ hours or until dough doubles in size.
3. Preheat oven to 180°C (fan-forced). Line a baking tray with baking paper. Knock back dough using your fists to its original size. Divide dough into twelve evenly sized balls. Arrange balls on the lined baking tray about 1cm apart and cover with plastic wrap. Set aside in a warm place for another 30 minutes or until buns double in size.
4. Meanwhile make a flour paste. Mix remaining ½ cup flour and ¼ cup water in a small bowl until smooth. Add a little more water if necessary. Transfer paste to a piping bag. Pipe flour paste over buns to form crosses. Bake buns for 18-20 minutes or until buns are light golden and springy to touch.
5. To make a glaze, combine remaining 2 tablespoons caster sugar and ⅓ cup water in a small saucepan over low heat. Stir until sugar dissolves. Brush warm glaze over warm hot cross buns.

TO FIND OUT MORE ABOUT SPROUT COOKING CLASSES TURN TO PAGE 14



IN THE garden



SOPHIE THOMSON
ABC GARDENING AUSTRALIA PRESENTER

The past 12 months have seen an increased interest in produce gardening. Many people who have never tried before have started to grow some of their own veggies, herbs and fruits and that is wonderful as nothing beats the flavour, freshness and nutrient density of organically grown home produce.

However, if you have only a small garden, it is vital to make good choices about the veggies you want to grow. You can be remarkably productive in just a few square metres or less, and even if there is no 'in ground space' you can still be highly productive in containers such

as pots, troughs or even wall garden unit. My suggestion is to choose 'good value' vegetables that are highly productive in a limited space and avoid veggies that take up a lot of space over a long period for just one item, such as the large headed cabbages and cauliflower. Rapid turnover is also important, so as soon as one crop, planting or variety is finished, remove it, improve the soil and plant again. All veggies grow best in rich fertile soil so make sure you get your soil right before you plant, and don't let them become stressed for water or nutrition, or your crops will suffer.

MY TOP 5 SMALL SPACE VEGGIES.

1. LOOSE LEAF or 'cut and come again' lettuces can be grown all year round. These are best harvested by picking off individual leaves as required even though you can cut the whole head off when mature at around 8 weeks. They can be grown in full sun to part shade, but turn bitter if the plants get stressed or are harvested at the end of the day in summer.

2. TOMATOES are a great summer and autumn crop which is planted in spring and can be grown on stakes, tripod-like frames or trellis. To get early fruit, the smaller cherry types are best, however if you can squeeze two varieties in, choose a cherry like the delicious 'Tommy Toe' and a larger variety.

3. ASIAN GREENS. There are so many varieties of these to choose from including bok choy or pak choy, tatsoi, Tokyo bekana and yukina. Individual leaves can be harvested when young or pick the whole head as required as they grow. They will grow in sun or part shade, but are best covered with insect exclusion netting to keep the caterpillars off in the warmer weather.

4. HERBS. Every kitchen needs some basic fresh herbs such as parsley, basil and coriander and these can be planted in between other larger veggies. There are several perennial herbs that can also be grown in confined spaces without getting out of hand like thyme, sage and rosemary.

5. CLIMBING PEAS grow well on trellis and can be squeezed into small veggie patches. You can choose from snow peas sugar snap peas or shelling peas and all taste delicious straight off the vine so the numbers that make it inside into the kitchen are often far less than what was harvested. They are best sown from autumn to spring.

Q&A

I planted pumpkins from seed last October and got at least ten plants with a lot of flowers, but now I have one big pumpkin and about three smaller ones, one of which already has fallen off. What am I doing wrong?

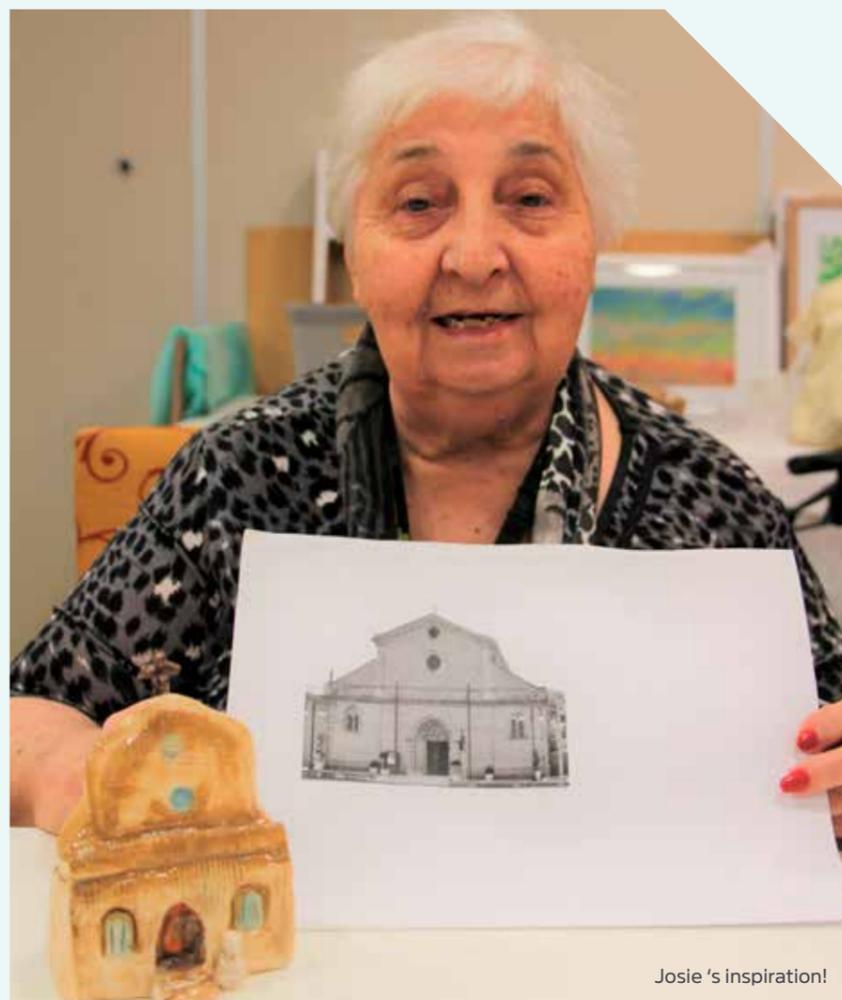
Amanda

Sophie: *It sounds like a pollination problem however you are not the only person to have problems with pumpkins and zucchini this year, presumably due to our unseasonal weather. You can hand pollinate pumpkins by cutting off a male flower (flower without the small fruit at the base), removing the petals and rubbing the central stamen which is covered with pollen on the centre part known as the stigma or pistil of the female flowers (the ones with a small fruit at the base of the flowers). This year many people have also complained about a lack of female flowers. Often the main runners have mainly male flowers so nip the tip out of the long runners and they will develop lots of side branches which have more female flowers.*

DO YOU HAVE A GARDENING QUESTION?

Email goodlivesmag@ach.org.au or alternatively post to PO Box 646, Torrensville Plaza, Torrensville SA 5031.

JOSIE
'va in Italia'
WITH CLAY PIECES



ART IS A MEDIUM THROUGH WHICH PEOPLE CAN DOCUMENT AND SHARE THEIR STORY.



Josie, a resident at Milpara residential care home was born in Squilani, Italy – a place she has fond memories of.

Memories of Squilani were triggered when Josie and fellow members of Milpara's art group created a series of small ceramic villages and homes inspired by the theme "My Home", to display at Casa Mia, Milpara's on-site café gallery.

"The group's art creations always start with a chat. The pieces we developed along this theme generated a lot of conversations about where we come from, grew up and raised our children. For me, it somehow took me back to that little church in Italy, where I had my first communion," Josie explained.

"With this piece I was able to talk about this place and my childhood with my children. This piece will be gifted to them and stay in the family for generations to come," Josie added.

"INSTEAD OF USING MY SIGHT TO COPY SOMETHING AND CREATE ART, I WORK FROM PICTURES I HAVE IN MY MIND."

Resident and artist Bessie added that thanks to a grant from the ACH Group Foundation for Older Australians, Milpara's art group has a kiln on site which has accommodated a growing enjoyment in creating with clay.

Bessie moved to Milpara about four years ago and joined the art group straight away. She is visually impaired and taps into her memories to create art.

"Instead of using my sight to copy something and create art, I work from pictures I have in my mind," she said.

"We look forward to attending the art group week after week. It means a lot to us. We encourage, support and challenge each other. We all try hard and work hard in the group. It comes from the heart and keeps us connected."

TO BOOK A TOUR OF ONE OF ACH GROUP'S EIGHT RESIDENTIAL CARE HOMES, CALL 1300 22 44 77.

Walking

THE MOST UNDERATED
EXERCISE ACTIVITY



JACK CARTER
ACH GROUP EXERCISE PHYSIOLOGIST

WALKING IS A SIMPLE AND COST EFFECTIVE WAY TO IMPROVE YOUR OVERALL HEALTH.

Physical activity does not have to be vigorous to improve your health.

Something as simple as a daily 30-minute walk can have a massive effect on fitness and wellbeing. Walking is low impact, requires no equipment and can be completed at your own pace.

ACH Group's Exercise Physiologist Jack Carter discusses 5 benefits of walking and how walking can impact your overall health and wellbeing.

PHYSICAL ACTIVITY DOES NOT HAVE TO BE VIGOROUS TO IMPROVE YOUR HEALTH. SOMETHING AS SIMPLE AS TAKING A 30-MINUTE WALK A DAY CAN HAVE A MASSIVE EFFECT ON FITNESS AND WELLBEING.

Burns calories:

Depending on your fitness goal, walking can help maintain your weight or even lose weight. Reducing body weight helps lower the impact on joints.

Strengthens the heart:

Walking improves cardiovascular fitness and enhances pulmonary function. Research has shown 30-minutes of daily walking can reduce the risk of coronary heart disease by 18-20%.

Reduce joint pain:

Walking supports and strengthens the muscles surrounding the joints. Less impact on joints means lower pain when moving.

Improve balance and mobility:

Walking improves your coordination and balance which reduces risk of falls. It also helps prevent injury and improve limb control.

Enhance circulation and greater blood flow:

Walking improves feeling in extremities and is shown to reduce the risk of coronary blockages, especially in older people.

IT IS IMPORTANT TO CONSIDER YOUR SAFETY WHILE WALKING.

CHECK OUT THESE HANDY WALKING TIPS BEFORE YOU GET STARTED:

- Walk in areas designated for pedestrians. Look for well-lit areas if possible.
- If you walk in the evening or early morning, wear a reflective vest or light so cars can see you.
- Wear correct fitting shoes with good heel and arch support.
- Drink plenty of water before and after your walk to stay hydrated.
- You can also recruit a friend or family member to walk with you and hold you accountable.
- Consider getting a pedometer or other fitness tracker to keep track of your daily steps.



To find out more about available ACH Group exercise and wellness groups, call 1300 22 44 77.

Amazing benefits

OF VOLUNTEERING

IF YOU ARE LOOKING TO MEET LIKE-MINDED PEOPLE, MAKE NEW FRIENDS AND FEEL MORE FULFILLED IN LIFE, CONSIDER VOLUNTEERING.



Finding the right volunteer opportunity could help you stay socially connected and feel happier. There is growing evidence volunteering can help improve your overall health and wellbeing and offer many benefits.

HELP PREVENT ISOLATION AND LONELINESS

More and more older people are now living with loneliness in Australia. Volunteering is a great way to combat loneliness. Finding the right volunteer opportunity could give you a sense of belonging and promote strong social connection with your community. Volunteering opens opportunities for people to meet like-minded people and share common interests.

GAIN A SENSE OF SELF AND PURPOSE

Volunteering can give you a sense of accomplishment. Volunteering for as little as one hour a week can have positive impact on emotional health. Giving back to others brings you a sense of purpose and makes you feel good.

PROMOTE PHYSICAL ACTIVITY

Staying active as we age plays an important role in positive health outcomes. Volunteering helps promote physical activities and helps you stay more active whether it's helping with a social group or at an event.

FINDING THE RIGHT VOLUNTEER OPPORTUNITY COULD GIVE YOU A SENSE OF BELONGING AND PROMOTE STRONG SOCIAL CONNECTION WITH YOUR COMMUNITY.

DEVELOP NEW SKILLS

You're never too old to learn. By volunteering, you can step outside of your comfort zone and learn a new skill. Whether it's knitting, painting, gardening, woodworking, public speaking, or organisational skills, you can always learn something new from volunteering.

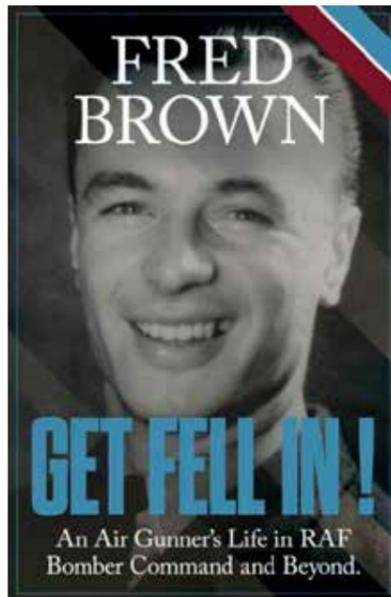
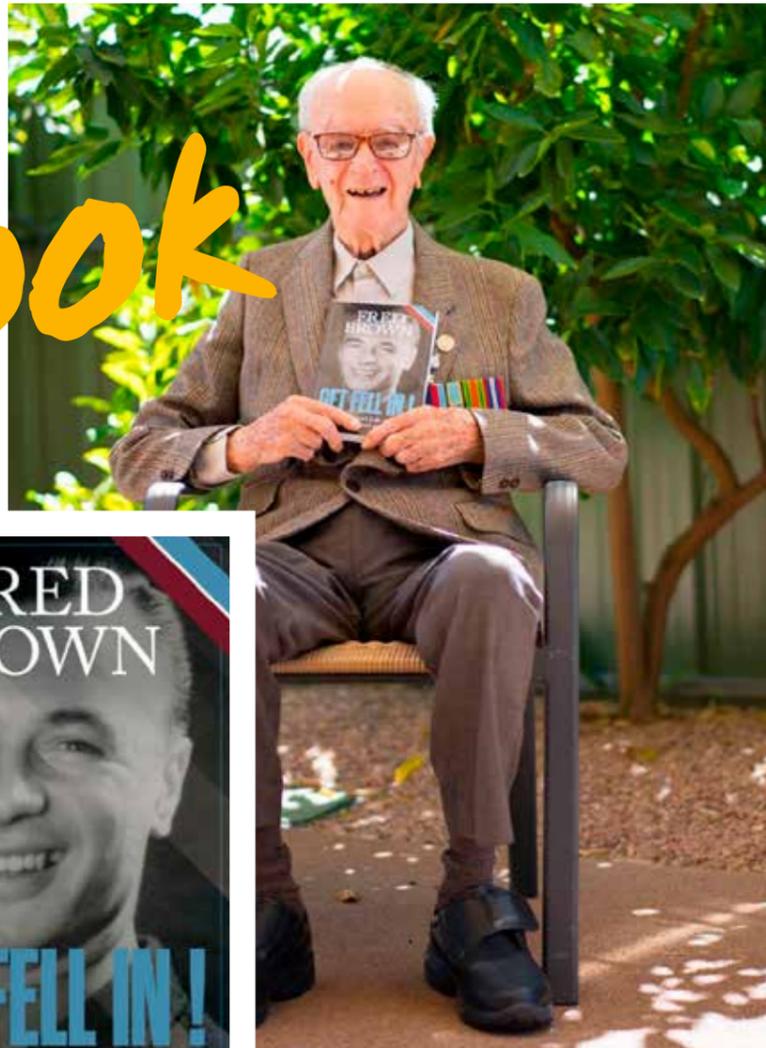
ARE YOU LOOKING FOR A VOLUNTEERING OPPORTUNITY?

ACH Group's Volunteer Program has a broad range of volunteering opportunities within its community, residential, social and health services as well as at special events.

Roles available include tutors in art, crafts and social media, social support assistants, drivers, social program assistants and more. Volunteer roles are based at a broad range of metropolitan locations as well as in the outdoors.

If you're interested in volunteering with ACH Group, call us on 1300 22 44 77 or visit achgroup.org.au/work-with-us/volunteers to find out more.

Fred's new book



OUT NOW

FRED BROWN RECENTLY PUBLISHED A FASCINATING AUTOBIOGRAPHY DETAILING HIS EXTRAORDINARY LIFE AS AN AIR GUNNER IN THE RAF.

As a teenager in Yorkshire, Fred's ambition to join the RAF was ignited by seeing Whitley bombers in the sky, many years before the Second World War.

Parachuting from a blazing Lancaster over Belgium, Fred landed in a field in Limal and spent a month in hiding, thanks to the kindness of the Belgian people who risked their lives to help RAF crews. Finally captured by the Gestapo, Fred graphically describes life as a Prisoner of War and the long march back home, during which many perished.

Fred emigrated to Australia in 1965 and, when he retired, he spent time tracing the Belgian farmers who rescued him. Fred describes his poignant return to Belgium in 1988 to thank this family who discovered him injured and hiding in a hayloft.

Fred now lives in one of ACH Group's residential care homes at Glenelg South.

Fred's book is available to buy on Amazon.com.au for \$23.50 or Kindle for \$12.99.

TV REVIEWS



'The Queen's Gambit' - Netflix series

This wonderful series, set in the Cold War era of the 50s and 60s, follows a peculiar child prodigy on her way to becoming a chess master. Watching as a young girl takes centre stage in a male dominated game, while overcoming her vices, creates gripping drama.

Most of us have grown up playing chess but have never known the intricacies of the intellectual game. This series follows themes like addiction, equality, kindness and of course chess, very elegantly and with a compelling storyline.

The period's fashion, colour and music are also very well done. I think it is time to dust off my underused chess pieces!

- Cheryl

BOOK REVIEWS

'Where the Crawdads Sing' - Delia Owens

The story of a very young girl surviving and growing to adulthood in the coastal marshes of North Carolina, as one by one, all her family leaves her.

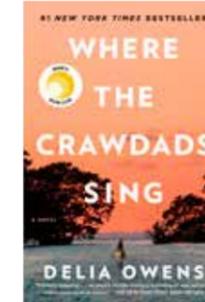
Kya has to learn to trust again, to work out how to support herself, and later, to experience young love and then betrayal.

Contrary to the prejudices of the nearby township, Kya educates herself and becomes an expert on the marshland's flora and fauna, even to the extent of having her detailed drawings and accompanying knowledge published.

A beautifully written book that could be based anywhere as the diverse, credible characters are universal. There are some characters that will cross the road to avoid any contact with Kya and others who support her.

It is a gripping page turner, with Kya becoming the local sheriff's main suspect for the murder of the town's flawed young hero.

- Tiggi



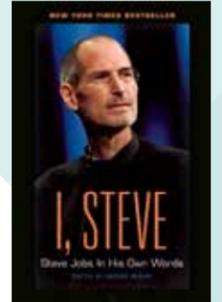
'I, Steve: Steve Jobs in his own words' - George Beahm

'Stay hungry, stay foolish.' - is a motto that followed Steve Jobs through life.

I thoroughly enjoyed this book and learnt a lot from it. Here are 9 useful lessons that I took from reading Steve Jobs' biography.

1. Love what you do.
2. Cut out or avoid the bozos.
3. Money need not dictate your projects.
4. Surround yourself with culture to be more creative.
5. Don't be afraid to take risks.
6. Qualifications are not everything.
7. Keep it simple.
8. The truth is that every problem you face today has been solved by someone else in the past with half the resources.
9. He relied on his own instinct for refining existing technologies, developing new products and packaging them in a way that people would want to use.

- Pen



TELL US WHAT YOU THINK

If you have enjoyed a great book, podcast or television series, we'd love to hear about it. Write a review of 100 words or less and email it to goodlivesmag@ach.org.au or alternatively post to PO Box 646, Torrensville Plaza, Torrensville SA 5031.



ERNEST'S

multi-dimensional
TALENTS

Most people would expect to see 3D printing in full action when they visit high-tech engineering companies. However, Elkanah resident Ernest has brought the technology into his retirement living community, where not only can you see 3D printing in action, but Ernest is also on hand to share his tips.

Ernest grew up in the Warwickshire, UK. Son of an electrical engineer, he was taught to build and fix things from an early age. "Growing up you were taught how to use tools and you would repair things yourself," he said.

At the age of 34, Ernest moved to Adelaide where he secured a job with the Woods and Forest Department working for the Sawmill in Mt Gambier. In his spare time he volunteered and designed furniture for the local community centre.

In his long career, Ernest has been an enthusiast to draw anything from badges to buildings. "My late wife and I – you name it, we could do it. Between us two we built everything we had in our house."

While in retirement, Ernest's drawings were still in high-demand and he was asked to design Reg Smith's new dairy. "I don't see the point in stopping. I think when I retired, I worked more than when I was at work," he said.

It was only recently that Ernest grew interested in 3D printing. He has two different 3D printers and often prints parts for his friends and neighbours. "3D printing is not as complicated as it might seem. It is 10 percent know-how and 90 percent patience," he said.

"3D PRINTING IS NOT AS COMPLICATED AS IT MIGHT SEEM. IT IS 10 PERCENT KNOW-HOW AND 90 PERCENT PATIENCE."

"I think 3D printing is no different than printing a letter you type in your printer, the only difference is that it prints in plastic. Most women of my generation have taken to 3D printing because they had sewing or knitting machines and learnt how to use them. Today, they have no one to knit for but with a 3D printer they could make toys for their grandchildren.

"There are great tools to help people get started and I am willing to guide those who would like to discover more about this technology and maybe replace the sewing machine to a 3D printer machine," Ernest added.

Now with two projects on the go – a power drill conduit for his next-door neighbour and parts for a model train, Ernest's passion for engineering, technology and helping others continue to showcase his multi-dimensional talents.



DO YOU HAVE A STORY TO SHARE? IF YOU ARE INTERESTED IN SHARING YOUR STORY, OR A SPECIAL CELEBRATION, PLEASE EMAIL GOODLIVESMAG@ACH.ORG.AU

AGED CARE PROVIDES REWARDING

mid-career change



Photos: White Willow Photography

“IN MY FIRST WEEK I WENT OUT TO SOME OF OUR EVENTS AND I WAS BROUGHT TO TEARS A FEW TIMES. CUSTOMERS WERE SAYING THEY BENEFIT GREATLY FROM THE GROUPS SOCIAL INTERACTIONS ACH GROUP HAS PROVIDED AND THAT WAS REALLY POWERFUL TO HEAR.”



Social Links group - Sprout Cooking School

The COVID-19 pandemic has seen many South Australians forced to make a mid-career change, however for some it has become an opportunity to find a new, enriching career path.

This was certainly the case for former travel/tourism business development manager Nichole Reilly, who returned to work from maternity leave in 2020 to be met with redundancy after almost 10 years in the industry. Although job stability was a determining factor, the 32-year-old wanted a career that brought comparable reward and enjoyment to her day-to-day life.

“With travel, my favourite thing was the passion to change people’s lives or give them an experience they may not have had if they just went about their everyday lives,” she said.

Taking on the role as ACH Group’s Social Links Event Planner about four months ago, Nichole encouraged those considering a mid-career change to look to the aged care sector.

“I think you need to be happy with your work, if you’re not being challenged or your role isn’t rewarding, what are you doing? I thought about this especially as I was leaving my young daughter to head back into the workforce,” she said.

Nichole’s role involves designing and planning new social experiences for older people to connect with old interests or discover new ones, such as art classes, choir, day trips and getaways.

WORKING IN AGED CARE OFFERS A REWARDING CAREER WITH DIVERSE PATHWAYS AND LEARNING OPPORTUNITIES.

“You just have to speak to one customer to feel the impact of what we do, especially in the Social Links program. In my first week I went out to some of our events and I was brought to tears a few times. Customers were saying they benefit greatly from the groups social interactions ACH Group has provided and that was really powerful to hear.”

While the sector often attracts care workers, there’s ample opportunities for the likes of customer service, cleaning, allied health, marketing, IT, maintenance and finance roles.

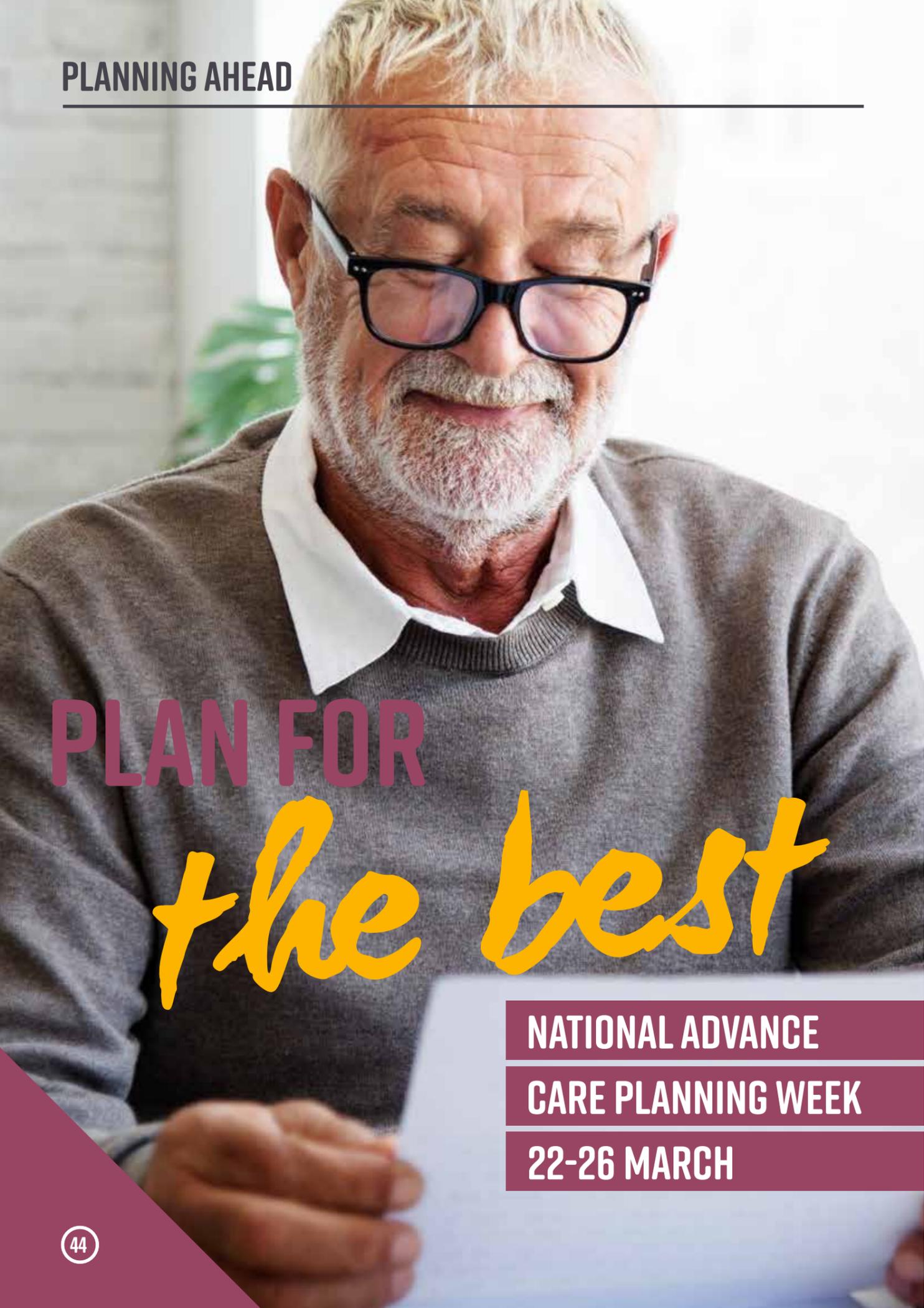
“Working in aged care offers a rewarding career with diverse pathways and learning opportunities,” ACH Group’s CEO Frank Weits said. “No matter what role you do, aged care offers immense satisfaction in making a difference and supporting people to live well as they age.”

FOR MORE INFORMATION ABOUT THE AVAILABLE SOCIAL EXPERIENCES GO TO PAGE 16 OR VISIT

ACHGROUP.ORG.AU/AVAILABLE-EXPERIENCES

FOR MORE INFORMATION ABOUT WORKING WITH US VISIT

ACHGROUP.ORG.AU/WORK-WITH-US



PLAN FOR
the best

NATIONAL ADVANCE

CARE PLANNING WEEK

22-26 MARCH

“PEOPLE KNOW THAT THEY NEED TO HAVE THESE IMPORTANT DOCUMENTS IN PLACE BUT THEY DON’T ALWAYS KNOW WHERE TO START.”

IMPORTANT LIFE CHOICES ARE PLANNED, NOT LEFT TO CHANCE. IS IT TIME TO START A CONVERSATION WITH LOVED ONES ABOUT WHAT’S IMPORTANT TO YOU?

The best way to do this is to ensure you have an Advance Care Directive, which sets out your wishes around lifestyle, health and end of life decisions and involves appointing a substitute decision maker.

You also need to appoint an Enduring Power of Attorney who is often a family member or trusted person to manage financial affairs in the event that you can no longer do it by yourself.

People often delay or avoid these emotionally confronting conversations putting them in the too hard basket. It is encouraged for people to have conversations with family or trusted friends early before there is a health crisis or a change of circumstances, such as a move to residential care.

That way important decisions can be clearly expressed and documented in consultation with others without being clouded by stress.

Teresa Moran, who designed and launched ACH Group’s Planning Ahead Advisory Service said, “People know that they need to have these important documents in place but they don’t always know where to start. That’s where we come in – we provide the catalyst for important conversations that may not otherwise happen and then help navigate the steps required to complete the paperwork.”

The Planning Ahead team helps clarify planning ahead needs, advises on resources, facilitates family discussions, helps prepare the paperwork and advises about the role of JPs to witness and certify forms ready for distribution. Visits can be held in the person’s home or at another location.

PLANNING AHEAD ADVISORY SERVICE

For more information about ACH Group’s Planning Ahead service, visit achgroup.org.au/information-and-advice or call 1300 22 44 77.

THINGS TO CONSIDER:

- 1 **Apply for an My Aged Care assessment**
You will need to undertake the Australian Government’s My Aged Care assessment to determine your eligibility for aged care services. Best do this earlier, rather than later, as there can be a wait time.
- 2 **Prepare your Advance Care Directive**
Set out your wishes for lifestyle, accommodation, health and end of life decisions.
- 3 **Organise an Enduring Power of Attorney**
Appoint a trusted person to manage your financial affairs if you are no longer able to do this.
- 4 **Grab a copy of ACH Group’s Information Guide**
This is an easy way to familiarise yourself with available aged care services. Plus, it’s free!
- 5 **If you are confused or time poor, contact ACH Group’s Aged Care Navigator Service**
We’ll do the legwork and support you to assess the right solutions.

MAKING THE

right move

AT THE RIGHT TIME



"TAKING ADVANTAGE OF THE PROPERTY MARKET CYCLE CAN MEAN SOME VERY REAL BENEFITS IN RETIREMENT."

Real estate market forces have aligned for South Australians seeking to downsize into stress-free retirement living.

With agents across the state reporting a market characterised by low stock levels and high demand - and industry data backing this up - now might be the ideal time to make a smart move.

According to CoreLogic data, Realestate.com.au in January 2021 reported that there were approximately 2,700 fewer properties for sale across Adelaide compared to the same time last year, a drop of 36.8%.

Agents across the local real estate industry are also noting an under-supply of property in the market, despite strong buyer demand and enquiry levels are creating buoyant sale conditions.



TIMING MATTERS

Good timing can have a lot to do with achieving the best financial outcome for your move into retirement living and selling the family home is a crucial part of the process.

After the challenges of 2020, the current state of the property market is showing very positive signs for sellers.

Nat Johncock, Real Estate Services Manager at ACH Group, said achieving the best possible sale price for your family home will give you greater options in regard to your new retirement living unit, plus the comfort and security of 'putting something away' to fund a new relaxed and carefree lifestyle .

"Taking advantage of the property market cycle can mean some very real benefits in retirement," she said.

It can help you achieve your 'wish list' in your new home, together with the benefit and security of living in a welcoming community with like-minded neighbours. All whilst leaving the gardening and maintenance to us, allowing you more time to spend time doing the things you love - maybe even setting off on that long awaited caravanning trip!

"The various affordable retirement living options at ACH Group also allow you to fund additional health and help-at-home services if and when you need them," Nat said.

"Before deciding to put your family home on the market, it's important to speak with us first about the retirement living options available. That way, you will have a clearer picture of the financial objectives to target with the sale of your current property."

TO FIND OUT MORE ABOUT HOW YOU CAN UNLOCK THE BEST POSSIBLE RETIREMENT LIFESTYLE CALL NAT ON 8159 3480.

Smart move for retirement living.

Each independent living unit offers a secure, low maintenance lifestyle with access to support services if and when you need.



MAGILL – JAMES EVANS COURT

For sale \$86,000

- Fully accessible
- Open plan design
- Private alfresco courtyard

Unit 50
122 St Bernards Road
Magill

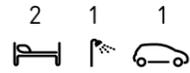


MAGILL – JAMES EVANS COURT

For sale \$129,000

- Modern and compact design
- Great location
- Beautiful low maintenance garden

Unit 34
122 St Bernards Road
Magill

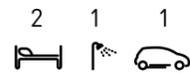


CAMBELLTOWN – GENDERS COURT

For sale \$162,000

- Fully refurbished
- Open plan design
- Small pets welcome

Unit 17
7 Weymouth Street
Campbelltown

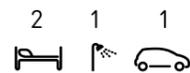


JOSLIN – FIRST AVENUE

For sale \$378,000

- Spacious open plan living
- Stylish kitchen, stainless steel appliances
- Undercover parking automatic roller door

Unit 5
132 First Avenue
Joslin



Spence on Light

Affordable retirement living with city buzz - now selling!

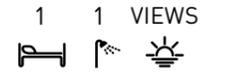


ADELAIDE – SPENCE ON LIGHT

From \$320,000

- Live the high life
- Spacious and light filled
- City conveniences on your doorstep

Apartment 1303
69 Light Square
Adelaide

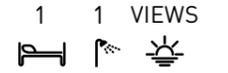


ADELAIDE – SPENCE ON LIGHT

From \$280,000

- Modern, spacious design
- Secure and accessible
- Enjoy the buzz of city living

Apartment 1304
69 Light Square
Adelaide

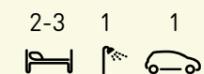


Retire in style with the beach on your doorstep.



KAPARA MEWS – GLENELG SOUTH

- Balconies to 2nd floor units
- Secure access and undercroft parking
- Private courtyard / entertaining space
- Priced from \$468,000 to \$525,000



80 Moseley Street
Glenelg South

out & about



SPENCE ON LIGHT MINISTERIAL OPENING

The official plaque at the new retirement living apartment building was unveiled by Hon Michelle Lensink MLC, Minister for Human Services.

EMPATHY SUITS

New employees trial ACH Group's Empathy Suits to step into the shoes of an older person and think creatively about how they can better support them whatever barriers they might face.



BEHIND THE SCENES

We love that customers embrace the opportunity to participate in our photoshoots to showcase services and offerings at ACH Group. Thank you to everyone involved!



MURRAY RIVER CARER'S GETAWAY

Relaxing and exploring on the Proud Murray was enjoyed by everyone who attended the sold out carer's getaway.

WARRAWONG WILDLIFE SANCTUARY TWILIGHT TOUR AND CONSERVATION TALK

Wildlife lovers experienced the awakening of native Aussie animals in a twilight tour of the Warrawong Sanctuary.





Live safely & independently at home with your Home Care Package

est.
1952

Supporting
older people for
over 65 years



Peace of mind
with access to
a nurse on-call



Dedicated Advisor
to coordinate your
care and support



Fully vetted and
trained workers
you can trust

Sign up or switch to an award winning,
fully accredited and approved provider.

Let's talk **1300 22 44 77**

Visit achgroup.org.au



Good Lives for
Older People