

# good lives

LIFESTYLE MAGAZINE FOR 50+

**WIN**  
TORRENS  
RIVER CRUISE  
FOR TWO

SPRING READY!  
BARBECUED  
PUMPKIN  
*recipe*

THE REINVENTION OF  
ADELAIDE'S TV GREAT  
**GRAEME  
GOODINGS**

**LIVING**  
SMART WITH  
TECHNOLOGY

# WELCOME

good lives

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**Feedback** We appreciate your feedback. Please email us at [goodlivesmag@ach.org.au](mailto: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.

#### Subscribe

To subscribe visit [achgroup.org.au/news/goodlivesmagazine](http://achgroup.org.au/news/goodlivesmagazine) or call 1300 22 44 77

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#### JOIN THE CONVERSATION



# from the CEO

**I REALISE THAT GRAEME GOODINGS, ALONGSIDE JANE DOYLE, WOULD HAVE HAD A NIGHTLY PRESENCE IN MANY GOOD LIVES MAGAZINE READERS' HOMES WHILE THE DUO READ CHANNEL 7'S NEWS FROM THE LATE 1980S TO THE EARLY 2000S.**

During their incredibly successful tenure on Seven I was living in the Netherlands, so I was never fortunate to watch Graeme on the news. But from reading his story the two key themes I have taken away are his passion and resilience. I don't doubt you will enjoy reading Graeme's interview too.

Within the pages of Good Lives Magazine Issue 9, you will also meet John who is a regular at the NDIS Golf Group and is embracing the social elements of the game (page 40).

ACH Group staff have also shared their expertise for articles on eating well for good heart health (page 18), making the most out of your Home Care Package (page 22), and how to improve your balance (page 46).

Garden guru Sophie Thomson shares how to make the most out of your outdoor living spaces (page 30), while MasterChef Callum Hann has a delicious, barbecued pumpkin with sesame rice and miso sauce recipe (page 28).

It's also a delight to showcase many artworks the ACH Group community exhibited in this year's SALA Festival (page 20).

Enjoy this issue!



**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](http://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:** Kim Gilbert

**INTERCONTINENTAL HOTEL:** Maria Birse

**PIRATE LIFE BREWERY TOUR:** Judy Kelly



ENTER MORE  
COMPETITIONS  
IN THIS ISSUE  
ON PAGES 15, 21  
AND 39.

### LETTERS TO EDITOR

"A big congratulations to you for always delivering a top notch magazine. I can't imagine how difficult it is coming up with interesting topics for the wide sector who read your magazine..... a segment on Vision Australia Radio (VAR) is an organisation who has volunteer readers who read the daily newspapers, magazine articles for primarily the vision impaired however many other people listen to the programs as well. It's a great way to hear of what is happening in Australia and the world. Also, it helps to ward off feelings of isolation or loneliness." - Kim

*[Thank you Kim for the positive feedback and all of the fabulous suggestions - particularly about Vision Australia Radio (VAR) - we are on it!]*

"Thank you!!! The magazine is available at my local library, Hindmarsh library. I like reading the magazine because it is informative, has articles about local heroes, it's not patronising and is aimed at my age group - 50+." - Maria

## TELL US YOUR FAVOURITE THING TO DO IN SOUTH AUSTRALIA

"I love to go to the beautiful Adelaide Oval and watch The Crows play."

"Travel the amazing coastline with my husband taking photos along the way - we live in such a beautiful state."

"See local comedy, concert or a show."

"We love SA, there are so many regions to choose from: wineries in McLaren Vale, Clare & the Barossa. Food and wine that surpasses anything around the world. We are so fortunate - love where we live!"

"We love exploring all the beautiful long walking trails surrounded by the beauty of nature that are available within South Australia. You don't have to travel too far and our dog Bailey enjoys it as well."

"Visiting the SA Art Gallery."

"A favourite day out is a trip to Hahndorf to wander the Main Street under the shady trees, browsing in the little shops and stopping for a German-style cake and coffee."

"My favourite thing to do in SA is to go on a 3 night cruise on the Murray River. It is so relaxing and everything is done for you. All you have to do is sit back and enjoy the scenery going by!"

## WE LOVE TO HEAR YOUR FEEDBACK!

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

**You could WIN a \$100 Coles Myer voucher.** Email to [goodlivesmag@ach.org.au](mailto:goodlivesmag@ach.org.au) or post to Good Lives Magazine, PO Box 646, Torrensville Plaza, Torrensville SA 5031

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CONVERSATION ON

# #social media



📷 **FREE COME & TRY ART CLASSES DURING AUGUST TO CELEBRATE SALA**



📷 **PROPERTY OF THE WEEK**



📷 **HARMONY WEEK - AN OPPORTUNITY TO CELEBRATE AUSTRALIA'S MULTICULTURALISM**



📷 **CONGRATS TO ACH GROUP STAFF MEMBER, JAMES, FOR HIS FIRST GAME OF SANFL WHEELCHAIR FOOTBALL**



📷 **DID YOU KNOW THAT PRINCESS DIANA VISITED ACH GROUP'S WEST PARK RESIDENTIAL CARE HOME IN 1988?**



📷 **HAPPY BIRTHDAY LOTTIE! VITA RESIDENTIAL CARE HOME'S REGULAR VISITOR**

FOLLOW US ON FACEBOOK, INSTAGRAM AND TWITTER!



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## CELEBRATING CATHERINA'S 109TH BIRTHDAY

Catherina celebrated her 109th birthday on Thursday 26 August. Every Friday morning Catherina attends a group gym class at ACH Group's Health Studio 50+ at Glenelg where she is an inspiration to others in the class and the fitness leaders.

"I think movement is something that is necessary to live a healthy life and is important for every person to do," Catherina said.

# EVENTS CALENDAR

# what's on...

## PLEASE NOTE:

AT THE TIME OF PRINTING ALL INFORMATION WAS CORRECT. COVID-19 RESTRICTIONS MAY IMPACT EVENTS. PLEASE CHECK EVENT WEBSITES FOR UP-TO-DATE INFORMATION.

## OCTOBER

### Oysterfest Ceduna

**What:** One of Australia's largest oyster festivals! Try the world's best oysters and enjoy local produce, premium wines and artisan crafts.

**When:** 1 – 3 October

**Where:** Ceduna, Eyre Peninsula

**More info:** [ceduna.sa.gov.au/tourism-and-events/2021-oysterfest](https://ceduna.sa.gov.au/tourism-and-events/2021-oysterfest)



## NOVEMBER

### Feast Festival

**What:** Adelaide's celebration of LGBTIQ+ Queer Art and Culture glittered throughout the month of November. There are over 70 events across the Festival in drag, cabaret, comedy, theatre, visual art, music and more – it's fun for everyone!

**When:** 6 – 28 November

**Where:** Various locations throughout Adelaide

**More info:** [www.feast.org.au](http://www.feast.org.au)



## DECEMBER

### Sinatra and Friends

**What:** One of the most influential and popular artists of the 20th century, it is almost impossible not to know at least one of Frank Sinatra's songs. Tap your toes as Lachlan Attard and Ben Waller bring Sinatra's music back to life with 'Sinatra and Friends'

**When:** 9 and 15 December

**Where:** Golden Grove – 9 December,  
Port Noarlunga – 15 December

**More info:** [achgroup.org.au/available-experiences](https://achgroup.org.au/available-experiences)







## JANUARY

### Yotam Ottolenghi – ‘Flavour of Life’

**What:** Renowned for his modern take on Eastern Mediterranean cuisine, hear from famous restaurateur and food writer Yotam Ottolenghi about the taste sensations and ingredients that excite him and will inspire your own cooking.

**When:** 25 January 2022

**Where:** Adelaide Convention Centre

**More info:** [adelaidecc.com.au](http://adelaidecc.com.au)

**Price:** From \$90

## 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](http://achgroup.org.au/available-experiences)

### Events

Keep up to date with our calendar of upcoming events [achgroup.org.au/events](http://achgroup.org.au/events)

## ANY TIME

### National Trust – Burnside Walks App

**What:** A mobile guide to the heritage places of Burnside. Visit well-preserved heritage sites and learn about early colonial life. The self-guided 90-minute walk in this app showcases Burnside's architectural heritage through a diverse range of buildings including shops, hotels, churches and homes.

**More info:** On this app and other National Trust Tours and Walks, visit [nationaltrust.org.au/tours-and-walks-sa](http://nationaltrust.org.au/tours-and-walks-sa)

### Australian Space Discovery Centre

**What:** Visit the Australian Space Discovery Centre to explore the latest innovations in space technologies. Learn about Australia's role in space and be inspired by stories of opportunity, curiosity and technology.

**When:** Bookings are essential and are for a 60-minute visit per ticket running from 10am to 4pm every Wednesday to Sunday.

**Where:** Lot Fourteen, North Terrace, Adelaide

**More info:** [industry.gov.au/australian-space-discovery-centre/visit](http://industry.gov.au/australian-space-discovery-centre/visit)



# THE

# good news



## NEW BUILDS AND REDEVELOPMENTS

**Significant investments have been made to two ACH Group sites south of Adelaide with a new health and wellness hub in Christie Downs and activity space for West Park residential care home in Goolwa.**

The new Health Studio 50+ at Christie Downs, opening in September, has a focus on positive ageing and supporting NDIS and Home Care Package customers.

The \$250,000 redevelopment of the existing community site at Christie Downs includes:

- A new gym with state-of-the-art HUR gym equipment (designed specifically for older people) including Australia's first HUR Senso cognitive training platform.
- A new studio offering a range of new health and wellness classes.
- Refurbished clinic rooms for private consultations.
- Refurbished reception and waiting room for community and health customers.

The new activity space at West Park will provide an area for residents to connect with one another and enjoy a range of social activities including art classes, a Sunday café and birthday celebrations, and to gather and socialise with their friends and family. The \$500,000 activity space is expected to be finished in October.

## IT'S EVERYBODY'S GAME

In a South Australian first, a football (soccer) program for people living with Young Onset Dementia (YOD) will launch in November.

The project, made possible thanks to an exciting partnership between ACH Group, Football South Australia and Flinders University, will develop a model of inclusive football that will support people living with YOD to play the game, whilst creating new social and community ties.

The project will run for 16 weeks and hopes to engage up to 40 participants in football training, matches and social roles at local football clubs.

The project will also collaborate with Adelaide United Football Club to engage professional footballers and the wider community.

To learn more and get involved, visit [achgroup.org.au/key-initiatives/everybodys-game](https://achgroup.org.au/key-initiatives/everybodys-game)





# NEW RESEARCH INTO 'NEAR FALLS'

**New research is investigating the relationship between postural sway (body movement) and near falls as part of an Australian-first study aiming to prevent falls in middle-aged and younger-older adults.**

Nicky Baker, a PhD candidate at Flinders University, said while falls prevention is widely researched, this project involves an unnoticed group of adults.

"This study involves people who have 'near falls' – stumbles, trips, and missteps. Near falls often precede falls," she said.

The study will identify what postural sway looks like in these people and measure the changes in their postural sway while they take part in concurrent mental tasks and after physical activity.

**THE STUDY, SUPPORTED BY ACH GROUP AND LED BY PHYSIOTHERAPIST NICKY BAKER, IS INVESTIGATING THE RELATIONSHIP BETWEEN POSTURAL SWAY (BODY MOVEMENT) AND NEAR FALLS.**

Ms Baker said the data will determine whether increased postural sway increases the chance of near falls.

"If this is the case, we will then be able to inform clinical practice - what personal trainers, exercise physiologists, occupational therapists and physiotherapists do in terms of falls prevention and balance activities," she said.

South Australians aged between 40 and 74 who haven't fallen in the past six months are invited to take part in the study, which involves a short online survey, face-to-face balance testing, and keeping a near-fall diary for three months.

**To learn more, contact Nicky on [nicky.baker@flinders.edu.au](mailto:nicky.baker@flinders.edu.au) or call 7221 8745.**



COVER STORY

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# the reinvention

OF ADELAIDE'S TV GREAT  
GRAEME GOODINGS



**SINCE GRAEME GOODINGS WAS A YOUNG BOY, HE HAD HIS SIGHTS SET ON A CAREER IN RADIO. AFTER VARIOUS STINTS AT NEWSPAPERS, RADIO AND TV STATIONS ACROSS VICTORIA, TASMANIA AND SOUTH AUSTRALIA, GRAEME BECAME A STAPLE IN ADELAIDE HOMES EACH WEEKDAY NIGHT WHILE READING THE CHANNEL 7 NIGHTLY NEWS WITH JANE DOYLE FOR 15 YEARS.**

A cancer diagnosis in 2004, followed by the shock news in 2014 that his contract at Seven would not be renewed after 34 years with the station meant Graeme had to rewrite his own career, firstly launching a company providing TV production, public speaking and media training.

Now, aged 73, Graeme has found his way back to his first love in radio, reading the news on FIVEaa on Saturday mornings (which goes hand-in-hand with a 4am wake-up call) and filling in regularly for FIVEaa's talkback radio hosts.

However, as you'll read in this chat - that's not all that is keeping Graeme busy.



Image: Reading Channel 7's nightly news with Jane Doyle (supplied).

## **YOU'VE BEEN SHARING THE NEWS WITH AUSTRALIANS FOR OVER 50 YEARS. WHAT ARE SOME OF THE BIGGEST STORIES YOU HAVE COVERED?**

As an on the road journalist it was the Ash Wednesday bushfires. It was devastating for people in the Adelaide Hills. One day the fire was 500 metres away from where our crew was. From the intensity of the heat and the wind you could feel it almost burning your skin.

I remember thinking of the firefighters who were right on the frontline. It was horrendous. September 11 was momentous, I was covering that from the news desk, as was I for the Bali bombings and Princess Diana's death.

On a lighter note, the Adelaide Crows' two Premierships in 1997 and 1998. Channel 7 sent me over to Melbourne for the week leading up to the '97 and '98 grand finals to cover the buildup and that was just remarkable. The euphoria the wins brought to Adelaide was incredible.

I'm an ambassador for the Crows. I have emceed their luncheons, functions, and special events. Today, if they need me at short notice to do something, I do. I was there when the club started, and I feel part of the club.

## **YOU MUST HAVE MET INCREDIBLE PEOPLE ALONG THE WAY, WHOSE STORY HAS INSPIRED YOU?**

Many have inspired me but the first that comes to mind is Jessica Watson, she was 16 years old when she sailed around the world solo. My kids were around the same age as she was at the time. I remember interviewing Jessica at a function, there were probably 500 people there and everyone was just spellbound.

The fact that A, her parents would allow their 16-year-old daughter to sail solo around the world, and B, she did it through monstrous storms. Wow! She was inspirational.



Image: Graeme, with wife Eve (supplied).

### IN 2004 YOU WERE DIAGNOSED WITH BOWEL CANCER. WHO AND WHAT HELPED YOU THROUGHOUT YOUR TREATMENT?

I had a lovely life, a very comfortable lifestyle, a wonderful family, the top rating news program in Adelaide, what could go wrong? Well, it did. When you're told you've got a life-threatening disease, suddenly nothing else matters.

I had eight months of an awful time. I had all sorts of treatment with chemotherapy and radiotherapy, which was unpleasant, but I'm still here so that's amazing and now my health is really good.

You can't get through something like cancer, or a life-threatening disease, without a lot of help. I couldn't have done

it without my family - my wife Eve, my kids, and of course the doctors and nursing staff.

I also credit having a positive attitude. It doesn't necessarily guarantee you're going to live any longer, but you'll have a better quality of life. This is the essence of my community talks for cancer support groups, Rotary, and through my Cancer Council ambassadorship. You've got to face the reality that it is life threatening, but there is so much you can do, so much help you can get and if you tackle it with the right attitude, you're on the way to recovery.

### YOU MUST REINVENT YOURSELF ALL THE TIME.

### HOW HAS YOUR ROLE AS A DAD HANGED AS YOUR CHILDREN HAVE GROWN UP?

I once asked my mum, "At what age do you stop worrying about your kids?" And she said, "You're 60 and I still worry about you!"

Our eldest boy Will is on FIVEaa's breakfast program, our second son works in hospitality, and the youngest, our daughter, is a teacher with a young child.

As your children get older you become an observer and you step back a little. You're still there for them obviously, but they're independent - they fly free.

We all get together on birthdays, anniversaries, Christmas, and so forth, and they give us the occasional



call of, 'Dad/Mum can you help us with this? Got a problem with the car or take us to the airport.' It's nice to still feel needed by them.

My wife and I love babysitting our granddaughter. I've heard lots of people say that you love your children with a passion, but the love of a grandchild is different again. It's on a different level.

## WHAT DO YOU WANT TO ACHIEVE IN THE NEXT FIVE YEARS?

I'm just undertaking a new venture - audio books and e-books. I was approached to make an e-book narration of 'A Man Called Possum' a story my late-uncle Max Jones, who was a detective in the Riverland, wrote of a recluse who lived along the banks of the Murray River.

And podcasting - I love podcasting. The thing with free to air radio is your show has a broad brush because the audience has lots of interests, but with podcasts you can target your content to people's exact interests.

I know some older people feel intimidated on how to access podcasts, but I am working to break down these barriers and create content of interest to them.

## FROM E-BOOKS TO SOCIAL MEDIA AND PODCASTS, AS YOU MENTIONED ABOVE, THE WAY WE CONSUME NEWS AND CURRENT AFFAIRS HAS CHANGED. HOW HAVE YOU REMAINED UP TO DATE WITH THESE TRENDS?

You just have to - no matter what's a good idea today it will change in the future and suddenly people won't want that. You must reinvent yourself all the time.

Part of the reason I love doing news is the technology and how it evolves. It can sometimes be a challenge to learn how it works, but this keeps the brain stimulated.

I've built a podcast studio at Glenelg and in my own home. I've got a video production studio with my business partner, with cameras, green screens, able to stream live on the internet - the lot. I love technology.

## FOR YOU, WHAT MAKES A GOOD LIFE?

I THINK HAVING A REASON TO GET UP IN THE MORNING, HAVING A CHALLENGE AND INTERESTS IS VERY IMPORTANT.

OBVIOUSLY, YOUR HEALTH - PARTICULARLY WHEN YOU'VE HAD A HEALTH ISSUE - YOU REALISE HOW IMPORTANT GOOD HEALTH IS. AND FINALLY HAVING FAMILY AND FRIENDS AROUND YOU, NOT ONLY WHOM YOU CAN RELY ON AND LEAN ON, BUT WHO ARE ALSO THERE FOR YOU TO PROVIDE SUPPORT FOR AND WISDOM TO.

## WHO WOULD YOU LIKE TO SEE ON THE COVER OF THE GOOD LIVES MAGAZINE?

Email your suggestions to the editor at [goodlivesmag@ach.org.au](mailto:goodlivesmag@ach.org.au) or alternatively post to PO Box 646, Torrensville Plaza, Torrensville SA 5031



Image: Graeme, with Jane Doyle (supplied).

# Discover & Explore

SOUTH AUSTRALIA



**WHAT'S ON?**  
JUST ASK FOR A COPY  
OF THE LATEST  
**DISCOVER & EXPLORE**  
GUIDE!



**Whether you love food, nature, art or wildlife, there is a range of small group day tours or getaways, offering something for everyone.**

ACH Group and AAT Kings have come together to expand the Explore SA Getaways offer, building on AAT Kings extensive expertise in holidays. Jump aboard to socialise with friends or meet new people, while exploring an exciting destination or new experience in South Australia.

Here are a few highlights of a couple of recent getaways:

**“I LOVED MEETING NEW PEOPLE TO CHAT WITH AND ALSO BEING A TOURIST IN MY OWN STATE AGAIN.”**

## ADELAIDE HILLS & MCLAREN VALE GETAWAY



## KANGAROO ISLAND GETAWAY - CAMBODIAN COMMUNITY



Image (left): d'Arenberg Cube in McLaren Vale

# — WIN —

**TORRENS RIVER CRUISE  
ONBOARD THE POPEYE  
FOR TWO PEOPLE**



**TAKE A TRIP DOWN MEMORY LANE AND TELL US YOUR FAVOURITE CHILDHOOD TRAVEL MEMORY FOR YOUR CHANCE TO WIN A POPEYE SIGHTSEEING RIVER CRUISE FOR TWO.**

Entries close on 3 December 2021. Email your entries to [goodlivesmag@ach.org.au](mailto:goodlivesmag@ach.org.au) or alternatively post to PO Box 646, Torrensville Plaza, Torrensville SA 5031. Full terms and conditions at [achgroup.org.au/news/goodlivesmagazine](http://achgroup.org.au/news/goodlivesmagazine)



## DISCOVER & EXPLORE



A SEED HAS BEEN SOWN

AND FRANCESCA'S

a blooming  
artist!

Image: (Above) Francesca's SALA works - a rundown cottage and outback pub with sunflowers. "I like the pen and wash style because it doesn't need to be perfect, it can be wonky."



## FIVE YEARS AGO, IF SOMEONE HAD TOLD FRANCESCA THAT SHE WOULD ATTEND WEEKLY ART CLASSES, HER REACTION WOULD HAVE BEEN...

**"I would have said no way, not me! I have no talents when it comes to things like that, I'm not artistic."**

However, less than 12 months after joining an Art In Focus art class as part of ACH Group Social Experiences, Francesca is exhibiting her work in this year's SALA Festival.

It was a friend more than 16,000 km away who first sowed the seed for Francesca to give art a go.

"I have a friend in the UK who during lockdown started looking at YouTube videos and painting. It's turned out she is brilliant. She is now exhibiting and selling paintings, I thought if she can do it, I can try it!

"I am enjoying learning new techniques and finding where my talent lies.

"The techniques we have tried in class are palette knife with acrylics, watercolours, linotype, and pen and wash which is what I am enjoying doing the most and the style I submitted for my SALA pieces.



"There's also a lovely social aspect to the art group, everyone sits and chats with each other."

Outside the class Francesca is extending her knowledge, teaching herself techniques and practising art.

"Art is challenging, a learning curve, it's frustrating, but it is rewarding. I am learning how to get the perspective right in drawings, so I practise it, sit back and see where I have made mistakes and try again."

Not only has Francesca discovered the art style she likes, but it's also changed the way she looks at spaces around her.

**"I AM LOOKING AT THINGS DIFFERENTLY NOW - NOTICING COLOURS MORE, THE LIGHT AND SHADE. I APPRECIATE LOOKING AT NATURE MORE AND THE SUBTLETIES."**

Her advice to anyone thinking of trying a new hobby outside their comfort zone is...

"Give it a go, but don't invest a lot of money in stuff before you have given it a red hot go and you know you want to go along with it, which is where the art class has been great as they provide you with everything you need.

"In retirement I enjoy going to the gym, reading books, but there's also time to pick up a new hobby like art and see where it takes me."

## LOOKING TO LEARN SOMETHING NEW?

ACH Group provides a range of social experiences where you can meet new people, learn new skills or revitalise past ones! Led by experienced professionals, whether it's one-on-one or in a group, we have a class or event that will suit your interests and needs.

**Ask for a copy of our quarterly Discover & Explore guide!**

Or visit [achgroup.org.au/discover-and-explore](https://achgroup.org.au/discover-and-explore)



EATING FOR

# Heart Health

**POOR DIET IS A LEADING RISK FACTOR FOR HEART DISEASE IN AUSTRALIA.**



**KAITLYN DIENELT**  
ACH GROUP DIETITIAN

Having a poor diet can increase your chance of developing high blood pressure and cholesterol, being overweight and diabetes. In turn, these conditions increase your risk of heart disease.





## WHAT TO HAVE MORE OF...

**Fill your diet with fruits, vegetables, and wholegrain foods:** Look at foods that are fresh and unprocessed, or minimally processed. Having a wide variety of fruits and vegetables is important for consuming adequate amounts of essential vitamins and minerals. Fruits and vegetables also contain antioxidants, which work to prevent damage in the body and can lower your risk of heart disease.

**Healthy fats and oils:** Consider the type of fat consumed and switch to healthier options. Foods high in unsaturated fats are great at protecting against heart disease. Look at foods naturally higher in these like oily fish, nuts and avocado.

**Healthy proteins:** Incorporate healthy protein-rich foods into your meals. Beans, chickpeas, and lentils are packed with protein, and have an added bonus of fibre. They help to reduce the 'bad' cholesterol in your body and increase the 'good' cholesterol. They can also assist in lowering blood pressure, another protective factor. Eggs and poultry, like chicken and turkey, are great protein sources that are lower in fat. Red meat is another option for protein, but make sure to trim all visible fat off the meat before you cook it.



## WHAT TO HAVE LESS OF...

**Added sugars:** Choose less processed foods and those without added sugary flavourings. Instead incorporate unflavoured milk, yoghurt and cheese to your diet, which are important foods for bone health and protein intake.

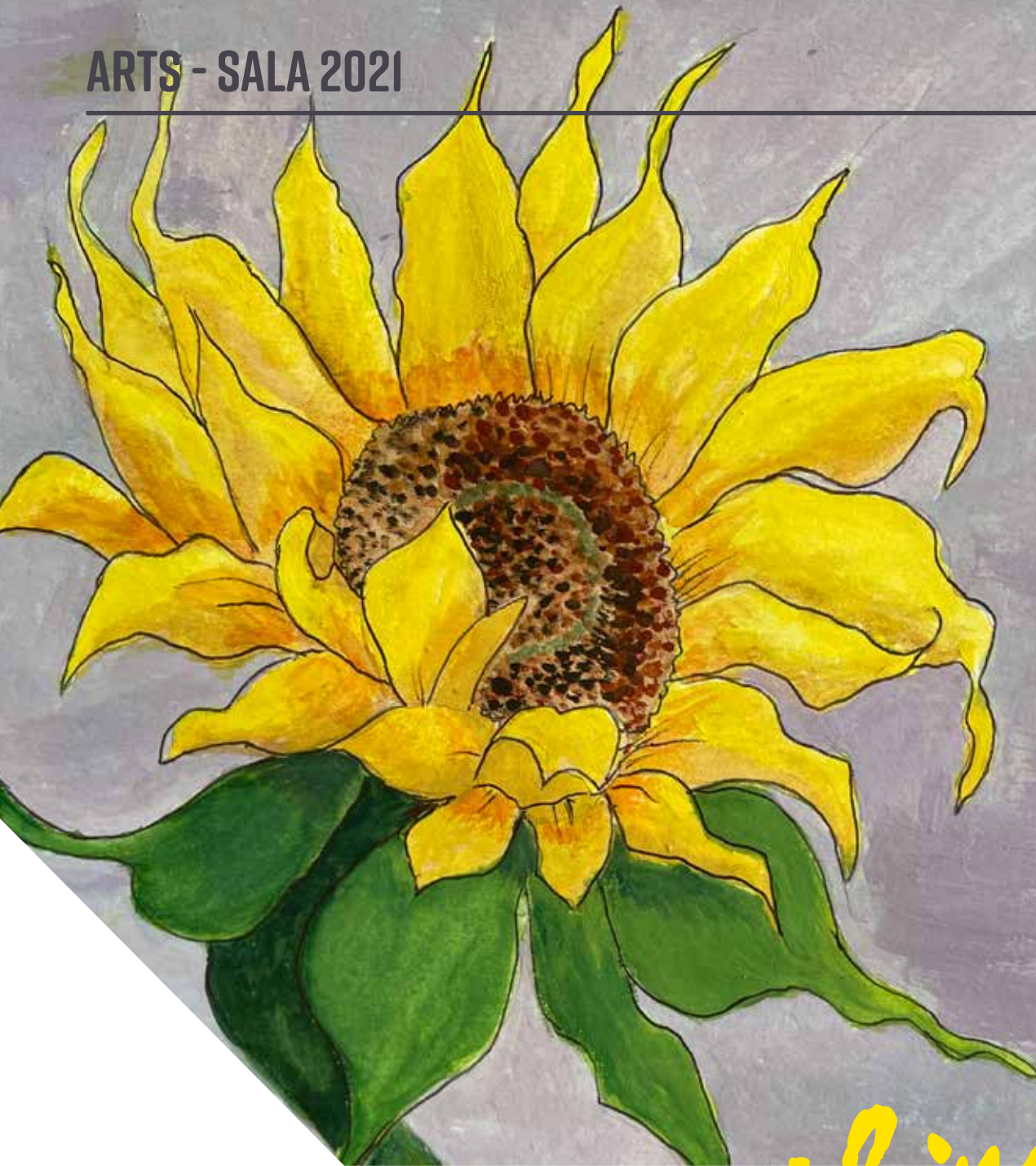
**Salt:** Pack in flavour with herbs or spices rather than salt and choose products with no added salt where possible. The recommended intake should be no more than 5 grams per day, which is equivalent to a teaspoon, or around 2000mg of sodium. Choosing no added salt products or reading labels to find those with the lowest included amount, will be another bonus for your heart.

**Highly processed foods:** Processed foods, like potato chips, chocolate, fast food, will often have salt added, sugar and unhealthy fats to increase the flavour and improve shelf life. By reducing these where you can, you will also limit these additives that are problematic for the heart.

**PACK IN FLAVOUR WITH HERBS OR SPICES RATHER THAN SALT.**







Port Noarlunga Exhibition

from little things  
big things grow

REFLECTION ON SALA 2021 EXHIBITION  
BY THE ACH GROUP ARTS COMMUNITY





Port Noarlunga Exhibition



Neil Mathers  
Milpara Exhibition

**For our 11th year running, ACH Group was excited to be participating in SALA 2021, celebrating the creative talents of our arts community.**

This year's SALA theme was 'From little things big things grow' with exhibitions held at several venues across metro Adelaide.

Based on the idea that it's never too late to try something new, customers, residents, volunteers, staff and family were invited to submit artwork to be exhibited.

A variety of mediums were welcomed such as ceramics, paintings, photography and collage.

The South Australian Living Artist (SALA) Festival occurs annually in August.



Vita art group  
Campbelltown Exhibition



Port Noarlunga Exhibition



Enid Lackerstein  
Campbelltown Exhibition

**INTERESTED  
IN JOINING AN  
ART CLASS?**

FIND OUT MORE AT  
[ACHGROUP.ORG.AU/  
AVAILABLE-EXPERIENCES](http://ACHGROUP.ORG.AU/AVAILABLE-EXPERIENCES)

**— WIN —**

**Feel inspired? Tell us about your latest art project.**

Entries close on 3 December 2021. Email your entries to [goodlivesmag@ach.org.au](mailto:goodlivesmag@ach.org.au) or alternatively post to PO Box 646, Torrensville Plaza, Torrensville SA 5031. Full terms and conditions at [achgroup.org.au/news/goodlivesmagazine](http://achgroup.org.au/news/goodlivesmagazine)

# Make the most

OF YOUR

HOME CARE PACKAGE





## **Home Care Packages are a government-subsidised, flexible plan of care, tailored to your needs.**

Common services accessed via a Home Care Package include help at home support such as housework, gardening, and personal care. But, did you know Home Care Packages offer more than just help at home and in the garden?

Alli Speck, ACH Group's Head of Home Care, sheds light on how you can utilise your assigned Home Care Package to keep doing the things you love and live life to the fullest.

"You can use your care package for social activities, allied health services and professional advice to help you get out and about, and navigate the aged care system," Alli said.

## **HEALTH AND WELLBEING**

Allied health services include physiotherapy, occupational therapy, exercise physiology, dietetics, social work, and remedial massage, as well as individual and group exercises. Your health professional may also recommend equipment or goods such as aids to help you in the kitchen or in-home tech devices, all of which can be funded from your package.

## **STAYING SOCIAL**

You can use your package to learn new skills or revisit past hobbies, make new social connections or enjoy day trips with your friends. ACH Group's Sing for Joy choirs, art groups, Ladies Days or Just Blokes groups, day trips, retreats, movie groups, theatre, and musical performances can all be accessed through your package.

## **EVERYDAY SUPPORT**

Support workers can assist you with social support, shopping, meal preparation, transport, cleaning, personal care, and managing your medication.

## **A HOME CARE PACKAGE WITH ACH GROUP**

Level 3 or 4 package customers of ACH Group receive an annual holistic nursing assessment as part of their care management.

This comprehensive 'head to toe' assessment helps to ensure all your clinical needs are being met and can provide recommendations to help your health stay on track.

## **I WANT TO STAY AS HEALTHY AS CAN BE**

Jillian was always on the go until she started feeling like she was running out of puff. Walking was becoming increasingly difficult and life was beginning to be consumed with medical appointments and medications to work around.

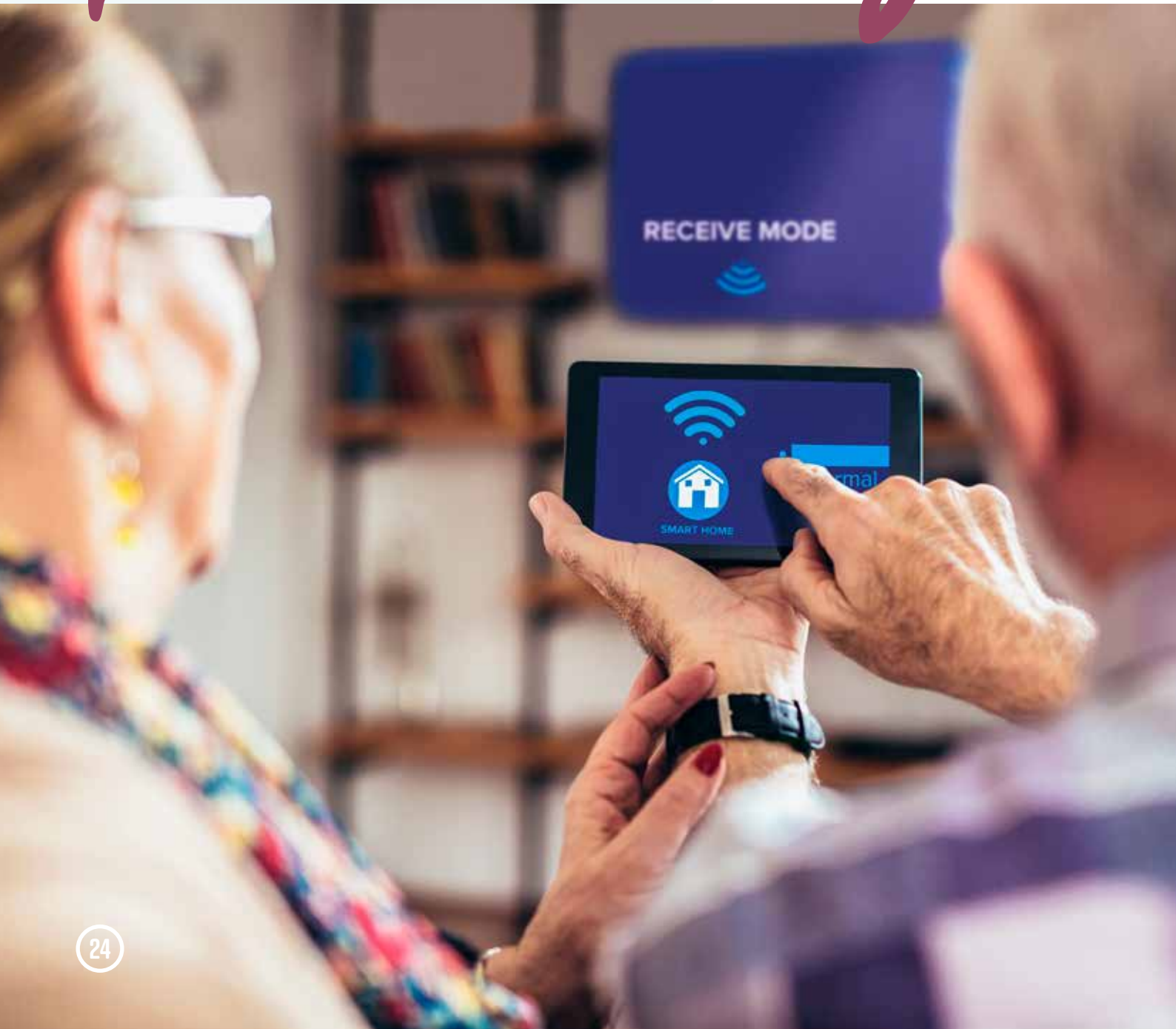
When Jillian designed her care plan with her ACH Group Advisor, she opted for weekly balance and fitness classes to help build her strength.

A Smart Tech Advisor opened her eyes to the possibilities of technology and she invested in a personal alarm, robot vacuum cleaner and iPad lessons to stay connected. As her strength and confidence grew, Jillian started to reconnect with old friends and join new groups.



LIVING SMART WITH

# technology





THERE HAVE BEEN MANY ADVANCES IN THE WORLD OF TECHNOLOGY THAT CAN HELP YOU LIVE SAFELY AND INDEPENDENTLY AT HOME. HOWEVER, SOMETIMES IT CAN BE HARD TO KEEP TRACK OF WHAT TECHNOLOGY IS AVAILABLE AND WHAT WILL BEST SUIT YOUR NEEDS.

**ACH Group Occupational Therapist Gabrielle Ganser shares her top tech tips.**

## REMINDERS FOR DAILY ACTIVITIES

If you are experiencing difficulties remembering appointments or events, there is a range of smart home technologies like Google Home, Amazon Echo and Alexa available. These can assist you to keep track of your appointments.

You could also consider some of the more mainstream items and strategies such as calendars, alarms, phones, and an iPad.

## STAYING CONNECTED

Connecting with family and friends online is becoming increasingly popular. There are many online video calling platforms to choose from such as Facetime on your iPhone, Messenger calling via Facebook, or Skype and Zoom.

## PERSONAL ALARMS

There is a range of personal alarms to assist you to stay safe in your own home, when out in the garden, at the shops and while enjoying an independent, social life.

One example is the Spacetalk LIFE smartphone watch which features a GPS locator, SOS alerts, fall detection technology and lifestyle functions such as SMS messaging, phone calls, reminders, and step counters. There are also simplistic options like the Sure Safe and Go which will alert loved ones with just a quick press of one button if required.

Personal alarm devices can provide reassurance to you and your loved ones, and there are monitored and non-monitored options.



**GABRIELLE GANSER**  
ACH GROUP  
OCCUPATIONAL THERAPIST

## ACH GROUP'S SMART TECHNOLOGY ADVISORY SERVICE CAN SUPPORT YOU TO CHOOSE AND SET UP YOUR DEVICES.

Part of the assessment service sees an ACH Group occupational therapists come to your home.

Together your needs are reviewed and matched to a range of suitable technologies that can support you to make your life easier, achieve your goals and live a good life.

**Want to learn more about Smart Technology Advisory? Visit [achgroup.org.au/information-and-advice/smart-technology](http://achgroup.org.au/information-and-advice/smart-technology)**





Ian participating in a ceramics class

LIVING WELL WITH

# dementia

FIFTEEN YEARS AGO, IAN GLADSTONE WAS DIAGNOSED WITH YOUNGER ONSET SEMANTIC DEMENTIA, A TYPE OF FRONTOTEMPORAL DEMENTIA WHICH, AMONGST OTHER SYMPTOMS, AFFECTS PEOPLE'S WORD FINDING AND COMMUNICATION SKILLS.



Following his diagnosis, Ian has become an advocate for living well with dementia, sharing his knowledge with communities across Australia. He shares **FOUR TIPS** to live well with dementia.

## 1 FIND YOUR SUPPORT PERSON

Choose a good care partner to support you on your journey. It is essential this person is prepared to stand beside you through all the 'ups and downs'. They will need to have a good understanding of the disease, what your challenges are and how they can support you.

My support person is my sister Anne. She is in daily contact with me, makes sure I am taking the right medications, accompanies me to appointments, and overall supports me to maintain my health and wellbeing.

## 2 MAINTAIN YOUR INTERESTS

Wherever possible keep doing the activities and experiences you enjoyed before your diagnosis. The challenge is often maintaining the right balance between keeping involved, active, and having things to look forward to, versus challenging yourself too much which can cause undue stress.

Of most benefit is doing the things you love with friends and family. I have also found that if you maintain humour in your daily life you will live well with dementia.

Many providers can connect you with your existing hobbies or help you find new ones. I was involved in the creation of several NDIS experiences with ACH Group including the golf group, and ceramic and jewellery making with the JamFactory. You may be eligible to use funding from NDIS, Home Care or Commonwealth Home Support packages to help subsidise these experiences.



IAN GLADSTONE - DEMENTIA ADVOCATE  
ACH GROUP COMMUNITY AMBASSADOR

## 3 ENJOY SUPPORTIVE COMPANY

Enjoy supportive company, where people listen to you, don't always try to solve your problems, rush you or speak for you.

Having a social group outside of your home network can also assist. This gives you the opportunity to socialise with those who may be going through a similar experience, while giving your support person time for themselves.

## 4 KNOW THE AVENUES OF SUPPORT

There are many avenues of support and organisations to reach out to. You will discover you are not alone on this journey.

It is important to find a supportive GP and memory specialist and maintain regular contact with them as you are advised.

IAN'S ESTEEMED RESUME INCLUDES FORMER CHAIR OF ALZHEIMER'S AUSTRALIA DEMENTIA ADVISORY COMMITTEE, MEMBER OF THE DEMENTIA AUSTRALIA RESEARCH FOUNDATION SCIENTIFIC PANEL, AND ALUMNI OF THE DEMENTIA ALLIANCE INTERNATIONAL.

OTHER AVENUES FOR SUPPORT INCLUDE ACH GROUP'S DEMENTIA ADVISORY SERVICE, AND DEMENTIA AUSTRALIA'S EDUCATION, COUNSELLING AND LINKING SERVICES, AND THEIR HELPLINE ON 1800 100 500.

### LEARN MORE ABOUT

ACH Group's dementia support services at [achgroup.org.au/living-with-dementia](http://achgroup.org.au/living-with-dementia)

# good food

## HERE'S WHY YOU SHOULD EMBRACE THE BBQ THIS SPRING



**Hallelujah! The sun has finally peeped out from behind the winter clouds... it's spring! Now is the time to enjoy the sunshine and what better way to do that than by having a BBQ? Not only is a BBQ a relaxing way to enjoy a meal with friends, but it can also be a healthy option!**

### GET YOUR IRON WITH A SIDE OF VITAMIN D

Red meat and seafood are staples when it comes to the BBQ and these iron rich foods also benefit your health. Iron is an essential mineral that is involved predominantly in oxygen transport around your body and immune function. While we are grilling our rib-eyes and tuna steaks, we are likely to be topping up on another essential nutrient – Vitamin D. UV rays are our main source of Vitamin D. The 'sunshine vitamin' promotes the absorption of calcium, plays a key role in

forming and maintaining strong bones, and lowers high blood pressure. Remember to be mindful of UV levels, seeking sunlight in moderation with appropriate skin protection.

### NO FUSS, NO FAT

We love grilling because it's one of the easiest, quickest, and healthiest cooking methods available. Grab your produce, chuck it on the grill and it'll be ready within minutes. This simple process also means we don't need to add extra fats and oils, plus many fats drain away.

### KEEP THINGS INTERESTING

This spring say goodbye to boring vegetables. Asparagus, broccoli, pumpkin and capsicum can all be grilled. You can also grill fruits for dessert. Pears and apples are perfect, and when stone fruits return try grilled peach with honey yoghurt and macadamias. Yum!

### RETAIN THOSE NUTRIENTS

The food you cook on the BBQ is not only tasty but often more nutritious than pan frying, steaming, or boiling. Nutrients found in meat such as thiamine (vitamin B1) and riboflavin (vitamin B2) are better preserved by the grilling process. Similarly, the vitamins and minerals within fruits and veggies are better retained as opposed to boiling when water-soluble nutrients are partially lost.

### THE AUSTRALIAN WAY

The humble BBQ is the pinnacle of the Australian spring and summer social calendar. In Australia we love nothing more than a chat around a BBQ. And we are fine with that because good food, friends and fun in spring is what life is all about.

– Themis Chryssidis



CALLUM HANN &  
THEMIS CHRYSSIDIS  
FROM SPROUT  
COOKING SCHOOL

# BARBECUED PUMPKIN WITH SESAME RICE AND MISO SAUCE

(Serves 4)

## INGREDIENTS

- 1 cup brown rice
- 2 teaspoons sesame oil
- Juice of a lemon
- 1 tablespoon olive oil, plus 2 tablespoons extra
- 2 tablespoons sesame seeds
- ¼ cup white miso (substitute 2 tablespoons peanut butter mixed with 2 tablespoons soy sauce)
- ½ cup buttermilk
- ⅓ Kent pumpkin, cut into 1cm thick wedges
- 1 bunch broccolini
- 1 bunch spring onions, halved lengthways
- 4 radishes, thinly sliced
- 1 bunch coriander, leaves picked

## METHOD

1. Place rice in a saucepan with plenty of hot water. Bring to the boil, cook according to packet directions or until tender, then drain well. Stir in sesame oil, lemon juice, 1 tablespoon olive oil and sesame seeds. Set aside.
2. Whisk together miso and buttermilk in a small bowl, then set aside.
3. Preheat a barbecue over high heat. Drizzle remaining 2 tablespoons olive over pumpkin, broccolini and spring onions. Cook pumpkin for 3-4 minutes each side or until lightly charred and tender. Add broccolini and spring onions for final 3-4 minutes of cooking time.
4. Lay rice onto a serving platter. Top with pumpkin, broccolini, spring onions, radish and coriander. Spoon over miso sauce then serve.

**“THIS SPRING  
SAY GOODBYE  
TO BORING  
VEGETABLES.  
ASPARAGUS,  
BROCCOLI,  
PUMPKIN AND  
CAPSICUM CAN  
ALL BE GRILLED.”**



# outdoor living

## CREATING YOUR OWN OASIS



**SOPHIE THOMSON**  
GARDENING MEDIA PERSONALITY

**The Australian climate means we can garden and entertain outside virtually all year round. Sure, there is hot weather in summer and rainy weather in winter but if you have created the right space, you can enjoy most of the year outside.**

In summer we want somewhere shady and cool, while in winter we want somewhere that takes advantage of winter sun and is sheltered from the wind.

These two seasonal ideals may be different areas, or they may be two versions of the same space.

Entertaining under a vine covered pergola will always be cooler than sitting under a solid structure such as a pergola, as the leaves create a form of natural evaporative air-conditioning. If you choose a deciduous shade tree or vine, winter sun will come through and you will enjoy this space on a sunny winter or early spring day.





## FIVE TOP TIPS FOR “CREATING YOUR OASIS”

### 1. SHADE AND MORE SHADE

You will need an aspect of your garden that creates shade to maximise use of outdoor living in the summer, and by choosing deciduous trees and vines you are not forfeiting the winter sun.

### 2. VARIETY

Choose a variety of plants for their form, texture, and structure, as well as flowers and foliage to create contrast

### 3. LIMIT SOME SURFACES

Limit areas of hard reflective surfaces such as paving to what is necessary, as these create a heat bank in summer and increase the storm water run off rather than allowing the rain to penetrate your soil.

### 4. PREPARE AND NURTURE

Prepare your soil before planting. Once you have planted, be sure to mulch thoroughly to keep your plants happy, reduce their water requirements and retain the moisture in the soil. Feed your plants with organic based fertilisers once a season to keep them in optimal health.

### 5. INCLUDE A VEGETABLE GARDEN

If space is available grow your own vegetables, herbs, and fruit trees – this will add a further dimension to your garden.

One ideal position for outdoor living in winter is on the northside of your house. A northside courtyard becomes a sun trap with the wall absorbing the heat. Café blinds and a heater can transform an outdoor pergola for winter use. This area covered with a deciduous tree or pergola will make it shady in summer.

To make your garden useable at night, interesting garden lighting can effectively create mood and light.

SIGNED, SEALED AND

# delivered

BY MAUREEN



Maureen collecting  
the letters



## THE MUCH-FORGOTTEN ART OF LETTER WRITING HAS BEEN REVIVED BETWEEN THE MONTESSORI CHILDREN'S CENTRE IN MCLAREN VALE AND RESIDENTS AT ACH GROUP'S COLTON COURT RESIDENTIAL CARE HOME TO CREATE AND MAINTAIN THEIR CONNECTIONS.

**For many years, the children and residents have regularly come together, however when face-to-face catchups aren't possible because of the pandemic they're connecting through letters instead.**

The children are enthusiastically penning letters and sending artworks which are delivered to Colton Court's letterbox named 'The Chatterbox'. Residents' families, Colton Court staff and their children also join in on writing letters and cards.

Maureen, who lives at Colton Court, makes it her mission to ensure that every letter gets to its recipient, whilst also using the opportunity to connect with fellow residents.

"The letters are heartfelt and have helped to bring joy to residents," Maureen said.

Maureen picks up the letters from The Chatterbox, then delivers and, if needed, reads the letters to residents, also describing each attached drawing if the letter features one.

Amy Ewens, Lifestyle Coordinator at Colton Court, said Maureen has a nurturing personality and wanted to ensure that residents who may be lacking mobility at any given time would not miss out on receiving the letters.

"Maureen loves to be involved and helps out in various activities. When she delivers the letters to other residents, she knows how to break the ice, make them smile and engage in conversation," Amy said.

"The joy a person gets from opening a letter lets them know that they are very much an important part of our community and there are people thinking about them."

**"SEEING SOMEONE  
FEEL HAPPY IS  
WHAT MAKES ME  
DO IT EACH WEEK,"  
MAUREEN SAID.**



## ONE OF MANY INTERGENERATIONAL EXPERIENCES

For the past seven years, customers and residents have been involved in numerous ACH Group intergenerational programs. Turn to page 34 to learn about a recent program which saw residents at Milpara residential care home connect with a group of pre-schoolers.

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



Milpara resident Bessie with Jack from the child care centre when they met face-to-face for the first time.

AGELESS

# connections

THE BENEFIT OF INTERGENERATIONAL RELATIONSHIPS FOR ALL AGES WAS HIGHLIGHTED DURING A SIX-WEEK PROGRAM THAT BROUGHT RESIDENTS AT ACH GROUP'S MILPARA RESIDENTIAL CARE HOME, CHILDREN AT TAFESA'S CITY WEST CHILD CARE CENTRE, AND UNIVERSITY OF SOUTH AUSTRALIA OCCUPATIONAL THERAPY STUDENTS TOGETHER VIRTUALLY.



**The intergenerational program called 'Child Care in Aged Care' took place earlier this year and was a first of its kind in South Australia.**

Each session was planned by the university students based on insights from the children and residents on what they would like to do. Every week was a different theme such as the garden, cooking and sport, and children and residents engaged in virtual activities including sharing stories, singing and art. After a few sessions the children nicknamed residents their 'grandfriends'.

The respective rooms at Milpara and City West Child Care were a sea of smiles with the children eagerly asking when the next session was occurring. In between sessions children would ask the Occupational Therapy students who visited the centre "how are the grandfriends?"

"My favourite part was being involved with the children. I would like to see more programs like this. It helps us to relax a little bit and remember what we used to be able to do – we can tend to forget sometimes," Bessie, a resident at Milpara said.

Key research findings showed the program created meaning and connection and was a source of joy for both residents and children. Being involved with young children also inspired residents to reflect on their own childhood and experiences raising their own children.

The university's findings will contribute to the knowledge on how aged care providers can promote meaningful intergenerational connections, and how these can benefit people of all ages.

The program was originally planned to be in person but was modified to be virtual due to COVID-19. In late May virtual became reality when children and residents met in person for the first time at Milpara, a joyous experience for all.

Child Care in Aged Care was made possible thanks to a partnership between ACH Group, Office for Ageing Well, TAFE SA's City West Child Care Centre, and the University of South Australia.



The residents and children communicated virtually via iPads and big projection screens.



Milpara resident Margaret with Harriet.

## VOLUNTEERING

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THE PERFECT MELODY TO A

*true  
friendship*



Volunteers Sue, Deb and Bea.



## SUE, DEB, AND BEA MET IN THE 1980S WHILE TEACHING AT SALISBURY DOWNS PRIMARY. FAST FORWARD 40 YEARS AND THEY NOW SHARE A DIFFERENT ROLE, AS VOLUNTEERS AND MEMBERS OF ACH GROUP'S SING FOR JOY CHOIR.

### It all started with Bea.

"Eight years or so ago I took a year off from teaching and was looking at what I hadn't yet done in my life that I really wanted to do. Singing was one of a few things," Bea said.

"I heard an interview on the radio about the Sing for Joy Choir. It sounded like the perfect fit. I enquired, tried it out and loved it from the first moment. From being a choir member to becoming a volunteer and bringing my friends along was a natural transition," Bea said.

Bea then encouraged Sue to join. "I have done some form of volunteer work for many years but when I retired it gave me the time to give back a bit extra to the community. Bea encouraged me to give it a go and I have loved every minute," Sue said.

While in the audience at the choir's Fringe show, Deb was impressed by the sound of the choir and the fun everyone seemed to be having.

"Bea and Sue joined the choir well before I did, while I was still working. When we used to get together, they talked about how much they enjoyed themselves each week and about the people they had met and supported," Deb explained.

"I had grown up thinking I could not sing and had always wished I could. Sue and Bea talked me into joining after convincing me that singing ability was not a prerequisite and singing was something that could be learnt. After going along to a few sessions, I knew I wanted to become a volunteer as well and started helping with the set up beforehand, the morning tea and pack up of chairs afterwards."

Sue, Deb, and Bea bring a lot of the skills they acquired throughout their teaching careers into their volunteering role such as listening, getting things in order, and supporting people to learn new things.

"Volunteering has provided structure to my week now that I am no longer working, and it is one of the best things I have ever done," Deb said.

If you would like to learn more about volunteering opportunities with ACH Group, visit [achgroup.org.au/work-with-us/volunteers/](https://achgroup.org.au/work-with-us/volunteers/)

To learn more about ACH Group's Sing for Joy Choir, visit [achgroup.org.au/group-experience/sing-for-joy-choirs/](https://achgroup.org.au/group-experience/sing-for-joy-choirs/)

# tell us

## WHAT YOU THINK



### VIDEO GAMING REVIEW

**DAVID, WHO WON SOUTH AUSTRALIAN GAMER OF THE YEAR IN ACH GROUP'S RECENT STAY IN THE GAME ONLINE VIDEO GAMING CHALLENGE, HAS SHARED A REVIEW ON THE LATEST GAME HE'S PLAYING.**



Image: (above) David receiving his prize.

#### **Need for Speed Hot Pursuit Remastered Nintendo Switch**

I have continued to develop my gaming skills after being bitten by the 'electronic gaming bug' and at the moment I'm playing Need for Speed Hot Pursuit Remastered.

It's for anyone who loves driving cars fast. The game itself has exceptional graphics and scenery with many courses available across many countries.

The game revolves around being the driver of a police vehicle in a high-speed pursuit chase utilising a car of your choice from exotic vehicles of Porsches, Lamborghinis, Corvette, BMW, the list goes on. The objective is to stop the bad guys.

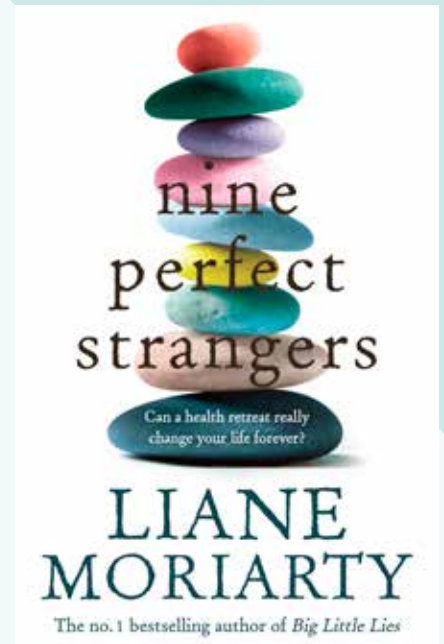
You can also take on the role of the bad guy and attempt to outrun the law, or you can take one of the vehicles out for a quick run.

I am playing on the Nintendo Switch format, which is connected to a big screen TV and this really enhances the exceptional video graphics.

The game assists with developing hand and eye co-ordination and reaction times. I also enjoy driving fast cars and the challenges this brings in a simulated safe environment.

- David





## TV REVIEW

### Vintage Roads: Great and Small 7Plus

I recently watched a most interesting, memorable, weekly television show called Vintage Roads: Great and Small, starring Peter Davison and Christopher Timothy from the original cast of All Creatures Great and Small.

Well actually the real stars of the show are the wonderful old vintage cars they drive over the old roads just as they were driven long ago. They seem to change cars weekly.

You don't need to be a motoring enthusiast to appreciate those beautiful old classic cars as they drive down memory lane on journeys through the United Kingdom filled with beautiful scenery and history. The commentary is funny and interesting as they point out how the landscapes have changed over the years. History lovers and car enthusiasts will love this show and for those seeking pure entertainment it is well worth watching.

- Ellen

## BOOK REVIEW

### Nine Perfect Strangers Liane Moriarty

This book is fabulous! It's written in Moriarty's signature style where each chapter is narrated by a different character meaning there is great character development.

The book is set at a remote health retreat and the story revolves around the guests staying there, who all have secrets or are damaged in some way. The unusual concepts and the parallels to the real lives of the characters before and after their time at the retreat was really fascinating.

Very excited to see the book has turned into a miniseries with Nicole Kidman, Asher Keddie, and Melissa McCarthy on Amazon Prime.

- Laurel

## SHARE YOUR REVIEW AND WIN!

If you have enjoyed a great book, podcast, TV show or movie, we'd love to hear about it. PLUS, submit your review and you will go into the draw to win a \$100 Dymocks voucher. Write a review of 150 words or less and email it to [goodlivesmag@ach.org.au](mailto:goodlivesmag@ach.org.au) or post to PO Box 646, Torrensville Plaza, Torrensville SA 5031.

## OUR COMMUNITY

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JOHN

tees off

JOHN HAS BEEN SOCIAL HIS ENTIRE LIFE AND THIS OFTEN INVOLVED PLAYING A ROUND OF GOLF WITH CLIENTS AND BUSINESS ASSOCIATES WHEN HE WORKED IN THE TRAVEL INDUSTRY.



**"When I worked in travel being social was important and I have always enjoyed a day of golfing with clients and friends," John said.**

"I was never a good player then and I am still not a good player now, but one of the reasons I love golf is that you can still have a great time even when you don't play well."

About four years ago John was diagnosed with young-onset dementia and his life changed. What didn't change was the fact that John still enjoys being social and active. It was then when Dementia Australia suggested he continue his hobby by joining ACH Group's NDIS Golf Group.

John joins a group of men, aged between 40-65 years old, who meet weekly at West Beach for a round of golf with friends, followed by a chance to catch up for a coffee and a chat afterwards.

"I like that we come together as a group and simply care for each other. We come from all walks of life and have our challenges, but when we are at the golf course, we feel happy and safe," John said.

He added that since joining the group, he has experienced physical and mental benefits from the activity.

**"IT IS GREAT TO BE OUT ON THE GOLF COURSE; IT KEEPS YOUR BODY ACTIVE, AND IT IS A GREAT EXERCISE FOR THE BODY AND THE MIND. HAVING TO CONCENTRATE TO HIT THE BALL HAS BEEN GOOD FOR ME AS WELL," JOHN SAID.**

The group is treated to a professional golf coaching session every four weeks.

"The coaching sessions are really good, but I must admit my skills have not improved much. I think I am always too busy being social and having a good time," John said.

ACH Group Social Links Planner, Luisa Greco, said the group is in high demand and there is also a group for women.

"The women are a lot more competitive than the men! The men are more interested in socialising, but the women are interested in the win," Luisa said.



## INTERESTED IN LEARNING MORE?

This group is suited for beginner to intermediate level golfers. Each eight-week term includes a professional golf lesson. This group is for those aged between 40-65 years old, held at West Beach.

To find out about this group and experiences ACH Group offers through the NDIS visit [achgroup.org.au/ndis-support](http://achgroup.org.au/ndis-support)



# THE RISING ROLE OF *community cleaners*

“IT’S MORE THAN JUST CLEANING. THERE’S A GREAT SOCIAL ASPECT TO THE JOB AND I AM ALSO HELPING TO CREATE CONTINUATION OF CARE AND SUPPORTING CUSTOMERS TO ACHIEVE THEIR GOAL OF LIVING IN THEIR OWN HOME,”  
ANDREW DOMARACKI SAID.





**After almost 20 years working in IT, then as a railcar cleaner for over 3 years, in late 2020 Andrew joined ACH Group as a community cleaner for customers in Adelaide's northern suburbs.**

"My previous jobs had been very desk based. I knew I wanted a role that was a hands-on role and had more connection to people," he said.

When asked why he chose aged care? Andrew answered, "Before COVID-19, I was overseas visiting my late grandpa who at the time was 96 years old. I helped him with daily home chores as well as assisting in cleaning his home and felt great satisfaction from it.

"The experience with my grandfather and encouragement from my parents put me on the road to working at ACH Group."

Throughout his working day, Andrew visits customers' homes for a range of cleaning jobs including tidying, linen changing, laundry and ironing assistance, dusting, vacuuming and floor mopping and other household tasks. Cleaners support customers to maintain their independence to remain living at home.

Andrew has also mentored community cleaners on their first shifts at ACH Group.

"It's more than just a checklist of cleaning tasks. You're not just there to make their home nicer. I really enjoy talking to and listening to the customers. They have so many different life experiences to share and have insightful views on issues our world is currently facing," Andrew said.

"And of course, it's a lovely feeling seeing the customer with a smile on their face and realising I am making a difference."

**"IT'S MORE THAN JUST A CHECKLIST OF CLEANING TASKS. YOU'RE NOT JUST THERE TO MAKE THEIR HOME NICER. I REALLY ENJOY TALKING TO AND LISTENING TO THE CUSTOMERS. THEY HAVE SO MANY DIFFERENT LIFE EXPERIENCES TO SHARE AND HAVE INSIGHTFUL VIEWS ON ISSUES OUR WORLD IS CURRENTLY FACING," ANDREW SAID.**

**FOR MORE INFORMATION  
ABOUT WORKING WITH US VISIT  
[ACHGROUP.ORG.AU/WORK-WITH-US](https://achgroup.org.au/work-with-us)**

# Skills for life



## MEET ACH GROUP CUSTOMERS CHRIS AND ELLEN WHO SHARE HOW THE SKILLS AND PASSIONS THEY'VE HAD FOR MANY YEARS CONTINUE TO PLAY A ROLE IN MAKING A MARK IN THEIR COMMUNITIES.

### KEEPING TABS ON BUSINESS

For more than 42 years Chris worked across many large organisations, including at mega household hardware store Bunnings, forging a successful career in payroll and HR management.

It's the same skills used in these roles, and more, that Chris continues to use in helping to manage the finances of his son's joinery construction business.

"After my son Michael finished his apprenticeship, he started his own business. That was nine years ago and ever since I have helped him with his finances from paying his invoices to gathering documents needed to submit

his BAS (business activity statements) to the accountant," Chris said.

"But more often I am a sounding board for my son, I really enjoy listening to him talk about his business and sharing my advice. I am also working with Michael's wife and passing my knowledge to her."

Three years ago, Chris retired from his full-time job working as a product analyst in HR and payroll software.

"I was diagnosed with multiple sclerosis at the age of 32. I retired from full-time work a few years ago because it became harder to type on the computer," Chris said.

"I use voice activated technology on my iPad and

iPhone now to write, send emails and text messages, which is very useful."

Chris said he has lived with MS for a long time and there have been hard times, but he tries to take each day as it comes.

"My goal is to keep my mind busy and to live independently for as long as possible," he said.

"I have loved watching the Tokyo Olympics, I keep my mind busy reading, playing quizzes on the iPad, helping Michael, and seeing my family weekly. Through NDIS funding I am supported by ACH Group's NDIS Program and feel I have a stable, caring network who are looking after my wellbeing."





## REMEMBERING HISTORY

Ellen's passion for storytelling came about during her school years when her teachers remarked she had a wonderful imagination and she composed stories to share with her little brother.

Her passion for recording history was sparked after meeting a wonderful older Aboriginal man in Marree in the 1960s, who told her about the Afghan cameleers who crossed the Birdsville Track and what the outback South Australian town was like many years before.

Marree was the first town Ellen, her husband Wally and their daughters lived in while

managing the local pub. They later moved to Wanbi and Hawker as publicans.

Ellen has now written many stories about these towns and the people she met.

Her anecdotes include East Murray (an area that included Wanbi) erupting into celebrations after the local football team won the grand final and a hawker who visited Marree with a van laden with interesting goods.

In 2021, the towns these events took place in are very different.

"East Murray was originally a hard farming area. Lately some families have bought much of the land so farming could be profitable, but this meant

people have moved away. The school and general store have closed, the football club folded," Ellen said.

"It's important to piece together what used to be there. I'm re-creating it in stories so people will know."

Ellen is a member of the Pen to Paper Writers Group at Aldinga, and the book she is writing on Wanbi will be uploaded to Trove, an online library database.

Ellen now lives in Seaford and is supported to live independently with a Home Care Package with ACH Group. Wally is a resident at ACH Group's Perry Park residential care home, where he loves living.

**EVERYONE  
HAS A STORY,  
WHAT'S YOURS?**

**We love to share your stories with our readers. If you would like to share yours, please let us know!**

Simply email [goodlivesmag@ach.org.au](mailto:goodlivesmag@ach.org.au) or alternatively post to PO Box 646, Torrensville Plaza, Torrensville SA 5031.



LET'S TALK

# balance

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AS WE AGE, OUR BODY CAN GO THROUGH MANY NATURAL AGE-RELATED AND PHYSICAL CHANGES AFFECTING MUSCLE STRENGTH, FLEXIBILITY, REACTION TIMES AND COORDINATION AND IMPACTING MOBILITY, BALANCE, AND INCREASING THE RISK OF FALLS.





**BRODIE HUDD**

ACH GROUP PHYSIOTHERAPIST

## **BUT THE GOOD NEWS IS YOU CAN IMPROVE ALL OF THESE. ACH GROUP PHYSIOTHERAPIST BRODIE HUDD SHARES TIPS ON HOW YOU CAN IMPROVE YOUR BALANCE.**

### **BALANCE EXERCISES**

Just like aerobic and strength training, your body needs exercises to help maintain and improve balance. Fortunately for balance training there are different exercises and ways to challenge yourself at home without requiring equipment.

Try these exercises!

If you have trouble standing with your feet side-by-side for longer than 10 seconds, you can use this as a good starting point as an exercise to practice. Alternatively, if you find this achievable, try doing it with your eyes closed or lifting one of your arms up and reaching forward or to the side to challenge yourself.

Try doing this twice a day, in a safe place (e.g. where you have room to step and hold on to something) and see if you can improve how long you can remain in this position (for a maximum of 20 seconds) without needing to stop.

### **DETERMINING THE CAUSE OF YOUR LOSS OF BALANCE**

Do you feel dizzy or lightheaded when you stand up? Have you noticed certain scenarios or locations where your balance is worse or where you have had a fall? Was it outside? At night? In the bathroom?

There are many different factors that can influence your balance.

Balance is a complicated system made up of internal factors such as vision, proprioception (the feeling of your limbs in space), muscle strength and vestibular systems (sense of balance coming from the inner ear) and also external factors such as the environment. When you next notice challenges to your balance, have a think about the questions above and speak to a health professional.

### **PHYSIOTHERAPY OR EXERCISE PHYSIOLOGIST ASSESSMENT**

If you have noticed any changes with your balance or have experienced a recent fall it is time to seek the opinions of a physiotherapist.

At ACH Group we offer classes across our community sites dedicated to improving your strength and balance. An in-clinic or in-home physiotherapy assessment can also help tailor an individualised balance program or offer solutions in the form of walking aids to help reach your balance goals.



# PEACE OF MIND TO travel IN RETIREMENT

**Neil is an avid traveller and has owned caravans for the last 10 years, so when it came time to downsize last year he knew he needed a place that not only provided a home, but peace of mind for when he decided to hit the road again.**

ACH Group's Elkanah retirement village, located in Morphett Vale, offered him that plus a little bit more.

"When we were looking to move to a retirement village, we found out that not only Elkanah had the right set up, was in the right location, but also offered free caravan storage," Neil said.

"At our previous home if we went away for two weeks we would often wonder if the house was ok and safe.

At Elkanah we travel and do not worry about our property and even have lovely neighbours who water our plants while we are away.

Neil, who loves fishing, said he is looking forward to being able to travel more. "Now that we live in a place where we have peace of mind to head off somewhere for a few days or a few months, we are looking forward to things getting better with COVID so we can explore further.

"It is a nice lifestyle and a great way to enjoy retirement. We have done lots of trips where we stayed in camping spots around South Australia and Victoria. Now that we have a home at Elkanah, we are planning to put our caravan on a boat and travel to Tasmania."

If you also want the freedom to travel, knowing you have someone maintaining your property whilst you are away, make sure you check our properties available at Elkanah and other ACH Group retirement living villages.

Elkanah offers a secure and low maintenance lifestyle, surrounded by gorgeous community gardens and an on-site community hall offering many social opportunities. The village is conveniently situated within walking distance to Woodcroft Shopping Centre.

If you are thinking about downsizing to a more manageable lifestyle, ACH Group is the smart move for retirement living. We have a range of housing options to suit your lifestyle. Visit [achgroup.org.au/retirement-living](https://achgroup.org.au/retirement-living) to learn more.



## SMART MOVE FOR RETIREMENT LIVING

Are you 55+ and thinking of downsizing? ACH Group can help you get the most out of life with an affordable home that demands less from you. Plus peace of mind and access to health and home support services if you need them now, or in the future. Locations across Adelaide and Fleurieu Peninsula.

**BOOK A  
TOUR  
TODAY!**

### Blackwood



Unit 4 3 1 1  
192 Main Road  
**Blackwood**

#### For sale \$445,000

- Carport with roller door
- Two-way ensuite bathroom
- Low maintenance paved courtyard

### Magill



James Evans Court 1 1 1  
Unit 50  
122 St Bernards Rd  
**Magill**

#### For sale \$86,000

- Alfresco courtyard & pergola
- Bathroom with ensuite access
- Your small pet is welcome

### Adelaide - City Apartments



Spence on Light 1 1 VIEWS  
69 Light Square  
**Adelaide**

#### Units from \$274,000

- Spacious modern design
- Stunning views across the city and hills
- Security and accessibility

### Port Noarlunga



Perry Park 1 1 1  
Murray Road  
**Port Noarlunga**

#### Units from \$88,000

- Balcony with sweeping views of Onkaparinga Reserve
- Onsite Dog Park and Community Hall
- Seaside Location

### Morphett Vale



Elkanah Village 2 1 1  
50 Woodcroft Drive  
**Morphett Vale**

#### Units from \$212,000

- Fully enclosed courtyard
- Free parking in the village for your caravan
- Superb garden outlook

### Marden



Unit 3 2 1 1  
3-7 Broad Street  
**Marden**

#### For sale \$310,000

- Street frontage
- Spacious, secure and private
- Conveniently located to shopping and cafes

To see a range of available units, visit [achgroup.org.au/retirement-living/available-units](http://achgroup.org.au/retirement-living/available-units)

**BOOK A TOUR!** Talk with us on **0427 581 949** or email [realestateservices@ach.org.au](mailto:realestateservices@ach.org.au)

# out & about

### HEART & SOUL...

Aged Care Employee Day acknowledged and celebrated the significant contribution of all aged care employees.

This year we partnered with South Australian business, Bracegirdle's, to provide handmade chocolate packs to the ACH Group employees, with 30 lucky boxes containing a Golden Ticket offering a tourism experience in South Australia.

Our employees are the heart and soul of ACH Group, and we thank them!







## VOLUNTEERS ON AIR WITH FIVEAA

Volunteers Greg Dwyer and Jill Knappsteing, along with ACH Group Volunteer Manager Tay Parker, chatted with Tony Pilkington on FIVEaa to celebrate National Volunteer Week in May.



A special mention to Mary celebrating her 103rd birthday, whilst knitting!

## GIVING BACK...

For the second year in a row, residents at ACH Group's Perry Park residential care home & community members have knitted scarves and mittens for charity Vinnies SA to give to South Australians experiencing homelessness.

## CELEBRATING COMMUNITY

Back in March hundreds of ACH Group retirement living residents attended Neighbour Day events. Encouraging people to connect with their neighbours, while celebrating the importance of local community.



# Jobs that make a difference.

## Hiring now!



**'We support older people to live good lives and we love what we do.'**

**Join our growing and inclusive team and enjoy a rewarding career.**

Realise your full potential through salary packaging, a positive workplace culture, an employee assistance program and professional development opportunities.

**Opportunities include:**

- + Care Workers
- + Cleaners
- + Enrolled & Registered Nurses
- + Occupational Therapists
- + Physiotherapists
- + Personal Trainers
- + Podiatrists
- + Support Workers
- + many more!



**How to apply**

To apply online and access further information about all current opportunities scan QR code or visit [achgroup.org.au/good-careers](http://achgroup.org.au/good-careers)

