

good lives

LIFESTYLE MAGAZINE FOR 50+

HERE'S TO
70 YEARS OF
ACH GROUP!

OUR HISTORY
LIFT-OUT INSIDE

—
GETTING TO KNOW MARK LE MESSURIER
2022 SENIOR
SOUTH AUSTRALIAN
OF THE YEAR

WELCOME

good lives

Publisher ACH Group

Editor Lauren Bobrige

Art Director Caroline Gliddon

Contributors Kaitlyn Dienelt,
Celeste Lustosa, Miranda Stocco,
Sprout, Sophie Thomson,
Shari Madden

Feedback Your feedback is appreciated. 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 community organisation promoting opportunities and services to support older people live good lives.

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22 Henley Beach Rd,
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achgroup.org.au
enquiries@ach.org.au
1300 22 44 77

FROM THE CEO

IT IS AN HONOUR TO HAVE MARK LE MESSURIER, THE 2022 SENIOR SOUTH AUSTRALIAN OF THE YEAR, ON THE FRONT COVER.

For more than 40 years Mark has dedicated his working life to improving the self-worth, wellbeing, mental health, and life outcomes of young people. In Mark's interview, he shares the importance of relationships and that no matter our age, all human beings have the need to feel like they belong. Interestingly, his thoughts greatly align with ACH Group's Good Lives Philosophy in which we emphasise how relationships and belonging play a huge role in living a good life, and we incorporate this knowledge into the design of services.

This Good Lives Magazine is a special edition as ACH Group is celebrating its 70th birthday. We're delighted to share with you our history in the lift-out inside. For more on our birthday celebrations, visit achgroup.org.au/heres-to-70-years-of-ach-group

Also inside this edition, gardening personality Sophie Thomson shares how you can grow your own fruit and vegetable shop, ACH Group dietitian Kaitlyn Dienelt provides advice on healthy snacks, and our friends from Sprout have created a very special trifle recipe to pay tribute to ACH Group's birthday and the late Queen Elizabeth II.

Enjoy reading the 11th edition of Good Lives Magazine!



FRANK WEITS
ACH GROUP CHIEF EXECUTIVE OFFICER



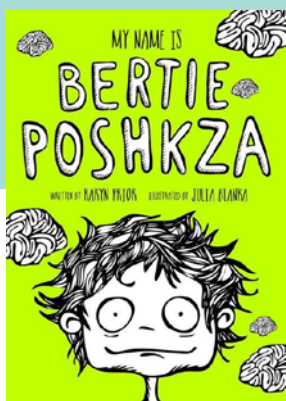
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BOOK REVIEW

MY NAME IS BERTIE POSHKZA

By Karyn Prior



I would like to recommend and review a wonderful children's book – ideal for the grandies!

It is called My Name is Bertie Poskza! It is a story of a young boy growing up in Adelaide and the adventures he has as he makes new friends and learns a valuable life lesson along the way.

The illustrations are engaging for children and the story line humorous but also with a message to all.

It features landmark Adelaide locations including the Glenelg tram, Rundle Mall, and a delightfully funny bus journey for the main character Bertie!

I enjoyed reading it and have shared it with many friends who have young children and grandchildren.

– Review by Laurel McGree



f ACH Group's art community exhibited in the 2022 SALA Festival which is held throughout August each year. Pictured is the mixed media acrylic collage named 'Beauty' by the Art Group at Milpara Residential Care Home.

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CONGRATULATIONS TO THE WINNERS FROM ISSUE 10!

\$100 Coles Myer Voucher – Ron J
\$100 Dymocks Voucher – Laurel M
\$100 Drakes Voucher – Paulene T

THERE ARE MORE CHANCES TO WIN IN THIS ISSUE!
COMPETITIONS ON PAGES 19 & 21

WE WOULD LIKE TO HEAR YOUR FEEDBACK!

Let us know what you would like to read about in upcoming issues. Email goodlivesmag@ach.org.au or post to Good Lives Magazine, PO Box 646, Torrensville Plaza, Torrensville SA 5031.

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HEALTHIA ON TRACK

Healthia, a health and education hub being developed by ACH Group adjacent to the Lyell McEwin Hospital in Elizabeth South, is set to open in mid-2023.

Healthia will provide health services to Adelaide's northern community and feature a state-of-the-art residential care home designed in line with key findings from the Royal Commission into Aged Care Quality and Safety.

The development brings together ACH Group, Northern Adelaide Local Health Network (NALHN), University of South Australia (UniSA), and City of Playford.

Over more than 15,000 square metres of land, Healthia will include a residential care home comprising eight small-scale homes each with 12 private rooms. UniSA will co-locate with a general practice and student-led allied health clinic open to the public.

To keep up to date visit achgroup.org.au/healthia

CUSTOMERS AWARD SERVICES

ACH Group was named the Silver Winner for Home Care Services SA/NT in the 2022 Quality Service Awards.

The Award program recognises Australian companies who provide the highest level of customer service as voted by customers themselves.

Customers were asked to rate customer experience, simplicity of communicating with the organisation, and individualisation of services.

NEW HEALTH STUDIO 50+

Health services have expanded in Adelaide's north-eastern suburbs with the opening of Health Studio 50+ Gilles Plains at 11 Blacks Road.

The health and wellness hub, for people aged 50 and over, offers new gym equipment, group exercise and wellness classes, and 1:1 allied health services.

To learn more about Health Studio 50+ Gilles Plains, and locations at Glenelg and Christie Downs, visit achgroup.org.au/health-and-wellbeing/health-studio

A WILD, REWARDING RIDE SUPPORTING THE YOUNGER GENERATIONS

Mark Le Messurier, the 2022 Senior South Australian of the Year, has dedicated his working life to supporting young people he affectionately calls the 'tough kids': children who for all kinds of reasons do life tougher than most.

After a 20-year teaching career, Mark opened a private practice in the late 1990s where he continues to mentor children and teenagers who need support beyond the school system. Through workshops, speaking engagements and the 18 books he has authored, Mark provides coaching and education to the parents and teachers of these children.

I HAVE ALWAYS GRAVITATED TO KIDS WHO DO NOT FIT INTO SCHOOL EASILY, HAVE DIFFICULTIES AROUND ENGAGEMENT AND CONCENTRATION, WHO LIVE WITH PHYSICAL DIFFICULTIES. I HAVE ALSO GRAVITATED TO THEIR PARENTS AND SUPPORTING THEM TO UNDERSTAND THE EMOTIONAL INTELLIGENCE OF THEIR KIDS AND TO SEE AN OPTIMISTIC FUTURE

IN A CAREER WHERE YOU HAVE WORKED WITH CHILDREN FOR OVER 40 YEARS, WHAT HAS THE YOUNGER GENERATION TAUGHT YOU?

What don't children teach you?! More than anything they teach you the importance of an authentic relationship. Once you have secured a really trusting relationship you can move mountains together.

Children have also taught me patience, resilience, and a belief that human beings innately are very good and want to find the best for themselves. Often when this doesn't happen it is because they haven't been provided the right circumstances to thrive.

HOW HAS YOUR WORK MADE YOU PROUD?

When we hold our 'What's the Buzz' program (designed to teach children and young adolescents the skills to think socially, regulate emotions, positively problem solve and help friendships work) their parents wander across to The Goody Hotel for a coffee and chat. Afterwards, quietly, they will say to me it is the best time for them as they have a chance to get wisdom from people who've worked out how to navigate the NDIS or chat with people who don't judge because they're on the same journey.

This is a moment that I didn't engineer but bringing people together who can make a difference for each other makes me so proud.



NO MATTER AGE, WHAT DO YOU THINK IS IMPORTANT TO EVERY INDIVIDUAL?

I think what all human beings look for is to belong.

According to the World Health Organisation, anxiety and depression – inspired by loneliness – will be the leading illnesses in all countries by 2030. Learning the skills to connect with others, develop friendships and feel a sense of belonging is much more than a 'good feeling', it is literally lifesaving. This belonging can take place in small or large groups, it does not matter, but we need to feel like we matter and have a purpose.

WHAT DOES A GOOD LIFE MEAN TO YOU?

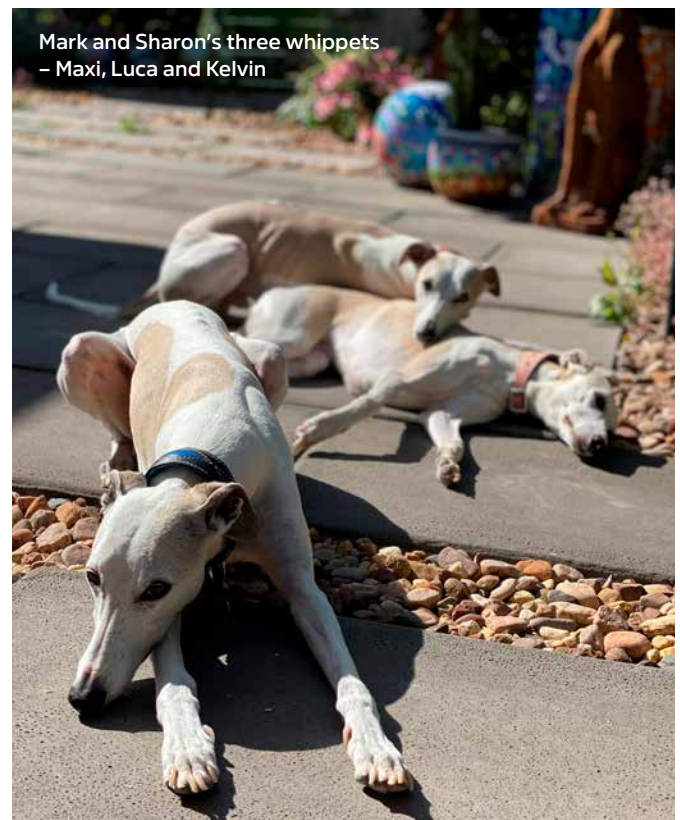
It is pretty easy for me – having connections to people and making a difference.

Having my family close is important. It can be tricky balancing work and family time because my wife Sharon, daughter Noni and I are all involved in the practice. Sharon runs the practice, doing all the hard work in the background and Noni has taken our 'What's the Buzz?' program to new heights relentlessly connecting older teens and young adults. While our eldest daughter Kim lives in Memphis, she, her husband and our three grandchildren remain emotionally close. A good life also means loving the three whippets and our friends.

My clients are very important too. I don't run my life like my clients are just at work and when I'm home, I forget them. There are often conversations that need to be had on the weekend or evening because their needs are ongoing.

IS THERE A PROMINENT ISSUE CURRENTLY IMPACTING CHILDREN?

Mental health is through the roof. The Women's and Children's Hospital Emergency Department will tell you there is a 41% increase in the number of young people being presented to emergency with mental health difficulties. Anxieties around COVID have certainly been a factor in this increase.



Mark and Sharon's three whippets
– Maxi, Luca and Kelvin

It's another issue altogether – child neglect. I am really glad the stories that were so prominent in early 2022 hit the media the way that they did, because when you work in this space you see how prevalent it is.

WHAT IS YOUR ADVICE FOR OLDER PEOPLE WHO NOTICE A DIFFERENCE IN THE BEHAVIOUR OF CHILDREN IN THEIR LIFE?

When you see a child's behavior or emotional demeanour change, there is usually a reason. If you notice it over a period of time then it's really logical to assume something has happened in their life that's causing them to feel like this.

The first thing to do is reinforce the trusting relationship that you have and open the dialogue, seeing whether a conversation might ensue. I've learned with kids it's often your first attempt that fails but don't give up – it might be three, four weeks later and suddenly they will open up for conversation. Often the issues are simple such as their best friend has moved to another friendship group.



Mark (centre) with the 2022 Senior Australian of the Year recipients from each state and territory

Photo supplied by National Australia Day Council

If you come across issues that are more serious, there is lots of help in the community such as Child and Adolescent Mental Health Service (CAMHS). You often have to make the distinction, 'is this something that we can work on or is this something that's beyond my capacity?'

SHARE WITH US YOUR EXPERIENCE OF BEING NAMED 2022 SENIOR SOUTH AUSTRALIAN OF THE YEAR.

Initially I felt really embarrassed, incredibly unworthy and humbled. Now I've had months to sit with it, I am ever so grateful. Two families who I worked with, who are friends, nominated me.

My life has never had a strategic plan. I've followed my heart and it's been a wild ride to help others understand children with diverse needs.

At the Australian of the Year Awards, held on Australia Day in Canberra, Val Dempsey took out the Senior Australian of the Year and I was really, really happy that she was picked, she

has volunteered with St John's Ambulance for 50 years.

In the lead up to the Awards, you get to meet each state recipient in the different categories, Australian of the Year, Young Australian of the Year et cetera and it was fantastic to hear the work they do.

HOW DO THE YEARS AHEAD LOOK FOR YOU?

I've got this personality where I am always looking into the future and looking at new challenges. I still have another book in me, which will make it my 19th. I am thinking this will be a simple handbook for parents, almost a tick list, on supporting the best mental health in children.



A CENTURY ON CANVAS

If you're a proud centenarian like Margaret Watson, your portrait most certainly speaks hundreds of thousands of words.

Earlier this year, Margaret, who lives at ACH Group's Kapara Residential Care Home, was one of a selection of South Australian centenarians whose portrait was painted by local high school art students as part of an uplifting art initiative.

The Centenarian Portrait Project by Teenagers, run annually by 'Embraced – socially driven art projects', connects centenarians with teenage

artists. The project, which results in a gallery exhibition of portraits and lifelong friendships, aims to break down ageist stereotypes, strengthen community connections and create a platform for intergenerational learning.

Margaret was paired with 17-year-old Amelia (Millie) Nearmy who joined the project after being encouraged by her family and art teacher.

"I have been drawing and painting from a very young age, art is something I've always known and loved," Millie said.



I CHOSE TO USE THE TRADITIONAL MEDIUM OF OIL ON CANVAS AS I FELT IT WOULD GIVE MARGARET'S PORTRAIT A SENSE OF CLARITY AND CAPTURE HER DELIGHTFUL SMILE AND DEMEANOUR.

At their first meet-up, the pair instantly clicked. They shared stories, reminisced and laughed.

Margaret is known by those around her as being a 'live-wire' and after their first meeting Millie agreed that this sentiment was certainly true. As they continued to meet and chat, Millie would map out sketches and snap photos of Margaret, before returning to the studio to capture Margaret's rich life story and vibrant personality on canvas.

"There's just so much to Margaret's story," Millie said.

Margaret has worked as a hairdresser, a Sunday school teacher, and owned a newsagency and a bed and breakfast. Along with this, she travelled to Borneo to secure orangutans for zoos in England, worked under Winston Churchill and has lived through World War II. Margaret grew up in Durham in the United Kingdom and voyaged to Australia in the 60s with her family.

Millie explains the portrait – her first ever oil painting – was a long, thought-out process.

"I wanted to provide a snapshot into the vibrance of Margaret's character," she said.

The large bouquet of bright red roses in the piece pays homage to Margaret's late husband.

"Every birthday, my late husband would buy me red roses," Margaret said.

Three generations of Margaret's family united to marvel at the finished masterpiece which was unveiled at the project's final exhibition in June.

"It was a very emotional time for us," Margaret's daughter Barbara said.

While Millie said, "I loved the ending, consolidating, meeting Margaret's family and it all coming together."

Margaret's portrait was featured alongside that of another two Kapara residents, Gwen Wauchope and the late Fred Brown, whose incredible life stories were also captured beautifully.

Reflecting on her biggest takeaway from the experience Millie said, "Margaret has taught me that it is possible to move through life with grace and dignity. Ageing is an opportunity for new experiences. It is a fact of life that should be embraced, not ignored."



HEALTHY SNACKS



Kaitlyn Dienelt
ACH Group Dietitian

Snacking certainly has a place in a healthy diet, especially with high value nutritional foods. But as ACH Group Dietitian Kaitlyn Dienelt shares, there are a few guidelines to follow when it comes to healthy snacking in between meals.

THINK BEFORE YOU SNACK

Before you head for the fridge or pantry it is important to consider whether you are hungry or looking for food because of other reasons, such as your emotions.






WHAT IS THE GOAL OF YOUR SNACK?

If you have certain medical conditions such as diabetes, are trying to manage body weight or live an active lifestyle, then snacking is very important.

The types of snacks to incorporate depend on the nutrients you need.



TRY THESE IDEAS FOR YOUR NEXT SNACK

-  Vegetables, such as carrots and celery, with ¼ cup of dip.
-  Three crispbreads with cheese and pickles.
-  100g of crispy, roasted chickpeas – season these with spices to add extra flavour.
-  Small tub of yoghurt.
-  Sliced apple with tablespoon of peanut butter.

For example, if you need to increase your weight look to include high energy and high protein snacks such as dairy based foods, vegetables with dip, or cheese and crackers.

Whereas when managing diabetes choose carbohydrate-based snacks that keep your blood sugar within an ideal range – think crispbreads, a piece of fruit or a small sandwich.

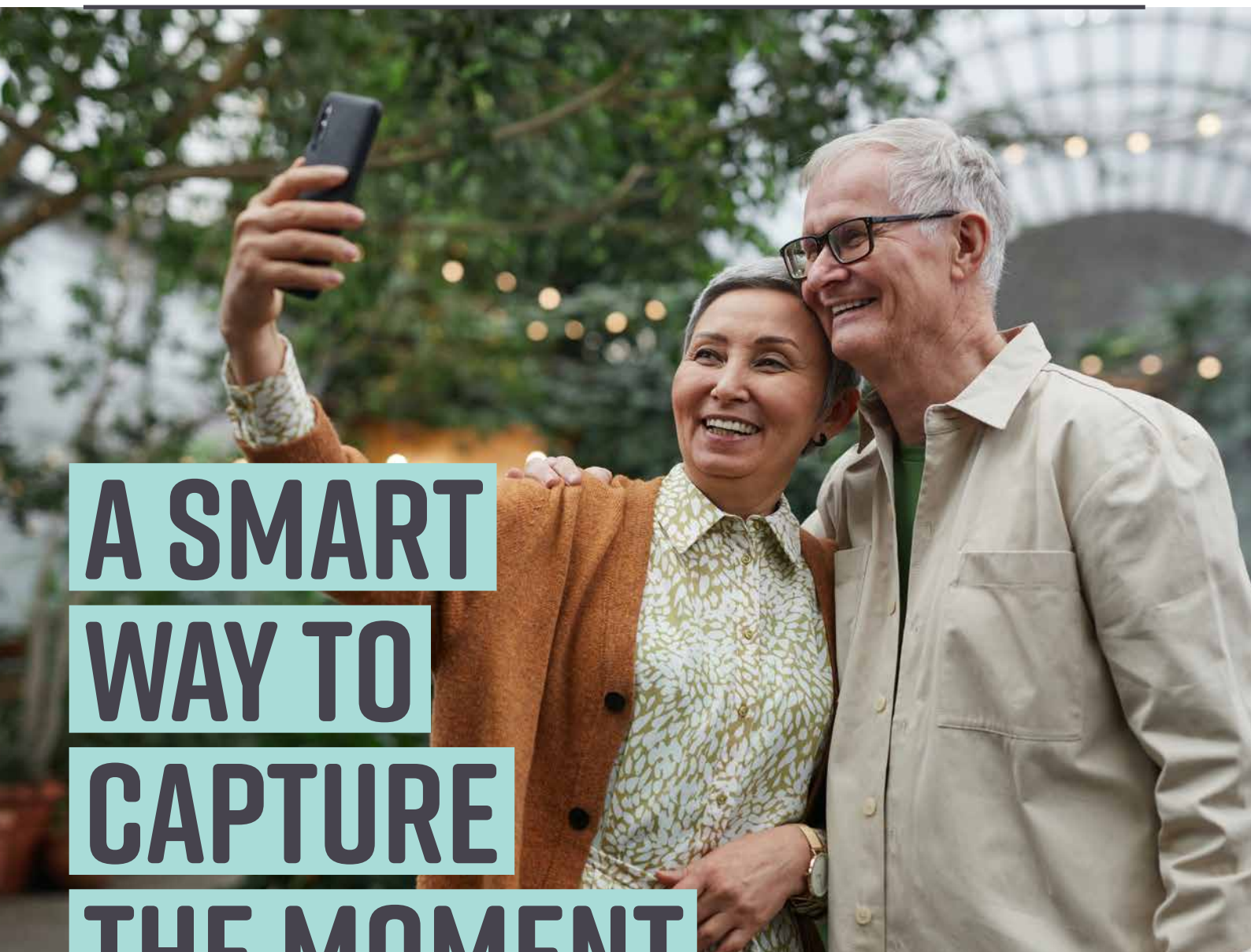
After finishing a workout or long walk, look for something that boosts your protein intake. Try some yoghurt and fruit, a small tin of fish on crackers or a slice of toast with peanut butter.

WHEN SNACKING, CONSIDER CHOOSING FOOD GROUPS THAT ARE MISSING FROM YOUR MAIN MEALS. THIS COULD INCLUDE ANOTHER SERVE OF VEGETABLES OR FRUIT, EXTRA DAIRY, OR WHOLEGRAINS, NUTS, AND SEEDS.

Nourishing fluids such as milk-based drinks like Up & Go or Milo are another quick and easy option.

PORTION SIZES

Remember, you only need your snack to fill you up for a little while – it should not impede on finishing the next meal.



A SMART WAY TO CAPTURE THE MOMENT

Smartphones have transformed our lives in many ways; they have even revolutionised photography enabling us to quickly capture life's precious moments.

These days, there's not much a digital camera can do that a smartphone can't. But how do we make the most of this incredible tool and capture perfect photos?

Sam Oster, a professional photographer of 30 years and the woman behind the lens for the front cover shoots for this Good Lives Magazine, shares her advice for capturing sensational smartphone snaps.

BUT FIRST, FOCUS

"Don't always assume that your phone camera can identify the main subject in the frame," Sam said.

Before snapping the shot, simply tap on the desired subject of focus on your smartphone touch screen. Your camera will automatically focus on this element and will even adjust the exposure for that area of the frame. With this trick up your sleeve, you'll never take a blurry photo again.

LIGHTS, CAMERA, ACTION

"Observing the light is one of the best ways to improve your smartphone photography," Sam explained. "If the subject is backlit, you may encounter an unwanted silhouette. Instead, try moving so that light is either hitting the subject from the side or from the front."

Once you've taken the shot you can further tweak the lighting through adjusting the 'exposure' on your smartphone photo editor.

COMPOSE CAREFULLY

"Composition involves the arrangement of elements within the frame that tells a story," Sam said.

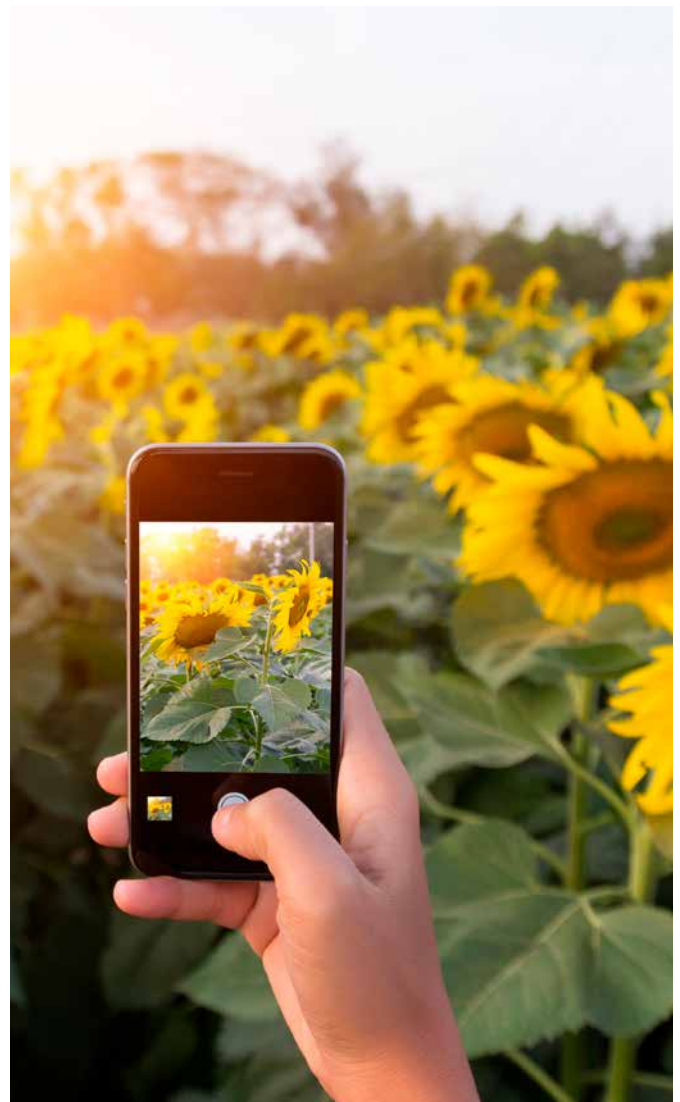
TRY EXPLORING THE FOLLOWING TIPS FOR GREAT COMPOSURE:

- 1 Use the 'Rule of Thirds' (place your subject in the left or right third, leaving the other two thirds more open) to avoid boring composition.
- 2 Avoid placing the subject in the middle of the frame.
- 3 Look for balance and symmetry.

GET FAMILIAR WITH YOUR PHONE FEATURES

"Take the time to explore your phone's camera settings – click on the various buttons and try the many modes available," Sam suggested.

Most smartphone models offer interesting options and even some groovy special effects. You will find that your shots are immediately enhanced by these features.



ADOPT SOME APPS AND ADD-ONS

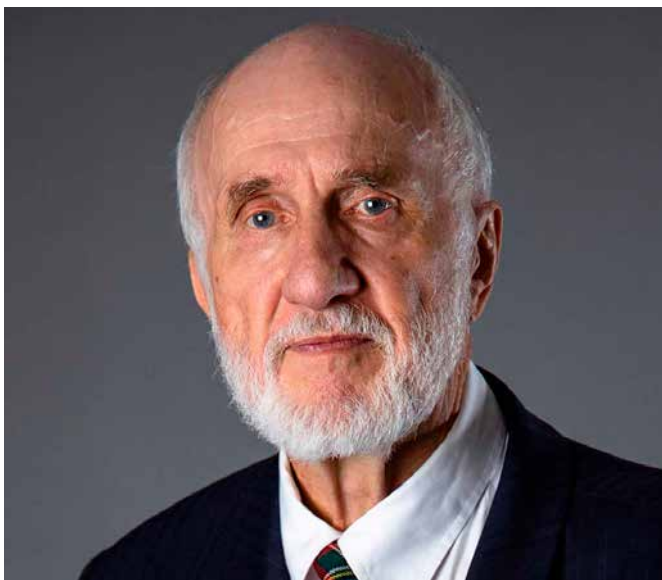
"Identify what your smartphone camera cannot do and the chances are you can find an app or accessory that can fill that gap," Sam said.

Sam recommended editing and enhancing your images with apps like Snapseed and Pixlr.

Sam's final piece of advice: "Most importantly remember to play, have fun and don't get too hung up on creating the 'perfect' image."

SIX OVER 66

SIXTY-SIX IS THE AGE AT WHICH MANY AUSTRALIANS CAN ACCESS THE AGED PENSION AND IT'S ALSO AROUND THIS AGE WHEN MOST DESIRE TO RETIRE. BUT HERE ARE SIX SOUTH AUSTRALIANS OVER 66 WHO CONTINUE TO MAKE HEADLINES FOR THEIR REMARKABLE CAREERS.



PROFESSOR RICHARD BRUGGEMANN

Professor Richard Bruggemann continues to make an incredible impact on the lives of people living with intellectual disability. His distinguished career has encompassed disability and government advocacy, he has sat on more than 20 non-government boards and committees, and is a prolific writer on topics relating to the disability community. Richard was part of the State Government's special taskforce investigating the tragic death of Ann Marie Smith and assessed measures to protect people living with a cognitive or mental impairment from the spread of COVID. He was named 2021 Senior South Australian of the Year.



LOWITJA O'DONOGHUE

Lowitja O'Donoghue AO, AC, CBE, DSG, is a Yankunytjatjara woman from the APY Lands. Lowitja has made a lifelong contribution to the advancement of Aboriginal and Torres Strait Islander rights leading to significant positive outcomes in health, education, political representation, land rights and reconciliation. Today, she continues to promote Aboriginal and human rights through a number of avenues being a patron of health, welfare and social justice organisations, including the Lowitja Institute named in her honour.



ANNE WILLS

Anne Wills OAM, known by most as 'Willisy', is one of Adelaide's most highly regarded television personalities and entertainers. Willisy moved to Adelaide with her family in 1963 and still calls South Australia home. Now in her 70s, Willisy continues to make her mark on the radio, television, and festival scenes, producing and featuring in an Adelaide Cabaret Festival show in 2021 and recent Adelaide Fringe appearances.



REGINALD DODD

Reginald Dodd OAM is an Arabunna Elder from Marree. He is an active reconciliation advocate who has spent over 30 years promoting equal rights for Indigenous people in his local community. He is the long-standing Chair of the Arabunna People's Committee and hosts cultural immersion tours of the Lake Eyre region to promote reconciliation and fund the Arabunna Centre. He is also a respected photographic artist, holding numerous successful exhibitions.



BRUCE MCAVANEY

Bruce McAvaney OAM, dubbed 'The Master Sportscaster', is a commentary icon, born and raised in South Australia. From athletics to AFL, McAvaney has presented numerous sports throughout his career and is synonymous with major Australian sporting events. McAvaney's iconic voice and presence continues to grace our televisions with McAvaney recently stating, "I'm still enjoying it as much as ever, and I feel like I can improve."



MEM FOX

Mem Fox AM, a renowned writer of children's books including *Possum Magic* and *Time for Bed*, has lived in Adelaide since the 1970s. Continuing her legacy as Australia's leading author of picture books for young children, she has published four books in the past three years and has "at least three more in the pipeline". Mem also hosts educational literacy seminars.



GROW YOUR OWN GREENGROCER



Sophie Thomson
Gardening
Personality

Growing your own fruit, vegetables and herbs is economical, the produce is fresher and it's rewarding to feast on homegrown goods.

When space is limited it is still possible to grow produce in pots or raised beds. Plus, it not only provides flexibility in smaller spaces and portability for those renting, but it offers the bonus of being higher and easier to tend to.

GETTING STARTED

Fill the pot or planter with good quality potting mix and add about one third compost to improve the water holding capacity of the soil, then simply plant and be sure to mulch.

Raised beds and pots can dry out more rapidly than in ground beds and often require daily watering in warmer weather. They also require more regular feeding so use soluble organic fertilisers fortnightly or pelletised organic fertilisers every month or two.



Here are six suggestions for beds and large pots that are quick to plant and most importantly feature produce that's great to eat.

SALAD BOWL

The main variety in a salad pot is lettuce and in particular the repeat harvest lettuces such as the 'Combo' mix. These can be harvested whole or by picking individual leaves as required. Other salad plants are rocket, spring onions or chives, and miniature tomatoes over the warmer months.

STIR FRY PLOT

Bok choy and Asian greens are great value crops and can be combined with a few spring onions, coriander and a chilli plant in the warmer weather.

SOUP BOWL

One or two plants of silverbeet, rainbow chard, or kale can be enough for a small household and can be combined with carrots if the beds or pots are at least 30cm deep to allow the roots to develop properly. Similarly, beetroot grows well in a large pot with the added benefit of the foliage being used in salads.

GARNISH POT

Parsley and rocket continue to grow for a couple of years, however coriander is best sown regularly to guarantee a fresh supply. Chives are useful to add onion flavouring, while garlic chives can be a substitute for garlic.

HERB POT

Being able to pick the right amount of herb when you need it saves wastage and money.

Choose your favourite herbs for cooking grouping them together according to cuisine. For example, Mediterranean herbs like rosemary, thyme, oregano or marjoram and sage, or Asian herbs

like laksa, coriander, garlic chives and chilli. Plant taller plants in the middle, and lower growing or creeping herbs near the edge. Mints should be kept in their own pot.

FRUIT TREES

The minimum pot size of 50cm diameter allows you to grow compact or dwarf fruit tree varieties successfully. However, if space permits choose larger pots with a diameter of 70cm and then with appropriate pruning and management you can grow most full-sized varieties (apart from large nut trees such as a walnut).

Most citrus respond well to container growing. Plus, they're highly ornamental as well as productive, with glossy green leaves and colourful fruit. Popular varieties include the 'Meyer' lemon, 'Washington Navel' orange, 'Japanese Seedless' mandarin, 'West Indian' and 'Tahitian' limes, and cumquats.

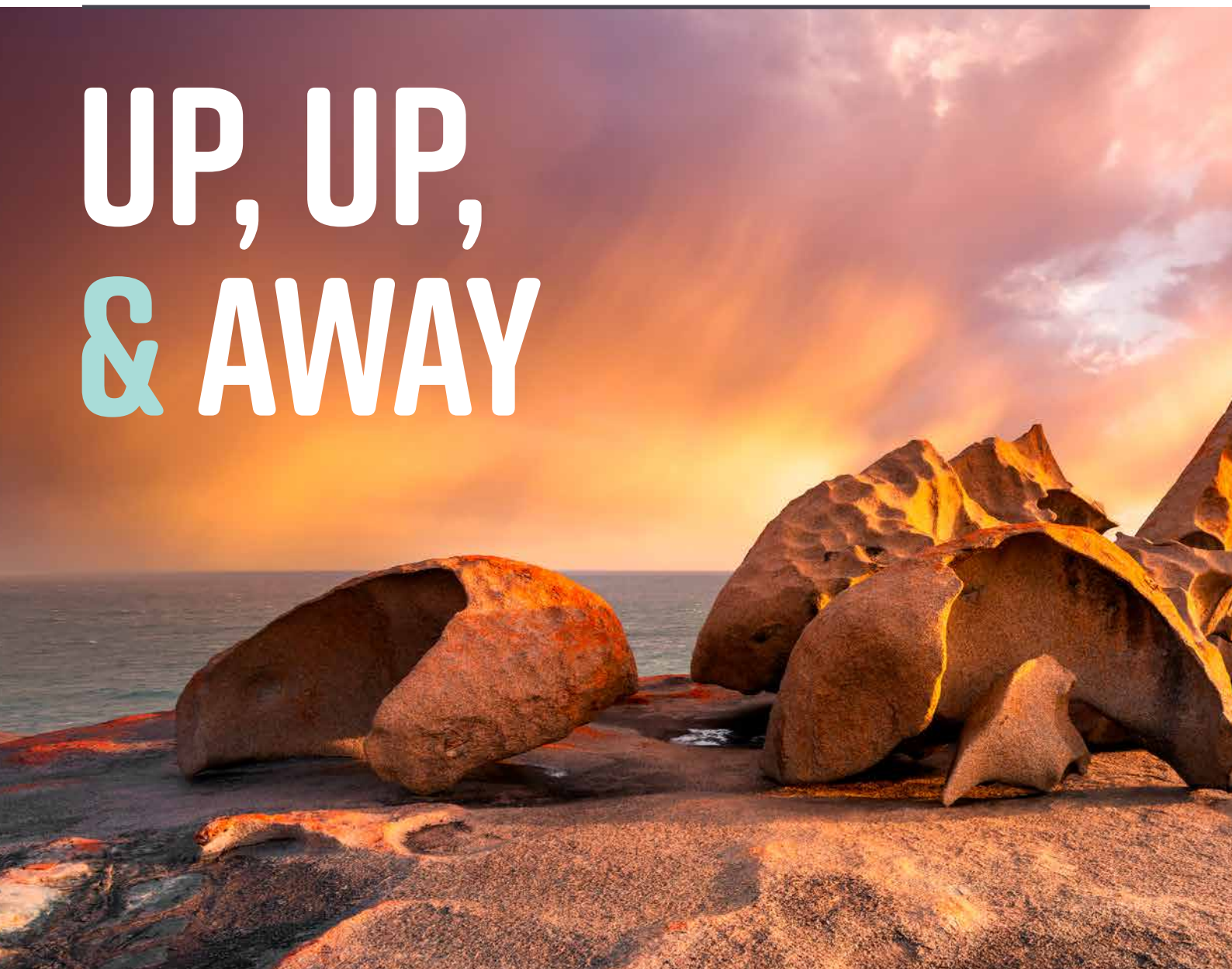
Follow Sophie via [@sophiespatch](#) on Instagram or 'Sophie Thomson Public Figure' on Facebook.

COMPETITION!

Go into the draw to WIN a \$100 Mitre 10 voucher simply by sharing your top advice for growing fruit, vegetables, or herbs at home.

Email your entry by 5pm 12 December 2022 by emailing goodlivesmag@ach.org.au or posting to Good Lives Magazine, PO Box 646, Torrensville Plaza, Torrensville SA 5031. Winner will be notified on 19 December 2022. For full terms and conditions visit achgroup.org.au/news/good-lives-magazine

UP, UP, & AWAY



Domestic and international travel is back on the cards for Australians, many of whom are craving a much-needed getaway.

However, before packing the bags and entering 'holiday mode', it is important to consider some key changes given the ongoing COVID pandemic. Whether you're jetting off interstate or overseas, here are five key considerations to ensure a smooth and safe journey.

TRAVEL INSURANCE

The uncertainty surrounding the pandemic can add an additional layer of risk to your itinerary. You can suffer financially if you aren't protected by travel insurance. Insurance can cover medical treatment, your baggage and valuables, the cost of cancellations or delays and, in some circumstances, COVID-related claims.

VACCINATION REQUIREMENTS

Whilst COVID vaccinations are not currently mandatory for entry or departure in Australia, other countries may have different requirements. Additionally, tour and transport operators including airlines and cruise companies may have



their own vaccination policies. Before booking your tickets, remember to check the vaccination and testing policies of your destination, any stopover locations, and those of your travel providers.

COVID-SAFE PRACTICES

Despite being on holiday, COVID-safe practices remain relevant and important. To minimise the risk of catching COVID while travelling remember to follow local health advice, wear masks as advised, practice good hand hygiene and get tested if you develop symptoms. Knowing what to do if you test positive while abroad is also worth investigating.

FLIGHT CHANGES

Global repercussions of the pandemic have led to increased flight delays, changes, and cancellations. Most Australian airlines have a compensation policy that explains the support you are entitled to in the event of a flight delay or cancellation, so be sure to do your research prior to booking. Travel insurance may also provide additional protection for flight changes.

STAY UP TO DATE

As we have learnt throughout the pandemic, advice and guidelines change quickly. For information on travelling during the pandemic, visit the Australian Government Smartraveller website at smartraveller.gov.au

TOP FIVE LOCATIONS AUSTRALIANS ARE TRAVELLING TO IN AUSTRALIA:

Need some inspiration for your next vacation within our beautiful country? Here are the top five trending destinations in Australia for 2022:

- 1 Snowy Mountains, New South Wales
- 2 Kangaroo Island, South Australia
- 3 Mornington Peninsula, Victoria
- 4 Bundaberg, Queensland
- 5 Yulara, Northern Territory

COMPETITION!

Share with us your dream holiday destination and why to go into the draw to WIN a \$100 Coles Myer voucher.

Email your entry by 5pm 12 December 2022 by emailing goodlivesmag@ach.org.au or posting to Good Lives Magazine, PO Box 646 Torrensville Plaza, Torrensville SA 5031. Winner will be notified on 19 December 2022. For full terms and conditions visit achgroup.org.au/news/good-lives-magazine

RON'S LIFE ON THE RADAR



Ron pictured with a photo of a Jindivik

From the seas to space, Ron's career as a radar operator certainly had no boundaries.

Whilst visiting the Royal Show as a teenager, following the end of World War II, Ron was captivated by the Australian Army's display of ground-breaking tracking technology known as field radar equipment. Within two years, Ron had completed a Radio, TV and Facsimile Correspondence Course in Sydney and was equipped to embark on an incredible career like no other.

In his first key role Ron worked for the Long Range Weapons Establishment (LRWE). Despite admittedly being slightly out of his comfort zone at the time, Ron played a pivotal role in the design, build and installation of revolutionary

radar equipment for the pilotless Jindivik aircraft. With the aircraft based in Woomera, the English used the Jindivik to test missiles during the Cold War.

However, the skies weren't the limit for Ron who had his goals set higher. Ron's time in Woomera coincided with NASA's build of its Deep Space Tracking Station and satellite dish, south of the town. The station was built in conjunction with one in Spain and another in America, enabling continuous tracking of satellites as they orbited the Earth, Moon, and Mars. Ron's role involved keeping the station and dish operating in peak condition, often requiring advanced calculations by hand (there were no calculators) to ensure the dish was effectively angled at and corresponding with the fast-moving satellites.

WE WERE IN CHARGE OF THE SATELLITE GOING AROUND THE MOON AND THE ONE GOING AROUND MARS. THAT WAS OUR LITTLE BIT TOWARDS THE LANDING ON THE MOON.

Upon closure of the station Ron was asked to return to the LRWE where his expertise was requested for yet another significant project, this time involving the Navy. Here, Ron played a pivotal role in the installation and testing of a sophisticated target radar at a Navy and Airforce base in Nowra, New South Wales. The radar was designed to track Navy ships travelling as far as 60 miles offshore and aircraft including those from Ron's previous project, the Jindiviks.

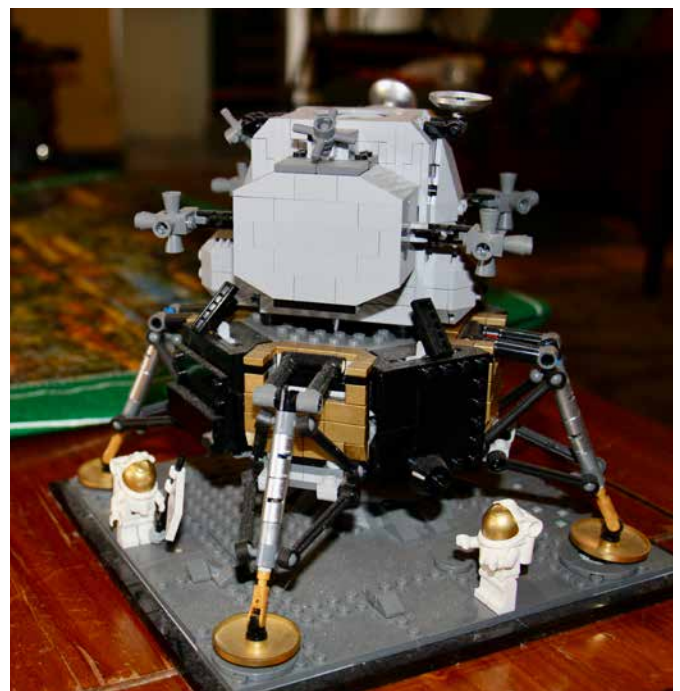
Throughout his career Ron made a significant contribution to all three services, assisting with numerous aircraft, ship and tank radar installations and missile trials. He played a pivotal role in Navy trials through to his retirement in 1994.

After retiring Ron took up orienteering, traversing the globe and winning gold on numerous occasions. "It sure keeps you fit," Ron said, who was still running well into his 80s.

These days, Ron enjoys the challenge of a 1000-piece puzzle at home and cherishes time spent with his three children and nine grandchildren.

Ron receives Commonwealth Home Support Program (CHSP) services from ACH Group.

Ron's treasured Apollo 11 Lego figurine. Ron had a role in monitoring the satellites involved in the 1969 moon landing.



FIND OUT MORE

Contact ACH Group on **1300 22 44 77** or visit achgroup.org.au/help-at-home to learn more about services that support older South Australians to remain living independently in their own home.

A HEALTHY BASE:

KEEPING YOUR FEET IN TOP CONDITION



Shari Madden
ACH Group Podiatrist

Just like fashion changes as the weather gets warmer, so do our feet. As a result there are a few points to consider to keep your feet healthy through the change in season.

ACH Group podiatrist Shari Madden explains how to take care of your feet.

CHECK THE FIT

While the weather is cold, we struggle to keep our feet warm and tend to wear thick socks and covered boots or shoes. Whereas during the warmer months, it's time for lighter shoes or sandals.

The fit of shoes is so important to prevent trauma; straps on sandals can rub and thongs

can leave feet vulnerable to damage from stubbing toes. Choose a summer shoe that provides some protection for your feet while keeping them cool and comfortable. A shoe with a closed heel counter and a strap across the ankle will prevent feet sliding forward and blisters forming. This will also prevent the clawing of toes, which many people experience when trying to hold on to thongs.

Make sure your toes have space to wriggle in a closed shoe, as this will help prevent corns and tinea. A rounded toe box is a better choice as it allows toes to spread and provides better air flow.

Feet can swell on hot days, causing blisters when shoes rub. Plan ahead if you are going to be on your feet for long periods in hot weather by wearing shoes that can be adjusted to accommodate any swelling. Also, if you get the chance, put your feet up to reduce swelling.

As our feet sweat more in summer, air out footwear in between wears to prevent tinea. Also, minimise the amount of time spent with nail polish on as it can conceal a fungal nail infection that can be difficult to treat later.



KEEP YOUR FEET HEALTHY ALL YEAR ROUND

Feet are your body's foundation, so keeping them healthy is vital to your overall health. No matter if it's summer or winter, here are key steps to looking after your feet.

Daily

- Carefully wash and dry in between toes to check for and prevent tinea.
- Moisturise feet with a good quality foot cream to keep the skin on your feet supple. Cracked dry skin is more prone to fungal and bacterial infections.
- If you have a condition like diabetes, keep your blood sugar levels under control to ensure that you avoid nerve damage and risk of infection.
- Mobilise and massage your feet to keep all the joints moving. This will help you to walk and remain active without pain.

Once a month

- Treat your feet to a good soak and use a pumice stone to reduce any hard skin.
- Trim nails to avoid trauma to the nails and to adjacent toes. This will also help to prevent ingrown nails. Note, your nails may grow slowly so this can be done when required.

If you have difficulty reaching your feet, a podiatrist can help to check for infections and provide advice about footwear. They can also give your feet the pampering they deserve.

FIND OUT MORE

ACH Group offers a range of allied health services, including podiatry, at its three Health Studio 50+ locations at Glenelg, Christie Downs, and Gilles Plains. To learn more visit achgroup.org.au/health-and-wellbeing

LIVE MORE, SPEND LESS



From fruit and vegetables to fuel and energy bills, and everything in between, the cost of living has increased. Here is a list of smart tips to help you manage your money and stretch your dollar further.

SIGN UP FOR A SENIORS CARD

A Seniors Card, an initiative supported by the Government of South Australia, is an easy way to access discounts. Deals and discounts are available for public transport, home and car insurance, cinema tickets, holiday accommodation and much more.

To be eligible cardholders are required to be 60 years or older, a permanent South Australian resident, and working less than 20 hours per week in paid employment.

To learn more visit seniorscard.sa.gov.au

OPTION TO EARN MORE

In September 2022, it was announced that Age and Veterans Pensioners can earn an additional \$4,000 in the 22/23 financial year without losing any of their pension. This increase allows a wage of \$11,800 before the pension is reduced.

ARE YOU 55+ AND THINKING OF DOWNSIZING?

The Federal Government introduced the measure to enable older Australians to work more and help ease the workforce shortages many industries across the country face.

DRAW UP A BUDGET

It may seem basic, but a budget helps create financial stability for both the day-to-day and long term. Creating a budget helps you define your short and long-term goals, decreases your chances of spending money you don't have, and sheds light on good and bad spending habits.

SMART SUPERMARKET HACKS

Get better value by comparing unit prices on items at the supermarket. Unit prices break down the cost of a product into standard units of measurement such as per 100 grams for rice or per sheet for paper towel.

By looking beyond the headline price of an item, unit prices let you compare different brands or package sizes to make sure you're buying the most economic option.

More retailers are now selling products that can be refilled, such as hand or body wash, which means you can save money and reduce the amount of environmental waste. Research has found that these products can deliver an average saving of 32% compared with buying another pre-filled dispenser.

DOWNSIZE YOUR HOME

Downsizing to a smaller home, such as a retirement living unit, can mean less upkeep and maintenance costs and lower energy bills. It is an exercise in saving both money and time.

If you are thinking about downsizing to a more manageable lifestyle an ACH Group retirement living unit could be your next smart move.

An ACH Group home is the smart move for retirement living. Spanning across Adelaide and the Fleurieu Peninsula, choose from a range of affordable homes. A more manageable and worry-free lifestyle awaits, here's just a selection...



Elkanah Retirement Village MORPHETT VALE

Country style setting in the south
Village setting • Two or three bedroom designs available • Community centre on-site

Priced from \$225,000



St Georges Court & Sir Keith Wilson MAGILL

Affordable eastern suburbs living
Village setting • One or two bedroom designs available • Community centre on-site

Priced from \$90,000

To see our range of available units, visit achgroup.org.au/retirement-living/available-units

SPRING LEMON & BLUEBERRY TRIFLE

BY SPROUT

**OUR TAKE ON THE QUEEN'S
JUBILEE PLATINUM PUDDING**

Alongside ACH Group, a number of notable names celebrated 70-year milestones in 2022, and none was bigger than the late Queen Elizabeth II celebrating her Platinum Jubilee.

As part of The Queen's Jubilee celebrations, London's iconic department store Fortnum & Mason crowned the official dessert for the Jubilee thanks to its 'Platinum Pudding' competition. From over 5,000 recipes sent in by English bakers, the winner was a Lemon Swiss Roll and Amaretti Trifle created by Jemma Melvin from Southport.

In sharing her inspiration for the trifle Jemma said, "I found out that The Queen had lemon posset at her wedding, so I decided the pudding had to be based around the lemon flavour."

With this idea in mind, ACH Group asked its friends at Sprout, owned by MasterChef's Callum Hann, to create its very own birthday pudding. Their creation is a 'Spring Lemon and Blueberry Trifle'. Enjoy!

INGREDIENTS

For the lemon custard:

- 1 lemon
- 3 cups milk
- 2 eggs
- 2 egg yolks
- ¼ cup caster sugar
- ¼ cup corn flour

For the blueberry compote:

- 500g frozen blueberries
- ¼ cup caster sugar
- ¼ cup water
- Juice of half a lemon
- 300ml thickened cream
- 1 teaspoon vanilla bean extract
- 1 cup Greek yoghurt
- 200g Savoiardi sponge finger biscuits
- 1 punnet fresh blueberries
- 2 tablespoons pistachios, roughly chopped
- Small handful of mint leaves

Serves:
8



METHOD

1. To make the custard, slice large pieces of zest from the lemon. Combine in a medium saucepan with milk over medium heat. Warm until just below the simmer, then set aside for 5 minutes to allow flavours to infuse. Meanwhile, whisk eggs, egg yolks, caster sugar and corn flour in a medium bowl until smooth. Gradually pour in warm milk, then return mixture to the saucepan over medium heat. Stir constantly for 3–4 minutes or until custard is thick. Transfer to a bowl and press clingfilm onto the surface. Refrigerate to cool down.
2. Place blueberries, sugar, and water in a small saucepan over medium heat. Simmer for 8–10 minutes, stirring frequently, or until blueberries have broken down and compote is thick. Set aside to cool completely.
3. Whisk cream and vanilla in a large bowl until soft peaks form. Gently fold through Greek yoghurt.
4. To assemble, arrange one-third of the biscuits in the bottom of a trifle dish. Top with one-third of the lemon custard, cream mixture, and blueberry compote. Repeat twice more with remaining ingredients. Chill for 30 minutes to allow biscuits to soften. Garnish with a scattering of fresh blueberries, pistachios, and mint leaves just prior to serving.

CAREER GROWTH WITH CARE

Henriette Coetzee always envisaged her career focusing on healthcare.

She began her working life as a Pharmacist Technician. A Diploma in Exercise Science saw Henriette teach aerobics and Pilates classes before, in her words, "life happens and when you have kids your priorities change".

Now that her children are older, Henriette's career is back in focus and she was recently promoted at ACH Group's Kapara Residential Care Home into the role of Workforce Team Leader. Henriette is also studying a Diploma of Nursing at TAFE, an opportunity offered to her through the Career Grow program at ACH Group which is aimed at upskilling and offering learning opportunities for staff.

Henriette joined ACH Group five years ago as a Care Worker in Kapara's Memory Support Unit.

"I have a great passion for working in aged care, especially caring for people with dementia. I think it comes naturally to me to work with older people and promote their quality of life," she said.

" I SEE IT AS A GREAT HONOR TO WORK WITH THE OLDER GENERATION THAT LAID THE FOUNDATION FOR US ALL TO HAVE A GREAT LIFE IN AUSTRALIA."

Henriette noted the relationships and interactions with residents, families, and staff as a highlight of working at Kapara.

As Workforce Team Leader, along with her colleague Tracey Trebilco Henriette mentors, encourages, and upskills the 120 Care Workers at Kapara. And while this role focusses on supporting staff, in the future Henriette sees herself returning to care for residents with the nursing knowledge she is obtaining.

" THE DIPLOMA OF NURSING WILL MEAN I AM AN ENROLLED NURSE (EN), WHICH IS A DREAM COME TRUE AND I THANK ACH GROUP AND THE LEADERSHIP TEAM AT KAPARA FOR THE OPPORTUNITY."

"Currently our learning modules are medication safety, wound management, legal aspects of the health system, communicating with diverse cultures, care plans, palliative care, physiology and anatomy."



I LOVE WORKING IN AGED CARE, SO MY FIRST GOAL IS TO COMPLETE THE DIPLOMA AND WORK AS AN EN. I MAY GO FURTHER AND CONTINUE STUDIES TO BE A REGISTERED THEN CLINICAL NURSE IN THE FUTURE. THERE ARE MANY OPPORTUNITIES IN AGED CARE.

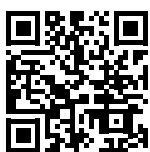
To learn more about a career with ACH Group visit achgroup.org.au/work-with-us



Seek your next move. Find your purpose.

Make a difference in older
people's lives – and your own.

Support Worker, Care Worker, nursing
and allied health roles available now.



Ready to start something new?
Visit achgroup.org.au/work-with-us

HERE'S TO
70
1952
2022
YEARS!

