

# good lives

LIFESTYLE MAGAZINE FOR 50+



## OUR COMMUNITY

Three centenarians  
have their say

## GARDENING WITH SOPHIE THOMSON

Growing indoor plants

## OUT & ABOUT

Free experiences  
around Adelaide

A LIFETIME of  
FRIENDSHIP

ACH  
GROUP

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**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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## From the Interim CEO

### WELCOME TO THE 12<sup>TH</sup> ISSUE OF GOOD LIVES MAGAZINE.

Our long-time readers may notice the magazine has undergone a design refresh, but rest assured we've continued to fill the pages with your favourite content.

On the topic of new things, in September ACH Group opened Healthia – an aged care, health, and education hub – located in Adelaide's north. Jean and Rose, who grace the front cover, were some of the first residents of Healthia Residential Care Home. Having been friends for more than 40 years, they now live next to one another at Healthia. Read more about their story from page four.

Also, inside this edition, you'll find a list of free activities around Adelaide and on the Fleurieu Peninsula; health and wellbeing articles on how to get creative and tips for eating well over the festive season; and three centenarians came together to share their insightful views. Plus, on page 20 we introduce you to our new Chair of the Board, Imelda Lynch, so you can get to know a little more about her in this issue's staff profile.

Enjoy the magazine.

**Linda Feldt**  
ACH Group Interim CEO

### CONGRATULATIONS TO THE COMPETITION WINNERS FROM ISSUE 11

\$100 Mitre 10 Voucher – Ray N  
\$100 Coles Myer Voucher – Judith A

Turn to pages 23 & 33  
of this issue for more  
chances to win!



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# A lifetime of friendship





## JEAN BALDWIN AND ROSE JOHNSON MIGRATED FROM THE UNITED KINGDOM MORE THAN 50 YEARS AGO TO START THEIR AUSTRALIAN DREAM IN ELIZABETH, SOUTH AUSTRALIA.

The pair have been close friends for over four decades after meeting when their husbands played golf together.

Fast-forward to 2023, and the opening of ACH Group's new residential care home, Healthia, proved to be the perfect opportunity for the pair to live together, in their beloved northern community, as their friendship continues to blossom.

The outgoing duo were some of the first Healthia residents, their rooms are right next door to each other. They have effortlessly brightened the community with their witty banter and infectious sense of humour.

So, let's hear from Jean and Rose.

### **Tell us a little bit about yourselves.**

**Jean:** I recently celebrated my 90th birthday in August. I grew up in London, England during the war. I completed my education and got a job as a shorthand typist at a Scottish water boiler manufacturing company and this is where I met my husband. We were married for 66 years before he passed away three years ago. We had two daughters together.

**Rose:** I am 93 years old. I was born in London, England and later relocated to a neighbouring town with my family. When I was 17, I met my husband

who was in the Navy. We had a son and a few years later in 1961 we immigrated to America with my sister-in-law.

### **Why did you migrate to Australia?**

**Jean:** After a terrible winter in England, my husband and I decided to move to Australia to enjoy the warmer weather.

**Rose:** When my eldest son turned 18, I found out I was pregnant with twin boys. We didn't want the twins to grow up in America, so when they were 10 weeks old we moved back to England. We weren't happy in England and followed my sister to Australia and we have never looked back.

### **What transformation have you seen in Adelaide's northern suburbs?**

**Jean:** We both share a deep passion for the northern community. Over the years, we have witnessed its remarkable growth and had the pleasure of meeting some truly remarkable individuals, including well-known people. The convenience of having hospitals, shopping centres, and everything we need within close proximity adds to the appeal of our area. We love the tranquillity of country living, enjoying picnics and leisurely strolls. It feels as though we have personally experienced the evolution and progress of this community.



### **What are your shared passions?**

**Rose:** We both enjoyed our time spent at the ARPA (Australian Retired Persons Association) club, where our husbands would play golf together. We found pleasure engaging in a craft class, despite Jean's creative talent overshadowing mine! Our shared love for socialising and engaging in activities together brings us immense joy.

At Healthia, we go to the gym three times a week together and even get involved in tai chi classes. After dinner, we enjoy community games and share a few hearty laughs.

### **How is life at Healthia?**

**Jean:** When I saw an article about Healthia in Good Lives Magazine, and knowing Rose wasn't happy where she was, we eagerly put our names down and now, as fate would have it, we find ourselves happily residing as neighbours. Our bold decision to relocate to Healthia in August marked the beginning of a new chapter in our lives, and we proudly hold the distinction of being the first two residents to call this place home.

Of course, leaving behind my cherished home along with the countless memories I had built with my husband and children, was a bittersweet endeavour. It was a daunting journey to process, but in hindsight it was undeniably the best decision we ever made.

**Rose:** With our history of working in hospitality and retail, we have used our people skills and witty humour to blend in quite comfortably and started to make new friends in the community. With each passing day, we continue to relish in the fulfillment and contentment that came from taking a leap of faith and embarking on this new adventure.

### **What is the secret to your friendship?**

**Rose:** Every day we spend together is filled with joy and laughter. We have always trusted Jean to guide us whenever we go on vacation. Jean is known for giving advice, although I often choose to disregard it.

**Jean:** Our sense of humour is remarkably similar and we effortlessly bounce jokes off each other. We find immense pleasure in sharing laughter and our conversations are often filled with rhymes, jokes, and riddles, creating an ongoing saga of amusement, for us and our fellow residents. We are so much alike in our take on life. We believe in taking each day as it comes.

**Rose:** We are happy with our lives and the community we live in and wouldn't change a thing.

# Healthia opens

## ACH GROUP'S NINTH RESIDENTIAL CARE HOME HEALTHIA WAS OFFICIALLY OPENED ON 20 SEPTEMBER, 2023.

Healthia – an aged care, health, and education hub, located in the Playford Health and Wellbeing Precinct in Elizabeth South – not only features a brand-new care home but it will also improve the health outcomes of the local community and support the development of South Australia's future health workforce.

The 96-place residential care home has adopted an innovative small household-built form consisting of eight purpose-built single-storey houses in a village setting. Each house is home to 12 residents and comprises; 12 self-contained resident rooms with ensuites, a large open plan living, kitchen and dining area, and features commonly found in traditional homes so residents can participate in the daily house activities if they wish.

Healthia is the first care home in Australia to implement the U.S.-founded Green House Project model of care, which is informed by person-directed care principles and supports residents to have increased input into their everyday living. ACH Group will evaluate the outcomes of the model of care to support continuous improvement in other ACH Group care homes.

The hub developed by ACH Group features partnerships with University of South Australia (UniSA) and Northern Adelaide Local Health Network (NALHN). UniSA's co-located Health Clinic will provide GP, nursing, and allied health services to residents and the surrounding local community with a combination of professional and lower-cost student-assisted services.

In addition, nursing and allied health students will undertake placements in the residential care home and clinic, providing them with vital practical learning experiences during their studies and preparing them for their careers.

In a program to support the state's hospital system, NALHN utilises 24 rooms within the care home to help transition older people from hospital to their home or more suitable accommodation.

Find out more at [achgroup.org.au/healthia](https://achgroup.org.au/healthia)







# SALA

## a favourite

**FROM PAINTINGS TO PHOTOGRAPHY, COLLAGE, AND TEXTILES, THE TALENTS OF THE ACH GROUP ARTS COMMUNITY WERE ONCE AGAIN ON DISPLAY IN THE 2023 SOUTH AUSTRALIAN LIVING ARTISTS (SALA) FESTIVAL.**

**MORE THAN 200 PIECES WERE CREATED THIS YEAR BY RESIDENTS, CUSTOMERS, STAFF, AND VOLUNTEERS TO THE THEME OF 'FAVOURITE THINGS'.**



**Meet artist Rona Stanley**

Rona, a resident of ACH Group's Colton Court Residential Care Home, became fascinated with art at school and it's a passion that has continued throughout her life.

"Growing up on the West Coast of South Australia I was inspired by the natural landscape and would paint Australian scenes."

Rona then worked as an art teacher, a role she continues at Colton Court where from time to time she teaches fellow residents in their weekly art classes.





### Meet artist Marie Innes

Art began as therapy for Marie after her husband died only months after the birth of their daughter.

"I started to download digital art apps on my iPad to keep my mind busy in between looking after a small baby," said Marie, who works for ACH Group.

"It evolved that I made an online friendship group with people from various countries who test digital art apps."

Marie's 2023 SALA Festival piece, created on the art app 'Bazaar', was called 'Mucha To Do About Nothing'.

"I found images of my favourite things including relaxing on holidays, geometric shapes, colour hues, and works by artist Alphonse Mucha and created a digital collage by cropping the images and interspersing the pieces."

**Interested in  
joining an  
Art Class?**

Find out more:  
[achgroup.org.au/  
experience/  
arts-culture](https://achgroup.org.au/experience/arts-culture)

## Research translating into real outcomes

Through collaborations with universities, the South Australian Health and Medical Research Institute (SAHMRI), Office for Ageing Well, and the National Ageing Research Institute, research informs new care models, technology, and innovation to meet the changing needs of older people.

The strategic themes of ACH Group research are: Connected Communities, Clinical Capacity, and Workforce Development. ACH Group currently has nine research projects underway and ten more will start in 2024.

**Connected Communities** research projects aim to build and strengthen social links across communities. Recently completed projects include Child Care in Aged Care – an intergenerational program in residential care and Dining Co – which encouraged social lunches and investigated what factors support older people to dine out more. Reimagining Volunteering studied what makes volunteers aged 75 years and older commence, remain in, or leave volunteer experiences. Findings showed a sense of purpose and recognition of lifetime skills keep them, but heavy bureaucracy or being taken for granted are reasons they leave volunteering.

**Clinical Capacity** research translates new evidence into everyday care. Examples of existing programs involve how to implement best practice hip fracture management for residential care residents and exploring behaviours to provide a personalised approach to dementia prevention in the community.

**Workforce Development** addresses attraction, retention, and training for staff. The recently opened Healthia Residential Care Home provides person-directed care and living. This new approach required the development of multiskilled worker and empowerment roles. These roles, their effectiveness, sustainability, and impact on the quality of residents' lives, will be tracked for a number of years.

# GETTING ON BOARD: Imelda Lynch

MEET IMELDA LYNCH – A NURSE AT HEART,  
FUTURE-FOCUSED LEADER, PROFESSIONAL  
BOARD DIRECTOR, AND NEWLY APPOINTED  
CHAIR OF ACH GROUP.





Having grown up on a farm in the idyllic Southern Flinders Ranges, Imelda was raised to value hard work and, to never shy away from a challenge which has profoundly influenced her approach to professional life. Imelda's passion for social purpose and making a contribution has led her to take on leadership roles with health and sporting organisations.

Imelda's journey with ACH Group started when she joined the organisation's Clinical Governance Committee in 2021. After three years of service on the ACH Group Board, Imelda was elected as Chair in November 2023.

"I may sound a bit biased, but ACH Group is truly an extraordinary organisation with amazing people, all committed towards our Good Lives purpose – supporting older people to live a good life. I feel very privileged to be elected as Chair and I look forward to further connecting with the ACH Group community to hear more about what's important to inform our future."

With public and private health sector experience, including the role of Director of Nursing at Memorial Hospital, Imelda brings strong clinical and leadership expertise to the ACH Group Board. As an experienced Registered Nurse Imelda values the skills of active listening and supported informed decision-making as being vital to people having real choice and control.

"Nursing is a wonderful profession. You work hard but it's especially rewarding seeing the impact of the care you give."

Today, Imelda combines her genuine passion for people, healthy living, and the outdoors through Board leadership roles spanning sporting, health, research and aged care organisations, including the Adelaide Crows, Glenelg Golf Club, Macular Disease Foundation of Australia, Bellberry Ltd and the Australian Medical Research Advisory Board.

## What does the ACH Group Board do?

A Board is the governing body of an organisation. ACH Group Board consists of six highly experienced and qualified members, each of whom have a wealth of knowledge and lived experience as well as a keen interest in the health and well-being of older people.

### The key responsibilities of the ACH Group Board include:

- providing strategic direction and guidance to all parts of the business.
- monitoring and overseeing the quality of care that we promise and provide.
- approval of budgets and monitoring of financial performance.
- ensuring we meet the standards of our governing body, the Aged Care Quality and Safety Commission.
- meeting all our other fiduciary responsibilities as a board.

She is also an external advisor to the Northern Adelaide Local Health Network Clinical Governance Committee.

Working together as one team is the unifying theme of all Imelda's leadership roles and this comes to life when asked about her favourite Crows player. Imelda says, "I can't possibly choose one – all players work so well as a team thanks to strong supportive leaders who bring the players together on the journey; everyone knows exactly what role they have to play, they know how they need to connect with each other and they know that what the outcome is they are trying to achieve. There are definitely some synergies with aged care."



Imelda acknowledges the aged care sector is undergoing significant change and is a strong believer that no matter how good we are we can always improve, and we should always aim to do better. Imelda sees a bright future for older Australians with ACH Group at the forefront with a connected communities approach.

“Keeping socially connected, learning new things, and staying as fit and healthy as can be is at the heart of ACH Group’s Connected Communities strategic direction – that I am proud to lead.”

When asked what a good life means to her, Imelda says it’s all about looking after yourself.

“A good life, for me, equals good health and a sense of optimism so that you can keep doing as much as you possibly can. I am a great advocate of exercise as it is not only good for the body but also the mind.

Having a cozy home to return to where you feel safe and secure. Being surrounded by people respecting you for who you are and recognising your valuable contribution, regardless of age is important.”



### **Thank you to outgoing Board Chair Mary Patetsos**

We would like to acknowledge and thank outgoing Chair Mary Patetsos AM for her significant contribution to the ACH Group Board. Mary’s vision and strong focus on cross-sector partnerships have been at the heart of ACH Group’s capacity to positively impact the lives of older people. She leaves with our gratitude and very best wishes for the future.

Thank you, Mary, for your leadership, commitment, and dedication over the past 15 years.



# Centenarians have their say

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FOR A SPECIAL GOOD LIVES MAGAZINE  
MOMENT, THREE CENTENARIANS FROM THE  
ACH GROUP COMMUNITY CAME TOGETHER TO  
HAVE A LITTLE FUN, SHARE THEIR INSIGHTS ON  
THE WORLD, AND REFLECT ON THEIR LIVES.





**Bill Leaney**, a resident of Milpara, was 101 on 1 October; **Peg Cousins**, who turned 103 on 7 October, lives in an ACH Group retirement living village; while **Charlie D'Angelica**, a home care customer, celebrated his 100<sup>th</sup> birthday on 22 September.



#### **Bill Leaney**

**What is the biggest world event you have experienced?** World War II. I was 18 years old and served in the Australian Army in New Guinea.

**If you were Prime Minister for the day, what is the first thing you would do?** Resign! I wouldn't want all that responsibility.

**If you could travel anywhere in the world, where would you go?** I think Italy because I have been talking about the country with the Italians who live at Milpara with me.

**If you had one superpower, what would it be?** If I had a superpower, what would I do... I'd probably organise the maximum possible care for animals. I love animals.

**What was your favourite decade to live in?** The late 20s and early 30s. I was a happy child in school in North Adelaide. Living at Milpara has been one of the most exciting times of my life, I've made so many new friends.





### Peg Cousins

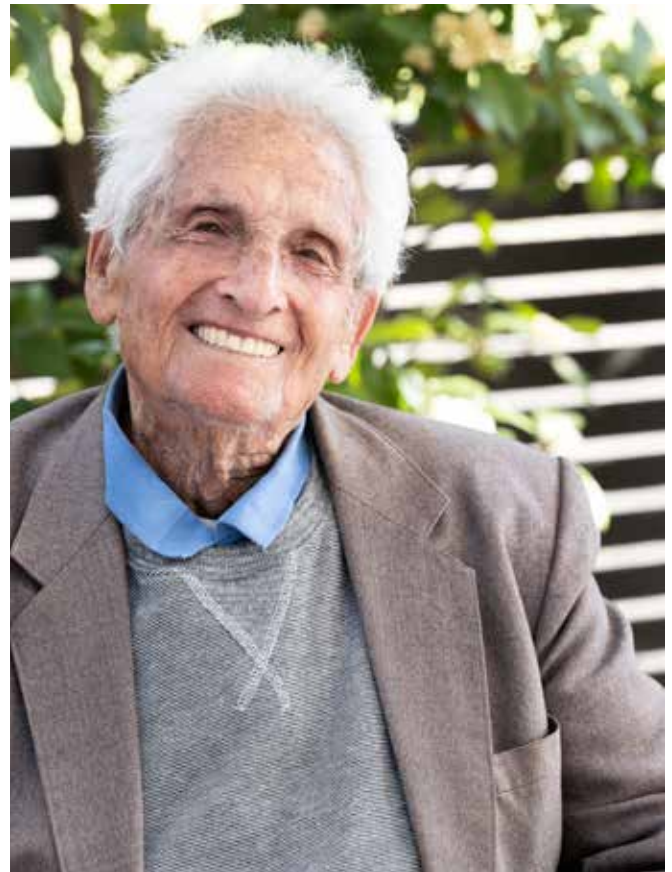
**What is the biggest world event you have experienced?** World War II. I was in the army for three and a half years as a signal officer.

**What technology has had the biggest impact on your life?** Bypass operation of the heart. It is a surgery I have had.

**If you could travel anywhere in the world, where would you go?** I prefer travelling in Australia. If I was to go overseas it would be Canada in autumn – that is a wonderful time of the year.

**What advice would you give a younger version of yourself?** Strive for what you want but stay content. I think so many young people sacrifice a peaceful life for what they want.

**If your life story was a movie, which actor would play you?** Vivien Leigh.



### Charlie D'Angelica

**What is the biggest world event you have experienced?** For me, it was moving to Australia – 90 years back! I went to Campbelltown School and couldn't speak a word of English. I would get teased by the other kids, but I was smart and got through school and then owned a market garden.

**If you could travel anywhere in the world, where would you go?** I would have gone to Italy if more of my family still lived there, but I'm pretty happy being here in Australia.

**If your life story was a movie, which actor would play you?** Tyrone Power.

**What is a superpower you would like to have?** To go back in time.

**If you were Prime Minister for the day, what is the first thing you would do?** I don't think I'd change anything. I think we're going pretty right here. We're lucky. Australia can change government, whereas other parts of the world – they can't change government.

# Freedom to have fun

EXPLORE THESE EXPERIENCES IN  
AND AROUND ADELAIDE THAT  
WON'T COST YOU A CENT.

With today's high cost of living, many of us are feeling the pinch on our pockets. In response, we often feel obliged to cut back on some of life's pleasures including outings and activities. Fortunately, there are plenty of incredible experiences across our city and state for you to enjoy without spending a single penny.

Whether you are a nature lover, a history buff, a sporting enthusiast, or an avid artist, check out these free ideas to inspire your next outing.

## 1 For the nature lovers

### Visit Nangawooka Flora Reserve

If you are a native plant enthusiast or simply enjoy the beauty of the great outdoors, Nangawooka Flora Reserve (just north of Victor Harbor) is a hidden gem worth exploring. This two-hectare nature reserve is home to 2000+ native plants, many of which can be spotted in peak bloom for the next couple of months. Pack a picnic, explore the walking trails, and spend a day re-connecting with nature in this tranquil reserve.

Learn more at [nangawookaflorareserve.org.au](http://nangawookaflorareserve.org.au)

## 2 For the history-buffs

### Delve into the history of immigration at the Migration Museum

Established in 1986, the Migration Museum was the first museum dedicated to the social history of migration in Australia. Visitors can take a self-guided tour through the museum's nine galleries and uncover the fascinating identities and diverse stories of South Australians. Why not make it a museum day trip and visit its iconic neighbour, the South Australian Museum?

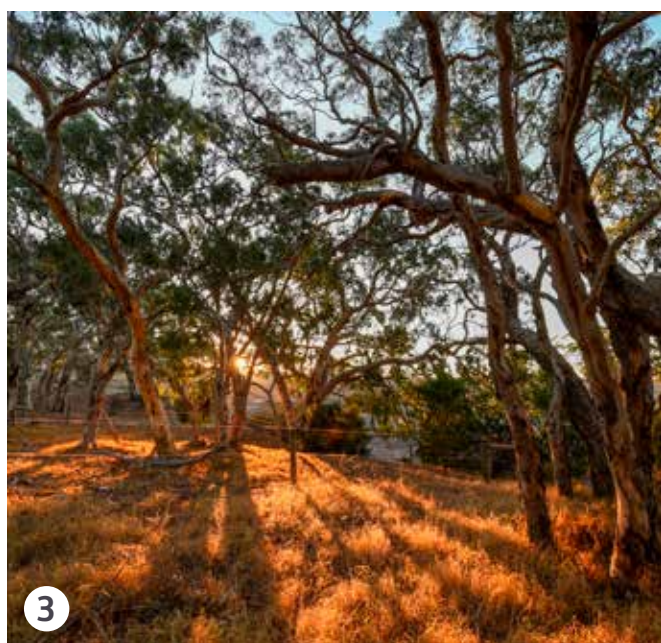
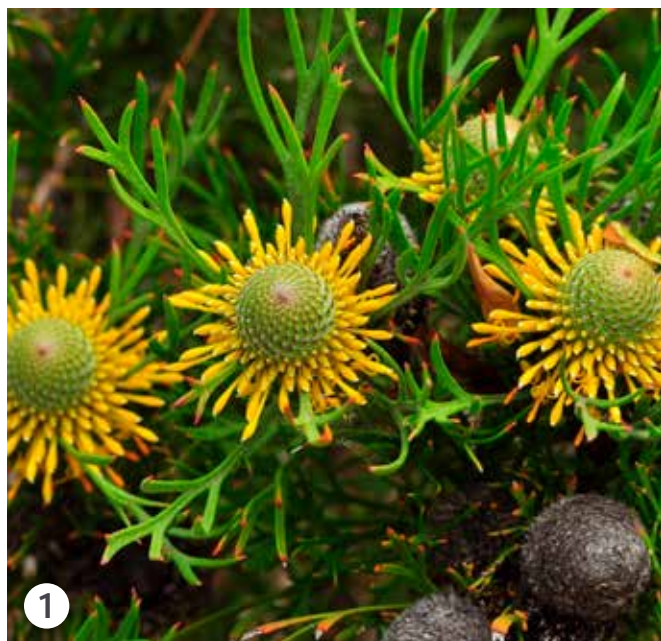
Learn more at [migration.history.sa.gov.au](http://migration.history.sa.gov.au)

## 3 For the sporting enthusiasts

### Cycle the Inman Valley

Whether you're an avid cyclist or enjoy a more leisurely ride, the Inman Valley offers a stunning slice of countryside that is best enjoyed on two wheels. Cruise the quiet and scenic Inman Valley Road and witness the fascinating historical sights, a variety of natural landscapes and breathtaking views. Don't forget to take a pit stop at the Rock View Cafe which overlooks the iconic Glacier Rock that was formed over 300 million years ago.





#### 4 For the grandparents

##### Explore the Adelaide Central Markets

Adelaide's iconic Central Markets provides a fun and immersive experience for all ages. Embark on an adventure with your grandkids, armed with a market map to guide you through the lively maze of 70 diverse traders. Wander through the aisles, admiring the kaleidoscope of fruits, vegetables, and smallgoods, whilst treating the tastebuds to tester samples along the way. Tip: before your visit, check out the Market's online calendar of free kids' activities and workshops.

Learn more at [adelaidecentralmarket.com.au](http://adelaidecentralmarket.com.au)

#### 5 For the art lovers

##### Take a free guided tour of the JamFactory

Tucked away on Morphett Street in the Adelaide CBD, this unique not-for-profit organisation showcases some of Australia's best craft and design talent. Join a free guided tour and explore unique artistic pieces in the gallery shop or watch in awe during glass-blowing demonstrations and while artists craft jewellery, furniture, and ceramics. Learn more at [jamfactory.com.au](http://jamfactory.com.au)



# Exercising in the great outdoors

THE SUMMER MONTHS ARE A WONDERFUL  
TIME TO VENTURE OUTDOORS AND  
INCORPORATE EXERCISE INTO YOUR DAY.

WORDS BY Mitch Burnley & Geo Kapalungan  
ACH Group Exercise Physiologists





Whether your goal is to increase your daily step count, improve strength, or simply support your health and wellbeing, exercising outside can be the perfect setting as it introduces you to different types of activities and locations beyond the confines of your home.

However, there are some important factors to consider when exercising outdoors especially as we head into warmer weather.

### Tips to exercising outdoors

**Check the temperature:** Avoid exercising in the middle of the day when the temperature is at its peak. This can prevent occurrences of any heat-related illnesses. .

**Lighting:** Whether you are exercising in the morning or evening, check the lighting is appropriate. This allows you to safely scope out the environment and be aware of any fall or trip hazards such as; potholes, uneven footpaths, or fallen branches.

**Appropriate outdoor wear:** Wearing clothing that is breathable such as lightweight, loose-fitting shirts or shorts made from polyester or nylon will allow your body to regulate temperature more easily.

**Staying hydrated:** When you exercise, sweating helps your body to cool. Keeping on top of your fluid intake is another way to manage your body temperature and avoid heat stress, while also replacing the fluids lost through sweating.

**Listen to your body:** Be aware of your body and how you are feeling. If you experience symptoms of dizziness, have a headache, cramping, excessive sweating or other symptoms that cause you to be alarmed, stop exercising and speak with your health professional.

**Choose equipment that allows safe exercise participation:** When exercising outdoors you may need to consider using equipment. This could include an exercise mat to prevent any slips or a mobility aid such as a walking stick or 4 wheeled walker to provide better stability. If riding a bike outdoors, wear a helmet.

Before commencing an exercise program it is best to consult with your doctor or exercise professional.

ACH Group Exercise Physiologists can create an exercise program tailored to your health, wellbeing, and fitness goals.

To learn more visit  
[achgroup.org.au/health-and-wellbeing](https://achgroup.org.au/health-and-wellbeing)

# ON TREND: Indoor plants

THE BIGGEST GARDENING TREND OF THE  
MOMENT IS NOT TAKING PLACE OUTSIDE, IT'S  
HAPPENING INSIDE OUR HOMES AND IS THE  
REDISCOVERY OF INDOOR PLANTS.

WORDS BY **Sophie Thomson**  
Gardening Personality

Back in the 70s, indoor plants were all the rage, but they lost favour over subsequent decades when they were replaced by an obsession with silk plants and flowers.

Good-looking, healthy indoor plants add personality to your space and create a vibrant place to live. It's not just about aesthetics, however, as scientific studies show that indoor plants have significant benefits on air quality within our homes by reducing the level of indoor generated air pollutants which are harmful to human health. Other benefits include reducing dust, aiding humidity levels, and temperature and noise control. Plants also have a positive effect on our wellbeing with a marked improvement in our mood and concentration, creating feelings of relaxation, inspiration, and positivity.

A trip to your local nursery or garden centre may leave you feeling overwhelmed with choices. So where do you start, particularly when space is limited? When choosing a plant to grow inside

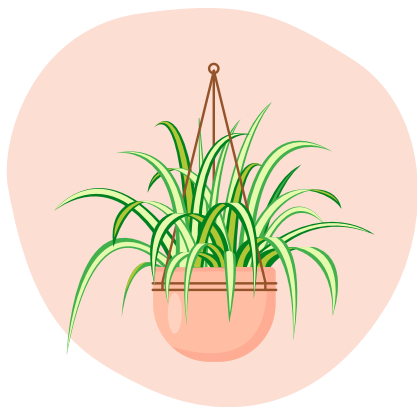
your home, be aware that the conditions inside are not like any natural environment due to the combination of a lack of fresh air, household heating and cooling, and reduced sunlight.

While there are many wonderful plants that grow well indoors, the trick is to match the plant to the conditions of the room. Remember there is no 'indoors' in nature and when we bring plants inside, they can be out of their comfort zone. Light level is one of the biggest factors when it comes to plant selection because most plants prefer bright (though indirect) light to grow well.

Watering is another issue: while most indoor plants do not like wet feet, they can also suffer if they are allowed to get too dry. Plants should be watered thoroughly when the surface feels dry and then not again until the surface dries out. Keep their leaves shiny and dust free by wiping them with a damp cloth occasionally.



Here are my favourite indoor plants for a limited space.



**Spider plant (*Chlorophytum comosum*)**

is a very hardy plant with attractive ribbons of variegated foliage. It makes a great hanging basket plant and while it's old fashioned, it is making a comeback due to its hardiness. They can look full and lush in a 140mm pot with foliage cascading and spreading more than 600mm high and wide. The spider plant can also be grown in larger containers or hanging baskets up to 250mm, where they will spread further again.



**Devil's ivy (*Epipremnum aureum* or Pothos)**

gets its common name from being hard to kill. There are forms with green or speckled leaves. These climbing plants can either be trailed up a totem or frame or allowed to hang gracefully from a basket or high place. They can be grown well in 140 – 170mm pots and their climbing stems reach several metres in length. When they do need repotting, don't overpot, just go up one or two pot sizes.



**Zanzibar gem (*Zamioculcas zamiifolia*)**

looks like a palm with long succulent-like upright stems with pairs of waxy shiny leaves along them. It will tolerate quite dark conditions, however, it will do best in bright light out of hot sun, eventually forming an upright clump of foliage 500 – 800mm high. Plant in a 140 – 200mm pot.



**Peace or Madonna Lily (*Spathiphyllum*)**

has lovely glossy green foliage and beautiful white flowers. While it will grow in quite a dark place, it will flower better if it gets more light. Plant in a 140 – 200mm pot and expect the Lily to grow 200 – 700cm in height depending on the variety.



Healthy  
eating over  
the 'silly'  
season



## CHRISTMAS CATCH-UPS, SUMMER BARBEQUES, AND HOLIDAYS ARE ALL ON THE HORIZON!

Maintaining healthy habits can be difficult throughout this time of the year when the routine is swapped for social gatherings and celebrations, often accompanied by delicious catering.

Here are some tips to support you to eat well during the festive period; after all, a healthy and happy you means a more enjoyable holiday period.

### Try snacking before

If you arrive at the party hungry, you're already on the back foot as you are more likely to overindulge. Consider eating a small meal or a healthy snack prior. A small serving of your usual dinner is a great start or consider snacks of fruit, yoghurt, or nuts.

### At the party

At the party, eat the food you want to enjoy, however, keep your portions under control and make sure you listen to your gut by eating slowly to recognise when you're full. When you're full and satisfied – stop.

Select healthier options where you can, but don't be too strict on yourself and consider the overall balance of your day and week. At the party look at choices like vegetable sticks or crackers with

dip or cheese, little sushi rolls, sandwiches, frittatas, or quiche. Avoid lollies, cakes, and deep-fried food if you can.

### Keep hydrated

With warmer weather and a tendency for some people to have more alcoholic drinks over the summer period, it's important to hydrate and keep hydrated.

Start the night with a couple of glasses of water and try alternating water and alcohol or soft drinks throughout the night. Alcohol is high in kilojoules and offers minimal nutrients, so keep it to a minimum and schedule alcohol-free days each week too. Choose diet mixers or low-calorie drinks, like soda water with lemon, where you can.

### Keep positive

The holiday season can be stressful, so don't put pressure on yourself. It is a time to enjoy good company with good food, so do the best you can with your healthy habits like maintaining exercise and balancing food choices. Remember that keeping healthy and eating well is a long-term lifestyle.



Share your go-to healthy foods and go into the draw to WIN a \$100 Drakes supermarket voucher. Email your entry by 5pm 5 February 2024 by emailing [goodlivesmag@ach.org.au](mailto:goodlivesmag@ach.org.au) or posting to Good Lives Magazine, PO Box 646 Torrensville Plaza, Torrensville SA 5031. The winner will be notified on 8 February 2024. For full terms and conditions visit [achgroup.org.au/news/good-lives-magazine](http://achgroup.org.au/news/good-lives-magazine)

A hand is holding a black smartphone against a vibrant pink background. The phone's screen is white and displays the text "Let's talk about AI" in a dark, serif font. The background is decorated with intricate white line art resembling a circuit board, with various geometric shapes and lines radiating across the frame. A finger is visible at the bottom of the phone, appearing to interact with the screen.

Let's  
talk  
about  
AI

## UNDERSTANDING ARTIFICIAL INTELLIGENCE (AI) CAN BE CHALLENGING, ESPECIALLY WITH ALL THE 'TECH TALK' AND THE FACT THAT IT'S MOSTLY INVISIBLE. SO, WHAT IS AI? HOW DOES IT IMPACT US? AND IS IT A FORCE THAT IS WORTH EMBRACING?

When you try to envision AI, what comes to mind? Many of us picture futuristic images containing sophisticated robots or similar. However, AI is no longer a concept of the future, it is quickly becoming a standard part of everyday life.

The Britannica Dictionary defines AI as, "the ability of a digital computer or computer-controlled robot to perform tasks commonly associated with intelligent beings". The goal is for AI to do things such as; recognise patterns, make decisions, and judge like humans. To do this, AI technology processes and interprets large amounts of data at speeds that humans simply cannot match, and this is its main advantage.

But how does AI impact us in daily life? AI is working behind the scenes in our everyday lives, helping us to navigate the technological and physical worlds more easily.

### Here are five everyday scenarios where AI interacts with our lives in helpful ways:

**Facial recognition** can unlock your phone instead of entering a passcode.

**Navigation apps** such as Google and Apple Maps use AI to provide you with the best possible route or correct street directions to take to your chosen destination, while considering factors such as traffic, weather, and roadworks.

Your **social media pages** are managed in the background by AI, providing friend suggestions from your previous search history and displaying posts that you are more likely to want to see.

After each **credit card transaction**, banks employ AI in the background to validate your purchase, ensuring that it was made by you and not an unauthorised party.

Every **Google search** you make uses AI to find the results you are looking for.

### What will AI look like in the future?

Looking ahead, AI is predicted to play a substantially larger role in our society.

Scientific experts from the University of Queensland expect that AI will play a significant role in transforming healthcare, from enhancing monitoring and diagnostic capabilities to facilitating virtual consultations, and providing more convenient methods for managing medications and health appointments.

Meanwhile, the World Economic Forum predicts that ten years from now, AI will have the ability to assist us with up to 40% of our daily tasks from cooking to cleaning and even providing companionship.

Although AI may initially sound a little daunting, this advanced technology can support us to live easier, better lives, and it is already doing so.

Start taking small steps into the world of AI and embrace the exciting possibilities.



# Dementia doesn't have to define you

**Teresa Moran is a Dementia Service Design Manager at ACH Group. She has played a pivotal role in the design and implementation of a variety of programs, services, and care strategies to support residents and customers living with dementia and their supporters.**

As a human services professional with a career spanning more than 28 years, I have devoted the last 18 years to supporting people living with dementia, and their supporters and family members. However, it was the personal experience of my father's diagnosis that has cemented my learnings and further instilled my profound respect for those living with and alongside dementia.

My Dad, Bob, was born in 1946 and was raised on a farm near Adelaide, leaving home at 15 to join the Royal Australian Navy. He served for 20 years as a Marine Engineer, retiring as a Warrant Officer. He married at 21 and I came along not long after. As a father, he has always provided unwavering support and guidance, emphasising the importance of education while instilling a love for



nature and environmental care. He has always been busy, active, and able to turn his hand to just about anything, managing a successful vineyard, constructing his own almond-cracking plant, and maintaining viticulture machinery in his workshop.

Things started to change in September 2020 when my Mum, Carol, and I began to notice significant changes in Dad's memory and thinking. The variety and severity of changes progressed to difficulty with word-finding ability, frequently losing things, and reduced ability to undertake daily activities. After a few unhelpful GP visits followed by two significant falls, I finally facilitated a referral to a dementia specialist GP who confirmed what we suspected: a diagnosis of dementia.

We adopted a reablement approach to Dad's diagnosis, supported by his pragmatic perspective of "I've got it so I might as well live with it and take it in my stride." This approach required individualised support from allied health professionals including a psychologist, occupational therapist, and exercise physiologist. After scans from a geriatrician



confirmed the dementia was Alzheimer's disease, Dad was prescribed a trial memory medication to support his cognition. I assisted Mum and Dad in obtaining a referral to My Aged Care, which provided the necessary funding for physical activity, social engagement, domestic and IT support.

Equipped with a diagnosis and a network of support, Mum and Dad made various adjustments to their life routine, which included the continuation of weekly croquet, choir, gym sessions, as well as attending a dementia social group. Dad has strategies to navigate social encounters and a repertoire of 'dad jokes' to lighten such situations. He admirably made the decision to be open about his diagnosis with his family and friends, hoping that it could educate others in understanding this disease and help provide the necessary support and understanding he requires.

I can't help but admire my dad for accepting his diagnosis and for Mum and Dad's resilience to forge a new path forward. Their experience to date has further reinforced that with a proactive

approach, a caring support team, and some good advocacy, people with dementia can live beyond their diagnosis. In his own words: "Dementia does not have to define me."

My advice for others on a similar path is to seek out whatever advice and assistance you can. Dementia Australia's helpline offers excellent support for navigating the early stages of diagnosis, whilst websites including Dementia Australia and Forward with Dementia offer fantastic written information to provide information about a reablement approach and additional support.

**ACH Group also provides a wide range of social experiences, allied health and wellbeing services, and domestic and personal care support that can be accessed by people living with dementia through the Commonwealth Home Support Programme or a Home Care Package.**



# Reconnecting with the joy of singing

**FOLLOWING A CAREER IN BANKING, GOVERNMENT, AIRLINES AND THE COURTS, IN RETIREMENT DOROTHY'S LIFE ADVENTURES BROUGHT HER BACK TO HER PASSION: MUSIC.**

Dorothy grew up in Port Lincoln, and as a self-proclaimed tomboy she enjoyed childhood freedom but always wondered what else was out there to explore.

"Growing up in a small town was great but it had its limitations and there was so much I wanted to do that was not available there," she said.

Dorothy's first job at the Port Lincoln branch of the Commonwealth Bank provided her with a ticket to move to Adelaide where she worked in the bank's head office on King William Street.

Aged 23, she changed careers working as an air hostess with Ansett for two and a half years. This time of her life was interesting and fun; she saw Australia and was introduced to Ian, her soon-to-be husband.

After marrying Ian, Dorothy wanted a job that kept her in Adelaide.

"I worked as a Parliament House secretary and later as a court reporter in Adelaide, where I wrote shorthand for judges and barristers. After a few relieving jobs I was permanently appointed to the Social Security Appeals Tribunal.



"Being surrounded by such well-educated people made me want to seek further education for myself," she said. So, in her 50s, Dorothy decided to study politics at Flinders University part-time. She continued working until she was 66 years old, on the eve of becoming a grandmother.

After learning to sing at the Elder Conservatorium, being in a band in the 1950s, and playing the ukelele, Dorothy's musical life was fulfilled when she joined ACH Group's Sing for Joy Choir.

"ACH Group provides in-home services in my current home, and I came across a flyer promoting a 'come & try' for Sing for Joy.





"Everyone in the choir was incredibly welcoming and nice to me. It hadn't been long since Ian passed away and I was still feeling emotional, but being with them made me feel so good and I also realised the passion for music was still there. It was nice to reconnect to it."

Dorothy has performed in four Sing for Joy concerts and just like in her band in the 50s, she continues to sing her heart out at every opportunity.

"It's more about connections than about having a good voice or even knowing how to sing."

### **Sing for Joy Choirs**

are led by experienced professional choir directors who lead weekly rehearsals. No experience is necessary, learn new songs and singing techniques in a fun and social environment.

Book a free come & try session here:

[achgroup.org.au/  
social-experiences/  
sing-for-joy-choir](http://achgroup.org.au/social-experiences/sing-for-joy-choir)

# Myth busting

COMMON MYTHS ABOUT RETIREMENT LIVING CAN CREATE CONFUSION ABOUT FINANCIAL CONTRACTS AND DON'T REFLECT WHAT LIFE IS REALLY LIKE WHEN YOU MOVE INTO A VILLAGE. THIS ARTICLE SEPARATES FACT FROM FICTION.

## Myth #1

### Moving into retirement living will encourage me to slow down

Loneliness is a notable problem for older Australians, with one in five estimated to experience social isolation. However, life in a retirement village is specifically designed to counter social isolation, instead fostering a sense of belonging and community. Research has shown that connecting through planned activities, experiences and everyday

interactions has a positive effect on residents' health and wellbeing.

ACH Group offers a robust social program in retirement living communities for residents to engage in if they wish. These social experiences include information sessions, coffee catch-ups, art classes, afternoons of barefoot bowls, and Neighbour Day and Christmas functions. There are also many resident-led activities such as pizza and quiz nights, bingo, and charity fundraisers.





**Myth #2****Retirement living is not a good investment**

Retirement living is not only a lifestyle choice but can also be a smart financial decision

ACH Group provides flexible contract options that allow you to tailor your financial arrangement to your specific circumstances. These contracts differ in terms of the upfront payment and the refund you receive at the end of your lease.

In some instances, you may also be entitled to rent assistance through Centrelink which goes towards your Service Fees covering charges like repairs and maintenance to the unit, council and water rates, and building insurance.

**Myth #3****Downsizing is too hard**

Whilst downsizing and moving can be challenging, it can also be a very liberating experience. Delaying the decision can make it more difficult and as you get older you may have less control in the process and decision-making. Taking the step to downsize earlier can provide you with greater control and a fresh start.

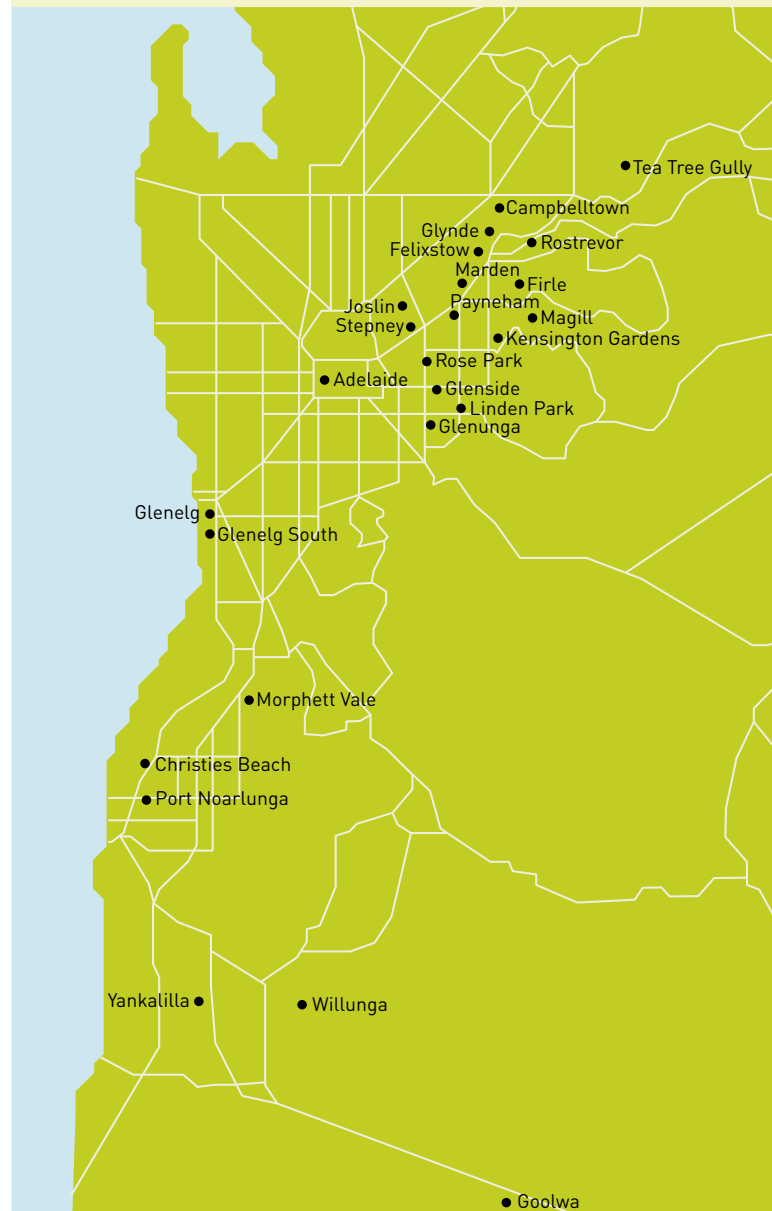
**Myth #4****I'll lose my local connections**

There are retirement living villages across South Australia with different pricing options enabling you to stay close to your current location and all the things you love about your community. Furthermore, retirement living doesn't necessarily mean you have to retire completely; many residents continue to engage in paid work or part-time roles.

ACH Group can also assist in connecting you with local supports and services ensuring you remain connected to your community and maintain your local ties.

# Looking to make a move?

ACH Group has 38 retirement living communities across metropolitan Adelaide and the Fleurieu Peninsula.



Scan to register your interest and be the first to know about upcoming available units.



# Cultivating creativity

EVERY HUMAN IS BORN WITH A  
SEED OF CREATIVITY. WITH SOME  
WATER AND FERTILISER, THIS SEED  
CAN GROW TO IMPACT US IN  
REMARKABLE WAYS.



Research suggests that creativity can increase positive emotions, boost cognition, and even support our immune system.

The great news is that creativity can be practiced and expressed in a variety of different ways.

Get your creative juices flowing with these ideas and start reaping the benefits for your body, mind, and soul.

### **Get creative in the kitchen**

Do you have a recipe that you've been meaning to attempt one day? Now is your chance! Tap into your senses (smell, sight, and taste) and even unleash creative ways to 'spice up' your creation. This could involve adding ingredients to enhance the flavour or visual appeal, or substituting based on what you already have in your pantry or garden. Plus, there's no doubt your loved ones will welcome the taste-testing opportunity.

### **Learn the art of flower arranging**

With flowers blooming around us, there is no better time to explore the accessible and inexpensive hobby of flower arranging. Take a walk through your garden or neighbourhood to collect flowers and greenery. Then, sit down and explore the various ways that the blooms can be layered and arranged in a vase. Along with offering a sense of accomplishment, the finished bouquet can double up as a beautiful home decoration or a thoughtful gift.

### **Create a scrapbook**

Scrapbooking can take you on a nostalgic trip down memory lane. Why not involve your family and share your photos, old greeting cards, postcards, and memoirs? The end result can be a beautiful and meaningful masterpiece of memories to hand down to the younger generations for years to come, conserving all the special moments in your life. Scrapbooking not only improves your cognitive skills but can be done socially in a group and can be a long-term creative project.

### **Make a terrarium**

Bring the outdoors indoors and create a mini garden in your own unique way. Terrariums are tiny ecosystems housed in a glass container that holds soil, plants, natural foliage, and ornaments. They take time and patience. Why not find natural elements along your daily walks to add to your little glass garden?

### **Learn to play a musical instrument**

Learning an instrument can be one of the most creative and life-changing hobbies you'll ever experience. And it's never too late to start! Plus, unleashing your musical expression later in life can support increased memory, coordination, and mood.

**WIN!**

Share how you get creative and go into the draw to WIN a \$100 Spotlight voucher. Email your entry by 5pm 5 February 2024 by emailing [goodlivesmag@ach.org.au](mailto:goodlivesmag@ach.org.au) or posting to Good Lives Magazine, PO Box 646 Torrensville Plaza, Torrensville SA 5031. The winner will be notified on 8 February 2024. For full terms and conditions visit [achgroup.org.au/news/good-lives-magazine](http://achgroup.org.au/news/good-lives-magazine)

# Your go-to share plate



THE END OF THE YEAR IS FAST APPROACHING, BRINGING WITH IT THE FESTIVE SEASON, WARM WEATHER, AND OPPORTUNITIES TO GATHER WITH FRIENDS, FAMILY, AND COMMUNITY.

## WORDS BY Callum Hann

Chef, author & founder  
of Sprout Cooking School

We like to think that food is at the heart of every gathering; the simple act of sharing food brings people together like nothing else can.

Here are my top tips for relieving stress when you're asked to bring a plate. Always remember your hosts are first and foremost wanting to spend time with you and do not expect you to bring or produce a culinary masterpiece. So, keep it simple.

**Tip 1:** Find out information about the gathering from the host; how many people will be attending, whether it is a sit-down knife and fork meal, or casual finger food style. What part of the meal would they like contributions for; a side dish, an appetiser, or something sweet? With the information gathered, you can now narrow down your ideas and decide on your dish.

**Tip 2:** Don't be afraid to share your signature dish, something you have perfected over the years and are known for – just keep in mind that you may

need to change ingredients to reflect the season. If you are unable to adapt your signature dish then find inspiration from cookbooks, magazines, the internet, or in-season produce that looks great at the shops.

**Tip 3:** When bringing a side dish such as a salad or cooked vegetables, place your dressing or garnishes in separate containers and finish the dish when you arrive. This will prevent salad leaves from getting soggy and keep everything fresh. If you are bringing finger food to share, make sure it is easy to pick up and can be eaten in one or two bites.

**Tip 4:** Don't be afraid to share recipes with your friends. There's something very wholesome about learning from each other to add to your repertoire. Don't worry, they'll give you the credit when they cook it next time.

The following recipe is an appetiser that is very easy to prepare and is bound to impress.



## Marinated zucchini & whipped ricotta toasts

### Ingredients

#### For the marinated zucchini

2 zucchinis, thickly sliced into rounds  
 2 tablespoons olive oil, plus extra for brushing  
 1 long red chilli, seeds removed, finely chopped  
 1 garlic clove, finely grated  
 Small handful of oregano, leaves finely chopped  
 Zest of 1 lemon

#### For the whipped ricotta

250g ricotta  
 Juice of 1 lemon  
 1 tablespoon olive oil  
 Pinch of salt  
 Pinch of cracked black pepper

1 half baguette, thinly sliced on an angle  
 Olive oil, for brushing  
 Small handful of mint leaves, for garnish

Serves 4  
 as a  
 canapé

### Method

1. Heat a barbeque grill plate or frying pan over high heat. Brush zucchinis with oil and cook for 2–3 minutes either side or until charred and tender. Combine two tablespoons of oil, chilli, garlic, oregano, and lemon zest in a large bowl. Add grilled zucchini and set aside to marinate.
2. Meanwhile, make the whipped ricotta. Place ricotta, lemon juice, and oil in a small food processor. Blitz until smooth. Stir through the salt and pepper.
3. Return barbeque grill or frying pan to high heat. Brush baguette slices with oil. Toast for 1–2 minutes either side or until lightly charred.
4. To assemble, spread baguette toasts with whipped ricotta and arrange marinated zucchini on top. Finish with mint leaves for garnish.

**Cooking tip:** Experiment with this recipe by swapping zucchinis for other nightshade vegetables like red capsicum and eggplant. You can also use herbs you're growing in the garden or have recently bought; swap rosemary during the marinating process or parsley for garnishing.



A photograph of a middle-aged man with a mustache, wearing a dark green tank top, flexing his right bicep. He is smiling and looking towards the camera. The background is a soft-focus indoor setting with light-colored curtains.

ACH  
GROUP

Being  
*yourself*  
never  
gets old

Home Care | Social | Allied Health | Retirement Living | Residential Care

[achgroup.org.au](http://achgroup.org.au)