

GOODWIN

LIFE



GOODWIN
THE BETTER LIFE CHOICE

SPRING | 2017



GOODWIN'S
**Wedding
of the
century**

**Tech
savvy
residents**

JOIN US
**2017
Memory
Walk & Jog**

GOODWIN HOUSE'S
World-class Chef

CEO address

This Spring begins the long-awaited fresh start for Goodwin Farrer, the final step in the rejuvenation of all our villages. Considering our first housing was built in the 1960s a refresh has been much needed.

Demolition of our Independent Living Units and Clubhouse commenced in July. Plans for the new grounds and gardens are stunning and I can't wait to see them completed. Imagery will soon be available to share.

For updates on the project, visit www.goodwin.org.au/farrer-redevelopment, or call the Project Liaison Officer Sam Webb on 6175 5172.

Cover image: David Harper House residents Frank and Sylvia's wedding by the Goodwin Monash pond.

Don't forget to have a look at what great things we are offering in our Health and Day Clubs. Now is the time to join in.

In this issue you will read all about our morning tea at Ainslie, hosted by our world-class Chef Sandeep, with special guest Maggie Beer, our amazing volunteers, the Monash residents who raised money for charity, our new Health Club program social pages and more.

You can find more information on our website www.goodwin.org.au.

I hope you enjoy reading this issue of Goodwin Life!



**We'd love
to hear
from you!**

We always welcome contributions from our residents. If you have a story or photos, please send them to marketing@goodwin.org.au or drop them into reception, addressed to Marketing.

Staff moves and new staff

Goodwin's Executive Manager Retirement Living (EMRL), Jim Purcell, has changed his role to General Manager Business Development based at Farrer, as Jim transitions to retirement in 2018. Goodwin has recruited a replacement for the EMRL, an announcement will follow in the near future. In the interim, David Hull will act in the EMRL role.

Jacqueline Thompson has moved from Farrer administration to Ainslie and Jasmeet Smagh has moved from Ralph Cartwright Centre (RCC) administration to Farrer.

Melissa Woolf (Monash), and Annette McCoy (Ainslie) have been appointed Customer Liaison Officers, an important

role providing communication, hospitality, and information for families on Goodwin products and services.

Welcome new staff:

Ainslie

Registered Nurse, Susan O'Donnell
Clubhouse Head Chef, Jason Cooper
Clubhouse Café Attendant, Alexandra Henry
Concierge, Melanie Brill

Community Carers

Pierina Arioli and Bianca Collicutt

Monash Health and Wellness Centre

Health Club Coach, Maureen Cane

Health and Wellness Centre news

As promised in last edition of the Goodwin Life newsletter here is an update on Goodwin's physio, Micheala Day.

Michaela joined the Health and Wellness Centre in January 2017, upon completion of a bachelors degree in Exercise Science and a Master of Physiotherapy at the University of Canberra. Michaela has a background in soccer and was part of the Australian national team before committing to her studies. Michaela's professional interests include, cardio-respiratory, burns, and orthopaedic physiotherapy, as well as stroke and aged care rehabilitation. Michaela has worked at Calvary Hospital in the ICU, orthopaedics and medical wards and is currently the head physiotherapist for Canberra Cavalry in the Australian Baseball League.

'I think the Health and Wellness Centre is a great initiative. It's a fantastic service for Goodwin residents and home care clients who have access to several multidisciplinary staff* under the one roof. The Centre caters to clients' individual health care in a holistic way. I find the relationships between staff and Goodwin clients is really special, giving the Centre a family feel', says Michaela.

'From a physio perspective, I think the Centre provides a fantastic environment for clients to not only receive treatment for aches and pains but also improve their strength, conditioning and balance. Given that there



Health and Wellness Centre Physiotherapist Micheala Day (right) and Administration Assistant, Patricia Davies (left).

is a strong correlation between strength and balance and every day function/mobility and fall rates I am sure we will continue to see a decrease in falls and an increase in the quality of life of our clients,' says Michaela.

'The Centre provides preventative health care to keep clients active and independent,' says Michaela.

*The Centre also has a geriatrician, general practitioner, podiatrist, and health club coach.

For further information on the Health and Wellness Centre phone 02 6175 5668.



Morning tea with Maggie Beer!

As an extension of Goodwin's sponsorship of Alzheimer's Australia ACT's *Gather 'Round The Table* Business Breakfast Maggie Beer will be coming to Ainslie to meet residents and share her love of good food.

29 August 2017, 9.20am
Goodwin House, 35 Bonney St, Ainslie

Come along, meet Maggie and celebrate quality food in aged care.

Goodwin's world-class Chef

Sandeep Vaid

On 29 August Sandeep will be hosting a morning tea at Goodwin House Ainslie for Maggie Beer as an extension of Goodwin's gold sponsorship of Alzheimer's Australia's Business Breakfast held on the same morning. Maggie is not only passionate about food but her foundation is all about making high quality food in aged care. We know Maggie will be impressed by the high quality of Sandeep's cooking and the experience he has had.

Sandeep began his career in 1998 studying for three years at the Swiss School of Hotel Management. While studying he worked at a five-star luxury hotel called the Carlton Tivoli as Chef de Partie.

In 2002 he worked at the Auckland Hilton Hotel. In 2003 Sandeep was named New Zealand's Chef of the Year for the Hilton Group. In that same year the International Culinary Federation awarded Sandeep a bronze medal in a competition that included 250 chefs from Asia Pacific countries.

In January 2004 when Sandeep was working at the Crown Plaza Hotel in Queenstown he went to the United Kingdom for 6 months to enhance his culinary skills. Sandeep was placed in the world famous 1 Michelin star restaurant in London, Claridges, for 6 weeks where he trained under Gordon Ramsay. 'I loved working with Gordon Ramsay he was an inspirational mentor,' says Sandeep.

In August 2005 Sandeep moved to Australia to work as Executive Sous Chef at Rydges Hotel in Brisbane. The Executive Chef was Todd Farr, the winner of the Australian 2005 My Restaurant Rules. 'Todd was a great Executive Chef and training under him was fantastic,' says Sandeep.

In 2007 Sandeep moved to the ACT and worked as Executive Sous Chef at Parliament House under the Intercontinental Hotel Group. At Parliament House he has cooked for the King and Queen of Spain, the Sultan



Senior Head Chef, Sandeep Vaid with Prem Dhakal, Catering Assistant at Goodwin House, Ainslie.



of Brunei, and leaders from around the world. Sandeep was also Executive Chef at Rydges Capital Hill and The Rex Hotel in Canberra.

Goodwin is confident that with delicious food prepared by the internationally trained and acclaimed Chef Sandeep our residents are receiving extraordinarily high quality meals.

Join us: Memory Walk & Jog 2017

Goodwin is again proudly sponsoring Alzheimer's Australia ACT's annual Memory Walk & Jog. We're encouraging staff, residents, home care clients and family members to join us for a fun day raising funds and awareness for dementia.

You can choose between 7km, 5km and 1km distances, it's a great day out for the family that caters to all abilities.

Save the date: Sunday 17 September
Lennox Gardens, Yarralumla
www.memorywalk.com.au

To register as part of the Goodwin team contact: marketing@goodwin.org.au or phone 6175 5054.



Ainslie village residents (right) Joan Mallory and Consie Larmour, with their families, after the 2016 event.

Contact Volunteering morning tea

On May 8 to 14 this year during National Volunteer Week Goodwin acknowledged our volunteers with a special morning tea at Goodwin Farrer.

The difference the volunteers make to the lives of our residents and clients is enormous. Volunteers' visits, and help with activities and outings improves the quality of the lives they help.

We know from speaking to our residents and clients that the volunteers add a supportive and interesting dimension to their experience at Goodwin, and help improve their wellbeing – and for this we are extremely grateful.

Goodwin nominated four volunteers for the 2017 Volunteering Awards, Canberra Region – held by Volunteering and Contact ACT. They were, Lai-Chiu Dawson, Yvonne Farr, Mark Warren, and students of Campbell High School for their participation in the Bridging the Gap program. While our nominees did not win on the night, all our volunteers are winners to us.

A massive thank you from Goodwin to all our volunteers for your invaluable help.



Pictured: left to right; Olivia, Paul, Rhea (Goodwin employee), Connor (Volunteering & Contact ACT), Arthur, Himanshu (former volunteer now Goodwin employee), Sue Levy (Goodwin CEO), Margaret, Tracey, Kim (pictured at the front).

The Central update

The Central by Goodwin Stage 2 (final stage) was officially opened by ACT Minister Gordon Ramsay MLA and Liesel Wett Chair of the Goodwin Board on Wednesday 17 May. There was certainly a great vibe on the night with fine music, delicious food and great company.

The Central open day on Saturday 20 May was a great success with about 200 people interested in viewing the apartments and townhouses. Thank you to all our current residents who brought friends and relatives along and were full of praise and great stories about life at The Central.

Goodwin would like to thank The Central residents for opening their lovely living spaces and welcoming people into their home.

The winners of the open day Tahiti prize are Janice and Brian Wilson (pictured right). Thank you to Reis & James Travel Associates in Manuka for sponsoring the prize. Janice and Brian are planning to go to Tahiti in March 2018. We look forward to the holiday snaps.

Over half the Stage 2 properties have been sold. The Central is a fantastic place to live, a great location with lots of local amenities at your doorstep. Let family and friends know there are still a selection of beautiful 1, 2 or 3 bedroom apartments and 3 bedroom townhouses available.



Pictured: Terry Chamberlain, Vice Chair of the Goodwin Board, James Service from J.G.S. Property, Liesel Wett, Chair of the Goodwin Board, Laurann Yen, Member of Goodwin Board of Directors, Minister Gordon Ramsay MLA ACT Minister for Veterans & Seniors



On-site pharmacist trial update

David Harper House's on-site pharmacist trial, in collaboration with the University of Canberra, continues until the end of October. Richard Thorpe, the on-site pharmacist, has worked in aged care for over 15 years, mostly under the Government's Residential Medication Management Review (RMMR) system. In comparing that experience, where residents are typically reviewed biannually, with the current on-site, two days a week trial he says 'being an integrated part of the

care team enables me to review medication directly, on an as needed basis. It's much more dynamic.'

Though it's too early for findings, one of the reported benefits of the on-site trial has been the ability for new residents' medication to be reviewed on admission, at a time when a review is often most needed. Under the RMMR system, medication review does not happen immediately after moving into care. More to come in future newsletters!

Monash village residents raise over \$4000

The recent Goodwin Monash fete was a success as the Monash village residents raised \$4305.70 from their homemade crafts and food stalls with all the proceeds going to The Children's Starlight Foundation. There were about 500 people on the day who enjoyed sampling the food and browsing the clothing stalls creating a general buzz of excitement.

There were fantastic prizes on the day that were either donated or handmade by the residents. Prizes included great hampers of food and goodies, beautiful handmade quilts and rugs, linen sets, stylish mugs, decorative pillows, and a handmade teddy and doll.

Well done Monash residents, for a fun day and working hard to raise money for a good cause.



Pictured left: Pam and Dalma enjoying the fete. Right: Kay Kemble at the centre of all the action.

Queanbeyan Day Club



Pictured: Queanbeyan day clubbers' jewellery making workshop.

We still have spaces left in Goodwin's Queanbeyan Day Club. Open to anyone over 65, the Day Club offers activities, outings, light exercise, guest speakers, entertainers, bbqs, picnics, crafts, games, morning tea and lunch. Come along and connect with others in the local community in a safe and friendly environment with qualified, dedicated staff who love their work. Transport to and from the Day Club is included. Many day clubbers love the outings as they see the Canberra sites that they would otherwise never visit.

Goodwin values our Day Club, recently making a permanent commitment to the Queanbeyan-Palerang region with the acquisition of the Goodwin Day Club building in Queanbeyan.

The Monaro Street building is also a shopfront for seniors to ask about Goodwin's home care services in the Queanbeyan region.

For more information contact 6175 5650.

Social pages



(above) Selwyn Latham and Kevin Graham, Crace Day Cub trip to Cotter Dam. (left) Larry Larmour with his son John Larmour, Goodwin House Christmas in July.

(bottom left) Mollie Cranswick with her niece Marylou Pooley (right) and grandniece Sarah Mcdougall (left).

(below) Ainslie village morning croquet, left to right, Deirdre Buttsworth, Beth Cameron, Arthur Billington, Bill Stewart-Thomson and Bruce Morgan.



(bottom left) Ralph Shein and Anne Perry dressed up for Las Vegas Day at the Monash Day Club. (below) Vernon Bailey speaking to harpist Tegan Peemoeller at a performance by harpists from the Canberra Symphony Orchestra at Farrer.



(right) Farrer village residents Joan Callaghan and Anne Gunn.

(below) Francis Kish just getting started on his clay pinch pot at a David Harper House workshop with volunteer artist Sylvia Marris.

(below right) Michael McFarlane, Bob Lewis, and Elizabeth Dangerfield at The Central Stage 2 opening event.



(above) Hilda Platzer celebrates her 90th birthday at the Crace Day Club also pictured, Magda Schmidt and Day Club staff Jackie and Monika. (left) Henny Van Der Zwet making jewellery at Queanbeyan Day Club.

Monash's wedding of the century

What a beautiful wedding at Goodwin Monash on Tuesday 25 July, the sun was shining, the ducks were gliding on the gorgeous Monash pond, the residents were cheering on the balconies and bridge and everyone felt happy. The gazebo over the lake, where the ceremony was held, had rays of sun lighting up the wedding couple. Love filled the air.

Residents of Goodwin village at Monash spent two weeks helping Frank and Sylvia prepare for their wedding, including crocheting hundreds of tiny love hearts in maroon and white - Sylvia's favourite colours - to hang at the reception. The decorations made David Harper House look divine for the reception.

The wedding almost didn't happen as although Frank and Sylvia had been together for almost 20 years, tragedy struck last year. Sylvia had a bad fall and hit her head. She was revived three times as paramedics worked to keep her alive. She survived but her memory of Frank was gone.



Suddenly, last December, a miracle occurred. 'I was in my daughter's car and everything came back to me, I remembered Frank,' Sylvia said.

Sylvia started pining for Frank and begged Monash's Manager of Residential, John Penca, to help reunite the couple. Upon reconciling with his love, Frank asked Sylvia to marry him, finally, after 20 years of asking, Sylvia said yes.

Never too old to learn something new

Recently, about 30 Goodwin village Ainslie residents were lucky enough to have Telstra's volunteer digital ambassadors teach them skills to give them confidence to use the internet, go online, search on Google, Youtube, Facebook and stay connected to their family, friends and the world. The great thing about the digital learning session was residents felt safe to ask all their questions with no question being too silly. Residents came along with phones, iPads, and laptops eager to become more tech savvy and solve those annoying problems that sometimes accompany digital devices. In small groups the digital ambassadors could give one-to-one guidance. Subjects ranged from how to best get the news online, adjust screen brightness, use the camera, make Skype and Facetime calls and how to use Google to solve a crossword.

As the digital learning session was so well received by the Ainslie residents, Goodwin hopes the volunteer Telstra ambassadors will teach more residents across all Goodwin villages in the future.



Health tips

Did you know as part of Goodwin's home care services you can access Goodwin's Health and Wellness Centre at Monash?

Ask your case manager to organise your transport to and from the Health and Wellness Centre for a check-up or your choice of a regular weekly exercise class.

The Centre works towards a 'wellness model', providing an opportunity for people to maintain their health, rather than 'fix' problems after they have set in.

The Centre has weekly classes (see the timetable below) and a team of health professionals sharing information and creating a specialised service for clients. The Centre has a podiatrist, geriatrician, physiotherapist, nurse practitioner, health club coach and general practitioner.

The Health and Wellness Centre is aligned with Goodwin's home care services aimed at helping people to live independently in their homes and continue to participate in their community. Other home care services include; cooking, cleaning, falls prevention, nurse visits and transport to outings or appointments.

Why not try an exercise class or go and visit the Centre and meet the friendly staff who are always open to suggestions on how to improve an already great service. The Centre is open to all Goodwin residents and clients.

For further information, contact the Health and Wellness Centre on 02 6175 5668.

Monday	Tuesday	Wednesday	Thursday	Friday
9.00 – 9.45am Weights and resistance Monash	9.00 – 9.45am Best balance Monash	9.00 – 9.45am Weights and resistance Crace	9.00 – 9.45am Weights and resistance Monash	9.00 – 9.45am Weights and resistance Crace
10.00 – 10.45am Yoga Strength and stretch Monash	10.00 – 10.45am Weights and resistance Ainslie	10.00 – 10.45am Yoga strength and stretch Crace	10.00 – 10.45am Yoga strength and stretch Monash	10.00 – 10.45am Yoga strength and stretch Crace
11.45am – 12.30pm Weights and resistance Crace	11.45am – 12.30pm Best balance Ainslie	12.00 – 12.45pm Yoga strength and stretch Monash	12.15 – 1.00pm Best balance Monash	11.30am – 12.15pm Yoga strength and stretch Ainslie
1.30 – 2.15pm Best balance Crace		1.30 – 2.15pm Seated Yoga Monash		

'I choose a richer life through volunteering'

It's easy to make a big difference at Goodwin. Our volunteers enrich lives and care services.

Opportunities include:

- simple company and conversation
- language assistance
- helping with activities or religious services
- sharing your artistic talents
- pet therapy
- driving and much more.

volunteers@goodwin.org.au
02 6175 5076



Find us on Facebook!

Our growing Facebook community is a great way to keep up-to-date with all that's going on across Goodwin's sites.

Follow us on Facebook for: **invitations, events, Goodwin news, social photos and senior related news**, both national and international.



Goodwin Aged Care Services

Newsletter and media
marketing@goodwin.org.au
6175 5055

Apartment and villa sales
sales@goodwin.org.au
6175 5000

Help to stay at home, Day Clubs
community@goodwin.org.au
6175 5650

Live-in care admissions
admissions@goodwin.org.au
6175 5192

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