

GOODWIN

LIFE



GOODWIN
THE BETTER LIFE CHOICE

SUMMER | 2017

YMCA SENIOR'S
SPORTS CARNIVAL

**Goodwin
wins gold**

DYING TO KNOW DAY

**and Life
Stories
Breakfast**

NEW BEGINNINGS
**at Farrer
village**

'ARTFELT SHOW
**four years
in the
making**

SPECIALIST DIETITIAN NGAIRE HOBBS

Senior's diet tips

CEO address

Welcome to our final edition for 2017, and welcome at last to the jolly season.

I'm thrilled to see on page 11 Ngaire Hobbins, author of *Eat to Cheat Dementia* and recent guest speaker says sugary treats can be our friend (sometimes at least)!

Also in this edition: Goodwin-sponsored events, our medal-scoring team at the YMCA sports carnival, a bumper residents' art show, and excitement as the new Farrer village literally takes shape.

As you'll see below it's also a season for staff movements at Goodwin. May I make special introduction to two new executive managers: Jamie Fillingham, Community Care and Erik Boddeus, Retirement Living. Goodwin is richer for their arrival.

Jamie comes to us with more than 20 years' experience including on-the-ground

experience as a registered nurse, plus a wealth of care system knowledge (and a UK accent).

Erik also brings great value, with more than 25 years' experience in seniors' living and aged care, within Australia and The Netherlands. He was most recently with Hindmarsh.

For a great round-up of another full year, and key plans for next, I'm proud to share our Annual Activity Statement, released in November. Ask us for a copy or view it at goodwin.org.au. Thanks to our members, directors, staff, volunteers, clients, residents and families for Goodwin's continued success and service.

Have a very merry Christmas and a happy new year, and I welcome in advance all new clients and residents who join us over the summer.



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.

Cover image: Manfred Stobutzki and Ian Cunningham visit the National Museum of Australia with Crace Day Club.

Staff moves and new staff

Welcome new staff

- Erik Boddeus, Executive Manager Retirement Living
- Jamie Fillingham, Executive Manager Community Care
- Claire Fishpool, Financial Controller
- Rainyzamy Padona, RCC Care Manager
- Rodney Horne, Maintenance Officer
- Troy Arnould, ICT Manager
- Vidarshika Rajapaksha, Resource Allocation Officer, Ainslie
- Hana Kostolna, Concierge (DHH)
- Ainny Pirwani, Concierge (RCC)

- Elizabeth Kilby, Physiotherapist, Health & Wellness Centre
- Sarah Mewburn, Podiatrist, Health & Wellness Centre
- Gehan Wadigasinghe, Monash Chef
- Christine Richards, Concierge (Ainslie)

Congratulations on new roles

- Sarah Knowles, Senior Manager Business Operations Community previously Community Engagement Coordinator. Sarah is still the central contact person for community.
- Mara Stroppa, Concierge (DHH) from Administration Assistant (DHH)
- Kate Fogarty, Health & Wellness Centre Manager previously the Senior Coordination Officer, Community

Exercise with laughs is the best medicine

Maureen Cane is coach at Goodwin's Health and Wellness Centre. Monday to Friday mornings Maureen implements a timetable of classes at Monash, Ainslie and Crace. These classes are weights and resistance, yoga strength and stretch and tai chi/best balance.

The thing Maureen likes most about her job is seeing people's health improve over time. 'I love the interactions with the class members as there is a lot of mutual learning going on and it is wonderful to see people becoming more mobile. We have fun and lots of laughs,' Maureen says.

'I make sure everyone in the class feels safe. It doesn't matter what anyone else is doing, it's how people feel on the day, everyone is encouraged to work at their own level. There is no pressure to do any of the exercises but lots of encouragement,' says Maureen.

Yvonne Liddy is testament to the power of Maureen's classes. Yvonne, 84, moved into The Central on 1 December, 2016 and started exercise classes in July with Maureen. Yvonne takes classes three days a week, covering weights and resistance, and yoga. Since July Yvonne has had huge gains in strength and flexibility.

- Rachel Lizars, Administration Assistant, Farrer, previously Team Leader, Farrer, (Development Opportunity)
- Kathryn Norton, Office Manager, Community RCC Monash and Crace previously the Senior Coordination Officer, Community

Goodwin's concierge

Goodwin has extended the hours of operation for our concierges in our live-in care facilities to assist visitors and residents. The concierge roles are to meet and greet residents' families, friends and to assist residents and Goodwin clients, staff and contractors. Concierge hours:

Ainslie: 8.30am to 7pm, Mon-Fri

Monash, DHH: 8.30am to 7pm, Mon-Fri

Monash, RCC: 8.30am - 4.30pm, Mon-Fri



Maureen Cane's weights and resistance class with Ainslie village residents Bill Stewart Thomson and Bruce Sinclair.

'I can't believe it, I can now sit and stand from a chair or couch without needing my walking stick for support,' says Yvonne.

'Now with my big improvements in strength I feel confident I can also improve my balance. All my friends in the class say I remember when you couldn't do one squat or one movement up and down from the chair now you do it so easily', Yvonne says with a chuckle.

'I really enjoy the classes, they're social and fun and we have a good laugh. Maureen is a great communicator so we all feel supported,' says Yvonne.

Maureen has a great team of allied health professionals at the Health and Wellness Centre to work with. 'I constantly liaise with the Centre's physio, geriatrician, GP, podiatrist and nurses on best practice in relation to exercise. This means I can feel assured that what I am doing is practical, safe and effective,' says Maureen.

For more information, go to goodwin.org.au and follow the links to the Wellness Centre.

Goodwin sponsors

2017 Life Stories breakfast

Goodwin was a very proud sponsor of Palliative Care ACT's Life Stories Breakfast on 9 August at Hotel Realm.

Research shows that sharing a life story supports the bereavement process following the death of a loved one, and helps people in palliative care as well as those people close to them.

Monies raised from the breakfast helped fund specialised training of volunteers and much-needed resources for the Life Stories program. The program trains volunteers to listen and draw out the life story of people in palliative care, ultimately turning their life story into a book.

The event included a delicious breakfast followed by keynote speaker Jean Kittson, Australian performer, writer, and comedian. Jean is also a women's health advocate and presented a lighter tone on the issue of death and dying and wants people to start 'the talk' before it's too late.

The Life Stories Breakfast is part of Palliative Care ACT's Dying to Know Day events held on 8 August each year with events to encourage conversations and build 'death literacy', to improve the capacity of individuals and communities to take action toward end-of-life communication and planning.

Goodwin at breakfast with Maggie Beer

Goodwin was proud to be a gold sponsor of the Dementia Australia ACT Business Breakfast, Gather 'Round the Table, held on 29 August with special guests Maggie Beer, Ngaire Hobbins, dietician and specialist in seniors' diet and Adam Shirley, ABC broadcaster.

The breakfast brought together almost 400 politicians, community leaders, business owners, healthcare and aged care workers, carers, and people living with dementia.

The event was an opportunity for the community to learn more about what it is like to live with a diagnosis of dementia, steps that we can all take to reduce our risk, and the ways that Dementia Australia supports those who are affected by dementia.

Guest speakers Maggie Beer and Ngaire Hobbins discussed the ways that a healthy diet can improve brain function, and enjoyed a delicious breakfast packed with locally sourced ingredients.

The breakfast event raised over \$30,000 for Dementia Australia ACT.

For more details on Ngaire Hobbins advice on the best diets for seniors go to page 11.



Goodwin employees at Gather 'Round the Table Business Breakfast with Maggie Beer and Ngaire Hobbins.

New beginnings at Farrer Village



We're excited to report that the first buildings of the new Farrer Village by Goodwin are starting to take shape now, and it's already feeling like the fresh new start it's going to be.

Construction by our partners PBS Building is on schedule and we have released the first detailed images of the village including the interior of the stunning clubhouse.

You can now see the footprints of the first apartment buildings, A, B and C as we build upward.

The team at George Sautelle House have been liaising closely with residents and families, who tell us they're enjoying watching construction progress. The south-west wing of George Sautelle House has been demolished to allow for a temporary access road for builders. The access road will allow works on the clubhouse (part of Building C) to commence. This road will be utilised until works commence on the construction of Building E – the new live-in care facility. Visitor parking at the front of the building remains unaffected.

For a map of how the new buildings are placed in the site, visit the Goodwin website and follow the links to 'Farrer redevelopment'.

Please note that the bus stop and shelter on Beasley Street will soon be moved approximately 30m west (towards the intersection of Wilkins Street), as approved by the ACT Government, to accommodate the new village entry. Works began in November to prepare for the new location of the bus stop and shelter.

For more on the new village, visit the new website for 'Farrer Village by Goodwin', goodwinfarrer.org.au.

Applications are already steadily steaming in, to register interest for apartments. Apartment details are expected to be available from mid December.

To register, visit goodwinfarrer.org.au or call Renee on 5109 2000.

More than 40 Goodwin team members jog for Dementia

Big thanks to the large team of Goodwin residents, families and staff who participated in the Dementia Australia Memory Walk and Jog on September 17, and helped us support a great cause. Goodwin was proudly a major sponsor of this event for the third year.

Lake Burley Griffin was awash with sunshine while more than 500 people (and pets) ran, jogged and walked to raise funds and awareness for dementia. National ambassador Ita Buttrose, along with local MLAs and MPs, attended the Canberra event which raised just over \$27,000.

Circuits included 1km, 5km or 7km.

One Goodwin family had a great result over three generations. Consie Larmour walked 7km, her grandson Jack Larmour came fourth in the 5km run and her daughter-in-law, Helen Larmour was the winner of the women's 7km run. Well done to the very fit Larmour family!

R to L: Goodwin village resident, Consie Larmour, Consie's grandson Jack Larmour (4th place in the 5km run) and Consie's daughter-in-law, Helen Larmour winner of the women's 7km run



Mara runs the extra mile for dementia

Goodwin staff member Mara Stroppa, Concierge at David Harper House, raised \$1554 for Dementia Australia at this year's City to Surf. Well done to Mara who overcame a twisted ankle to finish her 14km run in a great time of 1:28:34!

We are happy to say Dementia Australia reached their goal and raised over \$40,000 from the City to Surf.



'Artfelt show four years in the making

The George Sautelle House residents' Spring Art Exhibition was proudly opened on 25 September before family and friends by Chief Executive Officer Sue Levy.

The artworks, still displayed, included paintings, clay sculptures, painted masks and rock paintings. There are also poetry pieces, that respond to the artworks.

The artworks are the culmination of regular classes under local artist and volunteer, Libby Schick, clay sculpture sessions with volunteer Yvonne Farr, and a cultural arts program with Activities Coordinator, Trish Jefcoate.

Pictured below: Margaret Johnston (left) and Marie Sharp (right) with their paintings.

'Creating artworks has been a kind of therapy for the residents, helping them overcome feelings of isolation. It's a positive form of self-expression and the process of creating the works is stimulating as the residents share stories and memories during the classes. Ultimately, making the art promotes self-esteem which increases feelings of wellbeing and improves the quality of their life,' says Trish.

The artworks are on display at George Sautelle House, Farrer, indefinitely, for residents, staff and visitors to enjoy.

Special thanks also to Tuggeranong Bunnings for sponsoring the event, and assistance with hanging the artworks.



Farrer residents receive kindness from a stranger

An anonymous act of great generosity made the day for George Sautelle House residents and carers, on a recent outing in Mawson.

When Goodwin activities officer Trish Jefcoate went to pay for the group's morning tea at the Italian & Continental Bakery at Mawson, she was told that someone in the bakery had already paid for all the residents and wanted to remain anonymous.

We hope this very kind person is reading our newsletter so we can thank them. What a lovely act of generosity.

This story really touched a lot of people's hearts as it reached 3,461 people on our Facebook page, check it out and share it if you like: facebook.com/GoodwinAgedCareServices/

Social pages



Left: Anny De Pauw and Henny Van Der Zwet visit Bungendore with Queanbeyan Day Club.

Below: Nancy Joyce and Patricia Martin at Monash Day Club's 'back to school' day.



Left: Katherine Cawley's 100th birthday celebrations at Farrer. Below left: Jean and Susan Wood, Melbourne Cup lunch, Goodwin House. Below: Larry Larmour and Gwen Salmon, Remembrance Day, Goodwin House.



Left: Anne Perry's 100 birthday celebrations at Monash Day Club with Tegan Johns.

Right: Michael McFarlane and Elizabeth Dangerfield looking fabulous at The Central's Melbourne Cup event.

Below: Ainslie village residents Madelon Harvey and Trish Ryan at the Thoroughbred Park races.

Right below: The Central residents picnic at Tidbinbilla.



Above: Jean Mannett, Betty Willimott, Lyla Anderson, Eileen Kijak and Gloria Hart enjoying coffee and a chat at the Monash clubhouse.



Left: Marist College boys and David Harper House residents on a morning walk around the Monash pond.

Goodwin wins gold & bronze at sports carnival

Goodwin's live-in care residents from Ainslie and Monash won gold and bronze medals at October's YMCA Senior's Sports Carnival. Over 200 aged care participants and staff, from all over the ACT enjoyed an exciting and colourful day of sports at Tuggeranong Indoor Sports Centre.



Above: left to right, Ainslie residents David McConnel, Gwen Salmon, and Marco Falzarano celebrate their win.

Below: Evette Adhami hits her target.

Below right: Monash residents Lorraine Crockett and Brian Martin getting into the carnival spirit.



The carnival had an Olympic-like atmosphere, with an opening ceremony, medals and entertainment. There were modified sporting events including javelin, bocce, 10m relay race, wheelchair obstacle course and much more.

The teams were vying for a champion's trophy and individuals competed for gold, silver and bronze medals.

Goodwin had three teams from live-in care: Goodwin House Ainslie (13 people), David Harper House and Ralph Cartwright Centre, Monash (18 people) and George Sautelle House, Farrer (6 people). Our Ainslie team won gold in cannon ball and Goodwin's Monash team won bronze in hot potato. Goodwin also won The Senior Sports Carnival 2017 Best Banner!

There were loads of laughs at the carnival and participation in this community event was an amazing opportunity to build seniors' sense of self-esteem, engagement in their community, improvement in their physical skills and consolidation of their sense of belonging with team work essential for the events.

Check out our website for more images of the YMCA carnival: goodwin.org.au



Seniors must think differently about diet, says dietitian Ngaire Hobbins

By 70 to 75, we need a different mindset about diet, weight loss is often not the healthiest choice, and even sugary treats can be your friend, says international nutrition authority Ngaire Hobbins, guest speaker for Goodwin House residents and families. Ngaire's visit to Goodwin House was an extension of the annual Dementia Australia ACT's Business Breakfast fundraiser, Gather 'Round the Table on 29 August.

'Too often I see older people who have become physically or cognitively frail merely because they have been following eating advice appropriate for 30, 40 or 50 year olds, but which instead has caused them harm,' says Ngaire.

Ngaire shared her passion for food 'as close to its natural source as you can get', the value of enjoying food with loved ones, and the importance of good diet for health – including dementia prevention.

Ngaire is a dietitian specialising in seniors' diets and brain health. Ngaire is passionate about helping people in their senior years enjoy vital, independent lives and understand how the demands of ageing necessitate unique advice on diet. She is author of *Eat To Cheat Ageing*, *Eat To Cheat Dementia* and the newly released *Better Brain Food: Eat To Cheat Dementia and Cognitive Decline*.

Ngaire said that when people lose weight past 70-75 years of age, they tend to lose muscle instead of fat. Muscle is not only important for keeping active, it's also support for brain fuel. The brain can't use fat as fuel, so it will actually start to use up muscle to keep going, if it needs to,' says Ngaire.

That's why activity and strength building can be so vital in older age.

'Physical activity is undeniably the most important thing to keep doing as long as you can,' said Ngaire. A challenge for seniors is that appetite often declines with age, right



Top: Specialist Ngaire Hobbins greeted by Goodwin Chef Sandeep Vaid, Robyn Boyd, CEO Sue Levy.

when it is vital to provide fuel for muscles and mind health.

'That's why it's so important to keep enjoying food,' says Ngaire. 'You may need less calories with age, but your body still needs nutrients.'

So allow yourself those foods that help keep your appetite up, suggests Ngaire, even if it's a piece of cake or chocolate that whets those taste buds.

For more information visit Ngaire's website ngairehobbins.com

REFER A FRIEND **to receive \$1000 each**

If you're a resident at Goodwin, refer a friend to live at The Central by Goodwin and if they move into an apartment or townhouse we'll give you \$1000 each.

Our residents know better than anyone how great it can be to live in a Goodwin village.

Share your experience, share the rewards.
Contact a Goodwin Resident Liaison or Sales Officer.

This offer is valid until further notice and applies only to new, incoming residents of The Central by Goodwin. Referral must be received prior to the prospective resident contacting Goodwin. Rewards will be paid after full settlement of a Deed of Loan and Licence by the new incoming resident. Referral rewards are open only to residents of Goodwin villages.

 THE
CENTRAL
BY GOODWIN

centralbygoodwin.org.au
6175 5057 | 20 Galore St, Crace




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

GOODWIN.ORG.AU

 Goodwin Aged Care Services

 @goodwincare


GOODWIN
THE BETTER LIFE CHOICE