

# GOODWIN LIFE



GOODWIN  
THE BETTER LIFE CHOICE

SPRING | 2016

2016

*Alzheimer's  
Australia  
Memory  
Walk*

*Professor Greg  
Tegart AM  
opens Monash  
Day Club*

24/7 NURSING

*Round-the-clock  
onsite nursing staff*

## *Goodwin Health Club*

LIVE A LIFE OF VITALITY

# CEO address

---

Hi everyone,

I'd like to welcome everyone to the spring edition of our Goodwin Life newsletter.

We hope you are enjoying the new and improved newsletter and remember that you can contribute and provide feedback whenever you like – this is your newsletter.

Spring has sprung this year in the capital, the days are getting a little bit longer and warmer and hopefully we've now seen the end of that bitterly cold weather Canberra is renowned for. The gardens are blooming and it's lovely to see a bit more colour around.

As always, there is plenty happening around Goodwin. In August we were happy to be a part of the grand opening of our purpose-built Monash Day Club (page 7).

We are very proud to be one of the major sponsors of the Alzheimer's Australia Memory Walk and Jog

this year (page 5), with all Goodwin residents receiving free registration for the event.

We are pleased to announce that Goodwin is implementing 24/7 onsite nurses across our Monash and Ainslie care facilities (page 4).

I'd also like to welcome our new Executive Manager of Community Care Rikki Anderson (page 6). Rikki brings experience in CEO and executive management positions along with energy and passion for embracing the changes facing the aged care sector.

And finally, I'd like to give a very warm welcome to all of our new residents who have joined us in recent months; we hope living at Goodwin is everything you expected.

Sue Levy  
Chief Executive Officer



*We'd love  
to hear  
from you!*

We always welcome contributions from our residents so if you'd like to write a story for the newsletter, or have photos, please send them to [marketing@goodwin.org.au](mailto:marketing@goodwin.org.au) or drop into reception, addressed to marketing.

Cover photo: National Australia Day Council.

## Events list

### Throughout September

Dementia awareness month

### 2 September

Alzheimer's Australia Business Breakfast

### 18 September

Alzheimer's Australia Memory Walk and Jog

### 17 September – 16 October

Floriade

### 1 October

International Day of Older Persons

### 10 October

World Mental Health Day

### 29 October

Canberra Nara Candle Festival



# Wellness Centre *news*

We're excited to announce the introduction of a brand new service for all of our clients and residents: Goodwin Health Club.

Exclusive to Goodwin clients and residents, Goodwin Health Club is an extra service to help you live a life of vitality.



Goodwin Health Club is a partner of Goodwin Wellness Centre, supplementing the services of our team of health experts with opportunities to focus on the triad of mind, body and soul for true wellness and a fully-rounded approach to maintaining your quality of life and independence.

**A simple \$20 membership fee gets you classes for 12 months!**

When starting out your Health Club journey we'll give you a brief, free health assessment to ensure that all activities are safe and to help you work towards your health goals.

Dale Burke will be taking the majority of classes as part of the Goodwin Health Club. Dale has more than 40 years of experience working in the active ageing arena.

Monday	Tuesday	Wednesday	Thursday	Friday
9.30am – 10.30am <b>Health assessments at Monash</b> (booking essential) Monash Clubhouse			10.30am – 11.00am <b>Health assessments at Ainslie</b> (booking essential) Ainslie Lifestyle Centre	
10.15am – 11.00am <b>Weights and resistance class</b> Monash Clubhouse	10.30am – 11.00am <b>Walking group</b> Meet at Ainslie Lifestyle Centre	10.30am – 11.15am <b>Tai chi</b> Ainslie Lifestyle Centre		9.00am – 10.00am <b>Weights and resistance class</b> Monash Clubhouse
11.15am – 12.15pm <b>Yoga and meditation</b> Monash Clubhouse	11.15am – 12.15pm <b>Yoga and meditation</b> Ainslie Lifestyle Centre	11.30am – 12.15pm <b>Walking group</b> Meet at Ainslie Lifestyle Centre	11.15am – 12.15pm <b>Weights and resistance class</b> Ainslie Lifestyle Centre	10.30am – 11.00am <b>Walking group</b> Meet at Monash Clubhouse
1.30pm – 2.30pm <b>Walking group</b> Meet at Monash Clubhouse	1.45pm – 2.30pm <b>Weights and resistance class</b> Monash Clubhouse	1.45pm – 2.30pm <b>Yoga and meditation</b> Monash Clubhouse	1.45pm – 2.30pm <b>Tai chi</b> Monash Clubhouse	11.15am – 12.15pm <b>Tai chi</b> Monash Clubhouse

To join, call the Wellness Centre on **6175 5668**.

# 24/7 nursing

High level clinical care services for those living in Goodwin residential care have received a significant boost with the addition of dedicated 24/7 on-site nurses at David Harper House and Ralph Cartwright Centre in Monash as well as Goodwin House in Ainslie.

The addition of round-the-clock onsite nursing staff is an initiative taken by Goodwin.

"This isn't something that is mandated in the ACT, it's something that Goodwin has chosen to implement," said Executive Manager of Residential Care, Robyn Boyd.

"We feel that this will improve the continuity of care and is certainly something that will improve our residents' quality of life."

When residents move to a Goodwin facility, they will now have a Goodwin registered nurse as part of their care management team, to provide input into and oversight of their care plan.

Clinicians have the ability to provide pain relief quickly, at all hours, plus complex clinical assessment that can reduce transfers to hospital emergency departments especially during the night.

"Goodwin has absorbed the cost for this initiative; it really is around increasing our quality of clinical care and continuity of care to our residents."



**"I choose a richer life through volunteering."**

It's easy to make a big difference for a small sacrifice at Goodwin Aged Care Services. We greatly value our volunteers, who 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.

Find out how you can make the better life choice.

[volunteers@goodwin.org.au](mailto:volunteers@goodwin.org.au)  
02 6175 5076  
[GOODWIN.ORG.AU](http://GOODWIN.ORG.AU)

**GOODWIN**  
THE BETTER LIFE CHOICE

If you or a loved one would like to check out our facilities, we offer open days at all of our sites.

## Monash:

### Ralph Cartwright Centre

First Wednesday of every month –  
RSVP 6175 5602

### David Harper House

Third Wednesday of every month –  
RSVP 6178 7200

## Ainslie:

### Goodwin House

First Friday of every month –  
RSVP 6175 5001

Please check our website for upcoming Goodwin open days.

# Memory walk

Goodwin is very proud to announce our sponsorship of the 2016 Alzheimer's Australia Memory Walk and Jog – and we welcome all residents to join in.

The event will take place on Sunday 18 September, starting at Lennox Gardens, Flynn Street, Yarralumla at 10am.

The event continues around Lake Burley Griffin and participants are welcome to enter any of the three distances. There is a 7km run for those who want more of a competitive outing, a 5km walk which is great for families and friends looking for a fun day out, or the 1km walk for those who want to get involved and soak up the atmosphere.

Under the Goodwin sponsorship, registration is free for Goodwin residents, volunteers and employees.

There is estimated to be over 350,000 Australians currently living with dementia and that number is rising rapidly, with one person being diagnosed every six minutes.

Dementia is the second leading cause of death in this country and at the moment, there is no cure.

Alzheimer's Australia is hoping to change that.

Money raised from the Memory Walk and Jog goes to things like community education and awareness programs, carer support groups, counselling services, therapeutic programs like music and art therapy, and much more.

These services reduce feelings of isolation and empower people with dementia and their carers to live with dignity, meaning and purpose.

To join Team Goodwin, register your name with your activities/lifestyle officer.



Residents from Goodwin Village Monash put on a winter fete and raised over \$3,000 for the Snowy Hydro SouthCare Helicopter.

This was an amazing effort and organisers were personally thanked by Snowy Hydro Southcare CEO Chris Kimball.



Monash residents enjoying the fete



Gloria Hart, Marie Reardon, June Luders, Janice McDonald and Chris Kimball



The fete raised over \$3000

# Staff moves, new staff and awards

---

## New staff

Goodwin welcomes our new Executive Manager of Home and Community Care, Rikki Anderson.

Rikki is an experienced executive bringing a strategic focus to the Community Care team and Goodwin generally. Rikki brings experience in CEO and executive management positions as well as energy and passion for embracing the changes facing the aged care sector. Rikki's areas of expertise including change management, strategic planning and refining models of service delivery.



Jo brings extensive experience to her role as Manager Operations Residential (MOR) at George Sautelle House in Farrer. Jo first joined Goodwin as a residential carer in 2005 and since then has held positions as a Team Leader, Care Manager and now MOR.

"Working at Goodwin gives me a sense of purpose and I feel I can make a difference in the lives of our residents and be a supportive influence for our staff."

Jo replaces much-loved, long-standing Farrer MOR John Penca, who has moved to Goodwin House, Ainslie.

---

## Ian Hutchinson wins care award

Congratulations to our Central Day Club Coordinator, Ian Hutchinson who was awarded the NSW/ACT prize for carers at the recent Leading Age Services Australia (LASA) Congress.

The HESTA Nominate a Care Staff Member Competition recognises Ian's innovation in delivering services to local seniors at The Central Day Club in Crace that clients find fulfilling and fun.

"This award comes as a great surprise, it's really nice to know that our efforts are appreciated, not just mine, but the whole team," Ian said.

Ian's efforts in developing new and exciting programs have demonstrated an interest and understanding of each individual's needs and aspirations.

"I love chatting with our clients. No matter what they've done or where they've been, every person who attends has their own story and they are all of great interest to me," Ian added.

As part of the prize, Ian won a trip for two to Sydney, including tickets to the LASA NSW/ACT Congress, where he was formally presented with his award.

# Development *update*

There has been significant progress on Stage 2 of The Central. Over the past two months, the concrete structure has been completed on buildings D, E & F and the formwork has been removed.

Building E is nearly complete and internal fitouts have commenced with party walls erected, metal framing and windows.

The slab to the first four townhouses has been completed and framing has commenced. The next four townhouses will commence early August.

Despite the inclement weather the project is still on track to be complete early next year.

Don't forget, there are still apartments and townhouses available to buy off the plan. Call our sales team on 6175 5000 to book a viewing.

You can also head over to [centralbygoodwin.org.au](http://centralbygoodwin.org.au) to check out our new website dedicated to The Central.



Clients enjoy the entertainment



Professor Greg Tegart AM FTSE (centre) with Goodwin board members (L-R) Geoff Knuckey, Liesel Wett, Terry Chamberlain and Laurann Yen

## Monash Day Club grand opening

We also celebrated the grand opening of our architecturally designed, purpose-built Monash Day Club on Monday 15 August.

Day Club members were treated to an address by ACT Senior Australian of the Year, Greg Tegart plus entertainment and afternoon tea.

Goodwin's Day Clubs provide a fantastic outlet for people to catch up, be active, make new friends and stay connected to their community.

"Goodwin is always striving to be at the forefront of innovation in aged care," said Chair of the Goodwin Board, Liesel Wett. "It's been a great joy to meet some of these wonderful people and hear their stories."



Ralph Shein (centre back) with Monash Day Club employees

# Social *pages*

---

## Playgroup kids at Monash

Some little ones from Communities at Work's Richardson Child Care Centre popped in for a bit of fun with our residents at David Harper House, Monash.

The interaction between the kids and residents was super cute as you can see from these pictures.



Aisla Peterson helps with a puzzle



Lloyd Hone tells the kids a story



Aisla Peterson and Pat Colquhoun watch the little ones draw



Melva Nourse plays with a teddy



Everyone had a great day



# Social *pages*

---

Residents from Goodwin Farrer participated in the Music Engagement Program along with students from Lanyon High School and Cranleigh Primary School.

The program involves making music with the purpose of reaching out to others.



Dorothy Edwards sings with students from Lanyon and Cranleigh schools



Ana Corujo, Betty White, Mavis Furnell & Teddie Lonergan sing along



Students from Lanyon High and Cranleigh Schools enjoyed singing with the residents

# Social pages

Residents at Goodwin House, Ainslie were treated to some fabulous dance performances from students of Merici College.



Ainslie residents enjoying the dance performances



Merici students perform the can-can

Great fun at the Monash Day Club Mini Olympics!

Teams from Brazil, Spain and Australia participated in some Olympic classics like bean bag shot put, quoits, basketball and the thong toss!

Everyone had a great time and a good laugh but it was Spain who came away with the gold medal from the day!



Kitty De Leeuwe



Bob Pearce plays quoits



Judith and Gordon Matthew are awarded their gold medals

# Health *tips*

---

As part of an ongoing series *Goodwin Life*, with Goodwin Wellness Centre, will give you some easy health habits that you can begin right away to improve your everyday wellbeing. The first instalment looked at getting a health audit, now instalment two looks easy ways to improve your nutrition.

## Eat better!

Making sure you are well nourished as you age is more important than ever to stay healthy and maintain energy levels. Food choices need to incorporate essential vitamins, minerals and fibre – which can be a challenge if your appetite has decreased or you're less able to buy and prepare healthy foods.

But Caroline Salisbury, an Accredited Practising Dietitian with more than 20 years experience in individualised nutrition advice and a regular spokesperson on ABC 666 radio believes that for most people, it's just about making a few little changes to their diet, rather than anything drastic.

"The 65+ are great clients to work with when it comes to improving dietary choices," she says. "Being a bit more 'grown up', they are less prone to fad diets and are more open to 'tweaking' their normal routine to address any changes for improved health. Typically we look at adjusting portions for better blood glucose control, increasing fibre for digestion and improving their protein intake to maintain muscle mass and reduce falls risk."

The biggest challenge for the 65+ age group Caroline says, is in trying to increase nutrients whilst decreasing volume – due

to changes in appetite. But Caroline points out that this can also be an opportunity to let go of having to prepare the traditional "family" meals and embracing new, more convenient meal options.

**"It's just about making a few little changes to their diet, rather than anything drastic."**

"Smaller, nutrient rich meals are easy to add to your routine, especially after a lifetime of cooking family meals," she says. "I'm a big advocate of including a light "ploughman's" dinner at least once a week with some delicious cheese, fresh oysters, some toasted sourdough, a side salad and perhaps a glass of wine.

"In that meal, you've got calcium for bone health, zinc for immune function and easy grain choices," says Caroline. "In fact there are many convenient nutritious options such as omelettes with grated cheese and a side salad, a fresh lasagne with a pre-washed salad or even canned soup with a fresh roll for a quick, easy option. You really don't have to go to the effort of making a big cooked meal every night."

Caroline stresses that everyone is different, which is why it's important to get an individualised plan by an Accredited Practising Dietitian if you can.

"While some clients may need to continue to be cautious of some choices such as highly salted foods, others might need that extra bit of salt to encourage their appetite," she explains.

"Some people need to focus on managing portions and appetites. Others, who have followed a strictly low fat diet for most of their life, might need to add essential fats such as oils, nuts, cheese and even cream to ensure they're getting the nutrients they need. So it's really important to get the right advice that's tailored to your specific needs."

Above all, Caroline stresses the importance of enjoying your food.

"Meal times should still be a pleasurable experience, regardless of what age you are," she says. "So we're very big on emphasising the social importance of sharing food and drink with others and making your meal times as stress-free, enjoyable and satisfying as possible."

**“I choose  
a quality lifestyle,  
staying in the  
home I love.”**

Home care services provide the tools to maintain the home life and social life you love; or to return to being able to do things you used to.

Ask Goodwin about options for short term to high level care and respite, including government funded programs. Choices include assistance during injury recovery, transport, company for shopping or lunch, domestic services, social clubs, personal assistance and nurse visits.

Find out how you can make the better life choice.

Call **02 6175 5650**

Visit [goodwin.org.au](http://goodwin.org.au)



Newsletter and media  
[marketing@goodwin.org.au](mailto:marketing@goodwin.org.au)  
6175 5055

Apartment and villa sales  
[sales@goodwin.org.au](mailto:sales@goodwin.org.au)  
6175 5000

[GOODWIN.ORG.AU](http://GOODWIN.ORG.AU)

Help to stay at home, Day Clubs  
[community@goodwin.org.au](mailto:community@goodwin.org.au)  
6175 5650

Live-in care admissions  
[admissions@goodwin.org.au](mailto:admissions@goodwin.org.au)  
6175 5192

