

GOODWIN LIFE



AUTUMN | 2018

STEP INTO FITNESS
**for free
in 2018**

HOME CARE
**now in
regional
NSW**

FARRER NEWS
**excited buzz for
new development
continues**

RARE SERVICE FOR LIVE-IN CARE
meet Goodwin's new podiatrist

CEO address

Welcome to 2018.

Our Autumn edition is packed with ideas for new hobbies, and some great ideas on how to stay fit and strong.

There are stories on: trying a new sport, joining our Health and Wellness classes, and participating in free fitness classes at Queanbeyan Day Club.

Goodwin is proud to announce a unique service in aged care: that of our very own in-house podiatrist, Sarah Mewburn on page 5.

In other exciting news Goodwin is expanding home care services to Murrumbateman/ Yass and Bungendore/ Braidwood areas. That means we're also looking for new carers in these regions; not only providing a great new service to the area but new career paths for people in the region.

Our Farrer redevelopment is on track and taking shape. The building works have remained mindful of residents at all times, communicating new access roads and development updates. Apartments are now released to the public and are proving very popular. Please see page 4 and 12 for updates and images.

On page 10 we say a sad and fond farewell to Jim Purcell, one of Goodwin's dedicated and professional executives for the past 12 years.

Our social pages are extremely colourful with birthday celebrations, dance classes, and outings and activities all over Canberra and within our villages.

I hope you enjoy this edition of Goodwin Life.

Sue Levy
Chief Executive Officer



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.

Join us on facebook and twitter.

Cover image: Stella Battenberg, Farrer resident, and the primitive doll she made.

Staff moves and new appointments

In the new year, we extend warm welcome to all our new carers and volunteers. Additional appointments in central roles are:

- Sheeba Thomas, Clinical Registered Nurse, David Harper House and George Sautelle House
- Dajuan (Maggie) Shi, Clinical Registered Nurse, Goodwin House
- Emma Woods, Wellbeing and Rehabilitation Officer
- Jacqueline Williams, Day Club Officer, Monash

Mr Ian Hutchinson, Day Club Coordinator has moved from The Central Day Club at Crace to Monash Day Club. Ian takes the reins from the well known and loved Dudley Sorrensen, whom we farewelled with much ado late last year. Mr Anil Acharya, already part of the Day Clubs team, has stepped into Ian's shoes at Crace.

Health and wellness in a “day spa” setting

In 2017 Kate Fogarty became Goodwin’s Health and Wellness Centre Manager, “I have a keen interest in primary health and keeping clients in their homes for as long as possible. I believe we need to be proactive rather than reactive regarding health care”, says Kate.

Kate loves the uniqueness of the Health and Wellness Centre as she says, “the Centre houses medical staff but doesn’t feel at all clinical. When you walk into our Centre you almost feel as if you are at a day spa”.

At the Wellness Centre, you access a myriad of services, more than the average GP clinic, including physiotherapy, podiatry, geriatrician and a health club. “Our staff are fantastic and cater to client’s needs to ensure people feel welcome and at home”, Kate says.

Along with Kate’s day-to-day routine she is required to do ongoing research to keep on top of the latest wellbeing initiatives and training.

“One of the most important things I do is attend case conferences around our clients’ health needs with the allied health team. This involves discussions with the GP, geriatrician, physiotherapist, podiatrist and nurses to ensure our clients are receiving optimal care.”

Kate’s favourite part of her job is seeing clients progress in their wellness journey.

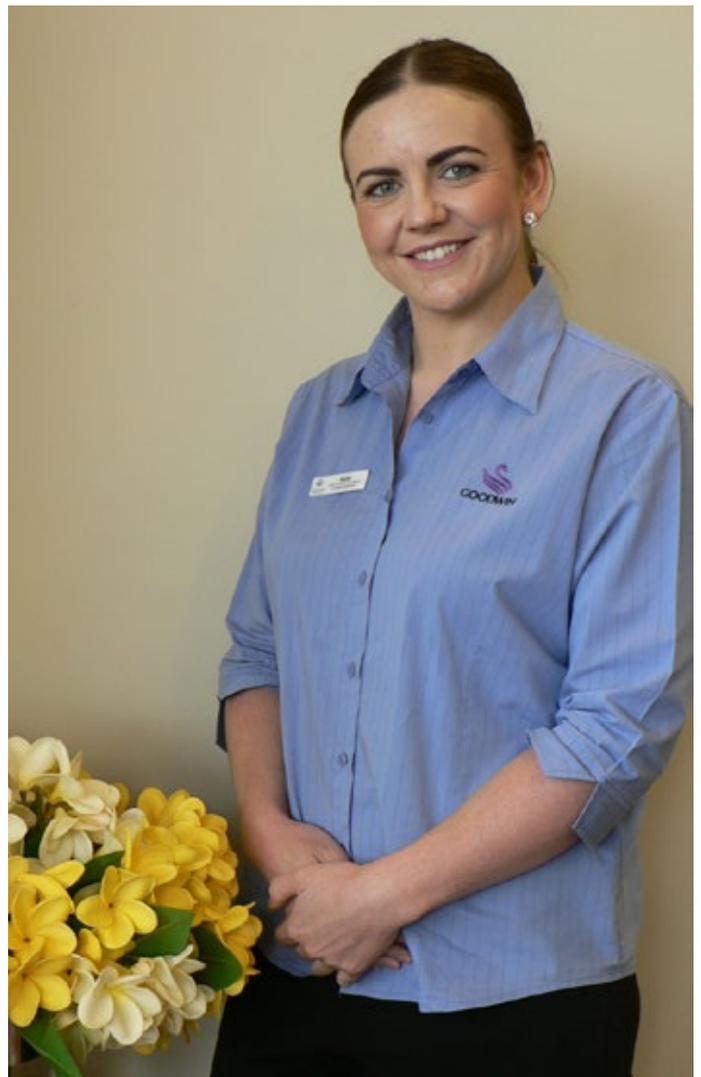
“I love speaking to our amazing clients, listening to their stories and trying to assist them to live as independently as possible”, she says.

Kate also loves the hardworking, approachable team she works with.

Goodwin Health and Wellness Centre services are exclusive to Goodwin residents and community clients.

Kate has a background in emergency nursing and started working at Goodwin in 2013 as a community care coordinator and later a senior community care coordinator.

For more information on the Health and Wellness Centre contact: 02 6175 5668.



Kate Fogarty, Goodwin’s Health and Wellness Centre Manager

Apartments in the new Farrer Village are now available



The new-generation Farrer Village by Goodwin was released to the public at a special event at the Mawson Club on 28 February. Goodwin's Sales team is taking registrations of interest, and registrants are able to nominate preferred apartments. At the time of writing, 46 apartments had been allocated.

Construction update

We're happy to report that construction remains on schedule. The current village and care residents report that they are excited to see the development changing every day and beginning to take shape. First apartments are scheduled to be ready for occupation by Christmas this year.

Visitor parking at the entrance to the aged care facility is still available, and a new access road has been completed for safe public entry. This road will be utilised until works commence on the construction of Building E – the new live-in care facility.

Our builders, PBS, have established a temporary car park for construction vehicles, to keep Beasley Street as clear as possible. This carpark will remain for the duration of the project, at this stage until mid-2019.

We are working very closely with families and residents to ensure their care and lifestyle are not disrupted.

A reminder that our builders' hours of work are Monday to Saturday, between 7am and 6pm. No works will be undertaken at night or on a Sunday unless there is a special need, such as during shutdown to services within the Goodwin village.

Works will continue to be respectful of the surrounding community and the residents still living within the Goodwin village and care facility.

Register your interest

If you are interested in securing an apartment, call us on 5109 2000 or visit www.goodwinfarrer.org.au to register your interest.

If you wish to join the waitlist for future rooms in the new live-in care facility, please contact our Admissions Officer on 6175 5192.

If there are any queries about works in relation to the Farrer redevelopment contact Mrs Jo Evans, Goodwin's Project Liaison on 6175 5172 or info@goodwin.org.au.

Live-in care news

Feet first for Goodwin's podiatrist Sarah Mewburn

Goodwin now has a unique service offering with our on-site, on-staff podiatrist, Sarah Mewburn. In September when Sarah started working with Goodwin residents and Health and Wellness Centre clients, she says she began a rare position as "Goodwin is one of the few aged care providers that have their own podiatrist. Most get their podiatry services from external companies. The benefit is residents will get better services and the relationship will be stronger with ongoing communication and care management plans."

Sarah has gained experience in podiatry all over Australia including in aged care, hospitals, and private practice.

"My vision is to create an ongoing podiatry service that meets all the foot care needs of residents, that is sustainable and innovative", says Sarah.

Podiatry is crucial for people's overall health and wellbeing as looking at the whole foot and how that relates to the rest of the body

can give indications on a range of things including blood supply.

"We assess foot pain related to bones, muscles, corns/callous and toenail problems. We also monitor the affect of medical history on the feet, for example: diabetic foot assessment, heart attack, stroke or lung problems", she says.

If feet are left unchecked it can lead to a delay in healing in the feet, relating to poor circulation, which could lead to skin injuries that heal slowly and therefore increase the risk of infection. If feet are painful this may lead to difficulty walking and reduce activity.

"I am really lucky as I love my job. I enjoy learning more about podiatry and implementing this into my daily practice. I also love talking to people and listening to their life stories. I find it very satisfying being able to provide relief for residents", she says with a smile.



Sarah Mewburn, Goodwin's new podiatrist for live-in care

Goodwin goes 'country' with home care



Image credit Queanbeyan-Palerang Regional Council

Do you have friends or family in Murrumbateman/Yass or Bungendore/Braidwood areas?

Goodwin is expanding in-home care services into these areas from January 2018.

"It's an area where there's a real need, and people who have been devoted to their acreage or property for many many years", said Jamie Fillingham, Executive Manager Community Care for Goodwin.

"It will be a great service if we can empower country people to stay independent at home, in ways that best suit them."

Services will be provided under the federal Government's home care packages scheme, which offers subsidised care for those assessed as eligible. Services can include transport, domestic help, personal care, medication assistance, help with shopping, home and garden maintenance, and mobility aids among other things.

We're seeking expressions of interest from workers in regional NSW!

To support our new home care services, Goodwin is also seeking expressions of interest for carers who live in Bungendore, Braidwood, Murrumbateman and Yass areas.

We understand that local service is important to local people, so we want carers who are based in the community they serve.

This is a rare opportunity to work close to home if you live in our region's country towns. It's ideal for parents with children in country schools, those who've retired and wish to work part-time, or those looking for flexible hours.

To express interest and for details on eligibility and training, visit Goodwin's website or email Goodwin's People and Culture team through recruitment@goodwin.org.au.

Goodwin brings free fitness classes to Queanbeyan for over-65s

Liz Kilby, Goodwin physiotherapist has noticed participants in Goodwin's free fitness program are experiencing noticeable health improvements.

"Some comment on how pleased they are that they started attending classes and they have gained confidence in the exercises they find challenging", says Liz. "Another says she is less breathless since starting the program", she continues.

"I have noticed that participants are becoming more confident and challenging themselves a bit more each week, especially in relation to the balance exercises. They are all very supportive of each other, enjoying a laugh and some friendly competition."

Ongoing classes are held at Queanbeyan Day Club every Tuesday and Thursday from 9.15am to 10.15am.

Liz helps participants set goals for regaining ability, strength, and balance, and track individual progress.

All fitness levels are welcome. Exercises are modified to suit individual needs.

The program is funded by the Commonwealth Home Support Programme. To participate you will need a quick assessment of eligibility by the government's Regional Assessment Team. Goodwin staff will assist with the assessment process.

During NSW Senior's Week you can come along and observe the free circuit style classes. You can sign up on the day for the class. Classes will be held on 5, 10 and 12 April from 9.15 to 10.15am at Queanbeyan Day Club 138 Monaro St, Queanbeyan.

For more information: 6175 5668.



Step-into-fitness classes at Queanbeyan Day Club. Top: Ruth Benson, Mary Moxon, Brian Boyes, Keith Moxon and Joan Nunn. Middle: Doug and Eileen Edwards again, and Norma Bush. Bottom: Doug and Eileen Edwards.

Social pages



Above: Ainslie village residents at Olleyville Restaurant, Shaw Vineyard, Murrumbateman.
Below: Cleo Goodchild, 93 with Campbell High School student in the Ready, Steady Cook program at Campbell High School.



Above: Monash village residents', Glynn and Dawn McKay.
Below: Pool sharks from Monash village, L to R Tom Clark, Brian Hadfield, John Packwood and Bas Luton. **Right:** Peggy McCloud shared her 91 Birthday with Elvis at Queanbeyan Day Club.





Crace residents play mahjong, L to R, front table Estelle McArthur, Lynn Parry, Jean Todd and Margaret Chinn and back table Noelene Williamson and Cec White.



Above: Farrer resident Margaret Johnston with the primitive doll she made. **Above middle:** Ainslie village resident Audrey Shepherd and her grandson Louis Shepherd. **Above right:** Crace Day Club member, Margaret Magi enjoys cuddling a pooch, on Pet's Day. **Below:** Farrer resident Stella Battenberg dresses up during a Japanese sensory afternoon. **Below right:** Monash Day Club, Spanish dancers. **Right:** Goodwin activities officer Lydia Aislabie and resident Betty McGillivray.



Vale Jim Purcell

After 12 years at Goodwin Jim Purcell is retiring. Prior to working at Goodwin, Jim spent 24 years in the public service then 10 years as the Executive Director of COTA ACT.

“Just prior to joining Goodwin I had had some involvement with Goodwin as my mentor (and COTA Board Chair) Ralph Cartwright was also a Board member of Goodwin and I had the opportunity to facilitate a Goodwin strategic planning exercise (as an external facilitator) which saw the organisation adopt a strong growth strategy”, he explains.

“I have enjoyed every aspect of working with Goodwin: The significant growth over the past 12 years, the challenges of supporting an ageing population, the enhancement of the reputation of Goodwin as the premier ACT aged care provider, and participating in the strategic direction of the organisation with the Board and the Executive. Importantly working with the dedicated staff has given me significant satisfaction. There has been great joy in being able to support residential or in-home care and independent living for our residents and clients”, says Jim.

Jim will be missed by many residents who describe him as supportive and accessible. “Jim has not only been a good manager but has become a friend whether it was for a business or private chat, despite being busy, his door was always open. He is a man of integrity and I trust him implicitly”, says Joyann Loftus, Ainslie village resident.

“I will miss the personal interaction with residents and clients and the challenges and the development of close working relationships with resident committees. I will also miss the excitement of being a part of an organisation that is growing and delivering a quality product to older Canberrans”, says Jim.



Ainslie village residents. Back L-R: Bruce Sinclair, Dr Bill Steward-Thomson, David Francis, Helena Lister and Front L-R: Joyann Loftus, Margaret Astbury and Jim Purcell



Health tips: Try a new hobby

Research shows that retirees who pursue hobbies and activities that interest them are less likely to suffer from physical health problems or emotional issues such as depression – and the more active the hobby, the greater the chance of living a fuller, healthier, and longer life.

“Like all our Goodwin villages, we have lots of residents at The Central pursuing various hobbies, whether it is Landcare, bike riding, art and craft, bridge, gardening, or walking there is something for everyone”, says Louise Kerr, The Central’s Lifestyle and Activities Coordinator. “We also have lots of residents eager to remain healthy and strong who join in the Health Club classes (available at all Goodwin villages)”. The great thing about our Goodwin villages is that people can join in with their neighbours and share the benefits of existing hobbies or find new ones together”.

“Even though people have left their big gardens, some residents have plots in the Crace community garden and come back with arms full of their own grown herbs and vegetables”, says Louise.

If you’re unable to pursue your regular passions due to injury or illness or simply don’t have one, here are some more ideas for new hobbies to inspire and motivate you.

- Photography
- Woodworking
- Sports such as: swimming, cycling, hiking, tennis or golf
- Scrapbooking
- Jewellery making
- Writing: creatively or for newspaper or magazines
- Bird watching
- Fishing
- Learning another language
- Become a wedding celebrant
- Tutoring
- Volunteering

‘I choose a richer life through volunteering’

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

Find out how you can make the better life choice.

volunteers@goodwin.org.au
02 6175 5076
GOODWIN.ORG.AU



FARRER VILLAGE
BY GOODWIN
Keep enjoying life

One, two and three-bedroom apartments, all single level with secure lift access and secure underground car parking. All apartments are built to the adaptable housing code.



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 (Monash) and 6175 5006 (Ainslie and Farrer)

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 Goodwin Aged Care Services

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