



Positive ageing feature

A lifestyle beyond 'aged care'

Anglicare's Seniors Living portfolio is breaking the stereotype of 'aged care' to provide an atmosphere encouraging the concept of positive ageing across all of its Seniors Living residences.

Through new and upgraded facilities, together with innovative lifestyle programs, Anglicare is reinventing what it means to be an aged care resident. This has been recognised at the Council on the Ageing Awards, where the Canterbury Close lifestyle team was awarded the 'Every Generation Active Lifestyle' award.

Canterbury Close resident Allan King takes a break with Lifestyle Assistant Jeska Godly.

See pages 3-6 for this edition of The Supporter's feature on positive ageing.

Ageing in a positive light



Dr Lynn Arnold AO,
Chief Executive Officer of
Anglicare SA

This issue of Supporter highlights positive ageing and showcases some of the programs and facilities Anglicare SA provides to our older clients.

Positive ageing is a statement that life is to be lived to the last moment and that care is a means to that happening, not an end in itself. The Apostle Paul wrote about having 'run the race' and that is what life is like, a marathon race where the last lap is the hardest, but it is also the lap that is the fulfilment of a life-long race. A positive ageing approach is based on this philosophy – it is about respecting people regardless of age, about enabling access to support and resources to live affirming lives even in the face of what may be significant health challenges as the years progress.

The ageing of Australia's population is too often seen as a demographic problem when in fact it is a significant community achievement. If we treat it as something to be celebrated, our necessary responses to the changing demographics will have a more profound impact. It is not about looking back with regret or facing a future with little hope. We believe everyone is valued and age or disability should not be the final word on someone's life. Getting older is not the beginning of a slippery slope to dependence and frailty. It is a time to celebrate achievements, share learnings, value extended family and old friends and reap the rewards of a full and enriched life.

Anglicare recognises that positive ageing starts with all of us as individuals. Everybody in the community plays a part in positive ageing through supporting friends, family and their community to live life to the full. Our parents, grandparents and great-grandparents have a wealth of knowledge and experience that should be celebrated and shared, not dismissed as out-dated or irrelevant.

As we age we should all have the assurance that we will be able to live in safe, sustainable, affordable accommodation where our rights, dignity, choice and self worth are respected.

The team at Canterbury Close are a fine example of this, with a number of great initiatives in lifestyle programs. For those with memory loss, there are still exciting and fun activities that stimulate the senses and provide variety and interest each day. The cottage garden mural at Grandview Court is another initiative to make people feel at home.

The new development at All Hallows Court demonstrates how aged care facilities should be – just like home. The refurbishment of Dutton Court and the building of new Independent Living Units (ILUs) at Grandview Heights both represent a lifestyle where aged residents can still maintain independence and a feeling of being at home rather than in a home.

Anglicare's residences are setting the benchmark higher for seniors living and we are proud to be making a considerable difference and ensuring quality of life for our elderly community.

God Bless.

theSupporter

news and views
about the work of

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Number CCP422

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paper by
The Bowden Group



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Grandview Heights' first resident, Ron, in his garden.



Grandview Heights' couple Kevin and Fay enjoy the lifestyle on offer.

A new way to live

Take a look at Anglicare's newest independent living address and it's not hard to see why residents are pleased with their new lifestyle choice.

Overlooking the hills and landscape of South Australia's southern vales, Grandview Heights – 20km south of Adelaide in suburban Trott Park – boasts 24 brand new, modern Independent Living Units (ILUs). The first residents have just moved in and they couldn't be happier.

Grandview Heights' first ever resident, Ron, moved into one of the villas to be closer to his wife living in the adjacent Grandview Court aged care residence. Ron has become a familiar face around both Grandview Heights and Grandview Court, often volunteering his time to help others in the Grandview community.

For Kevin and Fay, the location means they are close to local family members, in an easy-to-maintain property – with the open plan that Fay has always wanted.

Karen Haylock, Anglicare's Client Liaison Manager for the Seniors Living portfolio, says that the brand new villas offer a number of drawcards for those looking at independent living options.

"Grandview Heights is far enough out of the city to offer the peace and serenity of suburban living, without being too far away from necessary services and facilities," she says.

"The grounds are set in a location with a sweeping landscape view and plenty of open space. Each villa offers spacious yet

easily manageable open plan living, with modern amenities throughout which are aimed at making life as easy as possible for residents. This allows for independent living without having to worry about things like garden maintenance and home repairs – even changing lightglobes."

Although the villas offer the benefit of independence, one of the attractions of Grandview Heights is the sense of community that is achieved by numerous shared spaces, social activities, events and services available at the Grandview location. A residents' lounge and adjoining outdoor terrace provide the perfect environment to get together with friends, relatives and visitors; plus the services on offer at Grandview Court are also accessible by residents of Grandview Heights, including a cafe, hairdressing salon, dedicated therapy rooms and regular church services.

The display villa is open for inspection every Monday and Wednesday between 10am and 12 noon – interested parties are encouraged to visit and see for themselves what Grandview Heights has to offer.

The new residences at Grandview Heights.





Reinventing aged care

Residents of Canterbury Close meet the cast of "A Chorus Line" following a performance of the show at the Adelaide Festival Theatre.



With more than 530 beds across six metropolitan sites, Anglicare's Seniors Living portfolio is the largest, accounting for more than 50 per cent of our work.

Driven by a charter for positive ageing, our older clients are cared for as though they were in their own home. The dedicated staff regularly find new ways to stimulate, entertain and support clients in their twilight years. One of the best examples of this is the stunning win by Canterbury Close in the Council on The Ageing (COTA) Awards for the lifestyle team – a stand out example of positive ageing.

Recognised for its industry-leading work, Canterbury Close Lifestyle Programs won the 'Every Generation Active Lifestyle' award. Sponsored by the Retirement Village Association, the award recognises and promotes outstanding achievements in encouraging older people to remain physically, mentally or socially active.

Anglicare SA is committed to achieving a dynamic, friendly and fulfilling lifestyle for all their residents and clients and Ann Sinclair, Manager at Canterbury Close, said it was a great honour to receive the award from COTA.

"An organisation is only as good as its people and it's fantastic that our people (staff, residents, volunteers, families and friends) have been recognised for their

dedication and good work in the aged care industry," she said.

"We are focused on combating the negative stereotypes of older people and develop activities and events based on interests and possibilities rather than what is traditionally considered a 'residential activity'."

The programs include wheel-in movie nights, bocce, a darts team entered in the Masters Games (they took home one silver and eight bronze medals), sensory programs that stimulate all five senses, woodwork classes, a masquerade ball and day trips (including the Royal Adelaide Show).

The most recent trip was for several residents who visited the Adelaide Festival Theatre to see the smash hit musical *A Chorus Line* on 10 January.

The latest addition to Canterbury Close's sensory program is a bee hive which provides visual and audio stimulation to the memory support residents. All safety precautions have been taken but the bees aren't aggressive. The inside hive contains 40,000 Golden Italian working bees whose job is to look after the Queen bee and get the honey. Lifestyle staff members have undertaken an intense two-day bee training course and will harvest the honey every two months.

Around the grounds

Dutton Court

The redevelopment of Dutton Court is finalised, with new clients in an expanded facility of 75 beds and a new wing (Banksia). As well as renovating the existing building there was also an upgrade of the communal facilities for residents of the Independent Living Units (ILUs). We are now engaging with new clients and there is a significant inquiry list. Final landscaping has also been completed.

Illoura

Staff and residents at Illoura and Percival Street have started the six-month countdown to the move to the newly built All Hallows Court. A new lifestyle enhancer has been employed and all the lifestyle teams will collaborate across the portfolio to share ideas and information.

Grandview Court / Grandview Heights

At the 2011 Anglicare Quality Awards ceremony, Grandview Court took out two honours in the categories of Innovation (for improvements to the Modified Diets Meal Menu) and Occupational Health Safety and Welfare for their waste dock project.

The Memory Support Unit has a beautiful cottage garden mural painted on the walls giving a 3D effect and making residents feel like they are in a garden. Lifestyle teams did local community tours of Christmas lights for residents.

The Grandview Heights development has seen 24 ILUs completed and already four are occupied. A sales and marketing campaign has begun, calling for expressions of interest.

St Laurence's

Care for our residents extends beyond their daily needs in our facilities. At St Laurence's, one of our residents wanted to take a holiday so the staff helped with travel arrangements and accommodation and facilitated a trip to Bali for a week with family. When a new resident came to us from interstate she had no support network. Rather than leaving her to find her way by taxi the site manager picked her up from the airport and settled her into her new home.

Ian George Court

The annual Christmas BBQ at Ian George Court (IGC) was once again held at the end of 2011. This is a festive occasion where residents, staff and family get together and share food, drink and many laughs.

Congratulations to Elayne Nicholson and Shirley Ann Essex who have both recently

completed a graduate diploma in mental health. Seniors Living will continue to support professional development for their staff.

All Hallows Court

External construction of the new Residential Aged Care facility is complete. The internal walls are advanced with fixtures, fittings and equipment going in. The General Manager for Seniors Living, Allan Mitchell, spoke to a residents meeting at Illoura to give an update and staff are providing bus tours for residents and families to see the construction as it develops. The final facility will have 75 beds, 29 ILUs and one palliative care room. Residents and their families have the opportunity to visit Dutton Court as its new wing is a comparative example of how All Hallows will look. The move from Illoura and Percival Street is planned for three to five days in June 2012.

Positive ageing

With the life expectancy of Australians increasing to among one of the highest around the globe - a touch short of 84 years for females and 79 years for males - there's a greater commitment needed for positive ageing. Positive ageing is about experiencing optimum quality of life; immersing yourself in hobbies and interests that one finds important. It's about being respected no matter what age and having access to resources needed to achieve goals.

With a dedicated team providing programs such as the Canterbury Close Lifestyle Program, Keeping Connected Program and Technology to Aged Care Project, Anglicare SA is helping people maintain and restore dignity, take control and lead positive and fulfilling lives.

For more information about positive ageing contact 8305 9200, or visit www.anglicare-sa.org.au.



Warren
with Project
Coordinator
Kelly.

Maintaining independence at home

In Warren's home the housework is his domain as Shirley, his wife, doesn't have the confidence or mobility to maintain the upkeep.

Until a few months ago completing the house cleaning wasn't an easy task for 86-year-old Warren. He experienced breathlessness and fatigue from nitric acid scarring on his lungs and struggled to bend down while carrying a mop and bucket and dragging around his vacuum cleaner.

"The effort that I had to put into bending down all the time when using the vacuum cleaner and mop inhibited the working of my lungs," Warren said.

The Northern Care team provides Home and Community Care (HACC) services to more than 300 people in the northern metropolitan area, with many receiving domestic services.

Due to the popularity of the services, there is a waiting list, which Warren registered on in September 2010. To help people like Warren, Anglicare's Northern Care is now trialling a program for those waiting for HACC services.

The Promoting Independence Program aims to find alternative solutions to support

people in the self-management of their daily tasks and activities.

Over eight weeks Warren had various home visits from his Project Coordinator, Kelly, who worked in partnership with Warren to set goals around his strengths in managing domestic tasks. Throughout the eight weeks Warren filled out a self reflection sheet to plot things such as his confidence, independence and need for formal services.

Kelly suggested a new mop and vacuum which gave Warren the confidence in completing his domestic tasks.

Warren said since starting the program in October last year, he has found the services to be a "wonderful help".

"I am very thankful that Kelly came along. I didn't even know about the type of vacuum and mop she suggested and they are so easy and great for somebody in my condition. I now don't need to bend down for the vacuum or to put the mop in the bucket, I just press a button each time I need water and it comes out," he said.

Warren can breathe more easily using the new equipment and now keeps the house work under control and takes great pride in maintaining independence with daily tasks.

Kelly will revisit Warren in three months to check on his progress.

This project is being implemented through funding from the SA Department for Communities and Social Inclusion, Innovative Ideas Funding and commenced in April 2011. It is hoped that this project will challenge the way services are provided by encouraging flexibility and supporting clients to retain independence through simple solutions rather than provide services that foster dependence.

New garden at Grandview

The residents of the Memory Support Unit at Grandview Court, Trott Park, recently welcomed the addition of a colourful mural. Painted over six weeks by TAFE SA art student Mimby Jones Robinson, the design was inspired by an English cottage garden as most residents respond and relate well to a vibrant garden.





Labour of love

'Toy Boys' Ron Bettison and Bob Rowse with a selection of their creations.

As every parent knows, Christmas is a magical time of the year for children. But it's also true, the dreams of many kids are bigger than their parents' wallets, which is why it's comforting to know there are still some havens of old-fashioned Christmas spirit.

A warehouse in Adelaide's western suburbs is a cross between Santa's workshop and the local Rotary Club. It's inhabited by a group of retirees who call themselves the 'Toy Boys'.

It all started in 1992 when retired cabinet maker Ron Bettison invited a few Rotarians around to his shed to make some toys for charity. But the Wednesday morning sessions became so popular that within two years they couldn't all fit in the shed. When a friend offered them the use of his old warehouse, the operation moved to another level.

"There are now 16 of us and we make hundreds of toys for many different charities around South Australia," Ron said.

Every Christmas the boys deliver up to 1,000 toys, all of which are given free to families because the wood they use is donated by local timber suppliers. 2011 was no different.

With a crowd of more than 60 crammed into the warehouse, the Toy Boys showcased a display of brightly coloured wooden products from scooters to picnic baskets, prams and doll cradles. As charities from all over SA came together to applaud and thank the Toy Boys for their wonderful donations, the spirit of Christmas was well and truly in the air.

So after another year's worth of Wednesday mornings together, the Toy Boys hung up their hammers and drills and headed off for Christmas, knowing that on Christmas Day hundreds of little ones would receive something special and believe it was all the work of a big hairy bloke in a red suit.

"Our aim is to make children smile and enjoy our products," Ron concluded.



Kristy Wildy, Business Development Manager of Anglicare SA, accepts a cheque from Janet Coleman of BankSA for monetary donations from both the company and staff.

Lions District Governor Trevor Jacobs, Lions Club of Brighton President Tony Matthews, and Sue Jacobs (right) present a cheque from the Lions Club of Brighton to Star Bear Coordinator Louanne Johns.

Anglicare's Heather Fopp accepts a grant from Morialta Trust, which funded a Star Bear and Star Bound camp during 2011.

Donor news - thank you!

Christmas was made a little easier last year thanks to the generous donations of our faithful supporters, with staff kept busy managing collections and drop-offs, and receiving monetary donations.

According to Anglicare's Director of Marketing and Fundraising, Joy King, the Christmas donations received for 2011 exceeded those from previous years.

"Our Christmas appeal saw a real lift in donated goods, which goes a long way in the lives of those who need a little extra help over the holiday period," she said.

"Schools in particular across Adelaide were fantastic supporters. The children truly got behind the appeal with an amazing array of food hampers and toys for children of all ages donated."

Archbishop Jeffrey Driver named **St Andrew's** students as Anglicare's Angels of Hope for 2012. Joining them in receiving this award was **Mitsubishi Australia**.

All donations are greatly appreciated, and we recognise the contributions of the following companies for their support: Stepping Stone Childcare and Early Development Centre, Findon • Hills • BankSA • Fox

Tucker Lawyers • First Degree • Statewide Super • Mellor Olsson • Hesta • ANZ • Business SA • Deloitte • Phil Hoffmann Travel — and a big thank you to Mitsubishi Australia for their kind loan of the Hope Mobile to collect and distribute all the donated goods.

We also acknowledge the ongoing support provided by our Hope Partners, who constantly provide hope year round to those in need of a little assistance.

In addition to the contributions from schools during the Christmas Appeal, late last year Playford Primary School raised funds specifically for Anglicare's Refugee Housing Program, with each child giving up their lunch times to collect cans and bottles to raise the money and help support new arrivals.

Anglicare's Star Bear/Bound program was boosted by a donation from the Lions Club of Brighton in November 2011, which will be used to fund the next Star Bound camp to be held in August 2012.

In addition to funding the camp, several of the Brighton Lions have also signed up to be camp mentors.

Star Bear and Star Bound camps assist children through the grieving process of losing a parent, sibling or carer. Last year's Star Bear and Star Bound camps, held in April and August 2011 respectively, were thanks to the generous support of Morialta Trust, whose grant made these camps possible.

Anglicare's Angels of Hope from St Andrew's School.



Australia Day recognition

Australia Day celebrations in the City of Playford this year recognised the outstanding achievements of the Elizabeth Riders Committee, who received the "Community Event of the Year" award for their tireless work in organising the 2011 Youth Week Skate Competition.

The Elizabeth Riders Committee was established in 2008, supported by Anglicare SA and the City of Playford. It has grown from strength to strength with the 2011 skate competition attracting 750 young people across six days of events. Its committee members – comprising 12-16 young people between the ages of 12 and 22 – show great initiative and thirst for developing their leadership skills. They are a fantastic example of young people taking pride in and giving back to their community, demonstrating that young people in the Playford area can be huge leaders and advocates.



This is the third award the committee has won in recent years, having also received the "2010 Playford Alive Local Hero Awards for Healthy Communities" and the "National Volunteer Week 2010 Award" from Northern Volunteering SA Inc. In addition to this, the Elizabeth Riders Committee toured around South Australia in November 2011 to deliver BMX and scooter workshops to other young people and deliver presentations to service providers about engaging young people with recreational committees.

Workshops can be arranged for interested communities – please contact Amy Gascoigne on 8209 5750.

Members of the Elizabeth Riders Committee, Dylan O'Reilly, Curtis Hulls and Dean Miller, accepted the award on the Committee's behalf.



Jill Rivers, Parish Community Engagement Worker for Anglicare, accepts a Zonta rug from Dianne Evans (right) from Zonta Adelaide Flinders, coordinator of the Zonta rug project.

Spinning a good yarn

Fifteen beautifully handcrafted rugs were kindly donated to Anglicare SA by the Zonta rug project group.

The brightly knitted rugs are all handmade differently and every stage from matching the squares, choosing the backing fabric and buttons are all done with love and care.

The rugs are individually packed and delivered in recyclable brown paper bags and tagged with a Zonta card that reads "This special rug was lovingly made for you by members and friends of the Zonta Club of Adelaide Flinders".

The Zonta Club of Adelaide Flinders is a member of Zonta International, a global service organisation founded in 1919 for executives in business and the professions to work together - across political and social boundaries - to advance the status of women worldwide.

In the Company of Hope

Anglicare welcomes its two newest Hope Partners, Securatrak Pty Ltd and Equip4Living. Thank you for your generous support!

Corporate Hope Partners are businesses which make a regular commitment to Anglicare, offering ongoing support to their local community. Hope Partner inquiries can be directed to Business Development Manager, Kristy Wildy, on 8305 9267.

Securatak is one of the first GPS tracking solution providers in Australia, providing turn key GPS tracking hardware and software for business across Australia and Asia including the mining industry.



Equip4Living is a family-run South Australian company offering a wide range of innovative healthcare equipment and consumables suitable for use in aged care and public health.



hope

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I would like my monthly pledge to be by Direct Debit Credit Card

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I/We request that Anglicare SA arranges for funds to be debited from my/our account identified below for two years, and understand that my/our account will be debited on the first Wednesday of each month for the amount shown above.

• Direct debit details

Financial institution name and branch _____

Account name _____

BSB _____ Account no _____

Authorised signature _____ date ___ / ___ / ___

• Credit Card details

Visa Mastercard Diners Club Amex

Credit card no _____ - _____ - _____ - _____ Expiry date _____ / _____

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Thank you!



Financial first steps

Taking control of your finances can be difficult in any circumstance, but there's always an added pressure when that 'pitter patter' of tiny feet comes along.

Anglicare SA has implemented a program which supports young parents under 20 years of age, to develop the skills to manage their changing financial needs as their family extends - *Financial First Steps*. This has been introduced in response to the Building Australia's Workforce Initiative through Communities for Children Plus Playford. Playford is one of 10 sites nationally provided with this opportunity by the Australian Government Department of Families, Communities, Housing and Indigenous Affairs.

"We want to try and pick up young parents in early pregnancy to discuss what sort of payments they can expect to receive, how they access them and what responsibilities come with having a baby and that money," Financial Literacy Worker, Jacki Mills said.

To take part in the free program the young couples or singles must reside in the Playford Council area and be either self referred or referred by the Lyell McEwin Hospital or Centrelink.

Jacki Mills educates clients in financial literacy and formulates a budget to ensure the couple and/or single can confidently

manage bills, and be prepared for those unexpected expenses. It also provides the opportunity to link the young parents into community activities and programs which will provide them with social supports and skill development.

"It can give young parents a really good understanding of what they need to consider for their finances, baby and themselves. It gives them the skills and knowledge to build for their future and that of their family," she said.

Jacki works with Centrelink to assist with appropriate payments and if needed refers the young couples or mothers-to-be to other appropriate services including financial counselling.

For up to one year after the baby is born Jacki continues to work with the new families, connecting them with local playgroups and child development programs.

For more information contact Jacki Mills at JMills@anglicare-sa.org.au or on 8256 2178.

Financial First Steps is funded by the Australian Government Department of Families, Housing, Community Services and Indigenous Affairs and supported by Playford Communities for Children Plus and Anglicare SA.



Sifting flour and greasing trays were part and parcel of baker, Scott Martin's, plan to raise as much money as possible for Anglicare SA.

After numerous conversations with his mum about her experiences volunteering at Anglicare, the Bakery Manager at Coles, Hollywood Plaza, decided to host a bake-off, selling his freshly baked cakes, buns, muffins, scones and more to staff and customers.

While other Coles stores around the northern area of Adelaide pitched in to help raise funds hosting their own bake offs, it was Scott and his team that raised the most money selling baked goods and raffle tickets, totalling more than \$2,300.

Thank you Scott and team at Coles, Hollywood Plaza for your very kind donation!



GRANDVIEW HEIGHTS
TROTT PARK



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