

# CHAPTER

SUMMER 2018/19

## SENIOR SAFEGUARDS

Protecting yourself online

## BUSINESS HEAD

Arise senior entrepreneurs

## PEDAL POWER

Around the world on two wheels

## ROYAL LETTERS

How you can get a letter from the Queen







# Looking for short term care to get back on your feet?

Did you know many Aveo communities offer respite care? The new service from Aveo Freedom Aged Care will give you or your loved one the care you need so you can get back on your feet after a hospital stay or provide a little extra help after a fall or illness.

You'll receive the very best in care from our attentive staff so you get back on your feet.

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\*Prices correct as of 18/12/2018. AVE01024-Res



## Welcome

to our fourth edition of Chapter, the magazine that seeks to reflect our incredible communities. As this is your magazine, it is our sincerest wish that you'll be uplifted by the stories contained in these pages, as well as marvel at the determination and get up and go displayed by so many of our extraordinary residents.

You could do worse than select this month's cover star, Robert Waldthaler, as your muse. A former professional cyclist who still cycles up to 400 kilometres a week, the 77-year-old has so many incredible stories to share, we found it difficult to restrict him to just four pages. Having been locked in detention and had his life threatened on at least two occasions, he has seen the very best and very worst of human nature with his trusty bike taking him on a raft of adventures that almost defy belief.

We'll also introduce you to Brisbane native Sue Loncaric, who upon recognising she was floundering in retirement, opted to pour her energies into something more productive by learning how to start her own blog.

We also have a chat to Mark Young, an active member of the Australian Seniors Computer Clubs Association, about the proliferation of online scam artists. Mark offers some sage advice on how to safeguard yourself online and what to do if you suspect your personal information has been compromised.

As part of our commitment to always present topics we know you'll find of interest, we will shortly be launching an extension to this magazine in the form of a blog called Chapter Plus. Keep an eye out for it on our website:

**aveo.com.au**

Enjoy the read.

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# Have your say...

Here at Chapter HQ we love nothing more than receiving your feedback on previous issues. And its clear that our feature 'Courting in the Third Age' struck a chord for many of you. Below is just some of the correspondence we received.

## Take it to the stage

I live at Aveo Durack. One of the residents started a play reading group which is going well. We discussed the need for a play set in a retirement village. We felt some romance was needed. I enjoy writing plays so I wrote one which we have read.

The play covers all the points brought out in your feature 'Courting in the Third Age'. It was based on my observations of at least four "couples" who are happily enjoying each other's company and I have been living here less than a year so there may be others!

**Julie Christie**

**Ed:** Thank you so much for taking the time to write in Julie, we would like to commend you on both your creativity and turning your play around so quickly. A play reading group sounds like a fantastic way to spend an afternoon and certainly an activity that some of our other communities may like to consider doing. Here at Chapter HQ we are suckers for a great romance, so are very pleased to hear so many of our residents are discovering their Mr or Ms Right living almost on their own doorsteps.

## Another happy ending

I have read your story 'Courting in the Third Age' with great interest. I am at Aveo Durack and I am 87 and my fiancée is 84. We met two years ago. I have been a resident at Durack for 13 years and my fiancé for three years.

**Ludolf Gutzeit**

**Ed:** While wedding bells are unlikely to sound in the near future for Ludolf (known as Lou) and his delightful fiancé Hildegard Kreaka, the couple told Chapter they feel extremely lucky to have found each other and to have a significant other with which to experience their retirement with.

German-born Lou first met Austrian native Hildegard around three years after the latter moved into Aveo Durack and let it be known she was on the hunt for someone with whom she could converse in German with. Lou who was widowed around 11 years ago, went to visit Hildegard in her unit where he was struck by her youthful appearance. A short time later Lou summoned up the courage to ask Hildegard if she would be interested in taking a cruise with him so they could get to know each other better.

Arguing it would be too expensive to get separate cabins, Lou

persuaded Hildegard to share accommodation and the romance commenced soon after the ship left port. Their romance bloomed during the course of their high sea adventure and eager to protect Hildegard from any innuendo that may be directed at her, the pair got engaged soon after.

With no real desire to get married, "I googled how long can you be engaged for and the answer came back as 'indefinitely'" – the pair maintain their own units but have shown their ongoing commitment by co-purchasing an English Pointer dog and meeting each other's families. They meet up at night three or four times each week in addition to meeting each and every morning to walk the dog hand-in-hand. In addition, Lou (who has two children, two grandchildren and five great grandchildren) collects Hildegard from her unit in time for regular swims and aqua aerobics classes.

The pair say they are delighted to have found the chance for such close companionship later in life and believe the key to their success is to afford each other the freedom to live their life independently while also indulging in regular shared activities.●

We would love to hear more from you about what's on your mind - be it good, bad or indifferent.

Email us at [chapter@aveo.com.au](mailto:chapter@aveo.com.au)





aveo care at home

# Care and support in the comfort of your home

With a dedicated and experienced team of professionals, we can deliver quality care in the comfort of your own home. So, now you have the choice of receiving care that best suits you when and where you want it. Let us help you navigate the Aged Care system paperwork and receive advice from our experienced team of nurses on packages to suit you.

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# Clear and present danger

Australian scamming victims are losing an average of \$6500 each in their lifetime, with active seniors among the easiest targets.

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One in five Australians believe their online safety has been compromised in the past 12 months.

Of these, the largest security breaches occurred via either an email account or via social media. The remainder were made up by computer, banking, smartphone, tablet hacks or threats to cloud storage facilities.

That's just one of the many frightening scenarios highlighted in EY's Sweeney's *Digital Australia: State of the Nation's 2017* report which unsurprisingly found cyber security is uppermost in the minds of most Australians.

And it is not without good reason. The Australian Cybercrime Online Reporting Network (ACORN) is the government's reporting and referral service for cybercrime and online incidents under Australian law. According to statistics from ACORN, in the three months from 1 April to

30 June, 2018, there were more than 13,600 reports made to its hotline with scams or fraud, purchase or sale and cyber bullying the top three most popular cybercrimes. This was up from 11,800 from the same reporting period in 2017.

Queensland accounted for almost one third of all offences reported (30%) followed by Victoria (26%) and NSW (22%). Over 17% of all victims were aged 60 or over.

Similarly, figures come from the Australian Competition and Consumer Commission (ACCC)'s ninth annual *Targeting Scams* report found these equated to losses totalling \$340 million.

As well as noting a \$40 million increase in reported losses from the previous year, the report also showed that investment scams were most common, with Australians aged 55 to 64 reporting the highest amount of losses, and those over 65 lodging the highest number of reports.



Scamwatch, a website run by the ACCC, says active seniors are an attractive target for would-be scammers because they tend to have more money and more accumulated wealth than their younger counterparts.

They are also seen as generally less internet and computer savvy by scammers who rely on the fact active seniors will be less familiar with new technologies.

As such, many scammers choose





to scour dating sites and social media for older Australians who have recently divorced or lost a long-term partner, in the hope of identifying those in a vulnerable emotional state.

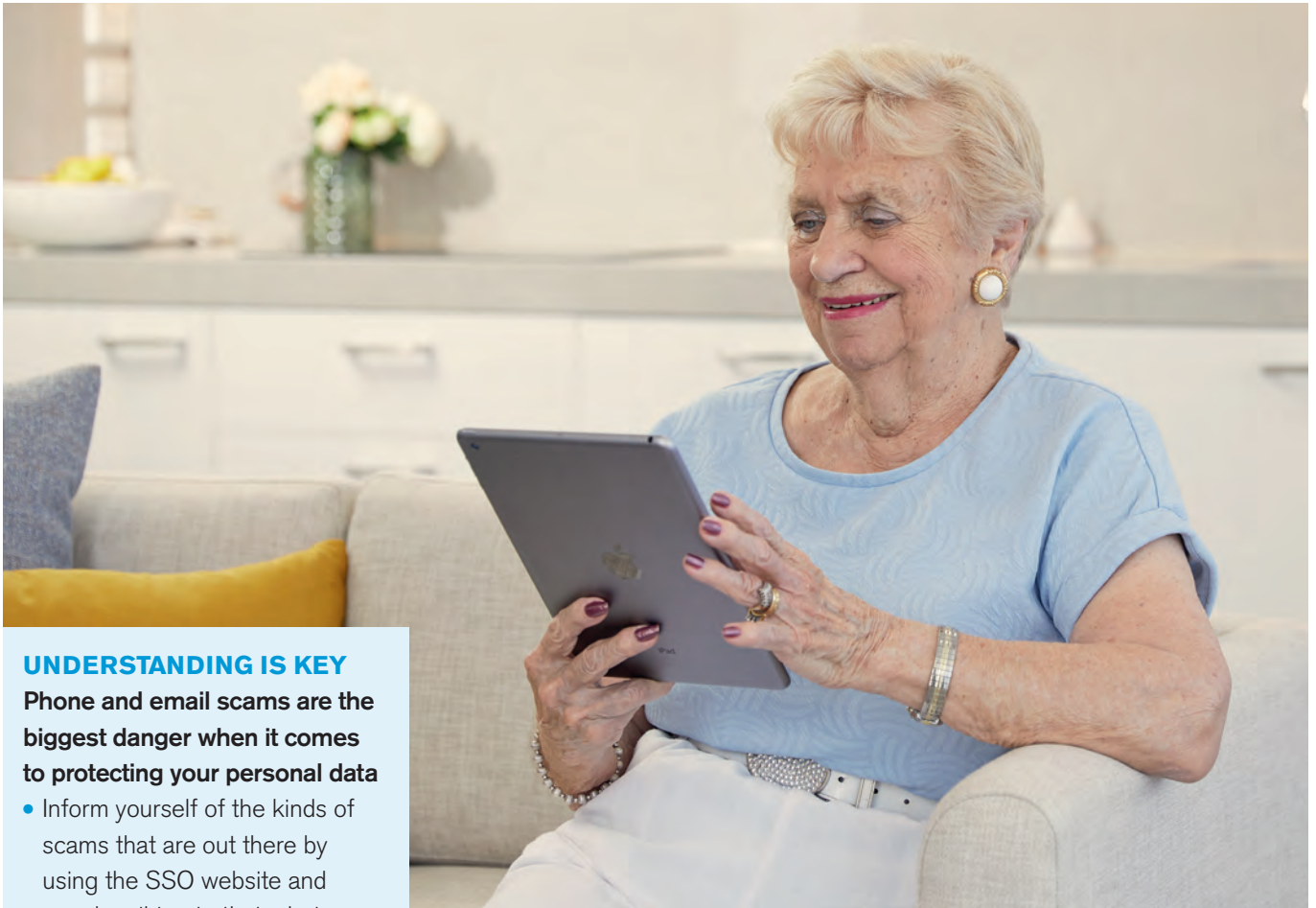
“Scammers take advantage of people looking for romantic partners, often via dating websites, apps or social media by pretending to be prospective companions. They play on emotional triggers to get you to provide money, gifts or personal details.”

### **PROTECT YOUR DATA**

**When it comes to passwords there are a number of key points to remember.**

- Write them down in an organised way
- Use unique passwords for each device – don't duplicate across accounts
- Don't make them so complex you can't remember them
- Try to ensure they are 12 characters or more
- Have a password or number code to unlock your devices
- Learn how to change your password
- If something seems 'not right' with your email or other account, change your password

*Source: ASCCA*



### UNDERSTANDING IS KEY

**Phone and email scams are the biggest danger when it comes to protecting your personal data**

- Inform yourself of the kinds of scams that are out there by using the SSO website and or subscribing to their alert service. Also consider using sites such as **hoax-slayer.com** or **snopes.com** to check on facts
- Be wary of conversations that you did not initiate
- Realise that scammers are criminals that want your money. They are like 'actors', not real people and do not care about you. They often try to frighten you into doing what they want. Do not try to reason with them and cut the conversation short
- Don't agree to pay or click on links without checking with a knowledgeable friend
- Don't click on anything in 'fun' or 'interesting' emails. Delete them – even if they are from a friend.

Source: ASCCA

Other common online scams targeting older Australians include investment scams involving getting you or your business to part with money on the promise of a questionable financial opportunity; unexpected prize, lottery and inheritance scams, where they ask you to pay some sort of fee in order to claim a prize or winnings or trick you into sharing your bank or credit card details.

Another troubling scam doing the rounds is a so-called rebate scam where scammers try to convince you that you are entitled to a rebate or reimbursement from the government, a bank or trusted organisation and phishing scams, called phishing scams because

they're fishing for information on you – the 'ph' comes from 'phone').

Usually the scammer warns that something might happen to you or your finances if you don't confirm your personal information by logging into the website. This site may adopt the appearance of the real website of your bank, power or phone company, but is actually fake, as is the phone number provided.

Mark Young, the club support officer at Australian Seniors Computer Clubs Association (ASCCA) – which has more than 100-member clubs across every state in Australia – says the problem is compounded because many seniors feel they have been



pushed by well-intentioned family members into online social networks and applications such as Instagram, FaceTime and Facebook.

Mark says active seniors who use the Internet are often passive viewers rather than posting their own photos online but have come to realise that, without using these tools they are likely to miss out on photos and interaction with their loved ones.

Others, he says, are determined not to use social media and mention this at their first opportunity.

Seniors come from a time where people 'minded their own business' and privacy was a habit. The self-promotion and the broadcasting of trivial events in social media is alien to them, he says.

Mark, whose volunteer peak body organisation provides learning materials to member clubs to allow them to teach seniors how to use digital technology, says the biggest fears and concerns are a lack of control when using technology.

"When coming to lessons about devices, such as smartphones, active seniors often say that they 'just want to know more'. They don't know what they don't know. They don't feel ownership of the technology. They sometimes get sporadic help by younger people that consists of explaining things too quickly or, worse, doing it for them."

He says active seniors are certainly alert to all the media hype about the dangers of the Internet and loss of money is a huge concern to people who have a limited amount.

"Having your privacy invaded is another. The 'if it's too good to be true...' cliché is unhelpful when

## TAKING YOUR POWER BACK

### Actions to take if you suspect you've been targeted by online scammers

- When dealing with uninvited or unexpected contact from a government agency or trusted business – whether over the phone, by email, in person or through social media – always consider the possibility that it may be a scam
- If you're unsure whether a call or email is real, verify the identity of the contact through an independent source, such as a phone book or online search. Don't use the contact details provided by the caller or in the message they sent to you
- Don't be pressured by a threatening caller. Hang up, then check whether their story is real
- If you're still unsure, speak to a trusted friend or family member about what has happened
- Never send money or give your bank account details, credit card details or other personal information to anyone you don't know or trust
- A government agency or trusted business will never ask you to pay by unusual methods, such as a gift or store card, iTunes card, wire transfer or bitcoin
- Don't open suspicious texts, pop-up windows or emails and don't click on links or open attachments – just delete them
- Never give anyone remote access to your computer if they've contacted you out of the blue – whether through a phone call, pop up window or email – and even if they claim to be from a well-known company that you know and trust.

*Source: Stay Smart Online.*

you understand very little of it. The possibility of a mobile phone was 'too good to be true' once and now many of us have one."

To assist active seniors to stay ahead of online scammers, the government has launched a new digital literacy program specifically tailored to older Australians to help them increase their online confidence, skills and safety.

The program, Be Connected, offers free courses on everything from how to access the internet, to using your device and keeping in touch with others online.

Also available in a range of other languages, including Arabic, Spanish, Macedonian and Greek, topics covered in the guide include

the essentials of staying safer online such as why we need strong passwords, how to create and remember these passwords and how to avoid common mistakes; how to download and save documents; and how to pay safely online.

Mark says from ASCCA's point of view, the best thing Australia's active seniors can do is to learn more about digital technology to help lessen their chances of being targeted by scammers.

With more knowledge, a person can evaluate if a website or email might be a scam while they are also better positioned to know where to get help should the worst happen, he says. ●

# The big boom

Senior entrepreneurship is riding a wave of global popularity with online connectivity credited with revolutionising the way an increasing number of Australia's active seniors are choosing to spend their golden years.

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As far as digital natives are concerned there are several factors the heads of successful start-ups have in common.

Firstly, most see America's Silicon Valley as the holy grail of all things technology, innovation and social media-related and, secondly – owing in part to the massive success of tech entrepreneurs such as the 27-year-old Snap founder Evan Spiegel, 33-year-old Facebook founder Mark Zuckerberg and Airbnb co-founder Nathan Blecharczyk, aged 34 – many see this entrepreneurial success as the sole preserve of the young.

"Young people are just smarter," Zuckerberg once remarked, conveniently overlooking the fact that it was baby boomer innovators such as Bill Gates, Steve Jobs and Tim Berners-Lee who led the information revolution in the first place.

Yet with a plethora of business resources now available, increasing numbers of Australian seniors are harnessing online tutorials, online video tutorials and online 'how to' articles to source inspiration and turn their business dreams into reality.

While many have yet to reach the dizzying commercial heights of big name brands such as Apple or Microsoft, and those who have invented a product as globally significant as the world wide web are few and far between, senior entrepreneurs have slowly but surely been making themselves a force to be reckoned with, actively contributing to fiscal, social, health, active ageing and lifestyle outcomes in their communities in the process.

## By the numbers

A 2017 report, The Silver Economy, commissioned by NBN, found that tech-savvy entrepreneurs (often referred to as SeniorPreneurs) represent the fastest growing sector of entrepreneurship in Australia with just over a third (34%) of all small businesses being led by senior entrepreneurs.

Expected to contribute an additional \$11.9 billion to the Australian GDP in new ventures each year, the same report found more than half (54%) of them claim they employ a predominantly online model in their businesses, with 61% of them preferring to upskill online.

While the reasons behind their renaissance were as varied as the business men and women themselves, more than two thirds of the SeniorPreneurs surveyed for the report claim creating or supplementing their income was their main motivation for starting a business.

In addition, 58% admitted launching because they were choosing to pursue passion projects and 55% stated they launched their start-up to keep themselves mentally stimulated. Other respondents were of the opinion that self-employment helped minimise risk when it came to future employment opportunities.

"I think it doesn't matter what age you are, it's one of the reasons why I decided to start my own business because when you're 40-plus people think you've got one foot in the coffin. For some reason people have



### Booming success 1

Carolyn Palliardi was 51 when she found herself retrenched from her job as a beauty editor. Following two years of research and development, the Melbourne-based business woman launched her natural skincare range to provide a point of difference to the existing homogenised teenage male grooming market. Seven years later and her business, 808 Dude, continues to go from strength to strength, boasting hundreds of Australian stockists as well as selling across Amazon in the US and Canada.



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**“They have better business experience, superior technical and managerial skills and are in a stronger financial position than younger entrepreneurs.”**

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got this preconceived idea that if you're under 40 you're viable to them, if you're over 40 you're half dead and they don't want to employ you ... this is another reason why I started my own business, because people don't discriminate as much when you're 40-plus when you have your own business,” one noted.

These findings followed an earlier report on the same subject, published two years earlier, which showed a high prevalence of senior entrepreneur activity in Australia. This was evidenced by the fact the entrepreneurship activity rate of 8% for the age group 55–64 in Australia is approximately 3% above the average of innovation-driven economies.

Titled, *Senior Entrepreneurship in Australia – Active Ageing and Extending Working Lives*, the 2015 report found senior entrepreneurs work fewer hours per week compared to younger entrepreneurs (18.5 to 23 hours), have more industry experience (13.25 to 7.5 years), invest more in their business (\$1,487,000 to \$272,000) and earn greater profits (\$264,000 to \$115,000).

### **Not just for the money**

LaTrobe University Professor of Entrepreneurship, Dr Alex Maritz, who was involved with both studies and who is one of the country's leading authorities on senior entrepreneurship, says that while entrepreneurs may be pulled or pushed into self-employment, their entrepreneurship is often not just an economic phenomenon; with research showing it helps keep them mentally stimulated and stay physically active while also lifting their self-confidence.

With a lifetime of experience behind them, starting a business as a late-career alternative means active

seniors have many advantages over their younger cohorts when it comes to founding and then operating their own businesses.

Dr Maritz says active seniors are more capable of starting a business than their younger peers, are also more productive and have more developed networks.

“They have better business experience, superior technical and managerial skills and are in a stronger financial position than younger entrepreneurs.”

Dr Maritz says tech-savvy boomers also add significant impact to emerging technologies on the creative economy.

“Senior entrepreneurs turn their creativity into business value and growth by starting new businesses in their prime of life.”

Dr Maritz cautioned however, that it wasn't all smooth sailing for those active seniors wishing to launch their own business, arguing that often they faced the same barriers to entry as younger competitors.

His own research into the topic had shown that the types of concerns voiced by active seniors in regards to launching their own start up included: complex administrative procedures and government ‘red tape’, attitudes and stereotypes others hold of seniors – ‘ageism’, a lack of belief in one's own capabilities, a lack of information on how to start a new business, and a lack of awareness created by government.

Yet despite this, SeniorPreneurs who were prepared to take the plunge found themselves competing in a world of sectors without borders, he says, and are therefore more active in digital reinvention.

“As digital technologies penetrate industries, boomers are at the forefront to continue its advances by launching new start-ups,” he says. ●



### Booming success 2

Telecommunications expert Jeff Downs had also passed the half century mark when, in 2007, he sought to make distance obsolete by improving the way organisations connect, communicate and collaborate. The Canadian businessman was in his 52nd year when he launched his start-up, Redback Conferencing, in Sydney and has since diversified the business to incorporate everything from bespoke HR application development to resource planning consultancy.







# Cairns' cycling cyclone

He has been locked in detention in The Central African Republic on suspicion of being a member of the press and had an Iranian revolutionary threaten to shoot him after wrongly assuming he was an American citizen. Clearly, Aveo The Parks resident Robert Waldthaler is anything but your typical retiree.

PHOTOGRAPHS BY BLUECLICK PHOTOGRAPHY



When it comes to cycling, Austrian Robert Waldthaler is about as sacrosanct as they come.

For more than four decades he has traversed the globe as a professional cyclist, visiting 143 countries and being exposed to some of the most intriguing places on the planet. But now he has given up the work that consumed much of his life, he limits his travels to largely domestic adventures in and around Cairns.

But to assume that the 77-year-old professional's retirement means he spends less time cycling is to do him a great disservice, with Robert and wife Renate – whom he met in 2003 while on tour in the Algerian Sahara – typically clocking up around 300-400 kilometres on their bikes each week. By early next year, he is expected to surpass the 500,000 kilometre mark with grand plans to have cycled one million kilometres before leaving his mortal coil.

As someone who didn't even learn to ride a bike until aged 12, he has clearly come a long way.

Having trained as a pastry chef in his native Austria, Robert – named Tilmann at birth – has always been a keen traveller, using his unique cooking skills to help subsidise the costs of what were up until that point fairly traditional adventures.

In 1975, while working and travelling around Australia, he met a Belgian cyclist who inspired him with his stories on the road, so much so that within two years Robert had returned home, sold many of his possessions and equipped himself with a custom-built touring bike that took 12 months to build and 3200 German mark to acquire.

He intended his first trip to last three

weeks, instead it has lasted 49 years.

“My longest cycle tour has been from Invercargill in New Zealand to North Cape in Norway. During the tour I travelled four years and 55,000 kilometres. To get the money needed for such a long trip I worked during the tour in the Antarctica, New Zealand, Australia, India, Pakistan, Italy and Norway as a pastry chef but I also took on casual work.”

A trip around the world along the Equator from Dakar in Senegal back to Dakar consumed two years of his life and resulted in a further 35,000 kilometres on his trusty bike.

### The art of fuelling

Robert admits that when he started cycling back in 1977, he “didn't know very much” about cycling and living outdoors. Time on the road has since taught him the importance of refuelling his body as well as not putting himself in unnecessary danger.

Robert says most touring cyclists develop their own habits of fuelling their bodies during longer rides and he is no exception.

Being a lacto-vegetarian helps as this means that he is able to eat dairy products and eggs which simplifies travelling.

“Oats, brown rice, couscous, dried fruit and vegetables, honey, sprouting seeds, lots of water and a few other things are the basic nutrients I'll take with me. [I'll visit] market stalls, bazaars and restaurants to source salads and meals which give me a healthy boost, vitamins and veggies. Fast food, snacks and all sorts of other junk food are not on my bucket list.”

In addition, he ensures he also carries a tent on each adventure, arguing that while it is not always possible to use the tent, in certain

places it is “safer, better and cheaper to sleep inside a room”.

“Listening to the locals and asking them for advice is very important because they know the area and what is happening.”

### So many highlights

A naturally curious person who speaks, reads and writes in German, French, English and Italian, Robert says his skills have enabled him to enjoy many once-in-a-lifetime-type experiences the highlights of which include a raft of popular travel and dining companions including Bob Marley, the Indian PM Indira Gandhi and the King of Tonga.

“[In addition I] travelled by bicycle through Iran during the Iranian Revolution and during the war in Iraq. An Iranian woman revolutionary guard wanted to shoot me as she assumed that I was an American. My Aussie passport saved my life.”

Another time things got a bit dicey was when Robert found himself locked up for three days in what he terms “one of the most corrupt countries on earth” after being found carrying a camera and an Italian press identity card.

But it wasn't just being exposed to corrupt officialdom that helped make Robert's time on the road enjoyable with floods in Cambodia and Thailand, an earthquake in Costa Rica, and volcanic eruptions in both Sumatra and in Bali adding to his extensive memory bank.

Ultimately, however, Robert says while meeting the odd celebrity or breathing in the beauty of his surrounds has been great fun, the learnings taken from his time on the road have given him far more than just pictures to look over with friends.

## FEATURE



Robert and his wife Renate typically clock up around 300-400 kilometres on their bikes each week.

"I have used the roads of the world to discover the path to myself. In all these years on the road I became aware that every good trip starts with gathering information about the country, culture and people. This type of information is vital as it makes travelling so much easier. In order to experience adventures I still have to leave room for on-the-spot decisions and changes to the original plans because situations can change from one minute to the next.

### Lessons learned

Having established a reputation as an author (he's now written 17 books documenting his travels), presenter and equipment tester during his travels abroad, Robert was able to attract sponsorship from a variety of corporates and successfully negotiated the receipt of 14 bikes, all of which he was able to keep long after his latest tour had ended.

This, he says, afforded him the

opportunity to go some of the way to repaying the people who have assisted him on his escapades.

"Travelling through countries in Africa and Asia I found that the people have been very kind to me. Sharing the little they had with a world cyclist, offering me a place to stay, share their stories, problems, sad times but also moments of joy. Never asking anything from me. Most of my 14 bikes I have offered as souvenirs to real good friends or they have been auctioned off for a worthy cause, helping to build a school in India, helping children through the Care for Rare Foundation. This is my way of saying 'thank you' to the people of the world who have been so kind to me."

Robert, who fresh from an interview by Joan Duplock for Aveo The Parks' village newsletter, was about to set off on another cycling adventure to Western Australia, says while he has been able to cross off many countries

on his bucket list, there are still a few remaining.

His ultimate goal, however, is unlikely to be one achieved with pedal power.

"During my travels I have seen so much poverty, injustice and suffering in the world, that I feel very privileged to live in Australia and we can enjoy the little we have. Due to the many trips I have done I love travelling but at home at the Aveo The Parks Community in Cairns I am at ease which adds quality to our life. It is a privilege to be at home with my wife, turn on the tap for a shower, cook a good meal and sleep in a comfy bed, lock the doors and let the world out there turn around with us on it.

"My wish is very simple but not very practical. People have not understood how to best use the resources available to us. The future holds a lot of adventures for us all and I hope that we'll find a way to manage them peacefully and with less violence." ●





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**WE BEAT  
ANY PRICE**

**PHARMACY 4 LESS**  
**DISCOUNT CHEMIST**



# Switched on seniors

Seniors are successfully turning to blogs to enhance their social connections and share their lives with a virtual community.

Chapter explores the basics, and the benefits, of blogging later in life.

Australians are a relatively plugged-in population. We spend an average 6.8 hours a day online, with smartphones being our primary point of connection, research shows.

And it isn't just the younger generation switching on to technology. The Australian Bureau of Statistics *2016-2017 Household Use of Technology* report shows just over half (55.2%) of people aged 65-plus are internet users. The top reasons for seniors to jump online include entertainment, followed by banking, making purchases and social networking.

Digital connectivity can help bridge the gap between human contact and isolation and can offer seniors a way to feel part of a community, learn new things, access services and stay in touch with family and friends.

In fact, research by National Seniors Australia found that for people of culturally and linguistically diverse backgrounds, digital literacy prevents social isolation.

"Being online allows them to find and connect with other people of similar backgrounds, to share their stories and experiences, as well as staying connected with family and friends near and far through the likes of Skype, Facebook and email," a report into Bridging the Digital Divide explained.

## Blogging benefits

One digital form of connection (and entertainment) is blogs, which are conversational webpages created by either a person or a group and updated regularly. They usually have a following of interested readers whom enjoy the writing style, themes and topics, and some



people even participate in the blog's associated online community. There is opportunity to keep informed and entertained, relate to someone else's journey or step into someone else's shoes to understand their point of view. It has benefits for both the blogger and the audience.

Sixty-one-year-old Brisbane-based blogger Sue Loncaric launched her blogging journey four years ago after taking early retirement to spend time with her husband. However, after one year in she found it hard to settle.

"I had worked full time for most of my life [and] felt I had lost my purpose and was floundering. I needed something for me to put my energies into" Sue explains.

"I knew I was passionate about living a healthy and active life, so I decided to start my blog to encourage women over 50 to embrace life with an ageless attitude. I wanted to inspire them to focus on enjoying their life rather than their 'number' and to realise that retirement only means retiring from work, not life."

Her creation, Sizzling Towards 60 & Beyond ([sizzlingtowardssixty.com.au](http://sizzlingtowardssixty.com.au)) is the end-result and is all about making the most of this "fabulous time of life". The blog attracts around 6,000 visitors per month, predominantly from Australia, USA, UK and Canada and she has over 2000 followers on Facebook and more than 1500 on Instagram.

### **Blogging through life changes**

Another successful blogger, Chris Herrmann from Western Australia, has been writing about his travels since embarking on what he dubbed his 'senior gap year'. After losing his wife to cancer, the realisation that

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**"The connection with others has been one of the benefits of blogging and when someone writes that I have inspired or motivated them, it makes my day."**

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life can change in the blink of an eye encouraged him to step outside his comfort zone and travel solo.

While backpacking around the world, Chris documented his journey in a weekly blog ([myseniorgapyear.com](http://myseniorgapyear.com)), inspiring many with his experiences. Positive feedback from his readers encouraged him to grow his blog posts into a book, which was launched earlier this year by the federal Minister for Aged Care and Indigenous Health, Ken Wyatt.

### **Launching a blog**

If you are considering starting your own blog, it can be a steep but rewarding learning curve. There are many online tutorials and programs that take the complicated work out of blogging and free sites to get you started without upfront payment.

"If you want to be serious about building your readership, or to gain affiliates or make money from your blog, you need to put the time and effort into producing quality writing about topics of interest and, most importantly, reply to comments left on each post. You are building a relationship with readers and this takes time," says Sue.

Now, she spends up to 15 hours a week on her blog, which includes topic planning, writing posts, which she publishes three times a week, replying to comments and

commenting on other blogs.

Sue says the blogging landscape has also become easier in recent years.

"There are many sites that just concentrate on teaching people how to set up a website and of course analytics such as Google Analytics are very helpful to gain an insight into who your readers are and what they like to read," she explains.

"Setting up a website is much easier these days, as you can use a free design to start with that has all you need without even having to be tech savvy. If you want something more you can purchase a website for as little as \$50. You just type in your website name basically and away you go."

As for the personal benefits that come with running your own blog, it has been a pleasant surprise for Sue.

"My self-confidence has grown, I'm connecting with fabulous women over 50 who, like me, aren't giving up on life because they are ageing, but rather starting new careers or taking new directions in their lives.

"I have also found the self-confidence to become a guest speaker and emcee and I'm in the process of starting a life coaching business. The connection with others has been one of the benefits of blogging and when someone writes that I have inspired or motivated them, it makes my day." ●

# Letters of significance

Reaching a milestone birthday or anniversary is an event worth celebrating. Chapter investigates how you go about securing a letter from the royal family or other officials and finds out whether the effort is worth it.

Two years ago 81-year-old Geoff Thornely and his gorgeous wife Carolyn, aged 72, found themselves the centre of some unexpected attention.

The Toronto, NSW-based couple were commemorating 50 years of marriage and had arranged a weekend away with their three children and three grandchildren to toast the occasion.

Having met when they became colleagues at Qantas more than half a century earlier, the pair anticipated a quiet luncheon celebration with immediate family at an Airbnb in Melbourne.

But eldest son Michael, then aged 47 and twin daughters Joanne and Shelley, aged 45 and both writers, had other ideas.

Instead of toasting the couple's celebration with a few glasses of Marlborough's finest, the trio instead made a hit list of their parents' favourite political figureheads and sportsmen and women and together with letters flooding in from much loved friends and family vowed to contact each one to get a personal message of support.

Starting out about six weeks ahead of the actual anniversary date, Shelley says the trio's mission began when her brother suggested contacting The Queen and the PM and the twins

responded by asking "why stop there?"

"Most people responded really quickly, like within 48 hours. It was so great. Reading back over all the sneaky emails between my brother, sister and me, I recall it was a very intense period of sending stuff out, and we had a little celebration among ourselves every time we got something back."

While they learnt they would have to wait a decade to reach their Diamond anniversary before qualifying for a letter from The Queen, correspondence was received from the then Prime Minister Malcolm Turnbull, Governor-General Peter Cosgrove, Former Prime Minister Tony Abbott, then NSW Premier Mike Baird and the Governor of NSW David Hurley.

Shelley says in terms of the official correspondence, the process was far easier than anticipated, coming as a result of a quick Google search and then an official email sent to the federal member for Shortland, her parents' electorate, requesting correspondence from any Commonwealth representatives who would be willing to oblige.

Shelley says she was initially asked to provide her parent's marriage certificate, but because of the need to keep the whole thing a secret, the officials later accepted a copy of her birth certificate, which had both parents'

names and marriage date on it.

"We simply introduced ourselves, mentioned that we were seeking messages from our parents' favourite figures, told them a bit about what our parents meant to us, and asked very, very politely. I would say it was definitely worth the effort."

Alongside the assortment of handwritten notes, emails and cards from other local and state politicians the trio accrued were messages from some of the Thornely's favourite people including former Australian cricket captains Ricky Ponting and Michael Clarke, Restaurateur and author Maggie Beer, comedienne Jo Brand, entrepreneur Dick Smith and television host Karl Stefanovic - who appeared in a video dressed in footy shorts while holding a bottle of champagne.

The trio later collated the messages appropriately enough in a gold-coloured folder, which was presented to their parents over a restaurant lunch.

"We surprised them. Oh boy, did we surprise them. In Dad's words, "We were completely gobsmacked".

Shelley says the contents of the folder proved so overwhelming that by the time Geoff and Carolyn worked their way through the messages from significant friends and got to the PM, GG and celebrity component, her mother refused to believe the messages were real.



"I can't recall Mum's exact words, but I remember when she saw the PM's letter she said something like 'Oh really?' with her best sceptical voice. Then as they read more and more, she realised they were authentic and she absolutely 'lost' it. Dad just smiled a lot and looked impressed. Mum was in tears and kept saying 'But how did you...? When did you...?'"

Requests were also made to a number of others who either didn't respond or had commitments that prevented them from answering in time – for example, it was David Attenborough's 90th birthday the same week. Despite this, Shelley estimates their efforts achieved around a 30% success rate, much higher than expected.

Two years down the track and Shelley is adamant she could not have asked for a more satisfying response.

"To be completely clichéd about it, it was the kind of happiness money can't buy."

## Who is eligible?

The Department of the Prime Minister and Cabinet's Honours, Symbols and Legal Policy branch says there are a number of different instances where Australians qualify for anniversary messages.

Those eligible to receive a message from the Prime Minister include those celebrating their 50th wedding anniversary and those marking their 90th birthday.

To receive a message from the Governor General, you must have celebrated, or be about to celebrate, your 50th wedding anniversary or your 100th birthday.

Those who wish to receive a message from The Queen must have



Carolyn and Geoff Thornely and some of the many letters of congratulations they received marking their 50th wedding anniversary.



celebrated, or be about to celebrate their 60th wedding anniversary (and every fifth year after) or their 100th birthday (and every fifth year after).

## Requesting a message

Ensure you gather supporting documentation for the relevant birthday or wedding anniversary. The document needs to clearly state the full name/s of those celebrating

the anniversary and the date of the anniversary and can include items such as copies of birth certificates, passports or marriage certificates. If you are unable to locate the appropriate documentation, a statutory declaration – sourced from any post office or online from the Attorney-General's Department – with the relevant names and anniversary details will suffice. ●



# A balancing act

Good nutrition plays a key role in reducing the risk of injury by helping strengthen your bones. Our resident rehabilitation expert outlines the importance of a balanced diet.

**Y**ou've heard the saying 'you are what you eat'? In this case, it means that if you're not eating a well-balanced diet, you certainly won't be as physically well-balanced, which can lead to a fall. Even the simplest stumble can

often result in serious injury, which can then lead to hospital time, multiple appointments and potentially longer term issues. It's important for the health of ageing Australians to be aware of the significance of nutrition status as a risk factor for falls; yet

many people don't know of the direct correlation that nutrition plays in reducing falls risk and aiding recovery.

The link between exercise, increased strength and balance is more well known. Sometimes, however, while you might think you



are eating 'well' your diet may not be providing the nutrition required. Poor nutrition (often referred to as malnutrition) can lead to reduced muscular strength and decreased mobility. This is where healthy eating coupled with a balanced diet comes into play. You shouldn't have one without the other.

If the word 'malnutrition' conjures up a picture of a thin and slight person, you are not alone in these thoughts. While this can be the case, many people with malnutrition aren't even aware they have it, until they have a fall, or become ill, and only then it may be picked up by a health professional.

Malnutrition is a physical condition resulting from either: a) an inadequate diet or b) a physical inability to absorb or metabolise nutrients. Think about your diet; is it adequate? Do you get enough of the nutrients your body requires?

### Your changing diet + nutritional requirements

As we age, our metabolism slows and our appetite decreases. The way we process food also changes, as do our daily nutritional needs. Unfortunately, our taste buds don't always get this message.

Generally speaking, the number of calories we require in our older years decreases, usually due to a reduction in the amount we exercise, while our nutrient needs tend to stay the same or increase. This means that if dietary changes are made to accommodate these changing needs, we should stay healthier, longer.

Both men and women lose bone mass. However, women lose more calcium from their bones in the five to ten years around the age of menopause. While a diet high in calcium cannot reverse age related bone loss, it can slow down the process.

A balanced diet giving you the daily nutrients required is the best way to combat malnutrition, and to stay healthy. Seeking advice from an accredited dietitian is a great way to find out if you are in fact meeting your daily nutritional requirements.

### The role vitamin D + calcium play

It is also important to understand the role that vitamin D and calcium play in reducing your risk of falling.

- Vitamin D helps improve muscle function and coupled with calcium, helps minimise bone loss
- Vitamin D helps the absorption of calcium into our bones
- Good sources of calcium include dairy foods: cheese, milk, yoghurt and custard, fortified soy products and bony fish (such as sardines)
- Vitamin D can be found in some food sources including eggs, margarine and oily fish
- The best source of vitamin D is actually the sun. Try not to spend more than 10 minutes a day and cover up with a hat and sunscreen.

Other vitamins associated with aiding a person's mobility are Vitamins A, B12, C, E and folic acid. Deficiency in these vitamins can cause vision loss which can lead to confusion, poor balance and disorientation... which, in turn, all increase the risk of a fall.

### So what can you do with your diet to help reduce the risk of falls?

#### Ensure you have a well-balanced diet by:

- Including adequate energy (calorie) and protein intake which is important to promote strength, mobility, balance and cognitive function
- Introducing variety in your diet; eg. whole grain foods, fruit, vegetables and dairy
- Ensuring you are getting enough vitamin D to help improve muscle function; the best source of vitamin D is actually the sun
- Including calcium to help minimise bone loss.

#### Staying hydrated by:

- Starting the day with a glass of water
- Drinking water with every meal, and in between meals.

#### Remaining active by:

- Ensuring you maintain a stable weight as this promotes a reduction in falls risk
- Regular exercise can help with muscular strength and balance
- Incidental exercise is a great way to ensure you are moving (take the stairs, not the elevator, walk a few laps inside the shopping centre).

If you are concerned about your nutrition, it is recommended you consult an accredited practising dietitian. Some companies, including Mobile Rehab, even have dietitians to visit you in your home. ●

# Legal talk

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Retirement village contracts are complex and can prove rather confusing for the uninitiated. Here, Danielle Lim outlines the three types of tenures and the key features of each.



*Danielle Lim is the principal of DSL Law. She is a solicitor of the High Court of Australia and the Supreme Court of Queensland. Danielle has consulted with the government about seniors living legislation, she sits on various committees regarding seniors living and regularly works for retirement village operators and residents.*



**A**s a solicitor, I am lucky enough to help people with the contract documents involved in moving into a retirement community almost every day. Most of my wonderful clients have bought or sold property throughout their lives – some have done so many times. With this in mind, they think they know what to expect with their retirement village contract. But retirement village contracts are a completely different kettle of fish. The main reason for this is something lawyers describe as the underlying ‘tenure’. This article seeks to outline the main features of three of the most common types of tenures found in retirement village – freehold, leasehold and licence. The differences are far less significant than residents might first think.

### Freehold

Freehold tenure represents the ‘traditional’ form of tenure – it is the way that any member of the general public would typically buy or sell a home in the suburbs. In exchange for payment of a purchase price, the title to the property is registered in a person’s name and is also recorded on the Land Titles Register – which is searchable by anyone.

When a resident purchases a freehold unit in a retirement village, the documents that they sign are:

- a.** the contract of sale (between the seller and the buyer); and
- b.** a management contract (between the buyer and the retirement village operator)

While ‘freehold’ does tend to give a sense of comfort and familiarity – there are some important differences in a retirement village context including:

- i.** Quite often the retirement village operator will place documents on the title to the property in order to secure obligations under the management contract (e.g. the payment of an exit fee). An example of a document that an operator might lodge on title is a caveat.
- ii.** The retirement village unit is an asset, but it is different to other assets that you may own because it generally cannot be transferred or gifted. The exception to this is where there are two people who own the home as ‘joint tenants’, and one passes away. In this case, the property may be transferred to the remaining owner.

### Leasehold

Leasehold property is by far the most common type of tenure in retirement villages.

From a resident’s point of view, they pay an ‘incoming

contribution’ in exchange for an exclusive ‘right to reside’ in a unit. The right to reside continues until the death of the last surviving resident, or until the lease is terminated.

Leasehold units are great for residents for many reasons, including:

- The interest in the property is to the exclusion of all others (in much the same way as freehold);
- The interest in the property is registered in the Land Titles Registry. The registration status provides an additional layer of protection;
- There is no stamp duty, which can save residents thousands of dollars;
- The transaction is simple compared to a freehold transaction as it is all documented in one lease document with the operator.

### Licence

Retirement village units of ‘licence’ tenures are very similar to leasehold. The operator retains ownership, and the resident pays an incoming contribution in exchange for a ‘right to reside’. The main difference between licence and leasehold is that the licence is not registered on title. However, additional protection is provided under the Retirement Villages Act under the relevant state.

Licences are fairly uncommon, except for South Australia where they are the dominant type of tenure offered.

### What does it all mean?

In practical terms, the differences between the types of tenure are largely limited to expense and complexity. Freehold units involve a significantly more complex set of documents, which often translates to a more expensive conveyance.

If a resident was to obtain advice about each of the three types of tenure, they would see that they all have very similar rights, responsibilities and restrictions. This similarity is achieved by the introduction of contractual terms by the operator, and is supported by documents lodged on title. Importantly, in all three types of tenure, the resident has a secure right of residence and, in the case of lease and licence, a protected right to recover their incoming contribution.

While a solid understanding of the legal and financial implications of retirement living is important, it is my firm belief that the most important reason to choose a retirement village unit goes far beyond tenure. The determining factor should be the cultural and emotional fit with you and your lifestyle. ●

## Honey & ginger chicken with steamed Asian vegetables

**Serves: 4**

**Prep time: 20 mins**

**Cooking time: 15 mins**

### Ingredients

|                             |                            |
|-----------------------------|----------------------------|
| 4 chicken breast fillets    | 1 red capsicum, de-seeded  |
| 60ml tamari sauce           | and cut into thin strips   |
| 2 cloves garlic,            | Handful of bean shoots     |
| finely chopped              | 2 tbs butter               |
| 2 tbs fresh ginger,         | 2 tbs sesame seeds,        |
| finely grated               | toasted                    |
| 2 tsp honey                 | 2 tbs fresh coriander,     |
| 3 spring onions, trimmed,   | finely chopped             |
| thinly sliced diagonally    | Steamed rice, lemon or     |
| Olive oil, for frying       | lime wedges, chilli sauce, |
| 2 small bunches bok choy,   | all to serve               |
| coarsely chopped            |                            |
| 1 packet fresh baby corn    |                            |
| 1 carrot, peeled and sliced |                            |

### Method

1. Place the chicken fillets in bowl. Add tamari, garlic, 1 tablespoon of the ginger and honey. Rub to coat. Cover with cling film place in the refrigerator for 4 hours to marinate. Pre-heat oven to 180°C.
2. Drain the chicken from the marinade and heat a grill plate or barbecue to medium high. Sear the chicken for 2 minutes on each side or until golden grill lines appear. Transfer to the oven and cook through, approximately 7 minutes. Set aside to rest.
3. While the chicken is resting, saute 2 spring onions in the olive oil until soft. Set aside.
4. Place a steamer over a saucepan of simmering water. Add bok choy, baby corn, carrot, red capsicum, bean shoots and cover. Cook for 3-4 minutes, or until just tender. Toss in a bowl with the remaining ginger and butter.

### To serve

Thinly slice chicken and assemble over plates of steamed vegetables. Garnish with remaining spring onion, sesame seeds and coriander. Serve with steamed rice, lemon or lime and chilli sauce.





## Citrus curd tart

**Serves: 8**

**Prep time: 30 mins**

**Cooking time: 20 mins**

### Ingredients: Pastry

250g plain flour  
100g butter, chilled  
100g pure icing sugar  
Pinch of salt  
2 eggs

### Ingredients: Citrus Curd

2 lemons, 1 orange, 2 limes  
200g sugar  
125g butter, chopped  
3 eggs, lightly whisked

### Method: Pastry

1. Sift flour and place in a food processor with butter, icing sugar and salt. Process until the mixture resembles breadcrumbs. Keep the food processor running and add the eggs and mix until just combined and the dough has come together. Turn out onto a board and work the dough into a ball. Wrap in cling film and place in the refrigerator to rest for 2–3 hours.

### Method: Citrus Curd

1. Save the zest from 1 lemon, half the orange and both limes. Juice the lemons, limes and oranges until you have 200ml of juice. Place zest in a saucepan with the juice, butter and sugar, and place on medium heat. Stir gently until the sugar is completely dissolved.
2. Remove from the heat and add the eggs and stir to combine. Place the saucepan back on low heat and stir until the mixture has thickened. Be careful not to boil the mixture, as it will curdle.

### To assemble

1. Preheat oven to 180°C. Line a lightly greased spring-form pan with baking paper. Remove pastry from refrigerator. Roll out between 2 pieces of baking paper until the pastry is approximately 3mm thick or wide enough to fit over your cake pan. Place the pastry over the pan and gently press so that it fits the spring-form pan.
2. Place baking paper over the top of the pastry and fill with baking weights and blind bake for 10–15 minutes or until the pastry is a light golden colour.
3. While the pastry is still warm, fill with citrus curd. Place the tart back in the oven and bake for 15 minutes or until the filling is firm. Allow to cool completely. Dust with icing sugar before serving.



To register your interest for our brand new cookbook *Live Life Cook* and discover more great recipes go to [aveo.com.au/cookbook](http://aveo.com.au/cookbook)

# 7 Top cruising destinations

For the adventurous, cruising can provide the perfect opportunity to explore many incredible regions without the need for an exhausting travel schedule, suggests Lisa Blondeau, of Freedom Road Travel.

Unpacking bags just once, yet still seeing the world is the perfect option for those who want to explore but desire a healthy measure of relaxation too. Watching the sparking ocean drift by from a sun lounger is a magical way to travel and whether you're into wildlife spotting, peaceful beaches, or lively cultural activities, there's a destination out there that's just right for you. Get inspired by these seven wonderful cruises.

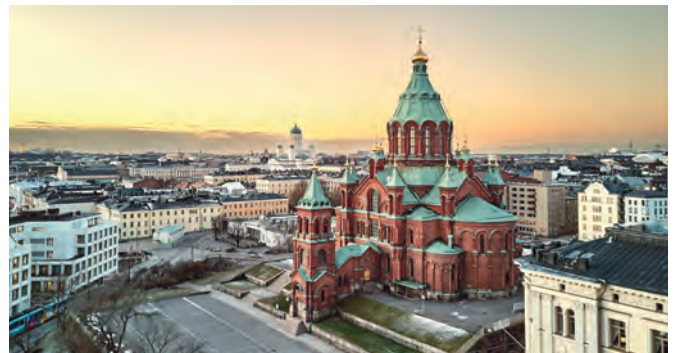


## Alaska – For stunning wild nature

Surrounded by jagged glaciers and a raw, rocky landscape, cruising through Alaska is a chance to see nature at its finest. Earthy green forests contrast with clear icy water to create some of the most phenomenal scenery in the world for nature lovers and photographers. Kick back and enjoy the crisp air while spotting whales and dolphins from the deck, and come away humbled by the experience.

## Scandinavia, Baltics and Russia – For history lovers

Those with an interest in history and culture will be inspired by the magnificent cities and medieval past of this region. From Helsinki to St Petersburg to Stockholm, each city has a fascinating story to discover. Here the focus is very much



on exploring these bastions of European history, visiting museums and learning about the local culture. Between destinations, spend some time rejuvenating on board enjoying the peaceful ocean breeze, and a good book.



## European river cruise – For variety and activity

River cruising is a very different experience from what you can expect on the vast ocean. Join a boat headed down the Rhine, Main or Seine and get a chance to explore Europe's interior, rather than its coastlines. On river cruises, land is always in sight, scenery is varied and on-shore visits may be more frequent. With a focus on genuine, local experiences, a river cruise is perfect for those who want something authentic.



### Caribbean – To relax and revive

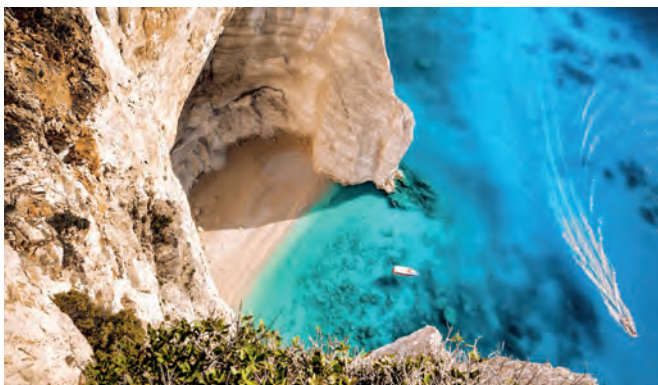
There is something truly magical about the pristine aqua beaches and swaying palm trees of the Caribbean. Island life can be infectious, and if you're aiming to recharge your batteries, the tropical Caribbean sun and laid-back culture should do the trick. From experiencing local music and food, to heading out on a glass bottom boat to see the abundance of tropical fish, there are plenty of laid-back activities to suit a slower pace of travel.



### Greece – For sunshine and ancient history

For those who want a livelier summer experience, consider the Greek Islands for expansive blue skies, outdoor dining and true Mediterranean hospitality. Enjoy fresh seafood and local wine as you marvel at stunning sunsets over the Aegean Sea.

All around the region, volcanic islands rise steeply from the aqua ocean, with quaint settlements built up high. Cliff top walkways and pop up markets are perfect for excursions in smaller groups. Rich in mythology and ancient history, Greece is also abundant with museums and preserved treasures, giving visitors a true glimpse into the past.



### New Zealand – For remote beauty

Extraordinary rivers and glaciers, towering mountains and wild beaches have long made New Zealand a popular destination for travellers. But with areas of dense, un-penetrable forest, steep gorges and unforgiving weather, it can be difficult for even experienced adventurers to reach the most beautiful spots. Cruising is a great alternative for navigating the remote, other-worldly coastline of the famous South Island. Immerse yourself in the sounds of nature, from the chirping of native birds, to flowing waterfalls and the splashing of dolphins and whales.



### Pacific Islands – For a step back in time

Tradition, culture and nature structure everyday life in the Pacific Islands, and a cruise around this region is a rich cultural experience. Life seems to slow down in the Pacific – this is a place of welcoming communities, celebratory dancing and storytelling. Unwinding and reconnecting to a slower pace of life comes naturally against the backdrop of pristine atolls, lush rainforests and sprawling tropical coastlines. If it's tropical paradise you're after – look no further. ●

Freedom Road Travel is offering all Aveo residents up to **\$600 OFF** each Silversea cruise booking made before February 15, 2019. To find out more visit [info.freedomroadtravel.com/silverseas-offer](http://info.freedomroadtravel.com/silverseas-offer) or call the team on **1800 219 156**.





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| 9 | 4 | 6 | 2 | 8 | 3 | 5 | 7 | 1 |
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# Aveo Fountain Court

Offering a quiet garden oasis and both retirement and aged care facilities on site, Aveo Fountain Court offers the ultimate forever home.

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Amanda Williams believes there are few jobs that carry a greater weight than those that bring with them responsibility for the lives of Australia's active seniors.

Since entering the aged care profession eight years ago, Amanda has worked across three Aveo communities, the latest being her current role, that of Community Manager at the award-winning Aveo Fountain Court in the Melbourne suburb of Burwood.

And it is clear she takes her obligations to her charges extremely seriously.

"These people have lived very good lives and worked hard, giving to their families and the community. Now it is up to us to make sure that their retirement is a special time for them," she says.

Having now been at the Aveo Fountain Court community for around a year and a half, Amanda says there are a multitude of reasons why her community continues to prove a major drawcard for those looking to settle into their forever home.

The community, which last year celebrated its 25th birthday is currently home to around 130 independent living units and 42 Freedom Aged Care apartments. When at capacity it can accommodate up to 260 residents with provision for an additional 80 residents in the community's onsite apartment block.

Close to major shopping centres, medical facilities, and Melbourne's CBD, Burwood Highway is within close proximity, allowing for easy access to and from the community.

With a staff of around 20 spread across the community, entry into the community is competitive with prices starting at around \$650,000 for a two-bedroom independent unit and \$400,000 for a Freedom Aged Care apartment.



Amanda says that aside from its superb location which is close to the tramline, shops and other services, the community is best known for its stunning acreage, well-appointed facilities and the "warm, caring culture" of the people who make up what she terms a "very special community".

"I know that every manager thinks their community members are very special but the people here really are. Once people move in they tend to comment on how friendly, warm and caring the other residents really are.

"I had a new resident comment just last week that he thought the feel is like that of a golf club instead of a retirement community. People are so friendly and come because they want to be here," she says.

Within close proximity to a number of allied health services, the community also boasts a raft of services available within its grounds including a visiting hairdresser, podiatrist and physiotherapist.

Conveniently located within a nice nine iron of Box Hill Golf Club or the nearby Bennettswood Bowls Club, the community also offers a number of inhouse activities to those who call Aveo Fountain Court home.





Wellness-type activities range from walking groups to group exercise classes while disciplines such as Tai Chi, table tennis, croquet, indoor bowls and snooker are also offered onsite.

Amanda says for those who prefer to let their creative juices flow, the community also hosts craft, knitting, cards, scrabble, trivia and men's group activities as well as a range of off-campus activities including trips to the movies and various other entertainment options.

Considered a very social community, school groups visit regularly while those who prefer to meet new friends over a beverage or two are also well catered for with an onsite restaurant and daily happy hour offerings.

Amanda says she feels privileged to work with such great people in such a beautiful community.

"We are beautiful community that feels great to come home to. The drive in from the main road feels like you have found a little piece of heaven as you leave the hustle and bustle behind. The gardens invite you in. The people, who are welcoming, accepting, caring and down to earth make you glad that you have chosen Aveo Fountain Court." ●



# Meet the Stones

Aveo communities are filled with an assortment of inspiring individuals from an array of backgrounds. This issue we meet Glenys and Walter Stone, residents of Aveo Fountain Court, in Burwood.



**Can we start with a little bit about you, namely your ages, your family, and how long you have been living in your Aveo Fountain Court?**

Walter is 80 and I (Glenys) am 78 going on 79. We have two sons, two beautiful daughters-in-law and five grandchildren who range in age from 18 to 28. In March 2019 we will celebrate our second year of living here in Aveo Fountain Court.

**What were your professions prior to your retirement and at what age did you decide to begin to contemplate a move into a retirement community?**

My profession was in aerial photographic surveying. Then I had a business in commercial photography in the later years. Walter was an electrician who later went into the administration side of things and became a national sales manager. When I was about 76, I decluttered and began getting my mind around whether I wanted to go in this direction. I'm good at projecting ahead and mine is a 10 year plan and a progression of what I would be like at certain stages. It was about not

wanting for my family what I had to do when looking after my own parents.

**What factors convinced you the timing was right?** The decision came gradually from watching Walter who was probably ready a little bit before me. He wasn't enjoying the maintenance of home and how much time we spent keeping it nice. It was really about looking after each other really in the event something happened to either one of us. We were living about five minutes away from here so nothing changed for us.

**How did you know Aveo Fountain Court was the right place for you?** Just driving in, it was the atmosphere, the gardens and the warmth of the people that were here. It didn't look like a retirement village and when you drive around here it's like you're in a little estate. We'd been in our previous home for 53 years and from day one I never looked back.

**How involved are you in village life and how do you enjoy filling your days outside of your immediate**

**community?** We are both very heavily involved in our local Probus Club, we've been there 15 years. My husband is on the committee here at the village, we go to happy hour and I'm in the walking group. I'm also deputy court convener and am court rep for about a dozen houses here as that enables me to see how they're going without being intrusive.

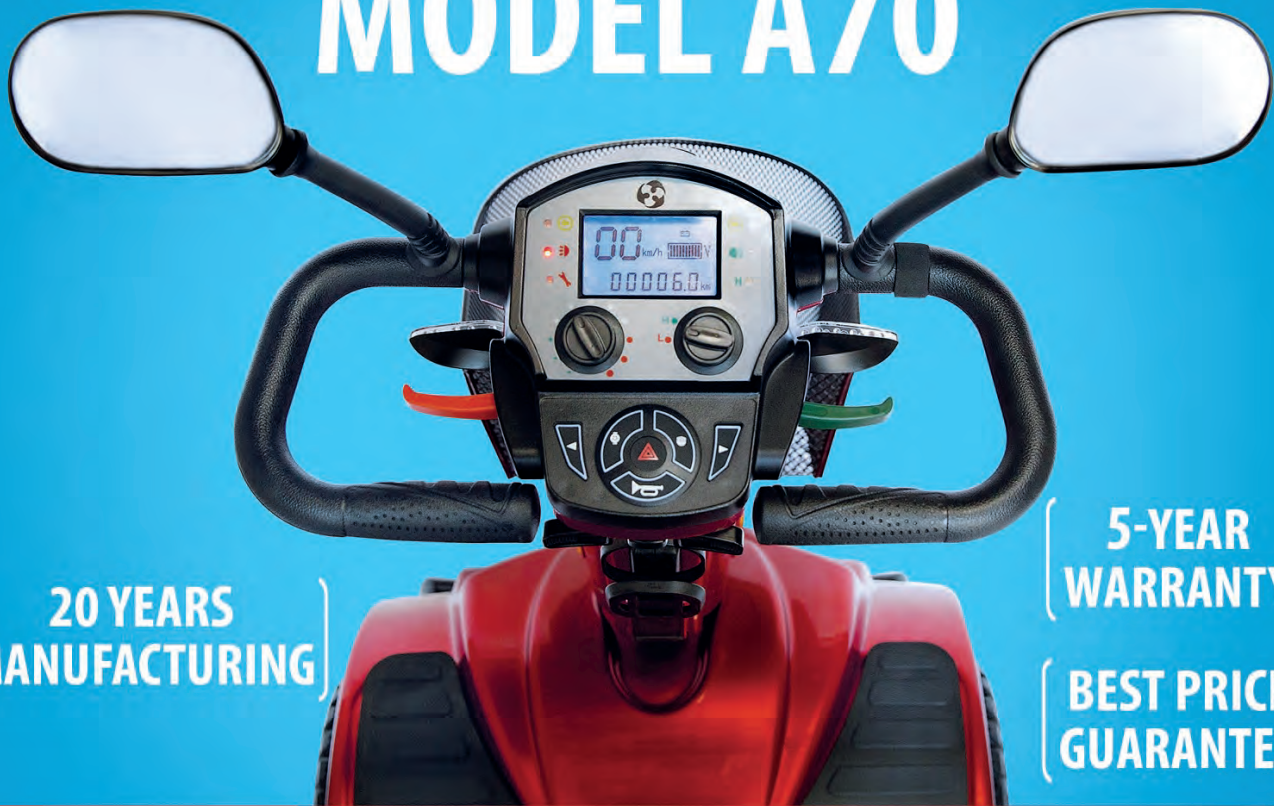
**What is the one thing your neighbours would be surprised to learn about you?** Probably my sporting career. I was a state softball player and I played ladies cricket for Collingwood. I also ran, hurdled and long jumped and high jumped for Box Hill. I think they'd also be surprised to learn that I used to have black hair.

**What is the one piece of advice you would offer others thinking about entering a retirement community?** Find a place that you know your family are going to be comfortable in visiting you. There's nothing worse than having to go and see mum and dad and they are upset or embarrassed about where they are. ●



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