

CHAPTER

WINTER 2019

YOUR SOCIAL NETWORK

Being a senior in
the digital age

LIFE GIVING

The facts on
organ donation

VIRTUALLY CONNECTED

How technology is
impacting aged care



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Welcome

to our fifth edition of Chapter, the magazine that offers a window into the life and times of you, our cherished residents and broader issues of note.

We hope the stories contained in this issue will serve as inspiration for you to reflect on past achievements, actively seek out new challenges, and afford the chance to broaden your pattern of thinking.

In this issue we'll introduce you to our cover star, active blogger and podcaster and Aveo Mountain View resident, Maureen Durney, who believes there is no upper age to learning. Maureen, a former special education teacher, is a competent user of many new technologies and is determined to introduce more of her contemporaries to Facebook as a means of reducing the incidence of isolation.

You'll also hear from medical specialist Dr Helen Opdam. Dr Helen outlines why age is no barrier when it comes to organ and tissue donation and details the importance of informing friends and family of your wishes prior to falling from your mortal coil.

We also meet two astute businessmen based here and abroad who, motivated by personal circumstance, have used their skills to develop new virtual reality software that is proving to be something of a game-changer when it comes to communicating with those with dementia.

We believe it's beholden on us to ensure that Australia's active seniors continue to have their voice heard when it comes to the topics of interest to you, so please don't be shy and get in touch to let us know what topics you'd like to know more about or things of interest you'd like to share.

Drop us a line at chapter@aveo.com.au

Enjoy the read.

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Back to the future

Virtual reality is an evolving technology helping Australia's active seniors learn from the past and the present while also offering them glimpses into the future.



When it comes to economic entertainment, being invited to explore the world from the confines of your couch is about as economical as it gets.

Likewise, having your driving skills tested without being required to find your keys, put on footwear or even run a comb through your hair is equally appealing.

But of late it's not just a quick trip to visit the gondolas of Venice or a renewed licence on offer, with interactive virtual reality devices offering Australia's active seniors a journey that will not only help tick off bucket list items and chores, but has also been proven to reduce isolation, support social integration and in some cases even assist with pain management.

Originally developed by the video gaming industry, virtual reality intervention is now being investigated by clinical health professionals as an effective intervention and training method.

Adelle King, a senior advisor at RMIT's Centre for Digital Excellence, says a growing body of research is showing how VR can be used to enhance the wellbeing, mood and engagement of patients in aged care facilities, particularly those living with dementia.

King says VR technology enables dementia patients to enjoy experiences that they would otherwise miss out on, such as concerts, theatre and travel.

"These experiences can help reduce mood swings, agitation and stress," King says.

Victorian Daniel Gray has a background in therapeutic recreation and has worked in the aged care space for the past 18 years.

An executive board member of Diversional and Recreation Therapy Australia, Gray says that VR provides a large demographic with the resources to partake in recreational therapy without needing the physical ability usually required to participate in hands-on activities. As such, he claims it removes the barriers preventing many elderly people from participating in therapeutic recreational activities.

"Not only does VR allow for the user to experience things they've never seen before, but also can be

"Not only does VR allow for the user to experience things they've never seen before, but also can be used to improve cognitive function and problem-solving skills."

used to improve cognitive function and problem-solving skills. This is achieved through the variety of applications that can be used with VR devices.

"Furthermore, maintaining and further developing these skills can aid in the prevention or delay of things such as dementia through the long-term potentiation (LTP) that takes place during learning."

Gray says the combination of game-like exercises and cognitive challenges are not only enjoyable but

recent studies have shown they also have a place in increasing physical activity levels in the elderly population as well as improving cognitive function and motor skills.

King says while VR technology used to be extremely expensive, monthly rental packages from companies [that] include headsets with pre-loaded content and smart phones, have made it increasingly accessible and affordable for providers.

But King says It's not just residents who can benefit from VR. The technology is also being used to assist in aged care training to enable staff to better understand the needs of people living with dementia.

Making environments more supportive

The best example of this is a training workshop for staff in Victoria that features Educational Dementia Immersive Experience (EDIE) VR technology developed by Alzheimer's Australia.

Introduced in workshop form, it enables participants to understand the environmental elements that are friendly or hostile, by allowing them to experience a home environment in the same way a person with dementia would.

Participants are encouraged to reflect on their own approach to dementia support and to think about ways in which they can make their own environments more supportive.

Having held an interest in VR for several years but wanting to wait until the technology became more stable and quality improved, four years ago Gray decided to take the bull by the horns by launching his own VR software business, specifically targeted at those aged 65-plus.



Left: A care home resident watching *The Wayback Project VR*. Right: A still from the pilot film which was set in 1953.

Appropriately called Aged Care Virtual Reality, Gray's system offers advice on everything related to VR ranging from a free guide on how users can implement the technology to updates on equipment available to enhance viewing. In addition, the site also offers access to a curated number of VR applications via an online library specifically targeted at the aged care sector, the likes of which include multiple safari tours and action/adventure tours as well as a couple of digital underwater experiences.

Gray says portable VR devices cost around \$600-\$800 and are as simple to use as a smart phone.

"If you can set up and use a smart phone you can use one of these. For non-portables it does take a little more technical knowledge. We have people all around the

world using this technology and the feedback is incredible. People are visiting locations on their bucket list, revisiting their honeymoons or taking adventures they never thought possible," Gray says.

Triggering conversations

UK-based advertising executive Dan Cole is another who readily recognises the value to be had by incorporating VR programmes into the aged care sector.

By day a creative director at Grey London, Cole has teamed with some industry colleagues to launch a VR film series specifically designed for those living with dementia and their carers.

Entitled *The Wayback Project*, the series recreates positive moments from the past, taking viewers back in time to trigger memories and spark

what Cole refers to as "precious conversations".

Cole, along with his business partners came up with the concept for the project around three years ago after he and several of his colleagues realised they had all been through similar feelings of helplessness while watching the disease take hold of a parent, grandparent or close relative.

"We'd all seen the value of reminiscing with old photos and music. Anything that can spark the person's memory and trigger a conversation is a good thing and lets you have your loved one back for a little longer. In particular, I'd found that one trip with my own dad, driving him around the area he grew up in, sparked so many memories for him and conversations for us. Being fully

immersed in the sights and sounds he was familiar with, seem to trigger more memories than other methods. This led to the idea that creating a 360 virtual reality film of a memory familiar to many, could have the same effect. We just wanted to try it to see if it would work."

The developers consulted with leading global dementia care expert Dr David Sheard throughout the project, who then put them in touch with a local aged care home who were the first to view the 15-minute pilot film.

Cole says the residents who viewed the film remained engaged throughout before sharing what they remembered about the day.

"It couldn't have gone any better. The staff told us that one resident who was smiling, laughing and chatting along hadn't displayed as much emotion since she'd moved into the home. This has been the overwhelming reaction from feedback all over the UK."

Aside from anecdotal evidence, the group also commissioned a study by an independent researcher with the feedback noting "obvious improvements in well-being were noticed in a number of people following the experience, including increased signs of; making contact with people, displaying warmth and affection, showing pleasure and enjoyment, responsivity to environment, expression of appropriate emotions and a greater sense of purpose".

In addition, the author noted, "a significant decrease in signs of ill-being were also observed. These included decreases in depression and despair, anxiety and fear, agitation and restlessness, withdrawal and listlessness and bodily tension."



"It couldn't have gone any better. The staff told us that one resident who was smiling, laughing and chatting along hadn't displayed as much emotion since she'd moved into the home."

Small details matter

Cole says The Wayback differs from other VR work targeting the aged sector most notably because many concentrate on taking the viewer to a place they can't access anymore, such as a beach, or helping people understand what dementia feels like. While others also use CGI, Cole says his team elected to concentrate on very evocative details in every film.

"For us, every detail is a potential memory trigger to somebody. Our pilot film recreates the street parties of 1953 in the UK around the Queen's Coronation. It was around the right period for the age-group that we are looking to help. We were searching for moments that most people would have some recall of so as a shared national moment it seemed perfect. It was a positive occasion so most

memories around it are also positive. A lot of the memories were actually of the fact that it was the first televised event of its kind, with many people remembering buying their first telly for the occasion or piling into a neighbour's to watch it. It's the small details like the food on the tables, the overheard conversations and the songs that trigger the most memories."

The group were recently awarded the UK Challenge Dementia Prize, securing £100k to make two further films. These will also be UK-based, recreating the summer of 1966 around England's World Cup win, and the night of the Apollo moon landing in 1969.

Beyond this the project team aim to bring this idea to different countries and communities recreating memories relevant to them. ●

To friend or not to friend

While many youngsters are turning to Instagram or Snapchat as their social media platform of choice, increasingly those aged 65-plus are choosing Facebook to communicate online, as Chapter discovers.

Maureen Durney has packed a lot of living into her 69 years.

Having dedicated more than three decades of her life to special education teaching, in the years since taking retirement the dynamic Aveo Mountain View resident has discovered a range of different ways to keep her cognitive cogs turning.

When not at her desk producing content about local businesses and events or building and maintaining her blog, podcast or website Mountain-View Living, she can usually be found planning her next trip abroad, attending WordPress networking events or learning the fundamentals of conversational Swedish.

Yet despite the numerous activities demanding her attention, one of the very first things Maureen does each morning and every evening is to login to Facebook, a ritual she

has maintained since first joining the social networking site in 2006.

Eighty-three-year-old June Porter is another active senior who has turned checking her Facebook page into part of her daily routine.

Having joined the site only six years ago, June is a relative newcomer to the joys of social media and estimates she spends up to two hours a day checking in on acquaintances from Scotland, New Zealand and Australia, and commenting on photos posted by her three children, six grandchildren, one great grandchild and numerous friends and family.

Facebook gaining popularity

It seems the pair are not alone in adopting the platform as their go-to communications tool.

A recent report from digital marketing group eMarketer shows

that as the social network founded by Mark Zuckerberg 14 years ago grows older, so too has its popularity among older people.

The research suggested that more than 500,000 new over-55s will join Facebook this year. These new additions will mean that worldwide there will be 6.4 million 55 to 65-year-old-plus regular Facebook users, making this demographic the second largest users of the site after 16 to 34-year-olds.

The research supports earlier findings that suggested seniors are one of the fastest-growing demographics on Facebook, with a 2015 report finding usage by adults 65 and older worldwide more than tripled since 2010, jumping from 11 per cent to more than 40 per cent.

Figures from Statistica show there are more than 1.3 million Australians aged 65 or over who



have a Facebook profile.

S. Shyam Sundar, one of the principal authors of a paper, *Senior citizens on Facebook: How do they interact and why*, says seniors are mostly motivated to join Facebook for social bonding and social bridging, but argues they're also driven by curiosity.

Speaking to US media about their research, Shyam said that Facebook users aged 65-plus wanted to learn something new, and didn't want to miss out on what was trending in digital communications.

The analysis of the relationship between senior citizens' motivations and their participation in activities on Facebook indicated that social bonding is a major motivation for participating in most activities on Facebook.

The data also revealed that using message-based interactivity features on Facebook, such as posting on other people's wall and Facebook chatting with others, led to greater Facebook use.

"When on the site, seniors love looking at family photos, but they're not that interested in posting photos of their own. Those who share comments and chat spend significantly more time on the site."

Shyam said users in this demographic also loved the "social surveillance" afforded by Facebook, which afforded them the chance to lurk, check up on and keep tabs on their family members and acquaintances.

In addition, Facebook often proved the ideal platform for those who could not get out and meet people face-to-face and was an important tool in tackling social isolation, Shyam said.

"My goal is to keep seniors in our village connected. Not everyone has family nearby so having the ability to connect via Facebook... might help with those who feel a bit isolated."

– Maureen Durney

"Seniors living alone do not have to sit by their phones waiting for a call or hope that they have a visitor today. They can instead go online and have rich social interactions with all their acquaintances from the comfort of their homes."

Easing communication pathways

Maureen says one of the many benefits of being an active Facebook user is that it meets the needs of both younger and older users equally and she believes this may be one of the reasons why its popularity among those aged 65-plus is growing.

While it is easy for "young ones" to keep up with the technology easily, seniors take a while longer to adjust to what's on offer and as a result tend not to drift between different platforms, she says.

"Seniors tend to stick with the one thing. We can see feeds from friends and family. We only have to post one thing, and everyone can see it. It beats the heck out of writing a million emails to keep in touch. Group messages can be sent to a number of people on Messenger, so you can keep some things private – like arranging coffee/lunch catch-ups."

Clearly an early adopter, Maureen also has Instagram and Twitter accounts but admits to finding these much more difficult to use.

She has been active on Facebook almost from the date it launched. Living in San Francisco at the time with her Canadian-American tech-savvy late husband Bill, she was first introduced to the social media site by Bill's brother Jim.

Initially using it to communicate with her brother-in-law, Maureen says she didn't get serious about logging on regularly until she moved back to Australia in 2010.

"By then I had a teenage granddaughter and it was a way of keeping up with what she was doing, without asking heaps of questions," she says.

"Since then I have found Facebook to be the easiest way to stay in touch. By now, more of my family are on Facebook so when my cousins and I meet for coffee, photos go on our Facebook pages for the rest of the family to see. It's a great way to keep us connected."

With "several hundred" friends dotted throughout Canada, the US, Mexico, Hong Kong, Laos, Denmark, England, Singapore, New Zealand and Australia, Maureen says she went to India two years ago and met lots of people.



She now jokes she is Facebook friends with “half the Indian population”.

Maureen says her usage increased dramatically when she started getting more serious about her blogging, prompting her to undertake several online courses.

“They all pointed to the value of Facebook for promoting my blog. I then realised how helpful it can be to make a comment or simply like someone else’s page, especially if they are connected to a website.

“It helps friends and family with any businesses/blogs etc they may have. The more likes and comments they get, the more their site is viewed.”

Maureen sometimes worries she is too reliant on Facebook but says she is forced to keep a tight rein on her usage or she would fail to get anything done.

“I could spend all day on it. But I have to control the urge to do that. When I wake up in the morning, the first thing I do is turn on the coffee machine (through Alexa), check my email, and then Facebook. The last thing at night, I check emails and then Facebook. And throughout the day – I check emails and Facebook whenever I have a spare moment.”

As is the case with June who rarely posts status updates or arranges social catch ups on the platform but regularly makes contacts on other users’ photos, Maureen says the majority of her friends are now active on Facebook but few fully utilise all the options it offers.

She has now made it her mission to assist more of her fellow residents to get on Facebook by helping to set up a wi-fi connection in the Aveo Mountain View Community Centre.

“My goal is to keep seniors in our village connected. Not everyone has family nearby so having the ability to connect via Facebook ... might help with those who feel a bit isolated.”

The argument that the high cost and complexity of the technology needed to drive social networks makes them prohibitive no longer holds sway, Maureen says, with touch screen tablets much easier to navigate than computers and much more affordable than they used to be.

“We need to keep mentally active to keep dementia at bay. And I don’t believe there is an upper age-limit for learning.

“A friend of mine started doing podcasts in her 70s so there’s no excuse for not being able to learn to navigate Facebook. And by teaching just-in-time, not just-in-case, the learning is made a lot easier.” ●



A giving purpose

How old is too old? Chapter sorts the fact from fiction when it comes to organ and tissue donation.

“We’ve had people donating organs that have been life-saving for others when they’ve been in their 70s or 80s, therefore age alone is not a barrier.”

If you’ve ever tried using maturity or illness as an excuse not to participate in organ or tissue donation, then you may need to rethink your strategy.

Because despite what you think you may know about the barriers of age as it relates to organ or tissue donation, if you think being aged 65 or over precludes your kidneys, liver, heart, lungs or pancreas, eye tissue or intestines from being of use to anyone else, then you’ve got it all wrong.

Dr Helen Opdam is one of Australia’s foremost experts when it comes to organ and tissue donation. A senior intensive care specialist at Melbourne’s Austin Hospital, Dr Opdam is also a member of the Australian and New Zealand Intensive Care Society Death and Organ Donation Working Party and The Organ and Tissue Authority’s (OTA) national medical director.

Dr Opdam concedes it is frustrating when people of any age believe themselves ineligible from organ or tissue donation – particularly when not armed with all the facts to help them make a considered decision.

She says while age and medical history is taken into consideration when assessing the suitability of a potential donor, Australian active seniors should never assume they are “too old or not healthy enough”.

“We’ve had people donating organs that have been life-saving for others when they’ve been in their 70s or 80s, therefore age alone is not a barrier.

“There’s also very few medical exclusions. Some people say ‘I’ve been a drinker’, ‘I’ve been a smoker’ or ‘I’ve got diabetes’ and they think they’ve got [ailments or habits] that exclude them from donating. But none of those things are exclusions because if your organs are still functioning and

you die under circumstances where donation is feasible then there is a possibility you may have an organ, or more than one, that could help someone if it was transplanted into them.”

Others believe their religious or cultural beliefs may also prevent them from being donors despite the fact all major religions – including Christianity, Islam, Buddhism, Hinduism and Judaism – support organ and tissue donation, she says.

“People shouldn’t rule themselves out.”

According to the OTA, there are currently around 1,400 Australians waitlisted for a transplant and around 12,000 receiving kidney dialysis.

Last year 1,618 organ transplant procedures took place in Australia, equating to a national donation rate of 22.2 donors per million people. The largest number of donors came from Victoria (193), New South Wales (151) and Queensland (94) with 41 donors hailing from Western Australia, 36 from South Australia, 21 from the ACT, 14 from Tasmania and four from the Northern Territory.

Of these, the kidney was the most popular organ harvested with 897 donations, followed by liver at 318, lung (221), Heart (129) and pancreas 52. Just one small intestine was transplanted last year.

In addition, 10,500 people benefited from eye and tissue donation in 2018, an increase of nine percent over the previous year. The medical threshold for those who wish to be considered for a living donation – i.e someone who donates a kidney or partial liver to another person who has end-stage kidney disease or liver failure – is much higher with strict medical and legal criteria applicable before a living donation can proceed.

To be eligible to provide a living donation, you must have good kidney and liver function and be in good physical and psychological health. Your blood and tissue type must also match with the recipient.

Meanwhile, people can donate eye tissue or other tissues in a much broader range of circumstances, Dr Opdam says.

While philosophical about the eligible criteria – “If someone is not medically suitable or the circumstances in which they’re dying makes them unsuitable ...well, that’s just how it is” – Dr Opdam believes there is much work to be done to encourage more Australians to consider organ or tissue donation whether it be upon their death or while still living.

Complicating the matter is the fact that the number of people able to donate organs or tissue after death is limited by the circumstances in which they die.

Each year around 160,000 Australians lose their life but owing to the fact that organ donation is only suitable for those who die while attached to a ventilator only around 1,200 of these die in circumstances where they are able to donate their organs to help others.

“What this means is that all those people that say they are a donor are probably not. Everyone’s more likely to need a transplant than they are to die in circumstances whereby they could ever be a donor.”

Dr Opdam says the best thing for people to do to find out about donation if they’re uncertain is to arm themselves with the facts. Having decided to be a donor, it’s important they

then make their family aware of their intention to donate. Lastly, she recommends helping to formalise the process by registering on the Australian Organ Donor Register.

“That adds more of an official statement to their express willingness to be a donor,” she says.

“It’s very helpful for families if they’ve had a first-hand conversation with the person that they love who is dying about donation. Sometimes we have families who say I want to bring up donation because they’ve had this conversation.”

Dr Opdam says while it does happen on occasion, only rarely does it eventuate that there are discrepancies between the wishes of the potential donor and that of their family.

While strictly speaking, if a potential donor has signed the register, the doctors and medical professionals are able to proceed without family approval, in reality that never happens, she says.

“The family is always part of the experience when the people they love is dying. Families usually want to honour the wishes and the choices of the people they love. What usually happens when there’s a problem is that someone has registered and haven’t told their family and it comes as a bit of a shock to the family. There’s donation specialist staff who support the family through that process.

“Generally families get a lot of comfort knowing their loved one has been able to help other people. How often do you get to potentially save someone else’s life?” ●

The numbers

- Around 1,400 Australians are currently waitlisted for a transplant. A further 12,000 are on dialysis, many of whom would benefit from a kidney transplant
- In 2018, 1,782 lives were transformed by 554 deceased and 238 living organ donors and their families
- In 2018, more than 10,500 Australians benefited from eye and tissue donation
- The majority of Australians (69%) are willing to donate their organs and/or tissue when they die
- In Australia, 90% of families say yes to donation when their loved one is a registered donor. This compares to the national consent rate of 64%
- If our national consent rate reaches 70%, Australia would be in the top 10 performing countries
- One in three Australians are registered donors despite the majority (69%) believing that registering is important
- While the majority of Australians (71%) think it’s important to talk a with their family/partner, only half (51%) of Australians have discussed whether they want to be a donor
- Of the 36% of Australians who feel confident they know if their loved ones are willing to be a donor, 93% say they would uphold their wishes.

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Music to their ears

Music has many social and cognitive benefits and has long been credited with providing a distraction from physical and emotional pain among Australia's senior population. But researchers are now discovering it can also prove a powerful communication tool among dementia patients.

Greek philosopher Plato once noted that music “gives a soul to the universe, wings to the mind, flight to the imagination and life to anything”.

Had he been alive today, researchers in Australia might very well have insisted Plato add “and a voice to the silent” given recent discoveries of the impact vocal and instrumental sound has among those aged 65-plus.

Numerous studies have already shown music therapy in seniors has the ability to increase memory function, relax the body, reduce muscle tension and boost productivity with many aged care residents reaping the benefits of music integration – such as group singing, musical performance, personalised music programs and silent discos – into their everyday activities.

However researchers are only now discovering its benefits as a tool of communication both for those with dementia as well as those charged with caring for them.

A study on the impact of musical therapy for dementia patients was carried out in 2015 by the Anglia Ruskin University in Cambridge. The study examined the impact of music therapy on dementia patients and found that music therapy not only improved participants' dementia symptoms and general sense of wellbeing, but also led to a decline in behavioural issues towards caregivers.

Dr Imogen Clark, a specialist in music therapy for older adults, and a post-doctoral research fellow and lecturer at the University of Melbourne, says it is well known the act of singing or engaging in music has both conscious and unconscious consequences.

Dr Clark says music therapy plays an important part in assisting in achieving the health goals and wellbeing of older Australians – particularly the one in 10 Australians aged over 65 who are living with dementia – by helping to switch on pathways in the brain that aren't otherwise accessible.



Past studies have shown that when done correctly music therapy not only evokes responses, such as singing and movement, in dementia patients but can also encourage moments of reconnection – however brief – with their loved ones.

In addition, it is credited with assisting in the management of negative symptoms of dementia including depression, agitation, anxiety and apathy.

Dr Clark says while music comes in many different styles and can be presented in an array of different ways, most people assume that when they see a music therapist singing with a patient, they are just enjoying a

dementia involves matching the recipient's projections – whether vocal or physical – and integrating that into the music, Dr Clark says.

“By doing that, especially with someone who has dementia, we're able to actually think unconsciously into their brain. For example, the music therapist will be very conscious of how loudly that person is singing or engaging and will work to mirror that person's response.”

When music therapy patients are agitated or upset, therapists may use a practice they refer to as entrainment which involves synchronising the music or singing to reflect the patient's approach. It

which saw her awarded a prestigious research grant from Dementia Australia's Research Foundation.

The project, which began late last year, involves exploring the potential of group songwriting as a means for “improving social connection, mental health, wellbeing and quality of life for people with dementia and their family carers”.

Used as a music therapy intervention, the project sees 60 community-based elderly dementia patients and their spouses brought together to brainstorm their experiences, ideas and expressions through the act of songwriting.

It is an extremely cathartic process for all participants as people living with dementia and their caregivers are usually very isolated in their community and not often afforded an opportunity to meet with others living similarly or to express what it's like for them, she says.

Dr Clark says while she attempted not to have too many expectations around likely outcomes prior to commencing the project, the study has already thrown up some interesting data despite the fact she is only around half way through her investigations.

“Song writing is often seen as something that is a little too abstract. When I first wrote the project people thought ‘are you nuts?’ because mostly when we think of music and people with dementia we think that they need to have music that they are familiar with.”

Instead the research team found that participants with dementia have been able to contribute so much in terms of lyrics. Dr Clark says most of the songs that are written [during the research project] are parodies where lyrics are re-written “but they've

“Music therapy in seniors has the ability to increase memory function, relax the body, reduce muscle tension and boost productivity.”

sing-a-long. The truth, she says, is far more strategic.

Only too aware that older people tend to have the best connection with music from their late teens and early 20s, one of the easiest ways for music therapists to find common ground with those they are working with is through music selection where therapists try to work out what their patient's musical preferences were at that time – and use those as a starting point. The music will often stimulate memories and alongside it, dialogue around the patient's life and connection to the music.

Another tool used by music therapists in working with older patients both with and without

might be louder, it might be faster than normal to start with but gradually the therapist will drop the tempo and the volume of the music to bring that person to a more relaxed state.

“It might take a long time to do that but you need to actually meet that person in their space in a musical way. That's why music is a resource for communication for people whose communication skills or capacity is that little bit impaired.”

In her attempt to better understand the part innovative music therapy interventions play in improving relationships while also reducing the burden of age-related healthcare, Dr Clark has undertaken several research projects in this area, the latest of

created completely new lyrics that are meaningful for them". Because they're all living with the same experience of dementia they're able to understand each other and they're in a safe space where they can easily share their experiences, Dr Clark says.

"Putting them in a song is quite a powerful way of communicating those experiences hopefully to their own families but also to the public in general. It's quite astounding the way quite a few of the parties that are living with dementia were so careful about the lyrics and how those words meant so much to them."

It is anticipated the songs written during the project will be performed and recorded to increase public awareness and understanding about what it is like to live with dementia while helping to alleviate misconceptions others held about the illness, she says.

In addition to this work, Dr Clark is also involved in a second research project, called MIDDELL (Music Interventions for Dementia and Depression in Elderly Care), which is an international study to determine the effectiveness of group music therapy and recreational choir singing in reducing depression symptoms in people with dementia.

The largest trial of music interventions to date, and the first to compare different music-based interventions, it is hosted by The Grieg Academy Music Therapy Research Centre and involves around 1000 participants across 100 aged care homes in Australia, Denmark, Germany, Italy, Netherlands, Norway, Poland and the United Kingdom.

Having begun in July 2018, the six year project is expected to conclude in October 2024. ●



Exercise and motivation

Navigating the tricky relationship between exercise and motivation is hard at the best of times, but it can prove even more difficult during the cooler months, as our resident rehabilitation expert explains.

Crisp frosty mornings are beautiful to look at from the warmth of your sun-filled kitchen, but sometimes it's hard to muster up the energy to exercise.

They say it takes three months to make a habit and only one day to break it. So how do you keep up your motivation levels for exercising in the cold winter months? Here are our top five tips on continuing your exercise regime in the winter months.

1. Make a plan

Rather than just promise yourself that you'll "exercise more", take a step back and start by recognising physical activity as a priority to maintain your health and independence. Use your current diary or calendar and write down a starter goal; such as 10 minutes extra exercise each day for a week, and think about how to incorporate this into your daily activities. Developing a habit of exercising consistently is made easier when you can associate it with an existing routine. Think about your daily routine, whether it be a morning coffee or afternoon tea. Why not try to exercise while you are waiting for the kettle to boil? Place both hands on the kitchen bench and try some squats. Include this on your plan, as it all adds up. Once you've made your plan, tell your family and friends. This encourages social support and external motivation; two factors that have been shown to greatly enhance exercise adherence.

2. Exercise with a friend

Exercising with friends can increase motivation and encouragement to not only get started on an exercise plan, but to stick to it; which can be tricky on those frosty winter mornings. Social interaction, such as walking with neighbours, has many great health benefits. Connecting with others is known to enhance both your mental and physical health, as well as providing a sense of community and belonging. Group exercise classes are a great way to keep warm and meet new people. They can give you the skills and confidence to start your own exercise routine. Make sure you have a few different 'exercise buddies' and include their names on your plan.

3. Keep it simple

Exercising in winter doesn't need to be challenging. Make simple changes, such as rugging up with an extra jacket before you go walking, wear a woolly hat or beanie, or change the time of day you exercise. Remove any barriers that might prevent you from exercising: choose the warmest part or most suitable part of the day for your lifestyle; consider activities (at first) that require no new skills; and find a suitable intensity for you or try exercising with people with the same fitness and mindset. As bizarre as it sounds, the simplest way to increase your exercise is to not realise you are exercising at all. Incidental exercise

enables you to continue going about your day and not see exercise as a separate activity, but rather part of your usual routine. Simple changes like parking your car further away at the supermarket and taking the stairs instead of a lift or escalator can increase the number of steps you take in a day. All this adds up with little to no additional planning involved.

4. Stay active, indoors

Have you tried an indoor hydrotherapy class? Exercise in a pool allows us to complete exercises in a near weightless environment, taking a load off your joints. The water however provides great resistance to help improve muscle strength. If you can't go outside, or the weather is not conducive to exercise, there are many activities you can perform in the comfort of your home. Some of our favourite indoor exercises are: during the ad breaks on TV do some 'sit to stands' (from your chair, stand up and sit back down, and repeat as many times as possible); while your bread is toasting try marching on the spot; or put your favourite song on and walk around the dining table until the song finishes.

5. Higher intensity exercise to keep you warm and healthy

A fast fix to get rid of those winter chills is to simply raise your heart

rate. This assists in raising your body temperature, and is also an effective way to stay fit and strong. Here are some simple high intensity exercises you can try at home:

- seated or standing marching for 30 seconds – 2 minutes
- seated or standing punches for 30 second bursts
- step ups and downs on stairs for 30 second bursts
- alternating side taps for 30 second bursts.

Consider adding a hill to your walking route, as it provides a higher intensity. Another great option to get the heart pumping is to use a weight during exercise. A can of tomatoes works well! Don't forget to reward yourself when you achieve your goals!

Whether it's a simple treat like buying some flowers for your home, going out for a coffee or for the bigger goals buying new walking shoes – give yourself a pat on the back. You deserve it. Keep track of the time you spend exercising and review this each week. Even small changes can have a significant effect on your outlook, your overall well-being and can keep you independent in the activities of your choosing for longer. So what are you waiting for? Remember; this is your plan, and it needs to be suitable for you and your lifestyle. Start thinking about what you want to achieve, and the best way for you to achieve it; and don't forget to have fun while you do it. Start your plan today! Winter is coming... ●



PHOTOGRAPHS: PAUL HARRIS. LOCATION: AVEO BRIDGEMAN DOWNS.

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Brush up on your love for your community

Pick up a paintbrush for a chance to see your artwork appear on Aveo's 2019 merchandise range.



We here at Aveo HQ know only too well that hidden among you is a great assortment of extremely talented artists. But now we are respectfully asking you to prove it.

Held annually, our eagerly anticipated art competition is on once again. Open to Aveo residents at every community across Australia, the competition sees hundreds of residents submit their best acrylic, pencil or oil painting and/or drawing for the chance to have their work authentically reproduced across our 2019 merchandise range including items such as shopping bags and playing cards.

Adhering to the current theme of 'Live well together at Aveo', we'd like you to demonstrate through your art what makes living in your Aveo community so special to you.

Is it spending time with a beloved pet, making that forever friend who's more like family, or is it the caring approach taken by staff who enquire after your health and remember just which way you enjoy your coffee in the morning?

Whatever it is that you enjoy most about living in an Aveo retirement or aged care community, we want to see it through your artwork.

To get involved, submit your artwork to your Community Manager or email it to: newsletter@aveo.com.au before 5pm on Monday 8 July. To ensure your artwork can be viewed and reproduced at the best quality, please supply either the original artwork or a good quality photo. To find out more contact your Community Manager. ●



Above: Aveo Cherry Tree Grove's Pam Dodd with her 2017 winner "Pop with his grandsons". The theme was 'fun with friends and family' and the work featured on Aveo stubby coolers.



Left: Betty Elliot, of Aveo Peregian Springs Country Club with her painting "Gracemere Manor". The work was used on Aveo's 2017 tote bag and lens cloth.

*Fresh & fabulous
everyday recipes*



Get your hands on our new Cookbook, *Live Life Cook*, featuring over 50 delicious and easy to prepare recipes developed by Aveo's executive chef, John Casey, and inspired by our very own residents.



Created with the nutritional needs of over 65's in mind, this cookbook is the result of decades of fond memories and lessons learnt in kitchens around the world. We hope it will inspire a love of healthy food in your kitchen, and help make nutritious food a passion, not a chore.

Live Life Cook, now selling for only \$29.95
Visit aveo.com.au/cookbook to purchase your copy today.

Keep warm this winter

Warm scones, soups and hearty meat dishes are many people's mainstay during the cooler seasons. Try some of these delicious favourites from chef John Casey.

Cheese & Chive Scones

Serves: 15 **Prep time: 15 mins** **Cooking time: 15 mins**

Ingredients

3 cups self-raising flour
1 cup thickened cream
1 cup sparkling mineral water
1/3 cup parmesan
1 tbs chives finely chopped
1 tbs parsley finely chopped
Milk for brushing
Butter to serve

Method

1. Pre-heat oven to 180°C.
2. Sift flour into a stainless steel bowl and make a well.
3. Add cream, mineral water, cheese, chives and parsley.
4. Gently mix together with clean hands.
5. Transfer dough to a lightly floured surface and knead well.
6. Roll slightly until the dough is 3cm thick.
7. Cut into squares and place on a lightly greased oven tray.
8. Brush tops with milk and bake for 12 minutes or until golden.

To serve

Serve warm with chutney, pickles or a spread of butter.
Freeze any extra scones for up to 3 months.





Split Pea & Ham Soup

Serves: **6-8** Prep time: **40 mins** Cooking time: **2 hours**

Ingredients

500-700g ham hock
200g split peas, soaked overnight
2 onions, diced into 1cm cubes
2 carrots, diced into 1cm cubes
2 bay leaves
1 celery stick, diced into 1cm cubes
300g frozen peas
6 peppercorns
1 cup creme fraiche
Mint leaves to garnish

Method

- 1.** Place ham in a large pot and cover with water. Bring to the boil then remove from heat, draining off the water to remove the saltiness of the ham.
- 2.** Refill pot with 2L cold water and bring to the boil.

- 3.** Add split peas, onion, carrot, bay leaves and celery.
- 4.** Reduce to a simmer and cook for 1-2 hours, or until the ham is tender enough to break into shreds, making sure the meat is constantly submerged while cooking. Keep an eye on the liquid and top up with water as required.
- 5.** Once ready, remove the ham and peel off the skin. Discard.
- 6.** Shred the meat while still hot and set aside.
- 7.** Remove the bay leaves from soup and stir through frozen peas. Simmer for 1 minute.
- 8.** Blend the soup until smooth and stir in half of the ham until heated through.

To serve

Spoon hot soup into bowls and top with remaining ham. Add a dollop of creme fraiche and garnish with torn mint leaves.





Tandoori Lamb with Bombay Potatoes

Serves: 4 Prep time: **40 mins** Cooking time: **30 mins**

Ingredients

2 tbs tandoori paste
1 tbs honey (optional)
Juice of 2 lemons
1 tbs natural yoghurt
8 lamb fillets
2 lemons, juiced
500g chat potatoes, quartered
300g pumpkin, diced
Olive oil
1 tsp black mustard seeds
2 tsp mild curry powder
1 tsp garam masala
2 tsp grated ginger
125g cherry tomatoes
100g baby spinach
Handful mint
Handful basil
Yoghurt, to serve
Mango chutney to serve (optional)
4 papadums to serve (optional)

Method

- 1.** Combine tandoori paste, honey, the juice of 1 lemon and yoghurt in a large dish.
- 2.** Add the lamb, turning to coat. Cover with cling film and place in the fridge to marinate.
- 3.** Place potatoes in a pot of salted water. Bring to the boil, then lower to a simmer and cook for 5 minutes. Add pumpkin to the pot and cook until tender. Drain and set aside.
- 4.** Heat some olive oil in a large frying pan over medium heat. Add mustard seeds, stirring continuously for 1 minute or until the seeds start to pop.
- 5.** Add the curry powder, garam masala, ginger, pumpkin and potatoes. Stir for 2-3 minutes or until the potatoes start to crisp. Add the tomatoes and spinach. Continue cooking for 2-3 minutes or until spinach has wilted.
- 6.** Remove from heat and set aside.
- 7.** In a separate pan, heat the olive oil over medium-high heat. Cook the lamb for 4-5 minutes on each side. The outside should be slightly charred but the lamb should still be pink in the centre.
- 8.** Finely chop the mint and basil. Stir the herbs and remaining lemon juice through the yoghurt.
- 9.** Serve lamb with Bombay potatoes and mint yoghurt on the side.
- 10.** Add papadums and mango chutney if desired.

Beef Bourguignon

Serves: **6-8** Prep time: **40 mins**

Cooking time: **4 hours**

Ingredients

1.5kg beef cheek, trimmed, cut into 4-5cm cubes
1 small onion cut into 1.5cm cubes
2 stalks celery, cut into 1.5cm cubes
1 carrot, peeled and cut into 1.5cm cubes
2-3 cloves garlic, peeled
500ml good quality red wine
1 leek, diced into 1.5cm cubes
1 sprig fresh thyme
1 bay leaf
40ml olive oil
1L beef stock
Salt and pepper to taste



Method

1. Place beef in a large bowl with vegetables, garlic, wine, herbs and bay leaf.
2. Cover with cling film and leave to marinate in the fridge for at least 4 hours, preferably overnight.
3. Pre-heat oven to 180°C.
4. Strain the marinade into a bowl and remove the meat pieces to a plate, patting dry with a paper towel.
5. In a large pan, bring the marinade to a simmer and reduce by about half. Set liquid aside.
6. Heat a large, heavy-based pan and add 20ml of the olive oil.
7. Sear meat until nicely coloured, remove from pan and place in an oven casserole dish. Season with salt and cracked pepper.
8. Wipe out pan with a paper towel and add the rest of the oil.
9. Cook the vegetables until just starting to brown.
10. Add vegetables to meat and pour in liquid. Cover with hot beef stock. Close with a lid and bake for approximately 3.5-4 hours.



To purchase our brand new cookbook *Live Life Cook* and discover more great recipes visit our website aveo.com.au/cookbook



CALIFORNIA – Pebble Beach

"If I had only one more round to play, I would choose to play it at Pebble Beach (pictured left). I've loved this course from the first time I saw it. It's possibly the best in the world," said 18-time major champion Jack Nicklaus of this famed Californian course. And there are few thrills in golf to match teeing off for the first time on Pebble Beach Golf Links, previously ranked number one on Golf Digest's 'America's 100 Greatest Public Courses' list. The course oozes history and atmosphere, and since opening in 1919 has hosted some of golf's most prestigious tournaments, including five US Open Championships and the annual Pebble Beach Pro-Am.

Over the years, the exquisite beauty and unique challenge of Pebble Beach has thrilled golfers and spectators alike. The course hugs the rugged coastline, providing wide-open vistas, and cliffside fairways and greens, with ocean's crashing surf as a backdrop. Some of the most spectacular holes are five to eight, which are on the promontory between Stillwater Cove and the Pacific Ocean. As you walk in the footsteps of legends, you anticipate each and every storied hole while recounting magical moments in golf history, such as the par-3 17th, where Tom Watson chipped in during the 1982 US Open. Is it worth the eye-watering green fee of around \$US500? Yes, at least once in a lifetime.

NEVADA – Wolf Creek

Located 124 kilometres north of Las Vegas at Mesquite, this is 18 holes of fantasy golf at its ultimate best. Opened in 2000, Wolf Creek's captivating desert design immediately drew rave reviews and is now firmly

Pars and stripes

Buy your airline ticket, pack your clubs and get ready to unleash your inner Jordan Spieth, Dustin Johnson or Rickie Fowler.

Andrew Marshall puts together a bucket list of public golf courses in America.

established as one of America's top public courses. There are precious few courses that can generate a genuine sense of awe for several holes at a stretch, and exceedingly rare is the layout that can sustain the feeling for an entire round. Wolf Creek is such a place.

Set high above the desert floor among red-rock canyons, teeming waterfalls and glistening creeks, it looks as though strips of green velvet have been laid out on a Mars-like landscape. After teeing off at the par-5 opening hole it's a roller-coaster golfing adventure among sculpted hills and canyons with several elevation changes and forced carries over streams and ravines.

Developer Doug Clemetson was determined to leave the distinctive natural landscape in place, accepting that a number of non-traditional golf holes would result. On the 2nd tee box, for example, 90 granite steps lead up to the driving area, which is located some 11 storeys high. The third hole plays uphill to one of the highest points on the course with incredible views, and par-3 11th's green is an island in a sea of red rock and typical of Wolfe Creek's dazzling visual appeal.

NORTH CAROLINA – Pinehurst No. 2

This star attraction of Pinehurst Resort's nine courses remains one of the world's best and most celebrated golf courses. Pinehurst No. 2 has served as the site of more single golf championships than any course in America and, in 2014, made history again, becoming the first to serve as host to the US Open and US Women's Open Championships in consecutive weeks. Opened in 1907, Pinehurst No. 2 was designed by Donald Ross, who called it "the fairest



PHOTOGRAPH: STAN BADZ / PGA TOUR / GETTY IMAGES

test of championship golf I have ever designed". Ross was associated with the course for nearly a half-century, improving the course continually until his death in 1948.

Pinehurst No. 2 is best known for its crowned, undulating greens, which are some of the most complex and widely hailed in the world. In March 2011, the course reopened following a 12-month, \$2.5 million restoration by the design firm of Coore & Crenshaw that restored the course's natural and historic character. Over the years, its champions have included some of the greatest players in history including Walter Hagen, Sam Snead, Ben Hogan, Jack Nicklaus and Payne Stewart. The course will host the US Open once again in 2024.

FLORIDA – TPC Sawgrass

Home of the Players Championship, birthplace of the TPC (Tournament Players Club) Network and backdrop to the PGA TOUR headquarters, the TPC Sawgrass golf course in Ponte

Vedra Beach, Florida, is one of the world's most famous golf courses. The Players Stadium Course sports one of the most recognisable and most challenging holes on the PGA Tour – the notorious 17th, an island green par-3 that makes or breaks many a PGA tour pro's round (pictured above).

Designed by Pete and Alice Dye, the Stadium Course was built to challenge the pros like no other golf course had done before, while providing an unprecedented experience for amateurs and spectators at the same time. Small, contoured greens demand a deft touch and every hole has elements of risk and reward, drama and excitement. The course tests every facet of the game and every club in the bag. Past winners such as Tiger Woods, Phil Mickelson, Henrik Stenson and Ricky Fowler understand and appreciate that they must have a well-rounded game to triumph over the Stadium course to become the Players Champion.



PHOTOGRAPH: CARL SHANEFF / GETTY IMAGES

HAWAII – Mauna Kea

“Mr. Rockefeller, if you allow me to build a golf course here, this'll be the most beautiful hole in the world.” So said renowned course designer Robert Trent Jones Sr at the third hole site to developer Laurance S Rockefeller as they toured the raw, barren lava landscape that is now Mauna Kea Resort in 1962. The course (pictured left) opened in 1964 to begin the legend of Hawaii as a golfer's paradise. Mauna Kea Golf Course has been ranked among Golf Digest's Top 100 since 1969 due in part to the 242-metre drive signature third hole, where surging inlet waves thunder against the rocky shoreline.

In 2007/08, without changing the essential character of his father's design, Rees Jones Inc re-planted the championship Course with highly efficient ultra-dwarf Tifeagle Bermuda grass on the greens and Tifway 419 hybrid Bermuda grass on the tees, fairways and roughs. State-of-the-art irrigation systems, liners in the bunkers, and advance drainage improvements keep the course in top shape and save on environmental resources. As for play, the number of bunkers increased to 99, overall metreage has expanded by about 180-plus metres from the tips, and multiple tees challenge all levels of players. Mauna Kea Golf Course ushers in a new age of golf with innovative new Golf boards, a fun way to carve through a round of golf in record time and surf the earth. ●

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OREGON – Bandon Dunes Golf Resort

Along the wild Oregon coastline amongst massive dunes, indigenous vegetation and hearty pines is the Bandon Dunes Golf Resort - one of the best golf destinations in America. Golf was born on rugged, windswept land just like this, and it's the kind of place where you half expect to see the golfing forefathers in their plus-fours with a handful of hickory clubs. This is golf with a nod to the traditions of the time-honoured game, a collection of links-style courses by the sea with all the quintessential ingredients - stunning ocean views, towering grass dunes, rippling fairways, fast undulating greens, natural bunkers and ever-present winds. The natural feeling takes you to the British Isles, but the manicured course conditions and

amenities are straight out of America.

The story began in 1999 with the opening of the first course, Bandon Dunes. The course is perched on a bluff high above the Pacific Ocean and designed by Scotsman David McLay Kidd who said: “It thrills me now to watch the public playing the game as it was originally meant to be played, on the finest links land I've seen outside the British Isles.” Sixteen years later, Bandon Dunes Golf Resort has developed into what Golf Digest describes as the “No. 1 Golf Resort in North America”, with all four public 18-hole courses ranked in the top 15 within the US. The additions of Pacific Dunes, Bandon Trails and Old Macdonald, as well as the unique 13-hole Par-3 course, Bandon Preserve, provides the perfect destination for keen golfers.

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Aveo The Domain Country Club

One of the Gold Coast's most popular retirement hot spots, pets and residents alike recognise Aveo The Domain Country Club as a true oasis.

The Domain Country Club in Ashmore has always known how to draw a crowd.

With its location chosen specifically because of its proximity to many of the Gold Coast's most popular amenities, Aveo The Domain Country Club was opened on May 10, 1984 by then-Queensland premier Sir Joh

Bjelke-Petersen in front of an assortment of dignitaries.

Thirty-five years later and community manager Andrew Keating says the country club remains a popular drawcard for those seeking to see out their retirement in a dynamic resort-style environment.

Set on 42 acres of spectacularly lush gardens with



stunning walking paths and a beautiful ornamental pond and waterfall, Aveo The Domain Country Club is currently home to 375 unique properties.

Housing around 500 residents, it offers three styles of accommodation – 52 one-bedroom serviced apartments which are priced from between \$219,000 to \$239,000 and 323 pet-friendly independent living units, made up of both two and three-bedroom residences which sell for between \$265,000 and \$489,000 apiece.

Andrew, who prior to joining the Aveo team managed an array of hotels and resorts both in Australia and abroad, says the real magic of Aveo The Domain Country Club lies in the way in which many of the units are positioned.

“Prior to Aveo taking over, the previous owners of the land engaged top architect Desmond Brooks AO – the designer behind the Sheraton Marina Mirage, Palazzo Versace, Royal Pines Resort, Marriott Surfers Paradise

Resort, Gold Coast International Hotel, The Wave, Soul, Ultra, Jewel, Verve, and Sierra Grand – for the initial stages. Brooks’ aim with the owner was to ensure the houses were nestled within the gardens and the garages were separate, this was a fantastic idea that residents continue to enjoy to this day.”

Within easy reach of major shopping malls, golf courses, casinos, restaurants and the Gold Coast’s famed golden beaches, Andrew says the chief difference between his and other residential retirement communities nearby can be characterised by the large number of on-premises activities on offer.

Residents can choose to dine at the on-site restaurant with fully licensed bar and lounge area or visit one of the many nearby cafes and restaurants on the Gold Coast. For the more energetic of residents, the range of sports on offer is second to none with the village offering a full competition-ready lawn bowling green, tennis court, croquet lawn, Bocce court and dedicated darts, snooker and table tennis playing areas, in addition to a fully equipped gymnasium, swimming pool and heated outdoor spa.

For those who enjoy more academically-minded pursuits, there are two libraries on site, a board room, craft room, computer club and dedicated cinema room.

To prevent the requirement for residents to travel outside community boundaries to access everyday services, Andrew says the village also brings a hairdresser on site three days a week, a doctor one day a week and hosts regular physiotherapy appointments. Tai Chi classes are also available for those wishing to participate in group exercise.

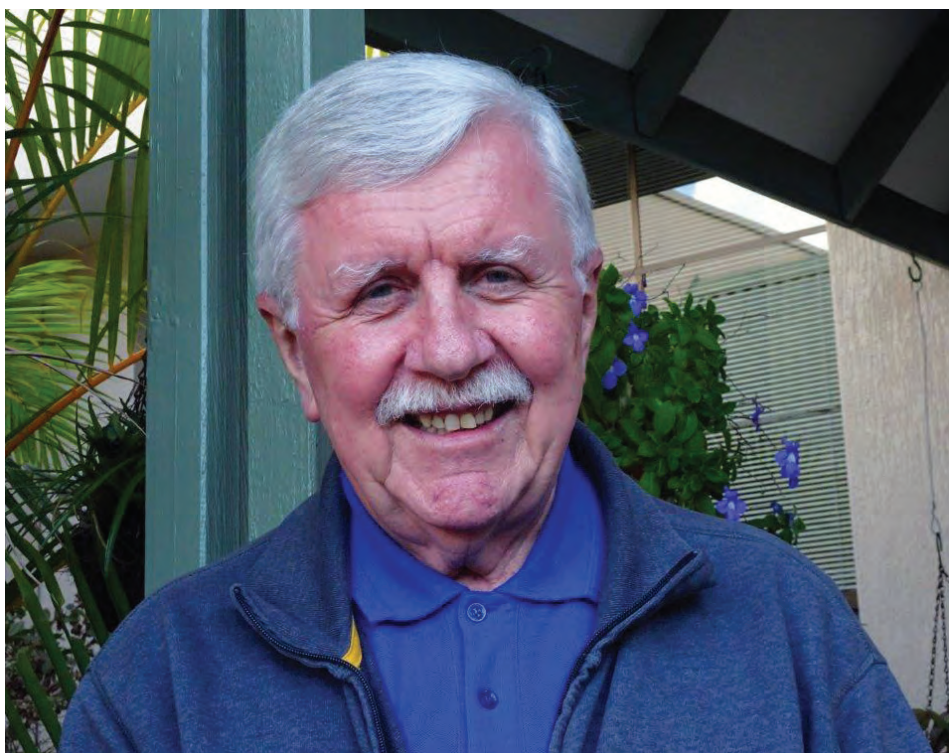
The village also boasts an impressive staff to resident ratio with a total of 25 employees spread across administration, maintenance, domestic care and catering.

Andrew says with almost every need already accounted for within the village, many residents choose to spend their time contributing to the broader Gold Coast community through volunteer work with groups such as the Men’s Shed Ashmore and Wild Life Sanctuary Rescue.

“Some residents come and go on a daily basis working or doing other activities offsite. Other residents are enjoying retirement and all of the facilities that are on offer. There is everything to do and absolutely nothing to do – it’s entirely your choice.” ●

Meet Mr Newman

Aveo communities are filled with an assortment of inspiring individuals from an array of backgrounds. This issue we meet Graham Newman of Aveo The Domain Country Club.



Can we start with a little bit of background about you, namely your age, your family, and how long you have been living in Aveo The Domain Country Club?

I am 75. I have a brother, a wonderful sister-in-law, a niece and nephew and six great nieces and nephews. My partner Gregory Peck and I have been together for 43 years. Greg and I moved into Aveo The Domain Country Club in May 2012 and we got married officially in March last year on Greg's 70th birthday.

What was your profession prior to your retirement and at what age did you begin contemplating a move into a retirement community?

Greg and I grew up together in Inverell in northern NSW. I spent most of my life as marketing director for international companies in both the music and fashion sectors. Greg was working as sales director for a tiling company in Sydney, but suffered quite a bit of trauma after serving in Vietnam. We retired from our respective positions in 2000 and ran an award-winning newsagency for a time. In 2005 we

retired to the Gold Coast and began travelling. Two years later we were in Amsterdam when Greg had a massive stroke and after a three week stay in hospital, had to be medevaced back to Australia. I later got a bad case of dengue fever. Our home at the time was reasonably large so we sold up and moved to a smaller unit on Main Beach. In 2011 we decided that owing to our health (not age), it was time we started looking for a suitable retirement village.

How did you know Aveo The Domain Country Club was the right place for you?

We had two friends who had moved in here, so we were aware of the facilities, scope and layout of the village and the variety of different type of units.

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

Greg's ill health prevents him from being very involved however I am exceptionally and actively involved in many aspects, including as chairman and treasure

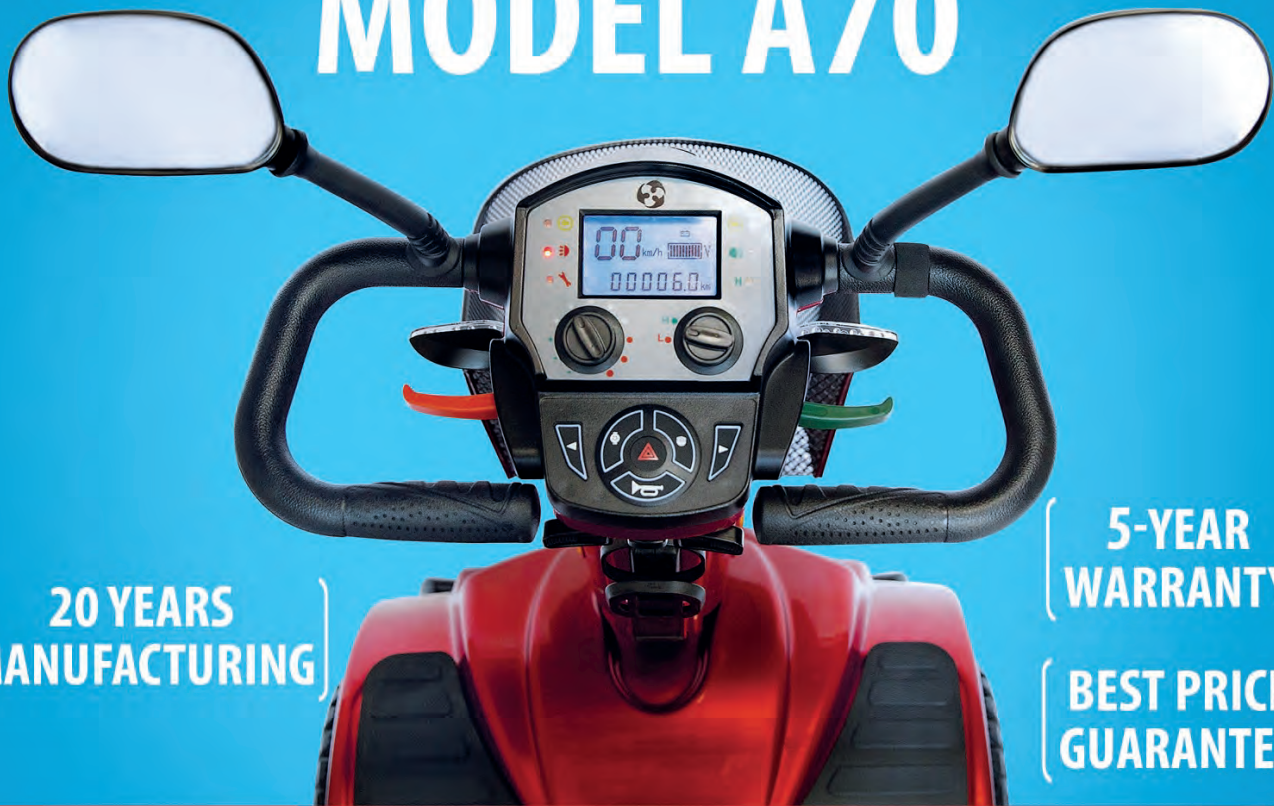
of the Wattle Place body corporate and as treasurer of Aveo The Domain Country Club's Residents Association. We have always loved travel but that has become a major problem because of Greg's disabilities. I am now essentially his fulltime carer. That said, we enjoy road trips where we can stay in old-fashioned country motels and we try to visit family in Sydney a couple of times a year. We also have a wide network of friends outside the village that we enjoy catching up with. The village has a number of great facilities. It also has an extremely active social club but unfortunately we are limited in what activities we can participate in.

What is the one piece of advice you would offer others thinking about entering a retirement community?

Talk to existing residents to get a first person perspective about the village you are considering moving into. Although you may not want to read the contract cover to cover, get legal advice on it and be fully prepared for exit fees and any requirements you may have. ●

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