ALBANY TRAVEL AND CRUISE
140 York St, Albany
9841 1611
albanytravelcruise@bigpond.com

WELCOME to the first magazine edition of Senior Living. The Weekender has compiled numerous senior stories over these past 26 years but this week we have dedicated a magazine to being our focus on seniors living in the Great Southern. We all know Albany and the southern regions have become a retirement haven, mainly for high-quality living, a beautiful climate and beautiful scenery.

SOUTHCOST SPORTS MEDICINE
29 Barker Rd, Centennial Park
9841 7363
scsportsmed.com.au

Mini Group Exercise Sessions for Type 2 Diabetics
Supervised by an Accredited Exercise Physiologist.

GP referral required. 8 x 1 hour exercises sessions. Medicare Rebateable.

It matters what sort of exercise you do to best improve your blood glucose control.

SOUTH COAST SPORTS MEDICINE
29 Barker Rd, Centennial Park
9841 7363
scsportsmed.com.au

PRACTISING in Albany for 31 years, Albany Podiatry provides podiatry treatment for a range of foot problems including skin conditions, corns and calluses, diabetic assessments, gait problems and heel pain.

Many clients standing on one leg from their GP with a Medicare benefit payable for conditions including diabetics, footcirculatory problems and arthritis.

The Memories Live On
Some cultures celebrate this fact in the form of religious rituals.
These rituals provide comfort to the mourners.

FROM the beginning of time humankind has considered some forms of rituals to ease our fear of the dead.

Funeral ceremonies are times when family and community acknowledge the end of a life and for many in the belief that life continues on in some afterlife.

Some cultures celebrate this fact in the form of religious rituals.
These rituals provide comfort to the mourners.

Other rituals are performed with the belief that those remaining behind are required to perform the rituals to ensure the dead are able to pass over to the next life.

As the human race is a little one planet people who have held the individual in high regard the tradition is passed on from generation to generation.

An example of this is the funeral where the family members and friends do not leave the body in a coffin.

The team at Bethany Funeral Home exists to help family members celebrate the life of their loved one.

To help your loved ones during the grieving process, they offer Funeral Basics packages for under $50 and services over $55.

These packages can help ease the family’s cost and stress.

To find out more from the caring team at Bethany Funeral Home about your options, call 9841 7177 or email info@bethanyfuneral.com.au

Time to say goodbye

OTHER clients have private health insurance and an eternal is required.

Department of Veterans Affairs patient is also welcomed.

Albany Podiatry carries a wide range of stylish and comfortable footwear and the well-trained, competent staff provide an excellent fitting service.

Footwear brands include Kinds, Most Livings, Krones, Arcotech, Propet and Dr Comfort. Albany Podiatry also stocks supportive thongs and slipper with Scholl with the help in Orthaheel in such support.

Located at 290 Middleton Road only 100m from Dog Rock, the practice has been putting in sale wide and very disabled access right at the front door.

Phone 9841 2145 for friendly and competent foot care.

Senior Living 2019
Providing a new beginning

RETIREMENT village living is not the end, but the beginning of the next exciting chapter to senior living.

Yes, it provides a new beginning where much of the day-to-day stress of home ownership and maintenance is removed. This means you have more time to do the things you love with the opportunity for a more relaxed, comfortable and healthy lifestyle.

“You can come and go as you please, and even go away on holidays knowing your community is taking care of your home,” Amaroo Care Services Chief Executive David Fenwick said.

Amaroo has villages in Gosnells, Denmark and Albany, offering a range of two and three bedroom homes for independent living.

Also on offer is in-home care services to assist those who may need help to remain at home. Residential care is available at Gosnells and a purpose-built home is planned for Denmark.

“This means that we can offer a genuine ‘care pathway’ that comprises independent living, home care and residential care – adapting to your needs as they change,” Mr Fenwick said.

For more information, contact Amaroo Village on 9490 3899 or visit amaroovillage.com.au

Team that wheely cares

CALL into Calibre Care if you’re looking for a new set of wheels to get around town, need some crutches for a few weeks, or have mobility-challenged loved ones.

The friendly team at Calibre Care pride themselves on their ability to provide a huge range of innovative, high-quality products to their customers at affordable prices.

Each item sold is brand new sourced at Calibre Care has a 100 per cent guarantee of quality, usability and durability supported by fully trained in-house technicians.

If you’re trying something new at home to make life more comfortable, the team at Calibre Care offers a wide range of products to demonstrate to you before you buy.

For people that struggle to enjoy the simple pleasures of a hot shower or a relaxing bath, Calibre Care offers a wide range of shower and bath equipment for almost every need.

For people who are caring for their mobility-challenged loved ones at home, there are also plenty of patient handling equipment available, like hoists, slings, beds, cushions, and conservators.

If you’re worried about committing to a brand new piece of equipment straight away then you can try hiring it out to see what you want to buy coming from a low $11 a week and an $11 cleaning fee.

Visit the friendly and knowledgeable team at Calibre Care at 13 Cockburn Road, or call them on 9841 4200.

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Ancient craft bobs up

TEXTILE craft originating from 16th century Italy is well and truly bobs up in Albany today as the Albany Bobbin Lace Makers pass on their lace knotting skills to others.

The Albany Bobbin Lace Makers meet twice a month at Living Water Anglican Church to pass on their lace knotting skills to others, creating lace bobbins, belts, runners, hats, bags and garments.

They spend hours upon hours delicately intertwining, looping and twisting threads to create different patterns and in five large time frames, many only finish with a tiny piece of lace. However, their beautiful handcrafted products are proof of the wonders patience and perseverance can create.

Composed of sinews, the lace making story enriches the entire community.

Deep sleep clean sweep

IT’S easy to underestimate the value of getting a good night’s sleep. Stress and sleeping disorders like insomnia, restless leg syndrome and various forms of sleep apnoea are often cited as the main causes of sleep issues in older Australians.

A total of around 5 per cent of people around the country suffer from the latter, with men in their four teen above the age of 50 affected and those over 50 being particularly susceptible.

The Albany Physiotherapy Services – Rock Chemist team is on the front line of the fight against insomnia and restless leg syndrome by offering a Total Sleep Apnoea Service for those in Albany and regional areas struggling with the sleep go-get.

The Albany Physiotherapy Services team are contributing factors.

Do you have:
- • Fall asleep during routine activities?
- • Have poor concentration?
- • Restless sleep?

People with severe forms of sleep apnoea are at an increased risk of developing high blood pressure, heart attacks and stroke, as well as mental health conditions.

We know you’ll love our leafy and lovingly managed community that is perfect for independent seniors. You enjoy the benefits of comfort, safety, friendship, catering, social events and real freedom.

Ingegra Gardens Yackamia Community Manager Jennifer Lonsdale said residents love the freedom and flexibility available.

The Albany Physiotherapy Services team are contributing factors.

Enjoy retirement freedom Happy Days

Our team at Dog Rock is now offering a Total Sleep Apnoea Service

We are also stocking Philips and Resmed Sleep CPAP machines and parts. The initial sleep test is free on referral from your doctor, and fully covered by Medicare.

Do you have:
- • Loud, persistent snoring?
- • Choking or gasping for air?
- • Restless sleep?

Do you:
- • Wake up with headaches?
- • Have poor concentration?

Falls activity during routine activities?

Then you may be suffering from sleep apnoea, so come down and see our friendly staff at Dog Rock Chemist or give us a call on 9841 1115.

We are a 100% rental community, so you get all the benefits without any buy-in contracts.

Contact Jennifer our caring Community Manager on 9842 8433 and arrange a tour.

10 Barneys Drive, Ingegra Gardens, Albany.

www.ingenagardens.com.au

Philips and Resmed Sleep CPAP machines and parts are now available.

Individuals with severe forms of sleep apnoea are at an increased risk of exhibiting high blood pressure, heart attacks and stroke, as well as mental health conditions.

Sleep apnoea and sleep-related breathing disorders can significantly impair quality of life, leading to daytime sleepiness, excessive daytime sleepiness, and difficulty concentrating.

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We are a 100% rental community, so you get all the benefits without any buy-in contracts.
ONE thing the team at Peregrine Adventures has learned – you never outgrow an adventure.

You don’t outgrow the spirit that drives you to get out there and see the world, one through a couch window or with 35 strangers wearing headphones, not with a personal butler or a big buffet breakfast, but intimately, authentically and memorably.

At Peregrine, they are for premium adventurers and for those that enjoy echo by the spirit of adventure through a more immersive cultural journey.

Handpicked accommodation, small groups, award-winning local guides, added inclusions and a more considered pace. Premium means an exceptional experience, but never on artifactual.

Book your small group journey with Peregrine’s, a must of Peregrine experience. With more than 35 years of experience in designing trips, of a lifetime, Peregrine Travel Centre consultants are unparalleled in their expectations of adventure destinations.

They can help with expert advice and knowledge and provide inspiration on where to travel next.

Speak to them today to book your next Peregrine adventure.

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**WEavers Program for Palliative Carers at Albany Community Hospice**

**WHAT IS WEavers?**

The WEavers Program is a unique volunteer peer-to-peer support program, presented by The Australian Centre for Social Innovation and designed by palliative care for palliative carers.

Connecting with a volunteer ‘WEaver’ – an experienced and trained volunteer carer – the carer gains an ally to walk alongside them and share stories and knowledge about services and strategies.

The unique ways in which WEavers volunteers support palliative carers are:

- **Public Health:** Providing support to individuals not currently available for them. How to access it and how to make services work for their situation.
- **Connecting with your support network:** Helping carers connect with their local palliative care services and get them included in the caring context.
- **Coping with emotional challenges:** Helping carers reflect on and reap the benefits of their spiritual experience and their situation.
- **Looking after yourself:** Helping carers understand how to take care of themselves and their needs while caring.

ALBANY Community Hospice launched a new community-based peer-to-peer support service for palliative care this year.

The WEavers Program is a unique support program originally developed in South Australia and is now being implemented for the first time in Western Australia.

WEavers are experienced carers, who know what it is like to care for others with a life-limiting illness.

The WEavers, or volunteers, create meaning and purpose around their experience. They stand alongside their loved one, helping them to navigate the journey and support them with the resources to walk alongside their loved one. They stand beside families when they deal with the challenges in providing and at their own pace and in their own context to provide care for their family and friends.

The Hospice has provided care for 179 patients between 2017 and 2018, most of whom have a cancer. For more information on the services provided by Albany Community Hospice, contact the friendly team on 9892 2456.

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**WORLDWIDE EARLYBIRD SALE**

On a small group tour with Peregrine, life-changing moments are the cortestone of every adventure. From spending time at a homestay, visiting ancient wonders or tasting new cuisines, it’s time to make 2020 your best year of travel. For a short time only, save on a range of tours with our worldwide earlybird sale. Book now with Peregrine Travel Centre – Perth.

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**10% discount applies to the tour price only, when booked 12 August to 30 September 2019, for departures by 15 December 2020. Some exclusions apply. Prices are per person, based on twin share lower deck standard double for the cruise), tour only, low season. Subject to availability. For full T&Cs visit www.peregrineadventures.com. For full T&Cs, speak to a consultant.**
“If you want the village to run well so that everyone is happy, it’s important for others to take up the baton so the community runs smoothly and things get done.” The passion the suburb also as well as two grandfathers. It was the Adelaide Showground... I spent bloody hours down there... “It was just fabulous for us... It was the Adelaide Show. “It was just fabulous for us... “I didn’t know anyone before I moved here to Albany, but I've subsequently made lots of good friends. It really is just a friendly, diverse people...I've said that to everyone... we really need to roll up our sleeves and join in,” she said. “I didn’t know anyone before I moved here to Albany, but I’ve subsequently made lots of good friends. It really is just a friendly, diverse people moving in all the time and, as they told their friends, they too join in as well.”

People genuinely care about each other - I wouldn't be happy!”

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People genuinely care about each other - I wouldn't be happy!”

Everyday looks after each other at RAAFA. The Airforce Association (RAAFA) Amity Village Albany, according to resident Mercedes White. When 78-year-old grandmother has called the RAAFA estate a “Yakima home for just one more year and the rest of the residents committee, which meets monthly... “I love it here, it’s so friendly and you can get involved as much or as little as you like,” she said. “Personally I really like getting involved with things and very much enjoy all the activities on offer.”

Ms White said that in addition to Tai Chi sessions, an open meeting and 10th of cool games, residents have the option to participate in religious activities like movie nights, miniver and happy hour on Friday evening. The passion artist added that the village’s “most wonderful” art studio organised group meetings every Wednesday to discuss the ongoing art projects and things get done.

“If you want the village to run well so that everyone is happy, you really need to roll up your sleeves and join in,” she said.

“I didn’t know anyone before I moved here to Albany, but I’ve subsequently made lots of good friends. It really is just a friendly, diverse people moving in all the time and, as they told their friends, they too join in as well.”

People genuinely care about each other - I wouldn’t be happy!”

Enjoy Life with RAAFA

Come along and experience what RAAFA has on offer when you visit our display home.
Loving and lasting

DURING a time of grief, financial strain is the last thing you want to think about.

Funerals and memorials can be expensive and can become a stressful, unexpected, cost-pile-up for families, having some sort of money and costing arguments between loved ones.

The team at Albany Monumental Masons understands this and helps people to come to them when they are considering pre-planning a memorial.

General Manager Lisa Miles (nee Bovell) is a third-generation Bovell working with her own family to help other families grieve without the stress of organzing memorials and headstones. In light of Dying To Know Day, a national day encouraging people to talk about dying, Death and what comes next, Ms Miles says it is also a good time to talk about memorials.

“People often pre-plan their funerals, which is great, it takes the pressure off the family during their grieving,” she said.

“But people don’t necessarily think about the after-things, like memorials, it’s often one of the last things they do or think about.

“But people can pre-authorise this, so it’s a matter of just coming in and letting us take care of the rest – then, the person can have a say in what they want, and everyone can understand the cost.”

Ms Miles understands how important memorials are as part of the grieving process and encourage people to consider this discussion alongside pre-planning funerals.

“It’s a place to go and it’s a place for people to remember their loved ones,” she said of memorials.

“And because each memorial is unique, a memorial can reflect the character of the passed loved one and reflect a family’s love for them.”

When there’s a will...

ACCORDING to lawyer Philip Wyatt, three of the most important legal documents a person should have are a will, an advanced health directive and enduring power of attorney.

Mr Wyatt believes having in place these important documents prevents people from organizing memorials and headstones.

“There’s a misconception that you will die tomorrow if you have a will,” Mr Wyatt said.

“But ultimately, it makes it harder for your family when you die if you don’t have a will, because things just don’t go the way you want them to.”

Mr Wyatt explained how an advanced health directive helps medical people and families to make health-related decisions for everyone involved.

“The misconception is that you’ll have no control if you have a will,” he said.

“Mr Wyatt believes that people who have a will or an advanced health directive have control of what happens with their health-related matters.”

He said an enduring power of attorney also gives a personal proxy power to a named person to make legal decisions on your behalf.

RegNo - 100853

Senior Living 2019
Bethel gets high score

WHEN Baptistcare Bethel Village resident Patricia Gammon made the move to retirement village living, she had no idea that she would soon become a Scrabble star at the adjoining aged care facility.

Wanting to give back to her community, the 84-year-old decided to volunteer at Baptistcare Bethel Retirement Care and Mrs Gammon said her half-day a week helping with arts and crafts activities and playing Scrabble with the aged care residents.

“When we play Scrabble, I make up my opponent every time and they make me laugh with every move I’ve made,” Mrs Gammon said. “If I give them a hint, they remember it forever and always make it back to that word.”

Mrs Gammon has been living at Baptistcare Bethel Village for the past one year and is enjoying both the convenience and great sense of community offered.

“We love being here because the retirement village and the residential care facility are a real community, not separate at all,” Mrs Gammon said.

“And I just love my town and living in the village. The view from my unit is just beautiful, I have good neighbours and am able to stop and chat, nothing’s ever a problem.”

“Everything is so close by, that it’s all set up for you to live in the country.”

When Mrs Gammon is not colouring, she enjoys having a game of Scrabble with her daughter, watching the yearly get-together at Baptistcare Bethel Village and spending time with her daughter who lives nearby.

For more information about Retirement Living at Baptistcare Bethel Village, please visit www.baptistcare.com.au/albany or phone 9842 8650.

Perfect outlook

WHEN you drive into Albany over the crest of the hill for the first time, the thing you notice immediately is the overwhelming scenery. Endless views of green farmland, the craggy bays of Montague Island and Mount Melville juxtaposed against blue sky, and expansive vistas of blue water in the King George Sound.

It’s a vision that captivated Mr Clark-Murphy and his wife Ursula when they visited in 2012 on what was supposed to be a long weekend holiday visit, but ended up one which would forever change the direction of their lives.

“We have our own business and the feeling of space and gorgeous countryside really appealed to us,” Mr Clark-Murphy said.

“We love our sports, we’re into running and swimming and the feeling of space and gorgeous countryside really appealed to us. We’ll both have a home here!”

For more information about Retirement Living at Baptistcare Bethel Village, please visit www.baptistcare.com.au/albany or phone 9842 8650.

Smile. You’ve got your home care package approval.

Now, let’s get you the support you need.

Take the stress and uncertainty out of getting right home care. Talk to Lisa, your local Baptistcare consultant, and let her help you navigate the system.

• No set-up or exit fees and affordable hourly rates
• Dedicated Care Manager to coordinate your services
• Inclusive at home Chaplaincy and pastoral care service
• Trusted Great Southern care provider for 45 years

Let’s have a chat
Call Lisa to arrange a free consultation in the comfort of your own home.
No pressure. No obligation.

9858 9580
baptistcare.com.au/albany

Senior Living 2019
Beautiful homes from just $180,000
Receive a $5,000 welcome gift with all NEW homes*

Want to be part of a friendly and connected community? You’ll feel right at home at The Outlook at Albany. Live independently and enjoy a great balance of privacy and socialising, surrounded by friendly faces who naturally look out for each other. There’s something social happening every day, so there’s always an excuse to get out and about.

Seize the moment to come take a look around your local village and meet people just like you who are loving village life.

Book a no-obligation golf cart tour and receive a $50 fuel card.*

I finally know my neighbours again.

“It’s such a friendly place. Everyone waves when you walk past and there’s always someone to talk to at the Clubrooms.”

SHIRLEY

Open 10am to 4pm 7 Days | 20 Alison Parade, Bayonet Head
Call Phillip on 9844 0000 | www.outlookatalbany.com.au

* Terms and Conditions Apply. Speak to a Lifestyle Consultant for details.