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Senior Living

WHILE helping to create this magazine, I met four people who truly embody the same ‘Senior Living’. Jill Soan, Brian Appleby and Linda and Peter Lightor join only four others that I have gotten to know over the past six years. I think of them in two groups. One group are our models, four people who truly embody the term ‘Senior Living’. While helping to create this magazine, I met four people who truly embody the same ‘Senior Living’. Jill Soan, Brian Appleby and Linda and Peter Lightor join only four others that I have gotten to know over the past six years. I think of them in two groups. One group are our models, four people who truly embody the term ‘Senior Living’.

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Aged, frail and young and old disabled members of the Great Southern community for more than three decades. Founded in April 1987 as a project of the Lions Club of Albany, the Centre prides itself in promoting independence and wellbeing for all. Its passionate, friendly and people-focused staff members are critical in providing some of the best aged care services in the region, creating a centre and community where everyone can feel comfortable and looked after in their own home.

CEO Frank Clemeno noted it is often said the most valuable asset in any organisation are its people. ACCC takes its carer duties a step further by featuring a dedicated Wellness Centre designed to bolster the physical and mental strengths and abilities of attendees.

Unlike a regular gym, it offers a quiet and inclusive space with stunning views over well-kept rose gardens and the epic Stirling Ranges.

For more information about what ACCC can do for you or your loved ones, visit www.accc.org.au or call 9841 8668.

Honesty first

HONESTY and transparency form the philosophy of the team at Albany Funeral Directors. They understand not knowing where you stand in an already difficult and often stressful situation can make what can be a daunting task, harder.

This is why they pride themselves on being part of the community and work closely with griefing families.

Albany Funeral Directors is the longest running funeral home in Albany and with that, Coordinating Officer Sean Roth says, comes the necessary experience and knowledge needed to provide a personal and caring approach to each family.

“Something works really well in our week-long plan with the family and bring them into the fold,” he said.

We are a family-owned business and we are strong supporters of local businesses; we have a real sense of community minded business.”

Mr Roth has detailed the funeral packages available at Albany Funeral Directors on the business’s website with all of the services and costs listed, to again reiterate that Albany Funeral Directors isn’t there to simply make a profit – the team truly cares about the community and wants to ensure their clients have the best of care during their grief.

Honesty first

Since 1920...and we are still here for you...

To make things less complicated in a time of grief, we have a complete list of packages and costings available on our website.

www.albanyfunerals.com.au

Bill Roth (Owner and Director): 0418 901 683
Sean Zemunik (Coordination): 0418 373 297

Email: billroth@albanyfunerals.com.au

9842 3443
77-81 Grey St, Albany Central

Modern and classic rides, including our 327, 1967 Chevy

With a reception open 5 days a week for your convenience, you can pop in to see us when you need to or give us a call to come to you

Albany Community Care Centre (WA) Inc.
73 Hardie Road, Albany WA
9841 8668 • reception@accc.org.au

Albany’s Local Community Aged Care Provider Since 1986

Clients and carers health and wellbeing are at the forefront of our philosophy – listening to clients and families needs.

Serving the local community with warm friendly and professional services:

• Social Support Group Centre, Men’s Shed, S.AGE Allied Health wellness centre and local group outings
• Cottage Respite Centre
• Essential services 7 days a week
• Domestic assistance, home & garden maintenance and meal preparation
• One-on-one Support services
• Transport to keep you in touch with other social or medical appointments
• Home Care Packages personal Coordination providing individual choice and flexibility

With a reception open 5 days a week for your convenience, you can pop in to see us when you need to or give us a call to come to you

Albany Community Care Centre (WA) Inc.
73 Hardie Road, Albany WA
9841 8668 • reception@accc.org.au

Albany’s Local Community Aged Care Provider Since 1986
CALL in at Calibre Care if you’re looking for a new set of wheels to get around town, need some stairs for a few weeks, or have mobility-challenged loved ones.

The friendly team at Calibre Care prides itself for its ability to provide a huge range of attractive high-quality products at competitive prices.

Each item sold, hired, or serviced at Calibre Care has a 100 per cent guarantee of quality, usability and peak condition support provided by fully trained in-house technicians. If you’re trying something new in your home to make life more comfortable, the team at Calibre Care offers a trial complimentary home demonstration to try before you buy.

For people who struggle to enjoy the simple pleasures of life due to their current health condition, Calibre Care offers stair lifts, bed lifts, transfer boards, and commodes.

If you want to be able to enjoy the sunshine and head down to the local shops but the distance is too great to walk, try one of the many powered Shoprider scooters available at Calibre Care.

Trials & Demos available

Service & Repairs Workshop

Friendly, Helpful Team

Hire Option Available
Understanding and detailed knowledge of retirement, a series of free seminars for you to gain an

Held at the Albany Club,
Monday 9 March 2020 5:30pm - 7pm

Locally owned and operated since early 1960s

10 Mima St, Albany
9841 1017

www.albanymonumental.com.au

Unique memorials

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

Funerals and memorials can be expensive and become a burden, unexpected out-of-pocket costs for families, leaving some short on money and causing arguments between local ones.

The work of Albany Monumental Masons demands this, having proudly served the community for more than 30 years, multiple people will come to know what they are considering pre-planning, pre-planning.

The local owner-operator business sources both imported and local stone and offers unparalleled support during what can be a difficult time.

General Manager Lyn Miles (nee Bordley) is third-generation Boyd working with her own family to help other families grieve without the stress of organizing memorials and headstones.

“People changes their final family, which is great, it takes the pressure off the family during their grieving,” she said.

“For people doesn’t necessarily think about the after the things, like the memorials, it’s often one of the first things that do or think about.”

Ms Miles understands how important memorial are a part of the grieving process and encourages people to monies for discussion alongside pre-planning funerals.

“Because each memorial is unique, a moment can reflect the character of the person loved and offer a family’s love for them,” she said.

Smooth ride at Lincolns

THE team at Lincolns is prepared for the worst that spring brings.

Phillip Morton is an expert in aged care.

He can take you through the processes and numbers that can sometimes be off-putting, particularly when our timber needs start to fail.

Lincolns can help you with all aspects of aged care, including: personal understanding and detailed knowledge of retirement and aged care matters, moving to a Granny flat or retirement village, planning to enter retirement and aged care accommodation, estate planning, maximising Centrelink entitlements and home visits – they come to you.

If any concerns are playing on you or your family’s mind, Phillip will lend a hand to achieve the best financial outcome for you.

If you would like some assistance in managing aged care, Lincolns is running a series of free seminars for you to gain a personal understanding and detailed knowledge of retirement, estate planning and other aged care matters.

Get your free ticket online: bit.ly/seminarlincoln or call 9841 1200.

Activities galore

EVERYONE looks for each other at RAAFA’s Amity Village, Albany, and joining in one of the social groups or activities is a great way to meet Amity Village’s Diet Pryn, coordinator of the craft group, is the first to say that the Monday afternoon get-together is as much about nattering as it is learning.

“You don’t have to have any experience to join in, we’re a really friendly group and we take you just to come along for a cup of tea and a chat,” she said.

“We can have anything between six and 10 residents around every week. Some people might had hobbies for themselves or a friend, some just creative, and others just come along for a laugh and a giggle.”

Diet moved from her large four-bedroom house in Kapurang after her daughter suggested she have a look around RAAFA Amity Village during an open day 12 years ago.

“I got back in the car and my daughter said, ‘what do you think?’ and I replied, ‘I’m going in there now to pay my deposit,’” she recalled.

“I’ve been very happy at RAAFA Amity Village. There are lots of people who move here after living in the country. To me, it’s as if it’s one of the smaller towns when you can really get to know people.”

“Plat don’t so much go on – you can play indoor bowls, nonetheless, borrow books from the library, paint and if you’re a fella, you go off to the men’s shed.

“Most, if not, pretty much here.”

“If the hardy comes two or three times a week, so what’s not too hard?”

Why come along and take a look at yourself? Call 9841 8311 or visit amity@raafawa.org.au to make a time to visit.

Enjoy Life with RAAFA

Come along and experience what RAAFA has on offer when you visit our display home RAAFA Amity Village Albany, 1 Ulster Road, Yackamia
E: amity@raafawa.org.au W: www.raafawa.org.au RAFAFW
Call us now on 9841 8311

Refurbished Retirement Units now available at Amity Village in Albany from $279,000
This is your opportunity to downsize and sell your feet and enjoy easy living at RAAFA’s Amity Village, close to Albany City centre and moments from golf course and Albany’s best fishing spots. We offer affordable homes with transparent contracts and low fees.
Enjoy an active lifestyle in a warm and friendly community with great homes and fabulous resort-style facilities at RAAFA Amity Village, Albany.

• 2 and 3 bedroom homes available from $279,000
• Different layouts to choose from with private courtyards and carports
• Beautiful outdoor facilities, common areas and gardens
• Great location close to city centre, beach, public transport and shops

You don’t need to be ex-service to live at RAAFA

Old age brings with it new challenges, some of them quite daunting. With a lot to consider, we are running a series of free seminars for you to gain an understanding and detailed knowledge of retirement, estate planning and home/residential aged care.

FREE AGED CARE SEMINAR

Get your free ticket here: bit.ly/seminarlincoln or call us on 9841 1200.

Monday 9 March 2020 5.30pm – 7pm
Thursday 12 March 2020 10am – 11.30am
Held at the Albany Club,
25 Aberdeen St, Albany WA
Senior Living 2020

Getting a good night’s sleep at all stages in life is important, but particularly in your golden years. Your body isn’t as young as it once was and it needs plentiful and quality rest regularly.

The perfect bed ensemble is essential for having good sleeping patterns and there is one particular adjustable bed at Harvey Norman Bedding Albany that does just the trick.

The Uplift Base and Nada Mattress, in either a king single or long single size, is exactly what you need if you need a bed that can be fully customised to your sleeping position.

It’s perfect if you require medical care at home, as your nurse or carer can manoeuvre around you easily and adjust the bed to simplify providing care – no more sore backs from bending over when the height of the bed can increase by 22 cm.

The full length of the bed can be adjusted in terms of height and angle.

The highest grade of memory foam on the market is used in this mattress, so forget about sectional mattress sagging - that’s a thing of the past.

At last, the perfect bed

There is a vibration option to send movement through the entire length or sections of the mattress to enhance circulation in the body.

Now, if this all sounds good to you, wait for this – Zero Gravity.

Zero Gravity is a setting that allows the bed’s height and mattress angle to give you the feeling of weightlessness.

Local proprietor Velibor Tasic, known as Taz, says this is perfect for alleviating pain or pressure people may feel in their bodies.

While you might expect to spend over $10,000 for this sort of bed, Taz is doing a special introductory offer for Seniors Living readers.

Mention this ad, and you will get the Uplift Base and Nada Mattress combo in a king single or long single size for just $4999.

As a bonus, Taz and the team will add free delivery and installation to Albany, Denmark, and Mt Barker residents, which is normally $200!
Quality hair care

YOU are never too old to be pampered and feel fabulous. No one knows this better than Bec Glasby from Be You Hair and Beauty Boutique in Mt Barker – she says her senior clients are the most organised and frequently book themselves in for beauty treatments.

Ms Glasby encourages others to do the same.

“We’re always in such a hurry, we need to take time for ourselves,” Bec said.

“So, come to us! We love what we do, and we like to take care for people.”

A particular aspect of her business that Bec takes pride in is her effort to be a sustainable enterprise.

In fact, her salon was the first in the Great Southern to be named a Sustainable Salon by Sustainable Salons, a network of Australian and New Zealand salons and clinics working on the journey to zero waste.

Be You Hair and Beauty Boutique is open 10am to 8pm Monday to Wednesday, 10am to 8pm Thursday and Friday, and 10am to 2pm on Saturdays.

BOOK A VILLAGE TOUR

Contact your local Village Sales Coordinator

Albany: 0408 793 173

Or visit

www.amaroovillage.com.au

Come home to...

AMAROO VILLAGE ALBANY!

• PEACEFUL OVER 55’S COMMUNITY • NO MAINTENANCE WORRIES
• NO STAMP DUTY • VILLAGE CLUBHOUSE & FACILITIES

$325,000

REASONABLE OFFERS CONSIDERED

DECIDING to downsize from the family home as you transition into retirement doesn’t mean you have to sacrifice your independence or your active lifestyle.

“Moving over 55s have the chance to experience high-quality, comfortable and convenient living in their later years. Amaroo Village Albany is a peaceful and friendly over-55s community.”

Amaroo Village CEO David Fenwick said over-55 communities offer the best of both worlds.

“Residents can maintain a social and independent lifestyle, connected to family, friends and the wider community, while ensuring their wellbeing and the peace of mind that comes with community living,” he said.

“You can have peace, time and rest, or lock up and leave your home behind and knowing your neighbours are there to look out for your safety. Plus, all bathe, laundry, cleaning and more care of our residents are free to live the lifestyle they’ve always wanted.”

Amaroo Village Albany currently has a range of brand new and refurbished 2 and 3 bedroom units available ranging from $285,000 to $325,000.

Each home includes a modern kitchen, spacious living and dining area, built-in wardrobes, solar panels, private courtyard, generous storage space, and a lock-up garage.

To find out more about life at Amaroo Village Albany, chat to us or book a village tour, call 0408 793 173 or visit amaroovillage.com.au.

NAIL HARMONY

Come and see us for a manicure; receive a full nail treatment including clean and condition, file, shape and polish and enjoy a luxurious hand and forearm massage.

Take advantage of our Gelish Dip Powder System that lets you achieve the most vivid colour and lovely nude and natural colours as well.

Seniors can enjoy special prices for hair and beauty on Mondays and Tuesdays.

FREE SENIORS DISCOUNTS

On Mondays and Tuesdays

45 Lowood Rd Mt Barker | 98511234 | Mon-Wed 10am-6pm, Thurs-Fri 10am-8pm, Sat 10am-2pm, after hours by appointment only

Booking essential to avoid disappointment – it will be our pleasure to meet you – www.beyouhairandbeautyboutique.com.au
Helping you hear

SPECSAVERS Albany has launched a new audiology service to customers, revolutionising the industry for those who require hearing care and ease at a low cost price.

Free and affordable services and products are important, Spectrum Audiology Albany’s new owner and audiologist Gini Lannigan says. Professionalism and customer care is the key to success.

“Customer care is crucial to being a good audiologist. I simply love the opportunity to help others. Listening to patients’ stories and helping them find solutions to complex problems has such a significant effect on improving their quality of life,” she said.

Gini is most looking forward to owning her own audiology clinic that aligns with Spectrum’s values.

“At the moment, it takes most Australians 7 to 10 years to acknowledge they have hearing loss before they do anything to help it – if they do anything at all. During these years, I have personally seen many cases where the individual becomes unable to effectively participate in conversations, to lose their confidence and start to become isolated. I am passionate about providing affordable, good quality hearing service and I know I can do this at Specsavers,” she said.

One of Australian Experiences hearing loss, yet only one in three does something about it. On top of this, new research has shown that one out of five Australians (17%) aged 30 years or more have experienced moments when they felt concerned about their hearing.

Spectrum’s Executive Director of its newly acquired audiology business, David Magua, says the new audiology offering is giving Australians ongoing value in hearing aids and care as well as the expert service that the Spectrum brand has become well-known for.

All customers at Spectrum Albany will now have a free five-minute hearing screening included as part of their overall eye health test in-store.

If you feel like your hearing loss is as good as it should be, Spectrum Audiology Albany is now taking bookings for the five-minute hearing check. If further testing is required, comprehensive hearing assessments with Gini are being offered for $99. If you require hearing assistance as a result, Spectrum Albany has a range of hearing aids designed and built by leading manufacturers, which feature cutting-edge innovations in hearing assistance. A pair of hearing aids starts from $495.

Spectrum Audiology Albany is accredited as a qualified hearing service provider by the Australian Government Hearing Services Program which provides eligible people with access to hearing services such as hearing assessments, subsidised hearing aids and audiological services. If you think you might be eligible, you can apply for the Australian Government Hearing Services Program online or via post.

To book a hearing check at Spectrum Audiology Albany call 9841 2377 or visit www.specsavers.com.

Thinking on your feet

Outlook is clear

ALBANY Podiatry was established 30 years ago and practitioner Liam McCarthy provides podiatry treatment for a range of foot problems including nail and condylar, corns and calluses, diabetic assessments, gait problems, heel and arch pain.

Many clients attending are on a care plan from their GP with a Medicare benefit package for conditions including diabetes, heart and circulatory problems and arthritis.

Other clients have private health insurance and no referral is required. Department of Veterans Affairs patients are also welcome.

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

Footwear brands include Adidas, Silver Linings, Becon, Acupod, Poppey and Dr Comfort. They also stock supportive designs and slippers by Scholl with the built-in Orthaheel arch support.

Located at 290 Middleton Road, only 10mins from Dog Rock, the practice has an on-site putting with extra wide bays and easy disabled access right at the front door.

Phone 9841 2145 for friendly and experienced foot care.

Now helping you hear, still helping you save

Book your free 15-minute hearing check today

Visit specsavers.com.au/Pearling
Specsavers Albany 284 York Street (next to Optus) Tel 9841 2377

Looking after your safety and wellbeing with an in-store hearing screening.

WHEN concluding a move to a home post retirement, what are the most important factors to consider?

Is it a move to a slower pace, or a cooler climate, or is it downsizing to a smaller city? Maybe you’re after a smaller city, but still need all the facilities associated with a big town. For some, it’s all the above.

“I wish we’d done it sooner” is a statement staff hear often from the people who downsize to The Outlook at Albany.

They love hearing how much better home owners’ lives are now that they live in the village.

If you’re thinking about down sizing, why don’t you come along and have a chat with home owners to find out why they downsize to The Outlook at Albany and how walking the marvle has changed their lives?

RISP at 9841 0000 or email liam@albanypodiatry.com.au

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These moments in time

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If you are a carer for this loved one

If you are an adult child of this person

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If you are a business that would like to make a difference

Call me on aArk.

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