Loyal chemist at Dog Rock

Dog Rock Chemist is now offering a Total Sleep Apnea Service. We are also stocking Philips and Respironics 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?
• Fall asleep 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.

GETTING the right health care is crucial in your golden years, particularly if you hate to manage multiple types of medications and monitor various parts of your body.

Dog Rock Chemist offers a wide range of products and services to ensure you can be as healthy as you can be.

“We have Webster-Paks, which means we can help people track how much of a medication they need to take and when,” Retail Manager Kitty Pollett explained.

“We offer blood pressure checks, sleep apnoea testing, mobility aids, blood glucose testing products and much more.”

There is convenient parking right outside the door of the pharmacy, so you don’t have to walk far for assistance.

But flexibility is a bit of an issue for you, staff members are happy to come out to your car to dispense your products without you having to walk very far.

“We dispense medicines on our customer service,” Kitty said.

“We have less staff turnover which means there are familiar faces on our staff ready to give people the correct advice.”

Dog Rock Chemist is open six days a week from 8am until 6pm, until 7pm on Thursdays and 5pm on Saturdays.

Although it’s been a challenging time for everyone at Clarence Estate because of the COVID-19 Pandemic, we continue to provide quality care and support to the Albany and Great Southern community.

To discuss your residential, home care or palliative care needs please contact: Clarence Estate today. Executive Manager Kristi Holloway and her team can assist you in navigating the aged care system to find the right support.

Continuum of care

AS THE community continues to navigate the COVID-19 pandemic, Clarence Estate has adopted innovative ways to maintain a high quality of care while supporting its residents and their families.

Executive Manager Dr Kristi Holloway said care recipients and staff had been characterised with love and support during the pandemic from the community and things were now starting to settle a little.

“We had so many beautiful messages from the community during these challenging times. It meant the world to us,” she said.

“We are delivering our support services with extra COVID-19 restrictions in place which help keep our residents, clients and staff safe.”

As a non-profit aged care provider, Dog Rock Chemist is open six days a week from 8am until 6pm, until 7pm on Thursdays and 5pm on Saturdays.

We aim to show compassion, humility, respect and loving service toward grieving families and to use our gifts and talents to serve the Albany community and surrounding areas with a clear vision of Christ-like care.

Exercise to live longer, healthier and stronger

- Small group classes six days a week
- No nutrition required
- 10% off classes within 16 weeks
- Only $8 per class
- No referral required
- Small group exercise
- Assessment
- 16 weeks
- 12 x 1hr sessions within
- >65s
- Free trial class after
- Dog Rock Chemist or give us a call on 9841 1115.

Senior Living 2020

As THE community continues to navigate the COVID-19 pandemic, Clarence Estate has adopted innovative ways to maintain a high quality of care while supporting its residents and their families.

Senior Living 2020

Bette Larsen and Linda Lightfoot are two fabulous residents from THE community.

The wonderful ladies are deeply involved with the church, sports clubs, theatre, committees and acts meant they were the perfect candidates for the front cover photoshoot.

I hope Bette and Linda’s emotions for the hill take off, set you and encourage you to make meaningful and your golden years full of love, laughter and light.

— Ashleigh Fielding, Sub-Editor

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Make the move to Amaroo

THERE has never been a better time to make the move.

That’s the message this week from Amaroo Village CEO David Fenwick.

“We’ve massively dropped the prices on all of our remaining units at our Albany Village, so we highly recommend anyone who is considering moving to Amaroo takes a tour with one of our staff.

“Our villas come in a variety of different styles and floor plans, there’s sure to be something to suit your tastes, needs and budget,” he continued.

Amaroo Village Albany currently has a range of brand new and fully-furnished two and three-bedroom units available ranging from $265,000 to $315,000.

Each home includes a modern kitchen, spacious living and dining areas, built-in wardrobes, generous storage spaces, and a lock-up garage.

The village has open hours Wednesday and Saturday 10am to 12pm, or tours are available by appointment. At this stage, tours are limited to three visitors at a time.

To book a tour or to book a village tour, call Geoffrey on 0408 793 173 or visit amaroovillage.com.au

Come home to... AMAROO VILLAGE ALBANY!

>>> PEACEFUL OVER 55’S COMMUNITY

>>> PAY NO STAMP DUTY

>>> FREE YOURSELF FROM HOME MAINTENANCE

>>> VILLAGE CLUBHOUSE & FACILITIES

PRICES DROPPED!
MORE 3 BEDROOM VILLAS AVAILABLE SOON. REGISTER YOUR INTEREST.

BOOK A VILLAGE TOUR
Contact your Ideal Village Sales Coordinator:
>>> Albany: 0408 793 173

Amaroo Village Albany
5/63 Pioneer Rd, Albany
3 Bedroom Villa
Open Weekdays 9am - 4pm
Contact Sales Team
5/63 Pioneer Rd, Albany
$265,000
3 Bedroom Villa
$290,000
7/63 Pioneer Rd, Albany
$315,000

OR VISIT
www.amaroovillage.com.au

Comforting ceremonies

FROM the beginning of time humankind has conducted some form of ritual to honour the dead. Funeral ceremonies are times when family and community acknowledge the end of a life on this planet.

These rituals provide comfort to the mourners. As we honour and celebrate the life we give people who have held the individual in regard the opportunity to participate, be it actively by telling part of their family member or friend story, taking a more hands on involvement or just attending the ceremony.

Attendance of extended family and friends not only acknowledges their respect for the deceased but also respect and support of the bereaved family.

Although generations throughout history at times forgotten why certain practices take place at a funeral, we need to remember they all have purpose and are part of establishing the foundation for a healing process.

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

To help your loved ones during the grieving process, they offer funeral bond packages for Under 55s and seniors Over 55s.

These packages can help you clearly communicate your preferences and remove the burden of funeral planning from your family during an emotional time in their life.

To find out more or to just have a chat with the caring team at Bethany Funeral Home about your options, call 9841 7177 or email info@bethanyfuneral.com.au

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

He believes these documents surrounding these three important matters, people tend to ignore, are vital for the future.

“Many people do not plan for the future, and that’s why we’re seeing such a high number of people requiring changes to their wills now,” Philip said.

“I see a lot of people who have not made proper arrangements for their future, which is why I’m pushing for people to make a will as soon as possible.”

Philip explained how an advanced health directive helped medical staff and families be aware of who is legally allowed to make health-related decisions on a person’s behalf if they become incapable of doing so themselves.

He said an enduring power of attorney also assists when a person loses their mental or physical capacity to sign legal documents, such as selling a house to move into an aged care home, as the document designates someone to act on that person’s behalf.

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Three key documents

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And he said it really isn’t that hard to organise.

“You don’t need to organise, and you can make it as simple or as complex as you like for your client,” Philip said.
Travel support part of service

SAIFE, safe and friendly travel assistance is available to Albany Community Care. Their helpful and friendly drivers can provide transport to appointments and other engagements that allow clients to remain active within their community.

Go grocery shopping, attend appointments and social groups, or visit friends and family. Their door-to-door service is available Monday to Friday 7:30am to 3:45pm for a small fee.

Regular bookings are available and even more travel support is available Monday to Friday 7:30am to 3:45pm. More details and how to book your service can be found on 9841 8668.

Shed goes social

ALBANY Community Care Centre is proud that their Men’s Shed welcomes ladies and gentlemen to enjoy a safe and friendly environment while participating in a variety of activities; on the tools, a game of pool, a potter in the veggie gardens opposite the Albany Health Campus.

They offer spaces of social for clients who need a well-deserved break from their caring role with their loved ones. The four-hour sessions is set amongst talk and secure gardens opposite the Albany Health Campus. Their experienced staff offer a friendly environment while supporting each client’s individual requirements with digital and respect 24 hours a day, 7 days a week.

You can use them for an overnight stay, a couple of days, or for an extended period and interact with other guests.

There is no need to worry about laundry or cooking as that is all taken care of. There is also the opportunity to join group activities or outings.

The ACCC invites you to meet their clients and discuss if there is a service to suit your needs.

The ACCC is the only Respite Cottage facility in the Great Southern and is celebrating 10 years of service. It is the only Respite Cottage facility in the Great Southern and is celebrating 10 years of service.

Testimonials from guests include, “very happy to stay here, it’s just like coming home.”

Cottage offers break for carers

WELCOME to the Albany Community Care (ACCC) Respite Cottage—your home away from home-managed by caring, compassionate people.

It is the only Respite Cottage facility in the Great Southern and in 2020 is celebrating 10 years of service.

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AUSTRALIANS are living longer, healthier lives and older generations have a more dynamic community.

Ensuring our regional communities are sustainable and vibrant places for older Australians to live is something very important to us.

The Morrison Government recently announced a record investment in home care packages. This is all part of our commitment to help older Australians live independently for longer. By investing a further $125 million, we will deliver another 6,000 home care packages, and they will be available immediately.

This brings the total number of additional home care packages to over 50,000 in the past two years.

I know how important it is for older Australians and their families to get the care they need in the comfort of their home.

We also recognize that not all older Australians need care, but many simply need to maintain connection to their family, friends and community.

With that in mind, we’ve committed almost $5 million to expand Fixed Line, a national telephone support service for older Australians.

We’ve committed $5 million to establishing a new Aged Care Workforce Research Centre to find new ways to deliver care for older Australians as well as creating the aged care workforce to meet increasing demand.

If there is ever anything I can do to help you, please get in touch with my Albany office on 9842 2777.

– Rick Wilson, Federal Member for O’Connor

Investment for independence

ALBANY Community Legal Centre has become a mainstay in the Albany community, operating for the past 25 years.

The professional centre assists low-income and at-risk members of the community by providing free legal advice, tenant advocacy, legal research, and preparing education to community groups throughout the Great Southern on a range of topics.

One of the topics many people in the community are interested in, especially those late in life, is education on wills, enduring powers of attorney and guardianship.

The team can provide workshops to interested community groups throughout the region, delivering vital information. Future documents are only good of them are important, which is why people need to make sure they are clear, and how to get the documents drawn up.

Albany Community Legal Centre can also assist very low income and at-risk people with these documents, however this is subject to strict asset and income limits as well as limited funding capacity.

For anyone part of a community group that would like to look into preparing a future document, the centre will do this in workshops with one of the team, call 9841 60 60 or email reception@accc.org.au.

Legal eagles

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Lift chairs stand tall

GONE are the days of gaudy lift chairs – key to comfort and style for designing your home and with the latest trends and quality from Harvey Norman Furniture Albany.

There is a great range of lift chairs in store and available by custom order in dozens of colours in leather and fabric, meaning there is something to suit all tastes.

In particular, the Mondo and Vitality lift chair models showcase the height of sophistication in lift chair technology.

The Mondo has a triple motor and various different customisable settings, meaning you can independently adjust the head rest, lumbar support and leg position.

The Vitality is a great option for people who use a wheelchair, as the chair can be lifted from the ground to the seated position and vice versa.

Added bonuses of the Vitality include a heating panel in the back, a massage seat, a fully adjustable head rest and an interchangeable table perfect for placing your cuppa on.

Harvey Norman Furniture Albany offers free delivery and set-up in Mount Barker and Denmark.

Plus, for a limited time, customers can take advantage of a one-time special offer.

Mention this Senior Living advertisement to the team and receive a massive 20 per cent discount on any lift chair until the end of August.

Yes, that’s right, free delivery and set-up plus a discount.

What a perfect time to furnish your home with a chair that is comfortable, stylish and equipped to suit your comfort needs.

Visit the team today or call them on 1800 44 54 64 for further information or 9923 3443.

A connected community

NOW more than ever, connection is critical for the longevity of independence that is achieved through improved health and wellness. Whether it be connection with your family, connection with your neighbours or connection with our team, it’s a core component of the feeling of homeliness and peace of mind for both the resident and their loved ones.

Our residents love the fact they can come and go as they please, feel safe and secure and feel like they belong to a community.

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Experience the feeling of belonging and connection at Ingenia Gardens Yakamia independent seniors rental community.

With your caring Community Manager and friendly neighbours looking out for you, now is the perfect time to consider how much safer and happier you or your family member could be as part of our Ingenia Gardens community.

To ease the financial burden, we are offering a “1,000 MOVE-IN BONUS” for all new residents who choose to make Ingenia Gardens Yakamia their new home.

With a range of competitive weekly or monthly rates from $950 to $2050, and move-in by 31/7/20, this offer is not available in conjunction with any other offers. New enquiries only. Visit the website for full terms and conditions.

Besides providing comfortable homes that have been purpose built for seniors, Ingenia Gardens Yakamia also takes care of the little things like minor home maintenance, maintaining the lush gardens and no heavy bins for you to take out each week.

And with the flexibility of renting in retirement, convenient meal options and an onsite Community Manager, what’s not to love about living at Ingenia Gardens Yakamia?

They invite you to live your best life, now. Arrange a private tour of their community by visiting ingeniagardens.com.au or emailing Jennifer on 9923 3443.

Senior Living 2020

Harvey Norman

HOME

WINTER 2020

Only available at Harvey Norman Albany.

$1399

‘Kingsford’ Fabric Dual Motor Lift Chair. The ‘Kingsford’ lift chair has been designed to provide support and comfort that last for years. Stand up and get back-up easily. Available in 10 fabric options.

$1499

‘Dutton’ Fabric Dual Motor Lift Chair. Features a powerful motorised mechanism, a great choice for homes with mobility difficulties.

$2299

‘Vitality’ Fabric Smart Lifestyle Lift Chair. Fully adjustable chair with memory foam seat cushioning, optional armrests and choice of transport options.

Albany Cnr, Chester Pass Rd & Brooks Garden Blvd. 1932 6800 harveynorman.com.au

42175-8AM

Edit. 31/05/20. Harvey Norman® prices are specially negotiated. Europe is upholstered in genuine leather and fabric. Thrift option may be available at additional cost.


Senior Living 2020

A safer place to live and a great place to be!

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With a range of competitive weekly or monthly rates from $950 to $2050, and move-in by 31/7/20, this offer is not available in conjunction with any other offers. New enquiries only. Visit the website for full terms and conditions.

Few vacancies remain and we invite you to book your personal or virtual tour. Contact a friendly member of our team on 1800 44 54 64 Monday to Friday.

10 BARNESES DRIVE, YAKAMIA
ingeniagardens.com.au
Smooth ride at Lincolns

Old age brings with it new challenges, some of them quite daunting. At Lincolns, they are prepared for the terrain that ageing brings. They see and hear what their clients are having to do for themselves, their partners and families to ensure growing old doesn’t become a burden.

These concerns are shared by the family, not just those in their advanced years. Philip Montrose is an expert in aged care.

He can take you through the processes and members that can sometimes heighten.

So, if questions are being asked by you or your family, call upon Lincolns to help you smooth out the wrinkles that old age brings.

They can help you with all aspects of aged care, including:
• Personal understanding, and detailed knowledge of retirement and aged care matters.
• Moving to a retirement or retirement village.
• Planning to some retirement and aged care ac-commodations.
• Estate planning.
• Maintaining Complement conditioners.
• Home visits – they come to you.

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

They will be running more aged care seminars later in the year.

If you would like to understand these details or need one-on-one in navigating aged care, please call Philip at Lincolns on 9841 1017.

HARVEY NORMAN BEDDING

15 Year Warranty for the Base
• Full bed lift and delivery and install on all adjustable beds, regardless of size.
• Harvey Norman is offering free local delivery and install on all adjustable beds.

Zero Gravity, Quiet Sleep and other preset positions
• Massage function to assist with muscle and body impressions.

And best of all, it is made in Australia. Harvey Norman Bedding Albany’s adjustable beds range to suite everyone in the market. They can do any size from a single all the way to a king, and even a split king so that you can have two different sleep positions.

They can also change the height of these adjustable beds to suit most needs.

They also have a range of 10 year warranty with them.

With packages from $2,795 for a queen adjustable ensemble, there is no time to waste.

As a bonus for all Weekend readers, Harvey Norman is offering free local delivery and install on all adjustable beds, regardless of size.

This exclusive offer is only available from Albany, Denmark and Mount Barker.

Making this article even better, they will also entice you to a free gift with any adjustable bed purchase from local properties too.
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. That is why they pride themselves on being part of the community and work closely with grieving families.

There aren’t many businesses that last 50 years, let alone 100. Albany Funeral Directors is chalking up a century in operation this year and they don’t look like slowing down any time soon. Albany Funeral Directors is the longest running funeral home in Albany and with that, owner Bill Roth says, comes the necessary experience and knowledge needed to provide a personal and caring approach to each funeral.

“Something we do really well is we work closely with the families and bring that intimacy to the job,” he said.

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

Details of funeral packages are available on Albany Funeral Directors’ website with all of the services and costs listed.

To reiterate, 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.

Navigate ageing with free podcasts

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Details of funeral packages are available on Albany Funeral Directors’ website with all of the services and costs listed.

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Healthcare a priority

AGEING can bring with it many challenges and changes.

As we grow older, the mind and body can experience changes that may not be as obvious as expected. Often, these changes can be unexpected and take us by surprise.

At Amity Health, they have both fee for service allied health and funded programs that can assist you or your loved one. They can assist you to develop a plan that suits your needs.

Whether you are still active in your community or reside in an aged care facility, they can offer the following allied health:

- Diabetes education
- Dietetic services
- Mental health
- Occupational Therapy
- Speech Pathology

- Mental health services
- Occupational therapy services
- Speech pathology services

If you suffer from, or are at risk of developing a chronic condition, check with your GP as you may be eligible to access Amity Health’s fully-funded Integrated Chronic Disease Care program.

Many older people struggle with mental health issues, so you may wish to access Amity Health’s Integrated Mental Health program (also fully-funded) to assist with these challenges.

It may also help to know that if you have a disability, the National Disability Insurance Scheme (NDIS) provider. To enquire about any of their fee for service, funded programs or visiting specialists, please contact the team on 9842 2797 or visit their website at www.amityhealth.com.au

Green thumbs up

Whether you are relaxing in the home you have built from the ground up, or finding new beginnings in a village community, retirement can offer some of the best years of your life.

You now have the time to focus on yourself. If you’re looking to get your green thumbs a little greener, Soil Solutions Albany has an amazing range of products to suit your gardening needs.

Whether it is soil conditioner, mulches, stones, or fertilizers—they have everything to make your home look bright and beautiful year round.

They offer a double discount on purchasing, meaning you can bag up smaller quantities if you only need a few bags. Or if you have a big garden project in mind, Soil Solutions Albany offers free trailer use and can even deliver soil to your front door.

Soil Solutions Albany also offer a 10% extra discount on all senior positions, just present your card at the counter.

To see if they have our monthly soil selection in store at 21 John Street in Albany, phone 9845 7688, or at the yard at 13 Denmark-Mt Barker Rd on 9842 6271.

Roll in to get mobile

CALL us to Calmac Care if you’re looking for a new set of wheels to extend more time, and more opportunities for a few years, or have mobility-challanged loved ones.

The friendly team at Calmac Care prides itself on being approachable, changing any of your concerns.

High-quality products to customers at affordable prices.

Each item sold, hired or serviced at Calmac Care has a 100% guarantee. Whether you’re changing a flat tire, needing an additional item, or helping with equipment for almost every kind.

But people also struggle with their mobility challenges and head down to the local shops but the Distance is too far, or they are, in the case of the many provided Shopkeeper services available.

If you’re worried about touring in a brand new piece of equipment straight away, you can try loaning what you want to trial for even still weeks or 120 days, for fitting or loaning.

Calmac Care also offer an affordable personal transport and delivery service for your community. This is not just for small parcels but covers a range of components or service tools.

Visit the friendly and knowledgeable team at Calmac Care Care at 15 Crockford Rd, or on their mobile on 9841 4280.

If you want to be able to enjoy the sunshine and spending time in the garden, or if you have a big backyard project in mind, Soil Solutions Albany has everything to make your home look bright and beautiful year round.

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

The full range of equipment up to an electric bed.

Hire or purchase what you want to buy from a low $11 a week, or try out new piece of equipment straight away, you can try loaning what you want to trial for even still weeks or 120 days, for fitting or loaning.

For people who are caring for their mobility challenged loved ones, there is also plenty of equipment available, like hoists, slings, beds, cushions, and care alerts.

Please try before you buy.

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17 years in ALBANY
11 years in our CURRENT SHOP

• Over 4000 Products!
• Local Shop, Local People
• Service & Repairs Workshop
• Trials & Demos Available
• Friendly, Helpful Team
• Hire Option Available
• Many Australian Made Products

PH: 9841 4200
13 Cockburn Rd
Albany
500m past roundabout, on your right.