

the GoodLife

Issue 2 2024

Stories for the ages

The importance
of telling older
people's stories

Starts page 20

A father's tale of love

Page 6

Viva Italia at IRT
Seaview

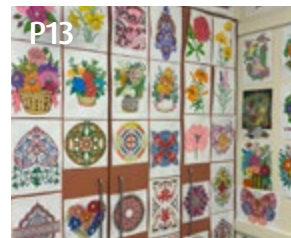
Page 12



the GoodLife

Issue 2 2024

Welcome to the latest edition of *The Good Life*. In this edition we explore the importance of older people sharing their life stories and the significant positive impacts storytelling can have for both the storyteller and the listener. We also feature our residents, customers and communities and what they've been up to over the past few months. We hope you enjoy this edition of *The Good Life*.



CEO column	3
Profile	
Building a life in Australia	4
News	
A father's tale of love	6
Celebrating our long-term residents	7
Our new Chair	8
Connections of Olympic proportions	10
Viva Italia at IRT Seaview	12
Sheila's world of colour	13
Fundraising for farmers	14
Celebrating our volunteers	15
Age Matters	16
Snippets	18
Feature - Storytelling	
Stories for the ages	20
My Story Matters for young and old	22
Revved up reminiscing	24
Vox pop	25
Down in the garden	
Winter gardening tips	26
Recipe	
Cheesy Lentil Bake	27
Out and about	28
IRT locations	35
Crossword	back page

Submitting a photo?

Just a reminder; when contributing photos for publication to ensure the people featured have signed IRT's Photo and Video Consent Form. Any questions, please email editor@irt.org.au.

IRT Customer Promise

We are committed to delivering consistently high quality experiences to help our customers achieve their optimum quality of life.



Easy
Our processes are simple and easy to understand.



Connected
We create a sense of belonging to help our customers feel connected.



Personal
We understand individual needs and embrace diversity.



Trusted
We are industry experts and can be relied upon.



Kind
We act with compassion and understanding.



Story telling

Welcome to the latest edition of *The Good Life* magazine.

Storytelling is universal to the human experience. This ancient tradition was the only way to impart instruction, values and wisdom to the younger generations, well before email, digital recordings, social media platforms and even pen and paper.

As the CEO of an aged care organisation, I am reminded daily of what a precious gift it is to be able to share our life stories – especially as we age.

To learn more about the importance of storytelling, this edition of *The Good Life* explores the benefits of older people sharing life stories, not just for the storyteller but also for family and friends, carers and health professionals as well.

Genealogy expert and founder of storytelling app Thread.Care Richard Clark spoke to *The Good Life* about those benefits, including improved psychological wellbeing and quality of life, a more personalised level of care, and deeper connections with those around us.

As part of the feature we speak with two residents who share their experiences with having their life story captured – IRT Sarah

Claydon resident Vikki Clynes who participated in the My Story Matters program at the aged care centre; and IRT Culburra Beach resident Darryl Hedger whose life story has helped care staff organise activities and resources based around his interests.

In the news section we caught up with new IRT Group Chair Peter Fitzgerald to find out more about what makes him tick and his hopes and plans for the organisation. We also share residents' stories including: a special high tea at IRT The Ridge to celebrate the community's long-term residents (page 7); three IRT Kangara Waters residents' connections to the Olympic Games (page 10); and IRT Crown Gardens resident Sheila Slattery's incredible artworks that adorn the walls of her room (page 13).

I hope you enjoy reading this latest edition of the magazine.

Patrick Reid

IRT CEO





Building a life in Australia



Above: Karl Wick with his kayak, the Faldboard, that he brought to Australia from Germany. Top: Karl pictured in 2024.

Our nation's capital, Canberra, has not always been the thriving city it is today. Its expansion in the 1950s is largely thanks to a group of men who left behind the comfort of their homeland in Germany and sailed halfway around the world to help build hundreds of homes to establish the modern capital. IRT St Georges Basin resident Karl Wick was one of these men, who came to Australia for a two-year contract to build

the nation's capital, and ended up building a new life here as well.

"My dad came out to Australia in 1951 as a 21-year-old by ship, as one of the first 12 of 150 carpenters contracted by [building company] AV Jennings to build Canberra," explain Karl's children Rolf, Monika and Elke. "There were 2000 applicants in Germany for the AV Jennings contract and only 150 were selected from very difficult practical tests."

The group, known as the Jennings Germans, were contracted to build close to 2000 homes over a two-year period, and while the men were able to return to Germany at the end of their contract many, like Karl, stayed in Australia.



The Jennings Germans at a reunion in 1972. Photo supplied by the Wick family.

“Dad helped to build the new Parliament House ...



“Dad had planned to return to Germany, but started his own building business in Canberra and stayed,” says Rolf.

In Canberra Karl met his future wife Erika, another German immigrant who had travelled with her brothers to Australia, and they had three children together – Rolf, Elke and Monika.

Karl is one of eight children and grew up in Stuttgart, Germany. After completing his carpentry apprenticeship there, Karl then worked for his uncle in Germany where he developed strong workmanship and an eye for detail.

“Dad’s uncle was very strict with the quality of work produced,” says Elke. “This

stood Dad in good stead as when he employed and trained his own apprentices in Canberra, many received distinguished awards and 1st prize awards for quality workmanship.

“Dad would be approached by mothers of his apprentices, thanking him for his training and guidance.”

In the years following his time as a ‘Jennings German’, Karl worked on projects to build two of Canberra’s most notable landmarks.

“Dad helped to build the new Parliament House and had the head contract to build Canberra’s Telecom [now Telstra] Tower on Black Mountain, complete with revolving restaurant,” says Monika. “It changed the landscape of Canberra and was a very popular attraction with its viewing platforms and the restaurant that revolved 360 degrees while you sit and enjoy your meal.”

While Karl established a brand new life for himself in Australia, he held on to a few of his interests from Germany including his love of being on the water.

“When Dad came out to Australia he brought his kayak with him, the Faldboard,” explains Elke. “The kayak was made in Germany and could fold up. It was unique and very rare and had never been seen before in Australia.

“In Germany, before coming to Australia, Dad would take his kayak down the river every weekend, camping overnight and then folded it up into three parts and travelled back home by train,” says Rolf.

“In Canberra, Dad would take his kayak out on the river in Canberra and later on Lake Burley Griffin when it was filled.”

As a member of the Canberra Canoe Club, Karl raced against other clubs achieving a number of impressive results.

“Dad’s kayak would go very fast, and he would always beat the other groups in races,” says Monika. “He broke the Sydney Harbour canoe race record, and he even beat the record time of the group going to the 1956 Olympics held in Melbourne.

“Dad would have loved to be able to be in the team for the Olympics, but he was not a nationalised Australian at that time so he missed out.”

A father's tale of love

IRT The Clyde resident Margaret Lyons recently stumbled across a letter her father had written to his mother-in-law some 85 year ago when Margaret was two weeks old, written from baby Margaret's perspective.

We hope our readers enjoy the tale as much as *The Good Life* team did!



**A DAY IN THE LIFE OF
2 WEEKS OLD MARGARET**

Above: IRT The Clyde resident Margaret Lyons as a baby with her parents. Top: Margaret pictured in 2024.

Me in my bassinet and supposed to be asleep, but it is 4am and just about time I started to upset the peace and quiet. I give a few experimental squarks, but beyond a grunt from Mum nothing happened. Well, this is where I arouse the neighbourhood, and so inflating my lungs I step into top gear. The noise is deafening but things are beginning to happen so I continue. Mummy moves sleepily towards me while Dad curses softly but convincingly. Mummy tries to pacify me with water out of a bottle to make me last until my 6 o'clock feed time, but I am awake to that gag, and I know if I yell a bit longer a feed will be mine.

Mummy does eventually feed me, so after I have gorged myself to the utmost I am once again placed in my cot. I drop off to sleep, but not before I dirty two nappies. This nappy dirtying is an art, but I am born to do this and give Mummy plenty of exercise washing. I wake again at 6am and once again advertise to all and sundry it is time for everybody to get up in this mansion, and should be up to attend to my needs. I can still muster up enough lung space to allow me to a modified range of notes as my voice has a range from Paul Robson's lowest key to Gracie Fields' highest key so I commence to utilise them. Mummy mutters some trash about allowing daddy to sleep as he has a long work day ahead, but so do I! Mummy moves across to pacify me and finds to her dismay, I have added another dirty nappy to my rapidly mounting tally.

Before commencing to relieve my ravenous appetite, Mummy replaces my soiled nappy.



Dad arrives home from work when I am asleep, I allow him to remove his hat and coat and settle onto an easy chair with the latest newspaper, then I commence to take full toll of my refreshed squarking organs. As I expected he comes in and picks me up, he then shows a complete reversal in his opinion of myself by calling me his lovey dovey and cat's eye. This is the usual half-witted drivellings used when talking to a newly acquired family member. I might mention that I have been soiling nappies with rare consistency today and should burst all previous records.

My time from 10am to 6pm is made up by alternate wails, sucking on a dummy, and nappy sullyng. In fact I manage to keep everything and everybody restless.

After 10 o'clock I decide that a fair thing would be to allow everybody at least two hours sleep so I snore off.

Celebrating our long-term residents



A delicious high tea was held at IRT The Ridge to celebrate the community's long-term residents, with some residents volunteering their time as wait staff for the event.



IRT Area Manager Retirement Villages/Home Care Queensland Lucy Sargent with The Ridge residents Di and Mike Millburn (above); and (below) with The Ridge resident Heather Kennedy.

It was flowers, friendship and frivolity all round at a special IRT The Ridge Retirement Village high tea celebration in March.

The event was held to celebrate the community's long-term residents, with residents who have lived in the village for the past 16 to 19 years invited to attend as guests.

Attendees dined on a selection of tasty treats, all home-made by their fellow residents, while some volunteered their time as wait staff for the high tea.

In a special tribute, those who have lived in the village since its opening 19 years ago also received a beautiful floral gift.

Organiser of the event Margie Woodhead said it was a huge success.

"The support from all the residents was fantastic and I was blown away by the positive feedback for the event," says Margie.

"The high tea really brought the community together with some long-term residents admitting it was the first time they'd been to The Ridge's community hall for a long time.

"As part of the celebrations we held a raffle, while the entertainment was provided by local amateur theatre group, the Mousetrap Theatre Company. Greg Simms, a resident of 18 years, wrote a special poem for the day which he recited at the morning tea.

"It was a really special day and we plan to hold it again next year."





Peter Fitzgerald is IRT's new Chair, following Mike Halloran's retirement in April. *The Good Life* sat down with Peter to talk about family, work and life.

Family is a big part of Peter Fitzgerald's life.

"I have five siblings, my wife Helen is one of five girls," says Peter. "We have five children ourselves and ten grandchildren."

Peter and Helen's children and their families live in Wollongong, and Peter has a strong connection to the city. He grew up in Gwynneville, studied at the University of Wollongong, worked in Wollongong and lives in Mount Kembla.

The son of a fitter and turner who established his own engineering business, Peter's father would have liked his son to have followed in his

footsteps. "But I was strong at maths and economics, so that was a more natural fit for me."

Peter undertook a Bachelor of Commerce, and discovered early on that failure was most influential in his career – failing the subject Accounting One in his first year.

"... when I had the opportunity to repeat the subject I got a high distinction. If I'd scraped a pass in that first session I don't reckon there's any chance I would have become an accountant."

Peter then embarked on a career which saw him through to retirement – working for and then becoming a partner at KPMG Wollongong [audit,

“
If I'd scraped a pass in that first session I don't reckon there's any chance I would have become an accountant.
”

tax and advisory services]. "I learnt a lot in that business that lends itself to being able to be a director and add something to a board of directors," says Peter.

When he retired in 2015 Peter knew he still had "things to do" and today he sits on three boards – IRT, IMB Bank and Peoplecare (health insurance). He is retiring from Peoplecare's board in November.

"I really enjoy the board work – if I'd known then what I know now I probably would have retired earlier," says Peter.

When it comes to aged care, Peter and Helen also have the lived experience of watching their parents grow old. "And what's involved... and how hard it is."

When he's not busy with family and board commitments, Peter's other passions are golf, horse racing and rugby league.

Board changes

Director Dr Lee Moerman also retired from IRT's Board at the end of April, and on 1 May Renee Campbell and Damien Israel were appointed Directors.



**A neighbour
when you need
a hand with your
Home Care Package**

IRT Home Care

Whether you need a little help or someone to drop by everyday, we get to know you and your lifestyle to make living independently easy. Get in touch today.

134 478 | irt.org.au

Connections of Olympic proportions

Following our feature on healthy ageing and the joy of sport (*The Good Life Issue 1 2024*), we caught up with three IRT Kangara Waters Retirement Village residents to learn more about their interesting connections to the Olympic Games.

Graeme Kelleher

The torch relay is one of the most iconic elements of the Olympics, signalling the start of the Games. For Graeme Kelleher (pictured above, in 2000), he has had the opportunity to be a part of this tradition not once but twice!

Graeme had the honour of carrying the Olympic torch as part of the 1956 Olympics in Melbourne and again for the 2000 Olympics held in Sydney.

"In 1956 I carried the torch on Yass Road from Gold Creek in Hall, ACT for one mile," says Graeme. "Part of my selection was due to me winning a time trial race.

"For the 2000 Olympics I was nominated by the Institution of Engineers Australia, and I was delighted to be selected again. I carried the torch along Eastern Valley Way in

Belconnen [Canberra] but we ran less than a mile to allow as many participants as practicable.

Graeme says his memories of carrying the torch in both 1956 and 2000 are very strong.

"My memories of carrying the torch are extremely positive," says Graeme. "It was a fun and very appreciative audience along the roadside. I was delighted to be selected!"

Joan Adler

Joan Adler (pictured right, in 2000) found the perfect reason to retire in 2000.

"In 2000 I lived in Sydney and I was thinking about retiring, so I thought I will retire so I can work at the Olympics!" says Joan.

"When the Melbourne

Olympics were on I was in school doing exams so I couldn't go, so I wasn't going to miss out on being a part of this one!"



Joan volunteered at both the Sydney Olympic and Paralympic Games, working as a driver for the Olympics and directing traffic for the Paralympics.

"I had some very interesting passengers. I mostly drove dignitaries to and from events," says Joan.

"I was part of the team that drove the two princes from Denmark around. The first car took the princes around and I drove the second car with the Danish ambassador and the princes' chaperone from Denmark. We took them to any events that the Danes were in."

Joan had to do months of training every Saturday morning in the lead-up to the event and had a folder full of information to learn.

"We were taken out in a double decker bus to the 26 Olympic sites around Sydney," says Joan. "We had to know where to drop people off and where to collect them and all the rules and regulations that were part of the Games.

"I could have chosen to drive one of the Olympic teams around in a minibus for the entire Games but that felt like a lot of pressure!"

John Lewis

As a runner from way back, John Lewis (pictured above, in 2000) has kept some pretty impressive company.

"In 1953 when I left Melbourne High School I started running



with the Melbourne High School Old Boys athletics club," explains John. "I was a second string long distance runner to Ron Clarke, who ended up holding 17 world records.

"In the lead-up to me joining the Navy in 1956 I ran with and against John Landy who was the second man to run the four-minute mile."

Six months into joining the Navy John was part of the team to draw up usher plans for the 1956 Melbourne Olympics which outlined navy personnel responsibilities for showing crowds to their seats at the Games. Later in 2000, John was then selected to carry the Olympic torch as

part of Sydney Games as the torch relay passed through the streets of Canberra.

John's Olympic connection doesn't stop there however.

"I worked as a volunteer out of Bruce Stadium in Canberra assisting with the logistics for the women's football tournament," explains John.

"The highlight for me was that in one football match a corner post was broken so I had to run out onto the ground and replace the post and the whole world saw me running out!"

"My aim now is to keep fit so I can be a part of the 2032 Olympic Games [in Brisbane] and be involved in all three!"

Viva Italia at IRT Seaview



IRT Seaview residents enjoyed an Italian-themed evening at the retirement village recently. Pictured are Diane McKellar (left), Graham McCall, Henry Szafranec and Mary McCall (centre), and Redelle Stedman (right).

The 'il tricolore' flag of green, red and white was flying high at IRT Seaview when the retirement village held an Italian-themed evening recently.

The event was organised by the village's hardworking social committee as part of a calendar of regular activities designed to bring residents together and engage with their community.

IRT Seaview resident Mary McCall said the evening was a roaring success.

"The room rocked with happy voices and lots of laughter," says Mary. "Bright Italian themed tea towels lined the walls while red check tablecloths and candle-topped wine bottles added their magic to the tables."

Some 'famous faces' made a special appearance for the evening, with committee members dressing up as iconic Italian figures as part of the festivities.

"We were welcomed by a flamboyant Sophia Loren with red hair trailing her shoulders under an oversized black hat, as well as a stern Professore and Presiding Angel who kept everyone in order," says Mary. "An imposing Mother Superior, Sister Lambrusco, in a black habit and large white wimple ushered us in for the evening and kept us supplied with wine according to our taste all evening!"

An Italian evening would not be complete without some delicious food, with committee members delivering a three course meal.

"Hot garlic bread appeared, and then very quickly disappeared, followed by two salads," says Mary. "The pizzas that followed were hot and appetising, as was the lasagne. And the two desserts, *semifreddo* and *affogato*, perfected the Italian theme and were absolutely *deliziosa*!

"And the wine continued to flow!"

The entertainment for the evening included a special performance of the Italian folk dance, the Tarantella.

"It was great fun to watch the Tarantella, performed by some of the committee members," says Mary. "The laughter soared to the ceiling as lookers-on tapped our toes under the table, happily joining in the fun."

Mary said she was delighted by the depth of support for the event from the Seaview village community.

"The planning and effort put into the evening by the committee was amazing and is much appreciated by everyone."

Thanks to Mary for her contribution to The Good Life magazine. She will receive a \$30 gift voucher.



Sheila's world of colour

Sheila Slattery's (pictured above) room at IRT Crown Gardens is certainly a sight to be seen.

A wave of colour washes over as you walk through the door, with Sheila's artworks filled with vibrant yellows, greens, pinks, blues and reds adorning the walls from floor to ceiling.

"I've always had a love for art," explains Sheila. "From the age of nine I would paint Easter eggs for families in my village.

"I topped my school in art class and there were thoughts of careers as an artist, but my father told me there was no money in that and to focus on something else."

Sheila was born in Hartford, England and grew up in New Hartley, a small village in South East Northumberland in the north of the country.

After starting work as a shorthand typist at age 15 (and not enjoying the position at all), two years later her father arranged a job for her at the National Coal Board.

Sheila worked at the National Coal Board with the civil engineering team until she was 24 when she earned her certificate as a draftsman in 1960.

"It was a trailblazing career for women of my time to become a draftsman," says Sheila.

Following her marriage to her first husband, Sheila moved to South Africa to live. It was here she was able to follow her other passion – cooking – and became the catering manager for Blue Circle Cement, a global company that was the largest manufacturer of cement for a significant part of the 20th century.

During her time in South Africa Sheila met her second husband, Tony, and the pair decided to move to New Zealand.

"After some time in New Zealand we headed to Australia," says Sheila. "Here we managed a caravan park in Mt Isa and a motel in Warwick [Queensland], and we then made our way to Narooma [NSW] and decided to retire on the beautiful South Coast of NSW."

Wherever she has been in the world, Sheila's love of art has never been quelled. On arrival in Australia Sheila took up china painting, while now at IRT Crown Gardens Sheila enjoys colouring a range of intricate prints, including mandalas and floral designs, which cover her walls.

"Over the past 10 years I've also been writing my autobiography called 'Them Days', which is a gift to my three children detailing my life story and that of my mother's family," says Sheila.

Fundraising for farmers



Trevor Kohlhagen is a volunteer and is involved with supporting farmers.

RT The Clyde Retirement Village resident Trevor Kohlhagen knows how tough it can be working on the land.

The retired farmer spent his whole working life on his property at The Rock, south-west of Wagga Wagga in the NSW Riverina region, with his late wife Jenny.

“We had 2300 acres and ran sheep, some cattle and had some grain,” he says.

Trevor comes from a family of farmers and knows how isolating and challenging life on the land can be for farmers and those living in rural areas. It is the reason why he supports the Outback Links Program – a program run by the charity Frontier Services

– which connects volunteers with people in remote Australia who are doing it tough.

“It raises \$200 to \$300 a year.”

“They coordinate volunteers to go out and support those who need a hand – like fixing fences after a fire or flood, or if the community town hall needs fixing up, or a farmer needs a hand when a new baby arrives and the family is adjusting.

Mentally, the support is huge, and they really appreciate it.”

To raise funds for the program Trevor has engaged the support of his fellow residents

at The Clyde through recycling bottles and cans. “It raises \$200 to \$300 a year,” he says.

Then last spring Trevor organised a fundraising barbecue at The Clyde, which was a huge success and raised more than \$1400 for the program. “And I’m thinking about doing something like that again.”

Volunteering and being involved with his local Batemans Bay community is something which Trevor is very passionate about.

He is an active member of the community and is a member of the men’s table – which supports men’s emotional needs; is part of a walking group; is head of The Clyde’s residents’ group; is a member of a trivia group; and is part of a Wednesday dinner group – where people come together and support local cafes and restaurants.

He’s also a member of his local church, which does community outreach work; is an exam supervisor for the HSC and Year 11 exams, and is part of a social group for people, and their widows, who were called up for national service but did not serve overseas.

Trevor and Jenny moved into The Clyde in 2007 and were sold on the views, particularly the trees. “It was sort of like home,” Trevor explains.

Celebrating our volunteers



IRT celebrated the incredible difference volunteers make in our communities across Australia as part of National Volunteer Week in May.

Our aged care centres held a range of events to honour the many IRT volunteers across NSW, Queensland and the ACT who generously donate their time and skills to help support older Australians and their families.

Volunteers at IRT Kangara Waters were recognised at a coffee catch-up, IRT Sarah Claydon hosted a volunteer morning tea (pictured above and right), while IRT Culburra Beach volunteers received certificates of appreciation and a small thank you gift that included a potted herb plant and a beautiful mug. IRT St Georges Basin residents made hand-crafted cards to say thank you to their volunteers.

IRT Entry Pathway Coordinator Rebecca Buchanan said she was incredibly grateful for the valuable contribution volunteers make across the organisation.

“Our volunteers continue to make a meaningful impact on the lives of older Australians,” says Rebecca.

“We’re thankful to have so many volunteers who provide crucial support and enrich the days of our residents, whether they’re assisting with transport, meal service, leisure and lifestyle activities, or just offering a friendly chat.

“Our volunteers are an integral part of our community.”

“We cannot thank enough our lovely volunteers who have shown greatness and kindness to help, serve, and make our beautiful residents smile. We appreciate your love, dedication and cheer to our residents every day.”

Alisha Subedi, IRT Kangara Waters Aged Care Employee



Why volunteer with us?

We have lots of fulfilling volunteer opportunities across our retirement villages and aged care centres in NSW, Queensland and the ACT.

Our volunteers play vital roles across our organisation assisting with leisure and lifestyle activities, meal support, community access, companionship, administration and so much more.

Interested in volunteering?

We’d love to help you find a role that suits your interests and skills.

If you’d like to know more about volunteering opportunities with IRT, please contact the Talent Acquisition team at recruitment@irt.org.au.



Left: Age Matters team members (from left) Kim, Donna and Brooke (far right) helped two clients (pictured centre) secure their forever homes at a new social housing development in the Illawarra.

Life-changing transitional tenancies

Age Matters transitional tenancies are helping clients to secure their 'forever homes'.

When possible, IRT offers some of our retirement village units as transitional short-term rental accommodation for older people facing homelessness. The units may otherwise have remained vacant as they are scheduled for redevelopment.

Recently four Age Matters clients who were temporarily residing in transitional retirement village units were able to obtain stable accommodation in a new social housing development that recently opened in the Illawarra.

Manager Age Matters Natasha Debsieh said the clients were grateful to have had access to the transitional tenancies facilities offered by Age Matters that provided an interim solution when they were facing homelessness.

"Transitional tenancies offer an age-appropriate alternative to a boarding house or crisis accommodation, bridging a gap that provides interim security and stability while we wait for something more permanent," explains Natasha.

"Ultimately the transitional tenancy can assist a person to establish or recover their rental history, connect to support services, develop a sense of dignity and independence and prepare them for a successful transition into their forever home."

Natasha explained that current wait times for social housing in the Illawarra and Shoalhaven are extensive, and older people, even those assessed as priority status, may wait for years before receiving an offer for a 'forever home'.

"The factors contributing to a person's homelessness are varied. They may be facing homelessness as a result of a no-fault eviction, a family breakdown, or their home environment is not safe or appropriate for their age-related needs," says Natasha.

"Transitional tenancies offer affordable and age-appropriate accommodation for people facing homelessness to fill this gap."

The new social housing development is on the site of the former Steelworks Hotel in Port Kembla, just south of Wollongong and is run by Anglicare Sydney. The complex comprises 30 studio apartments to be home to social housing residents aged 55 and over.

"I'm very happy and very grateful for the support of Age Matters and IRT. My coordinator is a godsend. I would be homeless without her support, her work and dedication."

Client in a transitional rental in an Illawarra IRT retirement village

If you know of anyone who is need of housing assistance, please reach out to the Age Matters team at info@agematters.org.au.

Age Matters team profile

Meet Richard!



Richard (pictured above) is the Case Coordinator with Age Matters, and shares what motivates him in providing support for vulnerable older people.

"I have always had a drive to make the world a better place and see my role as a privileged one, where I can be involved in an older person's life in their time of need and help them achieve their full potential.

"I enjoy working with like-minded people and those who feel passionately about the greater good of the

community, so Age Matters is an excellent fit for me.

"I have learnt over my career that we are all merely one event away from significant change in our lives. That change does not define us as a person, but it can test our resolve.

"Away from the office, a favourite project of mine is coaching kids the concerto that we call soccer – building a passion and appreciation for a sport as well as giving them life skills that they can take into the real world."

SAVE THE DATE!

Age Matters Comedy Night

**Friday 18 October –
The Builders Club,
Wollongong**

Get your funny bones ready for a side-splitting night of laughs at the Age Matters Comedy Night Fundraiser!

This is the second year the event has been held to raise money to help vulnerable older people dealing with homelessness, ageism and social isolation across the Illawarra and Shoalhaven.

Keep an eye on the Age Matters Facebook page for further details of the event, including the comedy lineup and where you can purchase tickets.



Supporting Age Matters

Age Matters relies on grants, donations and fundraising to deliver on our vision for no older person to be homeless, isolated or without purpose. If you can spare a few dollars a week, please consider becoming a regular giver on our website agematters.org.au.

You can also follow us on our Facebook page (@AgeMattersAus) and help us spread the word.



Top tech award for IRT

IRT has won Australian Technology Project of the Year and Best Health Project in the iNews Benchmark Awards 2024. Pictured (in front row) are IRT CEO Patrick Reid, EGM Home Care and Retirement Living Ross Gallagher, Home Care Clinical and Quality Advisor Raelene Lewis and EGM Infrastructure and Technology John Vohradsky with members of the project team.

An Artificial Intelligence (AI) falls predictor system developed and implemented by IRT has won Australian Technology Project of the Year

and Best Health Project in the iNews Benchmark Awards 2024.

The artificial intelligence and machine learning model system uses data collected about a

home care customer or care centre resident, including assessment tools, care plans, allied health reports, medication records, sleeping habits, and weight changes, to identify if they are at higher risk of falling.

Executive General Manager – Infrastructure and Technology John Vohradsky said the information gathered has allowed care staff to introduce a range of strategies to reduce the risk of fall prevention.

“Our team is working with our customers and residents to put in place strategies specific to the individual to help prevent their future fall risk, such as physiotherapy, changes to diet or medication, or changes to the environment,” says John.



Former ITeC Chair Graham Kahabka (left) and IRT Peter Fitzgerald took on the ceremonial cake cutting duties to acknowledge the integration of IRT Academy and ITeC.

Introducing ITeC Academy

IRT Academy and Illawarra ITeC have officially integrated to form a new Registered Training Organisation (RTO) known as ITeC Academy.

Founded in 1988, Illawarra ITeC has been a prominent provider of accredited training across New South Wales, while IRT Academy, renowned for its expertise in aged care training, has delivered accredited and non-accredited aged and community care courses as a registered training organisation since 1997.

The integration of these two Wollongong-based RTOs will provide greater strength and sustainability in the ongoing delivery of high quality training services across a number of industries including aged care, construction, trades, entertainment and hospitality.

Construction update

Elements at IRT Towradgi Beach

IRT has made the decision to resubmit the Development Application (DA) for its Towradgi retirement village to be known as Elements at IRT Towradgi Beach. The proposal was withdrawn in June and will be resubmitted with additional supporting reports and design modifications.

IRT Woonona

We have now received Wollongong City Council approval to demolish the buildings known as Ribbonwood and Blueberry

Ash and preparations for the demolition works are now being made. The master planning for the future development is progressing well. Submission of the DA to the NSW Department of Planning will follow a series of community engagement steps and review by the State Design Review Panel.

IRT St Georges Basin

The construction of 13 new villas at IRT St Georges Basin Retirement Village is anticipated to commence in the coming months. Plans for a new community recreation

room are being finalised for submission in a DA to Shoalhaven City Council soon.

IRT Dalmeny

Construction of 20 independent living units at IRT Dalmeny Retirement Village is progressing well. We are working towards these villas being available for sale by early 2025 with residents expected to move in later in that year.

IRT Woodlands

The construction of 13 villas in Stage 9 of IRT Woodlands Retirement Village is progressing well and on track for completion by the end of this year, with the first four villas completed in June 2024.



IRT Kangara Waters residents Robyn Hipkiss, Pat Ingham and Mary-Ann Anderson (centre) with staff at the new Movewell health and fitness club.

IRT has launched a new seniors' health and fitness club called Movewell at IRT Kangara Waters.

The club is run by IRT in conjunction with Phytness

Healthcare, an allied healthcare provider, and offers a range of exercise and wellness programs for IRT Kangara Waters Retirement Village and Aged Care Centre

residents, IRT Home Care customers, and members of the over 65s community living in the nearby Belconnen area.

Programs on offer include group fitness classes, aqua aerobics and hydrotherapy, pilates, physiotherapy and rehabilitation, mobility and wellness, and one-on-one consultations. Sessions are designed to support older people in maintaining independence and a level of physical activity within their current scope of ability as well as help improve balance and stability, prevent future falls and assist in the management of some chronic conditions.



Stories for the ages

Whether it's fact or fiction, everyone loves a good story. We tell bedtime stories to our kids at night, we swap stories when we gather with our friends, and we regale our relatives with our latest anecdotes or enjoy the retelling of an old one that's too good not to relive.

In particular, learning about the life stories of older people can have significant positive impacts for both the storyteller and the listener. We spoke with Richard Clark to learn more.

Genealogy expert and founder of storytelling app Thread.Care Richard Clark has firsthand experience in witnessing the power of older people sharing their life stories.

"During my time working in genealogy, we were approached by someone from an aged care organisation who wanted some historical research done on one of their residents," explains Richard. "Our researchers uncovered a wealth of information that care centre staff didn't know, and it really lifted the engagement of the carers and made the resident more animated because staff were having conversations about things

that were important to that person. It was a really powerful experience."

And while there are plenty of anecdotes like this, according to Richard there's also plenty of research that shows supporting older adults in sharing their life stories can improve psychological wellbeing and quality of life.

"Studies have shown how an older person in aged care telling their story deepens the relationships between them, their families and their carers," says Richard.

"There's other research around storytelling improving cognitive function, confidence,



Richard Clark

Richard Clark is the Founder and Chief Executive Officer at Thread.Care (www.thread.care), an interactive platform that allows people to capture and chronicle a person's lifestyle. With a background in genealogy research, IT and communications, Richard has a passion for using technology to create strong connections between aged care residents and staff to enhance and personalise the care provided in aged care centres.

self-esteem and quality of life for older people. And studies around music and memory show participants were happier and more social, and displayed less agitation.”

By encouraging an older person to tell their story, they are able to paint a picture about their values and what motivates them, even those older people who tend to keep quiet on their achievements.

“Our older generations tend to be more modest and conservative in sharing things that they’ve achieved so storytelling and conversation helps to draw out those things that mean something to them,” says Richard.

“There are so many stories about things that people are really proud of but don’t want to say; but once you get talking about them, their whole energy and sense of identity lifts.

“Sometimes as people get older they can start to feel invisible, so storytelling helps them become visible again.”

Encouraging an older person to reminisce about their life is not just beneficial for the storyteller but also for the listener, especially from a care perspective.

“There’s measurable benefits on storytelling and connections within aged care centres,” explains Richard. “Care staff provide improved care by knowing about people’s memories to connect with them, and as they know more about someone they are able to tailor activities that are relevant to them.

“By knowing their interests and dislikes you really focus in on things that are important to them.”

For families, knowing more about a family member such as their hobbies, passions and achievements over the years helps to foster deeper intergenerational relationships and build a foundation of family history.

“When sharing their life story a loved one becomes more animated and so families become more engaged and

build better connections,” says Richard.

So, is there anything to consider when reminiscing with an older person?

For Richard, finding items from a person’s past is a great conversation starter, whether it’s audio recordings and photos, listening to music, or looking at old recipes.

“Often photos are in albums and become inaccessible and hardly ever pulled out, but it might just be one moment in time, like a photo from a trip in the 1970s that ends up spurring a range of conversations that really lift the mood of that person and deepen those connections for family and friends.

“It’s important to be aware of memories that might be sad but completely relevant to the person,” says Richard. “We need to be cognisant that there are stories and memories that could cause a person to feel more agitated or uncomfortable and know what those triggers are so we don’t bring anything like that up unintentionally.”

The benefits of preserving a person’s story are immense – from improving psychological wellbeing and quality of life, to better understanding what matters most to a person and how best to support them, to building stronger bonds with the people around us. It is our everyday, seemingly ordinary personal stories that shape who we are and show us how far we’ve come.





My Story Matters for young and old

The My Story Matters program at IRT Sarah Claydon Aged Care Centre sees groups of high school students conduct interviews with residents to learn more about their lives and experiences and then create a digital biography about the resident (you can read more about the program in *The Good Life* Issue 3, 2023).

The Good Life caught up with IRT Sarah Claydon resident Vikki Clynes (pictured above) and IRT Lifestyle Team Leader, Shoalhaven Yvette Tetley to hear more about their thoughts on the initiative and the importance of capturing older people's stories.

Vikki Clynes isn't backwards in coming forwards when talking about the My Story Matters program.

"I loved it!" says Vikki. "I thought the program was awesome. Anyone offered the chance to be a part of the program

would be doing themselves a disservice if they bypassed it."

Vikki was one of six IRT Sarah Claydon to participate in the most recent round of the My Story Matters program, which saw Year 9 students from Ulladulla High School spend

time with the residents every week for six weeks asking questions about their history before putting together a presentation that detailed their life stories.

Born in the 1940s, Vikki experienced a number of hardships in her early life including the death of her father in World War II and growing up in an Australia trying to find its feet after the end of the war.

"A lot of my conversations with the children were about my childhood. I didn't want to go too far into it because it was very painful and I felt at the age they were they didn't need to know about how painful life could be.

"It was an interesting time and we didn't know any different, but we put up with a lot. I could see the children thought it's impossible for life to have been like that here in Australia, but it happened. It's the way the country was at that particular time and we grew from that."

When considering how it felt to tell those stories, Vikki explained it was eye-opening to think about how far she had come in life.

"Their [the children's] questions spark something in you that you had forgotten," says Vikki. "To you that part of your life didn't seem important or interesting but to the children it probably was.

“There’s a lot of things you forget about from your past because your mind is situated on getting from one point to another and you don’t stop to reflect on the things you’ve gone through.

“The first time telling my stories I didn’t dwell on it. But the second time I had to think about whether those things really happened to me, which they did.

“It’s the first time I’ve ever focused on that period of my life. It was eye-opening for me to think about what my mum would have gone through and what I had gone through with her. It was interesting.”

Program coordinator IRT Lifestyle Team Leader, Shoalhaven Yvette Tetley says the program is not just valuable for aged care residents as the high school students also learn so much from the older generations.

“The residents’ stories give such insight and knowledge for younger people about how life has changed so much and some of the barriers our residents have faced throughout their lives,” says Yvette. “The program is definitely beneficial for both the students and the residents.

“The boys that spoke with Vikki definitely started to engage more by the end of the program. I think their eyes were really opened to a whole new world and to see at the presentation the number

“
At my age it’s
amazing to stop
and think and
acknowledge the
things I’ve done ...

”



As part of their research, Year 9 students found items relating to Vikki’s father’s enlistment in the army.

of kids crying, it shows the wonderful bond the students form with the residents.”

Vikki says she loved watching the children become more comfortable around her as they spent more time together.

“It’s interesting to see the change because it shows on them – their body language, the looks on their faces. They don’t realise it but it does,” says Vikki. “It gives you a lot of insight into what they’re like.”

For both Vikki and Yvette, their favourite part of the program is the presentation afternoon where students return to the care centre to share the presentations and booklets they have put together that detail the life stories of the featured residents.

“The gifts that the children gave me I will treasure forever,” says Vikki. “They found things that I had never seen before such as my father’s enlistment and army records, and I’ve still got the memorabilia on my bookcase in my bedroom.

“They did extra work to find those items and that took time and effort and it was very appreciated. I sit and look at them now and it makes me emotional – they’re treasured.”

Vikki hopes the students enjoyed participating in the program as much as she did.

“At my age it’s amazing to stop and think and acknowledge the things I’ve done that you just don’t realise when you’re young,” says Vikki. “I learnt more about myself.

“I hope the kids got something out of it because I got a lot out of it. I wish them tremendous happiness and I hope they’re able to grow up the way they want to grow up.”



Revved up reminiscing

Darryl enjoys reading car books and magazines. Left: Darryl pictured in 2024.

Darryl Hedger's love for cars spans more than five decades.

"I bought my first car, a Vauxhall Viva, at age 16 – as soon as I was able to drive I did," says Darryl, a resident of IRT Culburra Beach.

"I've always liked cars and have owned several over the years – mainly Commodores, but I do also like four-wheel driving, caravanning and camping."

In his 40s Darryl purchased a gun metal grey VN SS Commodore, which his daughters encouraged him to enter in the Summernats annual car festival in Canberra.

"I attended Summernats regularly and won a couple of awards including best interior for my car," says Darryl. "In my travels I entered a lot of car

events over the years and won many trophies and awards for my car."

Later in life Darryl sold his car as it became too expensive to maintain the high car standards for such events, and went on to purchase a four-wheel drive and caravan.

"I travelled around Australia for the next 13 years with a group," says Darryl. "My favourite place to visit was Kununurra [in Western Australia], for the scenery, waterfalls and people."

At IRT Culburra Beach Darryl tends to keep to himself, but the life story he provided when he first moved in, including his love of cars, has helped care centre staff develop stronger connections with Darryl and provide more personalised care.

"Darryl occasionally attends activities at the care centre, but chooses to spend most of his time in his room," explains IRT Lifestyle Manager –

Shoalhaven Alison Rivett.

"The fact that cars and caravanning were important to Darryl in his life has allowed the lifestyle team to utilise resources and plan activities that are based around these interests."

As part of Darryl's regular one-on-one therapy sessions with lifestyle staff, the team supplies resources such as caravan, camping and car magazines, and use the iPad to view car, four-wheel driving, camping and caravanning shows and documentaries, and to look at places Darryl has visited on his travels.

"These activities help create discussions with Darryl on topics of interest," says Alison.

"We've also organised for local car clubs to come to the care centre. They turned up with up to 20 fancy cars, and of course the other residents enjoyed the event but it was specifically geared towards Darryl and his love

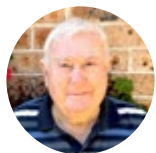
Vox pop

We asked IRT retirement village residents at IRT Peakhurst about why they think it's important for older people to share their life stories with others. Here's what they said.



Joyce Try

"Telling our life stories is a learning experience about the past. My grandmother used to tell us stories about when she was a child when they had horses and buggies and they went for picnics for fun, and then when she was older she saw the rocket go to the moon. In her lifetime there were quite a lot of changes. It's a learning for all of us, just how much progress is made in a lifetime. When you're talking about your life, quite often things will come to your mind that you wouldn't have time to even think about usually but telling stories about your lifetime puts all the pieces together and sometimes you click things together that you hadn't realised. We need to stop and think about the past and the progress we've made, and the opposite with things like wars. It's a learning experience for everyone – the person telling the story and the people listening. I had suffered with amnesia for many years and in 2013 I was invited by IRT volunteer Jan Dawkins to join the readers and writers group which helped with my memory returning. Writing about your past and seeing your life before your eyes on a page helps the brain click even more."



Leon Rosengren

"I have always been social and enjoy spending time with people. I have offered advice, or just an ear to listen to, to my family and friends and in my job as a chartered accountant. My wife and I travelled extensively overseas and throughout Australia, and I have

many photo albums which I love to share with my family and talk about our adventures. Last year I went on a road trip with my four children, and we visited the places from my heritage. We went to Chiltern, where my father was born, and Junee where I used to visit my grandparents in the school holidays. We went to Beechworth and Stanley where there is a street named "Rosengren Lane" after my great grandparents. I really enjoyed sharing my stories with my children and now they have the history of our ancestors to share with their families. I have been at IRT Peakhurst for over a year now and I know all my neighbours. I enjoy making new friendships and sharing our life stories."



Cath Spongberg

"I have written down my own life story, prior to coming to IRT Peakhurst. I believe it is very important to share with other people and other generations. I look at the younger members of my family and although they are diverse in who they are I can see values that have been instilled from my generation from many of the stories that I have shared over the years. I have always loved knitting, and have shared my skills over the years with my family. My granddaughter wrote to me whilst having a gap year in Leeds, England, to tell me that she was teaching some of the younger students in the boarding school where she is staying the skill of knitting, and they had knitted squares to make up a blanket. I feel so proud of my granddaughter, and I can see that by handing down my story to the younger generations I have not failed."

Down in the garden

By IRT Team Leader -
Gardening Brad Oliver

Winter is the perfect time to go into caretaker mode for our gardens to help them endure the chilly temperatures and set them up for success as the warmer months draw near.

Winter is the ideal time to prune any plants that lay dormant during these cooler times. Roses should be pruned to an open vase shape, followed by a spray of lime sulphur to kill off any overwintering scale insects. It's a good idea to prune hydrangeas back to two plump buds and remove any dead wood. Meanwhile, if you have any ornamental grasses, these can be cut down to ground level and the clippings can be used as a mulch.

If you have citrus trees in your garden, they will greatly benefit from a good feed with an all-purpose citrus fertiliser. As citrus are heavy feeders they need to be fed well, and a good fertiliser will help to ensure nutrients are slowly released across winter. Make sure you water the fertiliser in well after application.

Our time outside in winter may be limited, so if you're going to focus on one task it should be to mulch all your gardens. Mulching helps to promote soil organisms, keep plants at a steady temperature and retain moisture by preventing evaporation and weed growth.

If you're in the mood for planting, there are some delicious herbs you can plant that will thrive in the winter cold, including rosemary, oregano and Italian parsley. Herbs tend to like sunny areas so find a warm spot and enjoy the 'fruits' of your labour in some tasty winter meals.

There's not as much need to water your garden in the winter months, so you can reduce the frequency but ensure that plants do not dry out completely. It's a good idea to water in the morning to allow the foliage to dry out before the cold evenings hit.

Take the time now to tend to your garden in winter and you'll see the rewards of a healthy and robust garden in the warmer months.



Cheesy lentil bake

In this edition, IRT Chef Melissa Beretov serves up a recipe that's as delicious as it is easy to make. In Melissa's words, "I have made this several times at home and for what's actually in it, it tastes amazing!"

Serves
4

INGREDIENTS:

- 20ml oil
- 2 carrots, peeled and coarsely grated
- 1 onion, diced
- 200g dried red lentils
- 600ml vegetable stock (boiled, hot)
- 100g grated cheese (plus extra for topping)
- 100g breadcrumbs
- Salt and pepper

METHOD:

1. Heat oven to 180°C. Heat olive oil in a large non-stick saucepan.
2. Add the carrot and onion, sauté on medium heat for 5 minutes.
3. Stir through the red lentils, add a little of the hot stock. Keep adding the stock a little at a time, and only add stock when the previous stock has been absorbed. Stir regularly for 15-20 minutes until the lentils are cooked through and all the stock is absorbed.
4. Add 100g grated cheese and breadcrumbs to the lentil mix. Season with salt and pepper. Stir until cheese has melted.
5. Line an ovenproof dish with baking paper. Place mixture in the dish and gently press it down with a spoon.
6. Sprinkle the extra cheese over the top and bake for 30 minutes.
7. Leave to cool for 5 minutes before cutting into slices. Serve with a garden salad.

Out and about



on Lord Howe Island (and celebrated their 60th wedding anniversary there too).

They built their first and second homes in the Wollongong suburb of Mangerton, before moving to Gwynneville. They lived in Gwynneville for 35 years and made the move to Henry Brooks Estate almost four years ago.

They have two daughters, Jacqueline and Sharon, and today they have five grandchildren and 12 great-grandchildren.

They celebrated their 70th wedding anniversary at the retirement village, on their verandah, with family and friends.

Congratulations on your platinum anniversary Dulcie and Jack.

Celebrating 70 years of marriage

Henry Brooks Estate at IRT Kanahooka Retirement Village residents Dulcie and Jack Tubman (pictured above) celebrated their 70th wedding anniversary on 26 June, 2024.

The couple met at Warrawong Dance Hall, were married in St Michael's Anglican Cathedral, Wollongong and honeymooned





Getting jazzy at Parkside

Residents and friends of Parkside at IRT Pioneer Place enjoyed a musical afternoon on Sunday 2 June.

Resident Graham Slater says Parkside had the pleasure of hosting four young talented students from Wollongong High School of the Performing Arts, playing jazz standards. "This afternoon was most enjoyable, and we would like to thank these brilliant young musicians," he says. "We look forward to having more afternoons like this."

Thanks to Graham Slater for his contribution to The Good Life magazine. He will receive a \$30 gift voucher.



Celebrations galore at Marco Polo Woonona

There's been plenty of cake cutting at Marco Polo Woonona lately with two residents celebrating impressive birthday milestones in May.

Congratulations to Mary Symons (pictured left) who celebrated her 101st birthday on 9 May, while Grazia La Macchia (pictured right) marked her 103rd birthday on 12 May.

The residents each celebrated their special day with family and friends at the care centre.

Happy birthday Mary and Grazia!



Classic car show hits top gear



It was engines at the ready when Marco Polo Woonona hosted a vintage and classic car exhibition in April.

Residents and their guests (pictured) were able to inspect a vast range of vehicles from the past that were showcased in the car park of the care centre.

Marco Polo Woonona Recreational Activities Officer Carol Johnstone said it was wonderful to see the residents' happy faces as they looked at the cars on show.

"Thank you to all that helped make this event a success," says Carol. "Special thanks goes to [Regional Lifestyle Manager] Kylie Judd and [Marco Polo Woonona Mobility Nurse] Michelle Monkley, all our staff and volunteers, and our residents and their family and friends who came and supported this event."





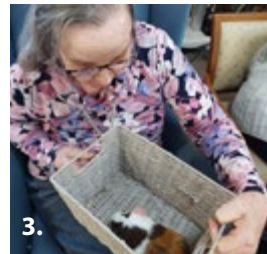
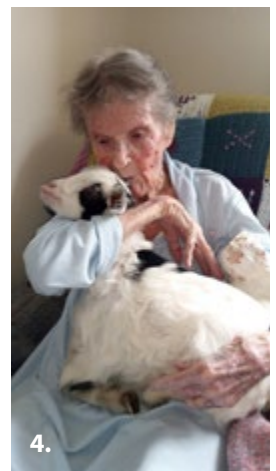
Happy birthday Lena

Residents and staff came together to celebrate IRT Sarah Claydon resident Helena Fitzsimons' (pictured left) 100th birthday in March.

The birthday celebrations included a delicious cake shared by those in attendance.

Helena, who preferred to be called Lena, was born in March 1924 and grew up on a fruit farm in Merungle Hill, near Leeton, in the Murrumbidgee Irrigation Area. Her family grew mostly sultana grapes, oranges and stone fruits. Lena spent much of her childhood helping on the farm, picking and packing fruit after school, and sometimes chasing the birds away from the fruit trees!

Sadly, Lena passed away on 23 April 2024 after being with us at IRT Sarah Claydon for a number of years. It was a very sad day for Lena's family and friends, and residents and staff at Sarah Claydon.



It was cuddles all round for residents at two IRT aged care centres when some special farmyard animals came to visit.

Residents at IRT Five Islands had the chance to get up close and personal with a range of furry and feathered farm animals including chickens, rabbits and goats (photos 1, 4 and 5). Meanwhile, some very friendly goats, sheep, ducklings and guinea pigs were more than happy to receive a pat (or two!) from residents at IRT Thomas Holt Sans Souci Gardens (photos 2 and 3).

New village memorial at Henry Brooks Estate

Residents at Henry Brooks Estate at IRT Kanahooka have worked together to establish a new sandstone-look memorial for the retirement village.

Thanks to the donation of materials by resident Sue Towers and the handy work of residents Ray Towers, Karl Van Kuringen and Rick Baerwinkel, the new structure provides a central gathering point for the community to come together to mark significant events such as Anzac Day and Remembrance Day. In addition, the plaque for the memorial was donated by local funeral business provider Hansen and Cole.

As part of the structure, a void was built in the memorial which acts as a time capsule and includes items that represent a recent period for the village, including a shopping bus schedule,



Henry Brooks Estate resident Stuart Low with the new village memorial.

photos and order of service from the 2023 Anzac Day service, a copy of the village

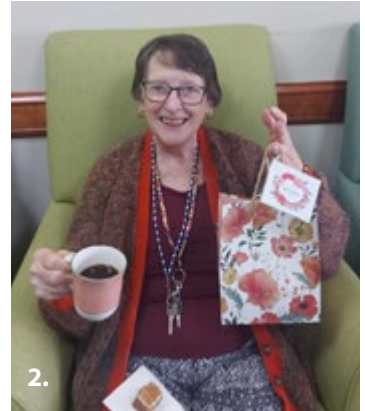
newsletter, a village map, and a sprig of rosemary from the garden adjacent to the memorial.

A state of rivalry

Footy fever was in full swing across our care centres and retirement villages as our residents cheered on the New South Wales Blues and the Queensland Maroons in the NRL State of Origin series.

Pictured are Maroons supporter IRT Kangara Waters Embedded Pharmacist Jaylee Lewis with Blues supporter resident Philip Bruce.





Mother's Day around the grounds

Mother's Day activities were held across IRT retirement villages and aged care centres in May to recognise and appreciate all the mothers and mother figures in our residents' lives.

Delicious high teas were held at Marco Polo Woonona, IRT Macarthur (photo 1), IRT Kangara Waters and William Beach Gardens at IRT Kanahooka (photo 2), while IRT Peakhurst held its annual Mother's Day Fete (photo 3) which featured stalls selling a range of wares including plants, cakes and homemade crafts.

IRT Sarah Claydon residents enjoyed some Mother's Day nature craft, and the IRT Culburra Beach women's group enjoyed making some door décor in readiness for the day and reminiscing about the funny things their children used to get up to (photos 4 and 5). At IRT Thomas Holt Kirrawee residents in the Flametree building enjoyed a special pamper and makeup morning in preparation for the Mother's Day high tea in the afternoon, with the ladies enjoying some special treats and a mimosa or two!



Hitting the road with IRT Edwina

Bus trips are a regular feature on the activity calendar at IRT Edwina Retirement Village, with residents going on trips to Camden Valley Inn (see group photo) and St George Motor Boat Club in the winter months.

The recent trip to Camden Valley Inn was a special walk down memory lane for IRT Edwina residents Jan and Allan Wright (pictured right) – the couple were married at Camden Valley Inn’s The Loft in 2001.



Crossword Answers

Across: 1 Ballad, 4 Ascend, 9 Arrival, 10 Excerpt, 12 Ritz, 13 Pitch, 14 Owns, 15 Angel, 16 Together, 18 Musicals, 20 Input, 22 Very, 23 Shuts, 24 Nash, 26 Berlioz, 27 Endings, 28 Ticket, 29 Bolero

Down: 2 Leipzig, 3 A cappella, 5 Sixth, 6 Even out, 7 Dependent, 8 Hair, 11 Status quo, 15 Amusement, 17 Glissando, 19 Idyllic, 21 Pan pipe, 23 Score, 25 Hush

IRT locations

1 SUNSHINE COAST

- IRT The Palms, Buderim
- IRT Parklands, Currimundi
- IRT Woodlands, Meridan Plains

2 BRISBANE

- IRT The Ridge, Bracken Ridge

3 SYDNEY

- IRT Peakhurst, Peakhurst
- IRT Berala on the Park, Auburn
- IRT Macarthur, Campbelltown

4 SOUTH SYDNEY

- IRT Thomas Holt Kirrawee, Kirrawee
- IRT Thomas Holt Stafford Court, Jannali
- IRT Thomas Holt Kilpatrick Court, Sutherland
- IRT Thomas Holt Sans Souci Gardens, Sans Souci

5 NORTHERN ILLAWARRA

- IRT Seaview, Woonona
- IRT Birch Villa, Corrimal
- IRT Tarrawanna Gardens, Tarrawanna
- IRT Edwina, Corrimal
- IRT Woonona, Woonona
- IRT Tarrawanna, Tarrawanna
- Marco Polo Woonona

6 CENTRAL ILLAWARRA

- IRT Towradgi Park Lodge, Towradgi
- IRT Towradgi Park, Towradgi
- IRT Braeside, Keiraville
- Howard Court at IRT Pioneer Place, Wollongong
- Parkside at IRT Pioneer Place, Wollongong
- IRT Diment Towers, Wollongong

7 SOUTHERN ILLAWARRA

- William Beach Gardens at IRT Kanahooka, Kanahooka
- Henry Brooks Estate at IRT Kanahooka, Kanahooka
- Kemira at IRT Kanahooka, Kanahooka
- Jasmine Grove at IRT Kanahooka, Kanahooka
- IRT Harbourside, Kiama
- IRT Five Islands, Port Kembla
- Marco Polo Unanderra

8 SHOALHAVEN NORTH

- IRT Greenwell Gardens, Nowra
- IRT Culburra Beach, Culburra Beach

9 SHOALHAVEN SOUTH

- IRT St Georges Basin, St Georges Basin
- IRT Sarah Claydon, Milton

10 EUROBODALLA

- IRT The Clyde, Batemans Bay
- IRT Crown Gardens, Batemans Bay
- IRT Moruya, Moruya
- IRT Dalmeny, Dalmeny

11 ACT

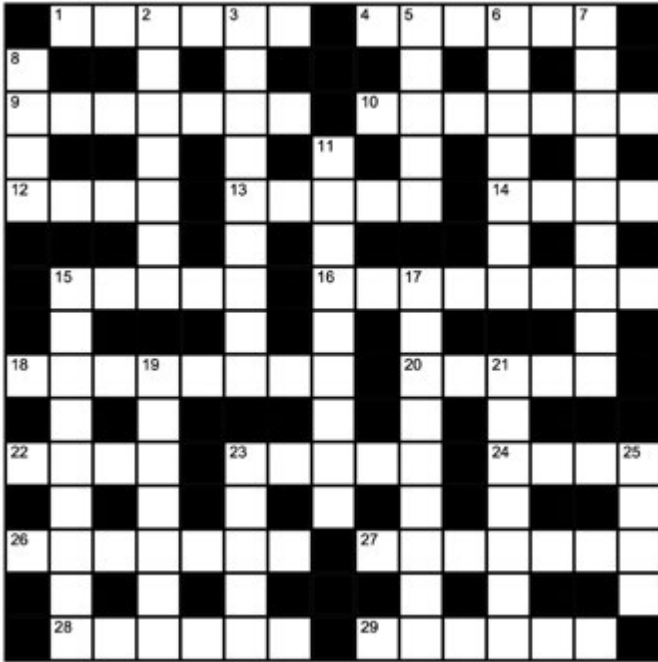
- IRT Kangara Waters, Belconnen

IRT HOME CARE

- We offer IRT home care services in South-East Queensland, South-East Sydney, South-West Sydney, Illawarra, South Coast, Far South Coast and ACT.



Crossword: Music



©Clue Detective Puzzle Agency 2024. All rights reserved.

Across

- 1 Narrative folksong (6)
- 4 Soar (6)
- 9 Musical composition by George Frideric Handel, *The _____ of the Queen of Sheba* (1749) (7)
- 10 Passage (7)
- 12 Song by Irving Berlin, *Puttin' on the _____* (1930) (4)
- 13 Ability to correctly identify a musical note, perfect _____(5)
- 14 Possesses (4)
- 15 Juice Newton song, _____ of *the Morning* (1981) (5)
- 16 In unison (8)
- 18 *West Side Story* (1957) and *Chess* (1986), for example (8)
- 20 Contribution (5)
- 22 Song from *The Lord of the Rings* (2001), _____ Old Friends (4)
- 23 Closes (5)
- 24 British rock singer, co-founder of The Hollies, Graham _____ (4)

- 26 Composer of comic opera *Béatrice et Bénédict* (1862) (7)
- 27 Codas, musical _____ (7)
- 28 Theatre entry pass (6)
- 29 One-movement orchestral piece by Maurice Ravel (6)

Down

- 2 Germany city that is a must for music lovers to visit (7)
- 3 Unaccompanied singing (1,8)
- 5 Tchaikovsky's final completed symphony, also known as *Pathétique* (5)
- 6 Balance (4,3)
- 7 Reliant (9)
- 8 Frank Mills' musical (4)
- 11 British rock band, play *Whatever You Want* (1979) (6,3)
- 15 Pleasure (9)
- 17 A glide from one pitch to another (9)
- 19 Arcadian (7)
- 21 Flute-like instrument (3,4)
- 23 Musical performance layout (5)
- 25 Quiet (4)

Answers can be found on page 34.

the GoodLife

Issue 2 2024

The Good Life Magazine is published by the IRT Communications team.

Email editor@irt.org.au

Mail The Good Life
c/o IRT Communications team
PO Box 2106 Wollongong DC
NSW 2500

Web irt.org.au

Contributions for upcoming editions can be posted or emailed.

Contributors are rewarded with a \$30 gift voucher if accepted for publication.

IRT reserves the right to make minor editing changes to submitted pieces. Vouchers will be posted to the recipients so please provide full address details (address details will be withheld from publication).

Printed August 2024

Have your details changed?

If your details have changed, or you would like to be added to or removed from our mailing list, please give our Customer Service team a call on 134 478 or email customerservice@irt.org.au.

ACKNOWLEDGEMENT OF COUNTRY

IRT acknowledges the Traditional Custodians of country throughout Australia and their connections to land, sea and community. We pay our respect to their Elders past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples.