

amarco news

FEBRUARY 2018



# What's on at Amarco?

FEBRUARY

## Hearing Awareness Week

Date: Monday, 26 February

Time: 10am to 1pm

Come along for a free information session and a hearing check, to mark Hearing Awareness Week.



MARCH

## Pensions and superannuation

Date: Tuesday, 13 March

Time: 10am to noon

The Department of Human Services is hosting an information day covering the following topics:

- ▶ Will downsizing affect my pension?
- ▶ Understanding your pension
- ▶ Aged care fees and charges
- ▶ Understanding superannuation
- ▶ Understanding retirement income streams

## Easter cooking event

Date: Tuesday, 27 March

Time: 10am to noon

Prepare for Easter by cooking homemade hot cross buns at this Amarco workshop.

MAY

## Mother's Day stall

Date: Friday, 11 May

Time: 10am to noon

The Country Women's Association will host a Mother's Day stall at Amarco, selling great gifts for any mothers and friends.

JUNE

## Fashion parade

Date: Tuesday, 12 June

Time: 10am to 1pm

Kays Winter Fashion Parade will showcase the latest fashions for seniors.

Amarco regularly hosts information sessions and social events for residents and the local community. Event dates may change, so please contact us a week prior on T: 9680 0500 to confirm.

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# Understanding retirement living

Retirement is a time to relax and live well, with freedom and security. But deciding which retirement option is right for you can be difficult.

Amarco Apartments at Kingsville offers a thriving community and safe environment. Most importantly, it is transparent about costs and allows prospective residents plenty of time to consider their new life before signing the paperwork.

## Peace of mind

The safety of residents is paramount at Amarco. As such, it has 24/7 emergency support, including a nurse call button, and annual fire safety drills.

Security access cards are provided to each unit to ensure no unauthorised person can gain entry to Amarco or its secure underground parking.

A weekday concierge service is also available to support residents with maintenance or other requirements.

## Simple contracts, no hidden costs

Amarco's transparent and simple contracts mean there is no confusion around terms and meanings. The contracts are governed by the Retirement Villages Act and they outline all ingoing contribution, service and exit fees.

Amarco offers all apartments on a 99-year lease basis, not a free hold. Essentially, it gives residents the same right as a free-hold title, with added financial benefits. For example, you do not pay stamp duty on your property. Amarco residents also keep 100 per cent of any capital gain.

There are also two cooling off periods

during the contract exchange process, so there is no pressure to sign quickly. Amarco encourages all prospective buyers to have their own solicitor review the contracts before signing.

## Financial advice

Prior to making the decision to move into retirement living, it is beneficial to visit a





financial advisor. The professional will assist you in defining the best way to manage your income and spending.

They will be able to walk you through the financial implications of your various options and answer questions about long-term costs, deferred management fees, and all other relevant issues.

## Trust is everything

Amarco Apartments is owned and operated by Uniting AgeWell, which is an organisation of the Uniting Church in Australia. It has been providing care for Victorian and Tasmanian seniors for 70 years. The AgeWell philosophy is built on the recognition that people want to grow

old in their own community and be as independent as possible.

**i** To find out how you can retire to an easy life or to book a personal tour, call Amarco Apartments today on T: 9680 0500 or visit [amarcoapartments.com.au](http://amarcoapartments.com.au)

# Embracing change for the better

**Dan Stainsby's father, John, moved into Amarco Apartments in July 2016. Since then, John's life has changed dramatically and Dan knows his father is safe, connected and content.**

John previously lived at Maribyrnong. His father bought the house in 1944 and it was treasured by the Stainsbys for three generations.

As with many older people, John came to be living alone. Managing the large family home and garden by himself became difficult.

"The house had become more of a burden than a blessing, but neither he nor I felt that aged care would be suitable for him," Dan said.

"We were really rapt to find the Amarco option, which meant he was able to keep his independence without the burden of managing a three-

bedroom house and garden."

Letting go of the family home and moving to an apartment was a big change for John. But taking the plunge has opened up many new opportunities and allowed him to start a "great new chapter in his life."

"I think he's been able to get involved with the community at Amarco and he benefits from that engagement every day," Dan said.

"They go for dinners regularly and they meet for fish and chips weekly. There are activities and people look out for each other there.

"A lot of other residents say it was the best move they ever made and they only wish they made it sooner."

The move to Amarco has meant that Dan no longer worries about how his



father is getting along and what the future may hold for him.

"It makes me so happy to know that he's there because I know that he's safe and well," he said.

"I couldn't think of a better environment for him. He has a space of his own in a really well-designed apartment.



“I also know that every day he’s experiencing good interactions with other people.”

As John ages, Amarco Apartment’s connection to Uniting AgeWell’s other services will be of great use to him and his family.

“Getting the access to home care and respite will

be a really great thing as dad gets older,” Dan said.

“Already, if he has a fall or anything goes wrong there are call buttons on the wall, so that’s another thing that puts my mind at ease.”

**i** In-home domestic or personal assistance is available to people living in independent retirement living through government-funded Home Care Packages or privately funded services. For information about these services, contact Uniting AgeWell’s North West Community Services on T: 9680 0450.

d downsizing  
– not such a  
daunting task



**After collecting possessions over the course of a lifetime, the idea of downsizing can be overwhelming.**

If you are looking at moving from the family home into independent retirement living or a private apartment, you will undoubtedly have to part with some of your belongings.

Heather Wallach from Classic Moves says once the excitement of finding a nice new unit and selling the family home wears off, the reality of what comes next can be really daunting.

“A large portion of my clients who are downsizing have lived in that house for 20-plus years,” she said.

“Many of them had children grow up in the house and it has become a convenient storage place for their goods. So, there is a lot of stuff to sort through.”

But Heather says breaking the big project into smaller tasks makes the job more manageable.

She suggests starting with a smaller space, like the laundry, and working up to the large areas.

Working methodically, visit one room at a time and establish what items to keep, what to donate and what to throw away.

Heather also said it was important to finish one room before moving on.

“A space can appear larger if it is without furniture, so a lot of people fall into the trap of thinking all their furniture will fit into the new space,” she said.

“Always measure your furniture and go back to the floor plan because

that will tell you what will fit in the new space.”

When deciding what to keep and what to let go, Heather suggests clients consider how they want to spend their time and what sort of life they want to have when they move on.

“Consider what sort of garden space you will have or how much home maintenance you will do and you may find that you don’t need to keep all of your tools,” she said.

“Sometimes people will move somewhere with fewer bedrooms and no longer require the same amount of manchester.”

During this exciting time, you can let go of anything that will not fit into your new life and embrace the future.

**i** If you would like assistance with downsizing, contact Classic Moves on T: 1300 738 035 or email [office@classicmoves.com.au](mailto:office@classicmoves.com.au)

# Making your home safe

Most people aged 65 and older plan to continue living independently for as long as possible. The increasing availability of government-subsidised support packages is making it possible for people to stay at home longer – whether that be in a private residence or retirement living.

Unfortunately, falls or other safety risks often result in people having to enter aged care earlier than they had planned.

**The good news is there are many simple things you can do to improve safety at home.**

Being active, managing medications, prioritising health, improving balance, having good posture, wearing the best footwear, checking your eyesight regularly, eating well and removing hazards will all improve safety at home.

Regular physical exercise is a great way to manage health. It may reduce the risk of cardiovascular disease, obesity, type 2 diabetes, some cancers and osteoporosis.

It can also prevent falls, which are the leading cause of injury-related deaths, hospital admissions and emergency department presentations in Victorians aged 65 and older.

Thirty minutes of activity at least five days a week is enough to generate good health outcomes. It can be broken into three 10-minute sessions.

Many people choose walking because it is the most functional movement, but Tai Chi, yoga and other forms of exercise are also effective.

Walking through your home and writing down a



list of any potential trip hazards, slip hazards, sharp corners or uneven surfaces is a great place to start.

With the help of friends, family or professionals, you can remove or reduce hazards – including any clutter, dangerous furniture, cords, loose objects and spills.

The most important thing to remember is that you



are not alone. There are many services and health professionals available to help older people stay safe at home. General Practitioners are available to provide medication reviews and referrals to appropriate specialists, if necessary.

You may also choose to see a physiotherapist for exercises; an occupational therapist for a home safety assessment;

a podiatrist for foot advice; a dietician to monitor weight; an incontinence advice specialist; or a falls prevention team at a local hospital.

**Uniting AgeWell offers these services and can help people who need assistance accessing care, or improving safety in their home. Contact us today on T: 1300 783 435.**

## **i** Statistics on falls

- ▶ One-third of adults aged 65 or older experience a fall.
- ▶ Two million older adults seek emergency care for injuries related to falls.
- ▶ Research shows muscle strengthening and balance retraining exercise programs are effective in reducing both the risk and rate of falls.

# Community bus makes shopping easy

Amarco Apartments residents can breeze through inner city traffic to get to their favourite shopping hot spots, thanks to the independent living complex's free bus service.

The free weekly transport alternates between Altona Gate Shopping Centre and Highpoint Shopping Centre.



Amarco Sales and Marketing Coordinator Anita Ukalovic said the free weekly transport was of great benefit to some of the residents at the independent living complex.

“We introduced the bus because we had a few residents who moved to Amarco from outer suburbs or regional areas and they were unfamiliar with our community.

“We also had a group of existing Amarco residents who were getting a little older and, due to their age or health conditions, were not confident driving around the area.”

The free transport supports residents who want to venture out of their homes and engage with each other. Often residents will meet up and have coffee with friends, top up on their groceries, or enjoy some shopping.

Retiree Mike Butcher (pictured) drives the Amarco community bus because he wanted to help people.

“I feel really good about what I do,” he said.

“I get to meet people, help people and I like to tell jokes and make people laugh.”

One person Mike always has in stitches is resident Margaret Ward (pictured), who uses the service every week.

She decided to give up driving when she moved to Amarco and was uncomfortable taking taxis by herself. But Mike’s “fantastic” driving skills and warm friendship makes Margaret feel at ease on her weekly trips.

“I’ve got to know Mike really well and he often joins us for lunches. It’s good to know that I can get out to the shops when I need to,” she said.

**i** The bus departs Amarco Apartments every Thursday morning at 10am and returns at 12 noon. Bookings are not required. The bus service is only available to Amarco residents.

# Spend your time giving back

**Volunteering is a great activity to do at any stage of life. Whether the motivation is to give back to the community, or do something for yourself, you will undoubtedly feel good about your contribution.**

Amarco Apartments resident Jan Ellemore volunteered for many years in Swan Hill, where she was in the church choir and volunteered at an op shop raising funds for the local hospital. The retired school teacher wanted to continue this community spirit after moving to Melbourne in August 2017.

Shortly after settling into her new home at Amarco, Jan began volunteering at the adjoining Uniting AgeWell Kingsville Community. Lifestyle and Leisure Coordinator Pamela Bruder said the “extremely friendly and generous” Jan provided assistance to the choir

and the intergenerational program.

“During our choir practices we change songbooks and Jan always makes sure everyone, including those with dementia, has the right book and knows what we’re singing,” she said.

“Jan is invaluable at our intergenerational program. She draws on her professional background to share her knowledge with the mothers and chat to them so they feel comfortable.”

For many single people in Jan’s age group, there is an increased risk of social isolation. But volunteering reduces that risk by providing an avenue for connecting with the community and peers.

“I’m living by myself at Amarco,” she said. “I really enjoy volunteering because I have someone to talk to and it’s a great

way to get out of the house.”

Volunteering is a great way to meet new people, it strengthens your ties to the community and broadens your support network. It is a great way to meet people with common interests, connect with neighbourhood





resources, and join in fun and fulfilling activities.

Jan said volunteering gave her a “lovely feeling” to know she was helping.

“You don’t realise how much you are putting in until somebody tells you or highlights the results,” she said.

There are many volunteering opportunities available to Amarco residents at Kingsville Community. Talk to Clare at the Amarco concierge desk if you want to assist the Lifestyle and Leisure team.

**i** The wider local community is often in need of more volunteers. For more information about volunteering, visit [volunteeringaustralia.org](http://volunteeringaustralia.org)

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