

# HAPPIER HEALTHIER BETTER-CONNECTED



with Feros Care



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## ABOUT FEROS CARE

We're Feros Care. And what we care most about is helping people live healthier, happier, better-connected lives.

Since 1990, we've been making it happen, both for older Australians and people with disability.

Our aged care and disability support services can help you in many ways. Whether you need home care, residential and respite care, some clever technology to make life easier, assistance in accessing community activities, someone to plan your NDIS services, or one of our growing number of allied health and wellness solutions – we are here for you.

We are proud to be game changers. Dream makers. Kindness champions. Culture shapers. Vibrant creators. And it's not just us who thinks so; We've won many awards on the local and international stage for our approach.

And because we're a charity, owned by the community, for the community, you can rest assured that we're here for only you.

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# WELCOME



Welcome to the 2023 edition of the Feros Care magazine – “Happier, Healthier, Better-connected”.

At Feros Care, everything we do is with the intention of keeping our clients happier, healthier and better-connected.

And through the work we do, we know it’s not the big things that make a true difference to a person’s life.

It’s the simple things – like striking up a meaningful friendship with your care worker and mutually supporting each other through difficult times, just like our cover model Jean and her beloved care worker Jenny.

You can read more about their story on page 4, it’s a very touching one.

There are so many stories of joy and kindness that run throughout the lives of so many of our clients. Like Rod from our residential village in Wommin Bay, who says he is the “happiest old man I know” (read why on page 7); or the love shared by Bob and Shirley, who live in Hervey Bay and have been together for over 60 years. They share their secrets on page 14.

There’s so much more to love in this edition as well – including book reviews, exercises, recipes, a movie-themed crossword and so much more.

You’ll find an excerpt from our bereavement guide, a feature from one of our Fearless Film stars, and a very special story featuring two ladies from opposite sides of Australia who became friends online before finally meeting in person.

We’ve also included not ONE but TWO additional pullouts for you to enjoy. Feel free to share the information with friends, family, and everyone who you think might be able to use them or enjoy them.

And if you have a story to share with us – we’d love to hear it. Email us at [marketing@feroscare.com.au](mailto:marketing@feroscare.com.au) and we’ll be in touch.

In the meantime, enjoy!

*Karen*

**Karen Crouch**  
CEO

# LOVE WHERE YOU LIVE:

## Jean and Jenny's story of support, through the good and tough times

86-year-old Jean Morris adores her home. She lives in a unit in Northern New South Wales on the Tweed river, with a view of endless cane fields stretching out in front of her.

Jean loves the birds that visit her every day. She gets up in the morning and watches for the finches, rosellas and swallows. Sometimes she wakes up to a kookaburra, and manages to take a photo on her smartphone before it flies away.

She loves all animals – even the eel who lives in the creek that runs by the house, who she's named Errol. Her own dogs include a great Dane-wolfhound cross rescue, who is big enough to open the doors of the unit and let himself out.

Two of Jean's daughters also live nearby, and she has two other daughters, 12 grandchildren and 14 great-grandchildren, many of whom visit her regularly.

Jean considered going into a residential care village when it became more difficult to look after herself – but her daughters pointed out that it would be much easier to keep up her social life if she stayed in her own home, close to them.

And so Jean's been in her unit for five years. Sometimes she can have up to 12 family members at a time crammed onto her veranda, enjoying the views of the cane fields and the sunshine.

She has been a Feros Care client for just over one year, getting the help she needs via her Home Care Package.

"Three times a week, someone comes to shower me. Once a week, someone comes and cleans. Once a fortnight,

someone mows the lawn and has leaves blown away or weeds pulled out," Jean says.

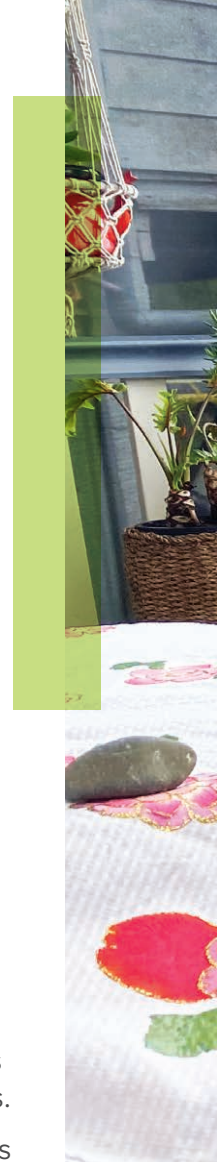
"Everyone who comes to me is like family, especially my care worker Jenny. They make me feel like I want to carry on living, I don't want to go yet."

“Everyone who comes to me is like family, especially my care worker Jenny.”

### THE FLOODS

It hasn't always been blissful living in Jean's unit. She was heavily impacted by the Northern New South Wales floods of March 2022.

Jean evacuated to the upstairs floor of her daughter's house. They took the animals with them – even two macaws, who had to sit quietly in their cage while they waited for floodwater to recede.





Jean's unit was destroyed. The force of the water was enough to pick Jean's fridge up and turn it onto its front. Her armchair was covered in mud, many of her belongings destroyed. They lost some of the horses, along with some of Jean's most precious possessions, like her mother's great aunt's ruby brooch. They saw things float away.

"But you couldn't go out there because the water would be over your head," Jean explains.

Jean's main care worker, Jenny, luckily wasn't impacted by the flooding – but spent days worried about the clients that she knew would be impacted. She finally managed to get back to Jean's unit once roads had cleared.

"I'll never forget the day I came here. I was the first one to come once Jean was able to get a service through."

Jenny got out of the car and had to sit on the ground because she was so heartbroken.

"I called the office and just said – it's Jean, she's lost everything.

"I can remember walking up the stairs and not knowing what to expect. And Jean was just sitting there.

"That was the saddest time."

### **SLOWLY REBUILDING**

Everything in the unit had to be replaced. The bed, the chairs, the table. Jean got all new flooring and a new kitchen, although there were

some challenges with building supplies.

Her grandsons cleaned the house with sugar soap and vinegar. And care worker Jenny was the one who went out and bought Jean all new towels, along with some key things to replace her missing craft items. Buttons, tape, needles.

"That was one of the nicest things," says Jean. "I had so many presents."

"I gave her some wool," Jenny says. "But it wasn't just me, it was the whole family who banded together."

"You are family," Jean interrupts.

The two of them have built a beautiful friendship out of the times they see each other. "I love coming to see Jean, seeing

the animals, having a laugh,” says Jenny.

“We help each other. We know when there’s something on the other person’s mind – we pick it up off the other. We’re pretty in tune.”

Jean agrees. “Because I’m here mostly on my own, I do love company and I like talking to people.”

Once a fortnight, they go to the charity shop in town together. Jean volunteers her time to untangle the wool that is donated. “They’re very nice ladies and give me lunch.”

### **ALWAYS THINKING ABOUT THE GOOD THINGS**

Jean still finds it traumatic to hear rain. She says that she still talks to people and remembers a book or an atlas that she thinks she has – and goes inside just to realise that the bookshelves and wardrobes are gone.

“It’s such a funny feeling, and other people say the same thing, that they think they have something and they find it’s missing.”

“I try to think about the good things that I saved. Just a few weeks ago, we found a little silver box out the front that belonged to my dad, with his seal, that he used to hang on his watch chain. With his initials, W.B.”

She’s lived a long life and seen so much. She lived through the



war in London, watching her mum making bread pudding from stale cake or leftover bread.

“But I don’t like bad things, I like to only talk about good things,” Jean shares. “My grandchildren are always asking me about the war, or to tell them stories.”

“I tell them about how we were taught differently on a blackboard with chalk. I tell them about how we didn’t have phones! I teach them how to play cards, just in the way I was taught. And I make them leave phones at the door so we can play cards with no phones.”

And there’s so much for Jean to still enjoy. Much more time in the sunshine, enjoying the view over the cane fields. All her beloved animals. And of course, company from the people she considers friends and family– including the wonderful Jenny.

“I just want to say thank you, the ladies at Feros Care are wonderful. They really listen to you, they really do.”



### **94-year-old Rod Bartrim is only too happy to speak his truth.**

**A**round one year ago, he made the life-changing decision to move into the Feros Care Residential Village in Wommin Bay, New South Wales.

An ex-cane farmer from Murwillumbah, Rod is bursting with praise for his newest ‘home’ and all the people who live and work there – telling those in the village that he’s the “happiest old man I know”.

Despite his infectious enthusiasm, Rod wasn’t always so complimentary about aged care facilities. In fact, he was strongly opposed to the concept.

“About 20 years ago, I went to a nursing home to visit someone and when I left, I said I will never go into one myself. That’s been my feeling right up until 12 months ago.”

### **A LIFE WELL-LIVED**

Rod grew up on a dairy farm and left school when he was 14 to help his dad and brothers. He became a cane farmer, ending up with more than 200 acres of land to look after.



**TO FIND OUT MORE ABOUT HOW FEROS CARE CAN SUPPORT YOU AND YOUR LOVED ONES, THROUGH GOOD TIMES AND NOT SO GOOD, VISIT: [feroscare.com.au/homecare](https://feroscare.com.au/homecare)**

# THE SECRETS TO HAPPINESS, ACCORDING TO ROD

“By the time I was 60, I sold my farm and retired. I’ve had a good retirement. My wife and I hooked up the caravan and went around Australia – that was a wonderful experience.

“I’ve been so fortunate to have had a lovely wife, and three lovely daughters and a wonderful son.”

Rod was dedicated to his work, family, and his never-faltering faith. He didn’t have a solid social network outside of the church; and after the passing of his beloved wife, he lived alone and didn’t have many friends close by.

“I found I wasn’t a good cook. I got Meals on Wheels to bring food to me, and I was doing okay, except I was falling over and hurting myself all the time.”

## THE CHANGE HE DIDN’T SEE COMING

Rod’s son became increasingly concerned for his dad, as he was struggling with day-to-day tasks and ongoing discomfort due to regular falls.

“My son came to me and said dad, you should be going somewhere where people can look after you, and I thought oh, I can look after myself.”

With a little more coaxing from his son, Rod agreed to take a look at the nearby Wommin Bay Village.

From that very first visit, everything changed.

“I went over and had a look but didn’t think I’d be staying. We walked into a couple of rooms and I said, oh my goodness, this is not like anything I saw 20 years ago. This is a lovely place and yes son, I’ll come here!”

That day completely altered the course of Rod’s story and was the beginning of a fulfilling and joyous chapter in his life.

“The day I walked in to stay, I thought, oh what a wonderful place to spend the rest of my old years. I don’t want to be anywhere else.”

## WHEN FIRST IMPRESSIONS REFLECT REALITY

Rod’s unexpected and immediate enthusiasm for the Village certainly wasn’t misplaced. Twelve months later, he continues to enjoy every single moment and has nothing but praise for the facility and the people around him.

“I haven’t met someone in this place who you can’t say ‘how are you’ with a smile. I’m an old Farmer and after I sat on a tractor most of my life, I didn’t meet many people until I came here. We have good times all the time, and the laughing is out of this world.”

He is also enjoying the many activities on offer, particularly

golf, table bowls, laughter yoga and the visits from his much-loved Pastor from Murwillumbah.

“When I first came here to Wommin Bay, a mate would pick me up each week so I could still go to church, because I don’t drive anymore. But then he got too unwell to drive and I had to stop going, which was a bit sad for me.

“So I decided to ring up my minister – he’s got tattoos and he plays the guitar, which I really love – and he agreed to come and do a service here for us once a month. It’s so wonderful.”

## “HAPPY AS LARRY”

With a cheeky grin, Rod says he’s “happy as Larry”, and couldn’t imagine being anywhere else in the world.

“I can’t be shifted! I love living here and I’m staying for the rest of my life. It’s the place to be if you’re old.”

His final words were ones of gratitude to the Feros Care community who have brought him so much happiness over the last 12 months.

“You’ve helped me in my old age to enjoy life and I would like to thank each one of you very much. I’m so pleased to be here living my last few years with you”.



**FOR MORE INFORMATION ON FEROS CARE'S RESIDENTIAL VILLAGES, GO TO:**  
[feroscare.com.au/residential](https://feroscare.com.au/residential)

# WHEN VIRTUAL FRIENDSHIPS BLOSSOM BEYOND THE COMPUTER SCREEN

Feros Care's Virtual Social Centre (VSC) is an online platform with regular sessions such as book clubs, cooking classes and language lessons. In each session participants can see, hear, and sometimes even speak to each other and the facilitator in real time.



*Carmina (left) meeting Wendy (right) at Carmina's house in Western Australia*

**F**or those who take the plunge and join the VSC, a whole new world of interaction, connection, learning, and support unfolds.

No-one knows this more than Wendy from New South Wales and Carmina from Western Australia. The VSC was the launchpad for their beautiful friendship, which became even more special after meeting each other in person.

The two 'faraway friends' recently met up to enjoy a fun-filled day together in Carmina's hometown. The rest, as they say, is history.

## **EVERYONE HAS A BACK STORY**

Both Wendy and Carmina joined the VSC for similar reasons.

Wendy was particularly down and, like most of us at one time or another, struggling with life. She had lost her husband

and was missing her beloved daughter and granddaughter who were living interstate.

Feeling disengaged and lonely, she reached out to a GP who thought the VSC might help her to reconnect with the outside world.

On the other side of the country, Carmina was experiencing health problems. As an extremely social person, not being able to get out and about was a big blow.



Her daughter heard about the VSC and thought it would be a great way for her to find like-minded people and learn new things while she wasn't able to get out and about.

### COMMON GROUND

Wendy and Carmina decided the VSC was just what the doctor ordered (quite literally in Wendy's case!) and signed on to the platform.

Both avid gardeners, they joined a gardening session to learn new tips and meet fellow garden enthusiasts.

They began chatting and soon discovered they shared more than a green thumb. They both doted on their gorgeous grandchildren and had experienced the death of their life partner.

Further catch-ups during the virtual sessions revealed that Wendy's daughter lived in Perth, only one hour away from Carmina's house in Mandurah.

With this common ground, the two women continued to nurture their relationship, exchanging stories, life experiences, endless laughs, and building a special connection.

One day, Wendy announced that her daughter had invited her to Western Australia to celebrate an upcoming birthday. Excitedly, Wendy told her friend the news and Carmina proposed something neither had expected – a real life meeting!

### WHEN FARAWAY FRIENDS AREN'T FAR AWAY ANYMORE

Carmina, now more mobile, couldn't get to the train station quick enough to pick up Wendy, Wendy's daughter and

granddaughter, and take them all back to her house for morning tea.

"I always call the people I meet and talk to on the VSC my 'faraway friends,' and it's just so incredible that through this platform you can start a friendship... and then you actually get to meet them in person!" says Carmina.

“ I always call the people I meet and talk to on the VSC my 'faraway friends' ”

Wendy echoes these sentiments wholeheartedly, thrilled that they had the opportunity to transform their virtual friendship into a face-to-face one.

"It was just tremendous, and not only did I get to meet Carmina and see her beautiful home, but she met my family – and I even got to meet her neighbour's kids!"

It was immediately evident to both ladies that their one-on-one connection was as special as their online friendship.

"Although I was a bit nervous, as soon as Carmina saw me, she gave me the biggest cuddle and I felt at ease," remembers Wendy. "She is just so welcoming and the loveliest lady you'll ever meet."

Similarly, Carmina was over the moon to discover that "Wendy was exactly the same as I thought she'd be. A really, truly lovely lady who I'm so glad I had the chance to meet."

After morning tea, Carmina took Wendy on a relaxing cruise around the canals, then the two settled into a cafe for lunch and of course, a whole lot more talking.

### A LIFE-CHANGING DECISION

Besides the many beautiful things Carmina and Wendy had to say about each other, they agree how life-changing the VSC has been.

"It has helped my mental wellbeing so much," says Carmina. "I've learned new exercises like Tai-chi and meditation, and I've met so many wonderful new 'faraway friends' like Wendy. I'm very blessed and the VSC is such an amazing thing."

Wendy also believes the platform has had a "huge impact" on her life, and is so grateful to be part of such a supportive community.

"It's been the best thing. It saved me during COVID; got me through that loneliness and isolation. And I've met some fantastic people who I never would have met otherwise."

Wendy is welcome back at Carmina's home any time and of course, Wendy is looking forward to hopefully one day returning the favour.

In the meantime, these two 'faraway friends' will continue to nurture their special bond on the VSC, along with the other invaluable connections they've made.



**INTERESTED IN STRIKING UP YOUR OWN FRIENDSHIP?  
LEARN MORE ABOUT THE VIRTUAL SOCIAL CENTRE HERE:**  
[feroscare.com.au/vsc](https://feroscare.com.au/vsc)



# IT'S NEVER TOO LATE TO START OVER

## HENRI DID IT AT 70

When we think about starting over – starting a new career, picking up new habits, learning new things, moving cities, or countries, or continents – we instinctively imagine someone younger. At the peak of their life, so to speak: with the future stretched out in front of them

In reality, starting over does not have an age limit. Anyone, regardless of the number of candles on their birthday cake, can change their life. Henri Bader is the perfect example. In his Fearless Film documentary, he talks about his life philosophy and all the different ways he's had to adapt to new circumstances throughout his life.

Henri was 70 when he lost his job as a sales manager. While others might have basked in the

opportunity of slowing down and retiring from a lifetime of work, Henri felt like it was the worst day of his life.

"I was young. I was only 70. I didn't feel like I'd come to the end of my working life."

Instead of sitting back and accepting his forced retirement, he decided to move forward – 20 years on, he now manages a macadamia farm of 35,000 trees. But how did he get here?

### THE GOLDEN YEARS HOLD NEW ADVENTURES

Henri is no stranger to starting over. He moved to Australia from South Africa when he was 50 years old: no formal education, no acquaintances. As Henri says, coming from a foreign country isn't always easy, and he had to take on whatever opportunity presented itself and roll with it. As he says, he was prepared to do anything!



“ Achieve one small step within your capability; when you know you can stand on that step, then you can take the next step

During his first 20 years in Australia, he worked primarily in sales, a job he enjoyed and was good at. However, when he was made redundant, a new passion was sparked in him.

“My son asked, ‘Dad, what would you really like to do?’, and I said, ‘I would like to go back to my roots – farming.’” And that’s exactly what Henri did: he bought a farm in the Northern Rivers and got to work.

**LEARNING HAS NO AGE LIMIT**

While Henri came from an agricultural background, he didn’t know the first thing about macadamia trees. So for two years, he worked at the farm during the day and attended TAFE classes at night, learning the art of cultivating macadamia trees.

“Enrolling at TAFE was a bit of an anomaly, but there’s lots to learn about macadamias. It’s not just planting a tree and waiting for something to happen.”

As Henri’s wife Lorraine puts it, starting a new adventure at that stage of their lives was scary. But Henri isn’t one to shy away from a challenge. Instead, he approached macadamia farming with his ‘staircase’ philosophy, which encourages us to break down new or overwhelming things by simplifying the process and taking one step at a time. And Lorraine has supported him all the way.

“Achieve one small step within your capability; when you know you can stand on that step, then you can take the next step,” says Henri.

“That’s the way you progress in life, that’s the principle on which this farm was created.”

It wasn’t just macadamia farming Henri needed to learn. He also had to train his body to cope with the demands of farm life – and so he took up Pilates and has practiced twice a week for over 20 years now.



“Your body is lazy. Your body doesn’t want to do stuff. The less you do, the less you can do,” says Henri.

“My feeling is that you’ve got to push your boundaries, always – intellectually, physically, from every point of view. There are no limitations. A limitation is a figment of your imagination.”

### WHAT DOES THE FUTURE HOLD?

With no plans to retire anytime soon, the future stretches out in front of Henri and Lorraine. When asked where he sees themselves in five years, he only laughs, like someone who has it all figured out.

“We don’t know! But don’t worry about five years, that’s where people go wrong. They worry about five years. What about today? What about tomorrow?”



Fearless Films inspire, challenge, surprise, and entertain us. They are short films about lives lived to the fullest without fear. They amplify the voices of people who are often not heard or listened to, striving for broader and more diverse representation of those who have been pushed to the sidelines. The mission of Fearless Films is to prove that anyone can be fearless – regardless of age or ability.



**LEARN MORE AT**  
**[feroscare.com.au/](https://feroscare.com.au/fearless)**  
**fearless**



**P**amela had been asking to come into the office, and her Wellbeing Manager Russ recently arranged the trip for her.

The team were waiting with treats and flowers for Pamela, who had a grand tour of the office and a great catch-up with everyone she speaks with on a regular basis.

“I love coming in to meet everyone,” Pamela said. “I’m talking to them all the time, so it’s nice to put a face to the people you’re talking to.”

“The team has been very good to me and the services have been wonderful.”

Pamela first learned about Feros Care when she suddenly found herself in hospital after a medical episode that left her heartbeat going at over 200 beats per minute.

“I’d never been sick, never really been in hospital except to give birth to my children.

One day I got up and I couldn’t breathe,” Pamela explained.

“After ten days in hospital, someone came around and asked me if I lived alone. They said that Feros Care could help me. And just before I went home, I was put on a level four Home Care Package. I didn’t know until after I got there what a level four even was.”

Despite being so new to the home care package process, Pamela worked with her Wellbeing Manager to discover all the services available to support her in continuing to live independently.

Pamela moved into a retirement village on the Gold Coast which has services and facilities for residents, such as a hairdresser, pool, arts studio and library.

Feros Care continues to support her with daily care workers, and Pamela met all



# THE FERROS CARE CLIENT THAT INSPIRED INNOVATION

76-year-old Pamela has been a Ferros Care client for 14 years on a Level Four Home Care Package, the highest level of care.

the team members who answer her phone calls, or take care of the rostering of the care workers.

Pamela has also supported us in return over the last 14 years by trialling many of our offerings and sharing her feedback.

This includes the MyFeros client portal, a free online support system for Ferros Care clients, and our Telehealth Remote Monitoring program, which allows clients to keep in regular contact with their health team without having to leave their home.

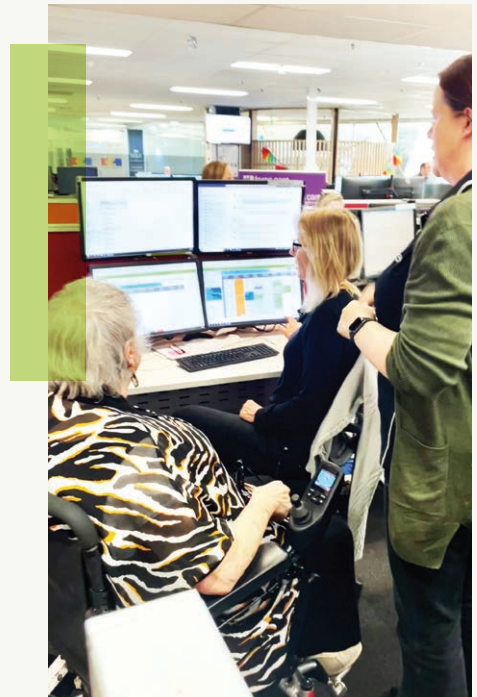
“The whole reason we have the MyFeros portal is because of

Pamela, because she wanted to know who was coming and when, and she would call us every morning,” said Russ, Pamela's Wellbeing Manager.

“She was part of the development process and isn't shy about giving feedback!”

Sure enough, thanks to clients like Pamela, any Ferros Care client can now log onto MyFeros to view upcoming services within their time windows.

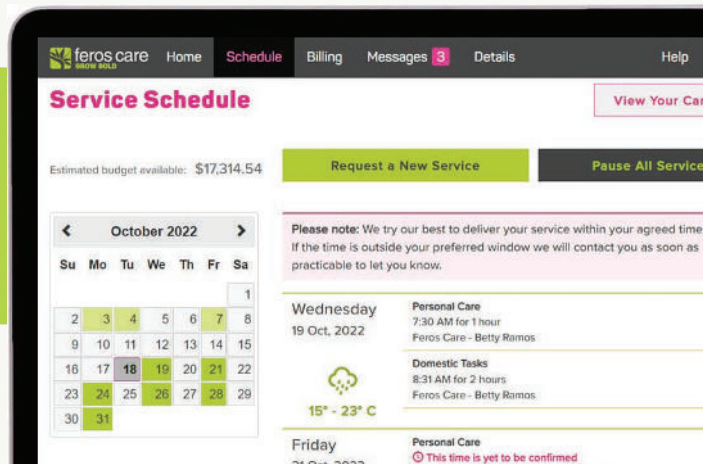
“I just love Ferros, I've trialled a lot of stuff,” Pamela said. “And it's been so nice to come in and put a face to the people you're talking to.”



**GO HERE TO FIND OUT MORE ABOUT OUR MYFEROS PORTAL, WHICH HAS BEEN DEVELOPED IN COLLABORATION WITH CLIENTS TO MAKE LIFE EASIER FOR THOSE ON HOME CARE PACKAGES:**

[ferroscare.com.au/myferos](https://ferroscare.com.au/myferos)

**AS A CLIENT, YOU CAN EVEN BOOK A FREE TRIAL TO GET YOU UP AND RUNNING – BUT BE QUICK, SPACES ARE LIMITED!**



# 60 YEARS MARRIED:

## Bob and Shirley's secrets to successful relationships

**78-year-old Shirley and 81-year-old Bob Jeffery have lived many different lives over the years.**

**T**hey first met when they were teenagers, with Bob working up the road from Shirley as a mechanic. He was so shy that his mates had to dare him to ask her out – and it's lucky that they did, because the two have been together ever since.

Since that day, the two of them have moved 44 times, lived in three different states and raised a family of three boys.

The two of them are now settled in Hervey Bay, enjoying life at home with some help from Feros Care. In 2022, they celebrated their 60th wedding anniversary and featured in their local paper and on Sunrise.

We've asked Shirley and Bob to share their insights on what it means to be in a committed relationship for over half a century. Whether it's sustaining a romantic relationship, maintaining a long-term friendship or keeping happy as a family unit, here are their top tips.

### **A LITTLE BIT OF LAUGHTER GOES A LONG WAY**

The couple moved almost constantly throughout the years when Bob was enlisted in the Royal Australian Air Force, calling everywhere from Cairns to Western Sydney home.

It wasn't easy, uprooting their lives so many times, but the two of them say that they just "took things as they came."

"We used to laugh and say – it was cheaper than going on a holiday," Shirley says. "And then Bob would go away for work, and that was also difficult – at the time, we couldn't afford a telephone, so I wouldn't know where he was, or when he would be back."

**“ We used to laugh and say – it was cheaper than going on a holiday**

The two of them married in 1961. Bob had already transferred to Darwin from Brisbane, and so Shirley was in charge of organising everything; only a last-minute problem meant that things went pear-shaped.

"The caterers were booked for the reception, and at the last minute the government sprung an election, so we couldn't get any alcohol on the day," Shirley says. "It was a stinking hot day, the 9th of December, and we could only have soft drinks. With so many men there, fond of a drink, I've never lived it down."

Sixty years on, the two of them still laugh, thinking back on the fun they still managed to have – even without being able to enjoy a wedding day tippie.

"We went out and decorated what we thought was the wedding car, then we realised that it was a stranger's car – it didn't belong to the bridal party or anyone who was a guest at the wedding, but it was still covered in streamers," Bob chuckles.

### **FIND A COMMON INTEREST AND KEEP AT IT**

Moving from place to place, the two of them had no family support and not a lot of money when facing all the ups and downs of life – and there have been many.

"We grew up very quickly as we had no one to support us," Shirley says. "We had our three





boys, but lost our fourth son. Bob's father also passed away at a young age, unfortunately never got to come to our wedding or see our boys."

But as they say – it was a simpler time back then, and they muddled through, the best they could. "We made sure we did things as a family. We believed in our vows and worked things out as they happened. It's surviving the challenges of life that often brings you together."

Doing things together is something they still firmly believe in. Having moved to Hervey Bay, Shirley and Bob are both in the Fraser Coast Scroll Saw Club Inc. The scroll saw club has a number of members in the area, with each member having their own scroll saw; they sell their wares at local markets and donate the money to Guide Dogs Queensland and the Royal

Flying Doctor Service. Bob has been president of the club for seven years, with Shirley as treasurer.

"It keeps us busy, we put all the work in to see that money going to charity and that's what makes it worthwhile," they say.

#### **ACKNOWLEDGE THAT NO ONE'S PERFECT**

Shirley and Bob say it's important to acknowledge that everyone makes mistakes – it's only human.

"I get so annoyed when couples say, oh we've never had a disagreement," Shirley says. "If we all agreed with everything, it'd be a boring old world. If

we're honest – you can admit that every couple disagrees sometimes, you can't avoid it."

One of their most challenging times was when they moved to Darwin. Due to Cyclone Tracy, they had to live on a ship that was tied up at the wharf.

"We lived on that for almost five months with three sons – a 13 year old, an 11 year old and a nine year old," Shirley says. "It was not a good life. I had no privacy, I'd have to tie a sheet up between our bunks to get changed. You'd find the boys playing two-up with their lunch money. It was a real eye opener."

But every part of the challenge meant working at the marriage. "We never walked away just because it would have been the easier thing to do. We managed on our own and whether we did the right thing or wrong thing, we just fumbled our way through."

Shirley encourages reaching out to your local community in times of struggles, and going beyond just the commitment. "People do live in their cocoon these days, especially with COVID, but we were brought up to look out for your friends and neighbours,"

And of course – they're grateful to Feros Care for the support we offer in keeping them comfortable in their home, including with meal prep, domestic services and the Let's Get Technical program.

"It's all so easy with Feros, they're so communicative," Shirley sums up.



**TO FIND OUT MORE ABOUT HOW FEROS CARE CAN SUPPORT YOU AND YOUR LOVED ONES, VISIT:**  
[feroscare.com.au/homecare](https://feroscare.com.au/homecare)

# YOU RESCUED

## How Short Term Restorative Care makes all the difference for seniors

Faith is the type of person whose name suits her perfectly.

As soon as she became eligible for a Short-Term Restorative Care (STRC) program, she was determined to make the most of the process – and have a little bit of faith along the way.

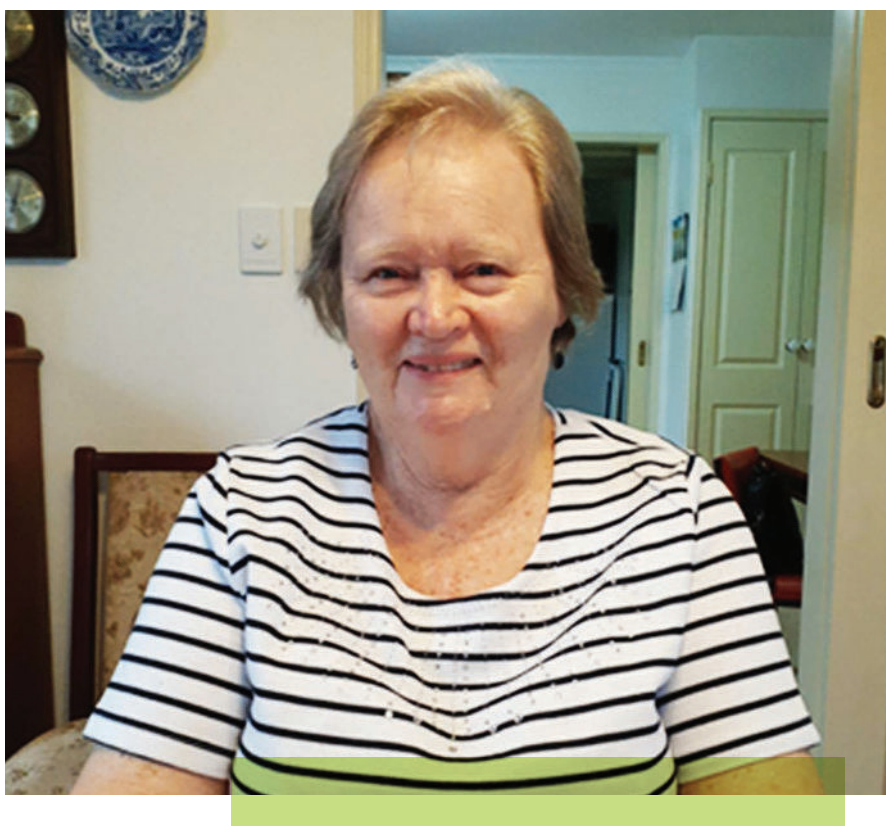
The eight-week program aims to get individuals moving and retain their independence after injury or illness. Faith made such great progress throughout the short program that she had her Wellbeing Manager, Monique, double-checking some of the results in disbelief.

“Faith made such positive improvements in mobility, balance and strength that one task, her sit-to-stand, improved by 225 per cent,” Monique explains. “I had to double check the calculation – but it was right.”

This is how 76-year-old Faith made the very most of her STRC program, and the incredible results she saw.

### A TRICKY HISTORY

For two years, Faith had hardly been able to move. A history involving a car accident and



“Such a positive attitude made her really easy to engage with, and we worked together to nut out the best outcome for her every step of the way

a series of back operations resulted in a lengthy, slow recovery, with incredibly limited mobility and a great deal of pain.

However, she was very keen to sign up to the STRC program and change her life for the better – and Monique knew that Faith was immediately adamant that she would make improvements.

“Such a positive attitude made her really easy to engage with, and we worked together to nut out the best outcome for her every step of the way,” Monique says.

Faith was impressed at the speed with which Monique was keen to get in and sort everything out, and grateful for the assistance offered right away.



# ME

“Monique has been brilliant, you couldn’t get a better person and she got things going as fast as possible,” Faith says. “She is so down to earth and so sensible.”

## FORMING GOALS TOGETHER

The STRC involves extensive goal setting; at Feros Care, we then work together to match the individual with the right care program and experts to help them achieve those goals in a short period of time.

For Faith, it was simple – her husband loved her homemade cakes. But with such limited mobility, she was unable to bake. Even if she did, she would have to get all the ingredients together in the morning before sitting down.

“He would get his cake but in 2 stages, as I’d have to finish mixing it and putting it in the oven in the afternoon. I simply could not stand up long enough,” Faith details.

Monique arranged a physiotherapist for Faith, who came every Monday and gave her exercises to do throughout the week. Podiatry and aids were also taken care of, such as a walker, a shower chair and handrails.

“We found out what I couldn’t do, and we worked on it until I could do it,” Faith sums up.

The difference? Enormous.

“I can not only make a cake in one go now – I can do a slice at the same time!” Faith exclaims.



“My husband was making all our meals. Now I’m making our meals. I can even iron. There’s lots more I can do, whereas I could do nothing before.”

## FAITH’S TOP TIPS FOR SUCCESS

All in all, Faith’s life has improved tremendously from prior to her eight-week program. “You rescued me,” she says simply. “If anything went wrong again, I would immediately contact Feros Care.”

She has some advice for anyone else who thinks an STRC program might be a good fit for

them, but not sure how to make the most of it.

“If you are given help like I have been, do your part,” Faith encourages. “Don’t just depend on other people to do everything for you. Do what they ask you to do even when they’re not there.”

And of course... it’s always important to have a bit of faith.

“Even if you’re in a bad way, you don’t say – poor me. You say, I’m going to get better. Never give up. Just look at me - I know what to do. I keep doing it. And life is absolutely better for it.”



**TO FIND OUT MORE ABOUT SHORT-TERM RESTORATIVE CARE, VISIT:**  
[feroscare.com.au/strc](https://feroscare.com.au/strc)



# REVOLUTIONARY ART EXHIBIT GIVING SENIORS A VOICE

**B**etty Gregory is 91 years old. She's jumped out of a plane not once, but twice – once on her 80th birthday and once on her 85th. She also loves hot air ballooning, tap dancing and performing burlesque.

Joe Feeney is 88. His childhood in a Scottish children's refuge inspired him to become a Westfield Santa. He's been doing it for 16 years and, along the way, donating hundreds of dollars' worth of gifts to kids in need.

92-year-old Kevin made the sport of skipping popular in Australia. He still trains every night, doing weights, sit-ups and squats. He says that you

'don't stop exercising because you grow old, you grow old because you stop exercising'.

Betty, Joe and Kevin are three seniors with three unique, inspirational life stories. But they do have a few things in common. They all know what it's like to feel invisible, and they were all inspired to do something to ensure their stories were seen and heard.

## THE INVISIBILITY

Imagine lining up to pay for something. Everyone is being served around you, but no one seems to see you – or that it's your turn – and you're left standing there.

That's exactly what happened to Joe, one of the participants in 'Visible Me.'

"I waited and waited, then finally mustered up the courage to ask if anybody could see or hear me; it fell on deaf ears," Joe says. "I thought, 'I'm not invisible, am I?'"

Ask any elderly person you know, and they'll have a similar story. Invisibility is a common feeling that the most vulnerable members of our communities can relate to, and yet there's little being done to make seniors feel visible again.

That's how 'Visible Me' was born; the team at Feros Care realised that there were older



Australians with incredible stories to tell, and younger Australians that could really benefit from hearing those stories.

**THE REVOLUTIONARY ART EXHIBIT**

At Feros Care, we work with thousands of seniors every day.

We don't just want people to live. We want people to laugh, to have dreams, to smash stereotypes. And what better way to smash stereotypes than to work with seniors in an artistic photo and storytelling exhibit project?

"We didn't go looking for stories," says Tarnya Sim from


Feros Care. "We went looking for seniors willing to tell their stories, and for society to know the value of these stories. We wanted to give people opportunities to participate and contribute to their own community, while reminding others that seniors should be seen and celebrated."

The result? 29 seniors, aged between 73 to 100, showcased in both digital and physical form through the art exhibition.

One of them is Berenice, an 81-year-old that has lived all over

the world. She has a fondness for adopting monkeys in need, raising a spider monkey in Mexico and a bad-tempered macaque in Malaysia.

"I think it's true that we're not seen, we're not heard, not listened to," Berenice says. "We still have worth; we still have experience on our side... we've done so much we can talk about and should feel very proud of."

 **YOU CAN GO HERE TO VIEW THE VISIBLE ME GALLERY ONLINE:**  
[feroscare.com.au/visibleme](https://feroscare.com.au/visibleme)

# THE MUTUAL BENEFITS OF BEING GREAT COMPANY



Heather (seated) with volunteer Glenys (standing)

There's a lot of talk about volunteering and just how life-changing it can be. But while we know it can have hugely positive benefits on people in need – how about the positive impacts associated with simply being a volunteer?

**H**eather and Glenys are the perfect example, having been matched through Feros Care's "In Great Company" volunteer program 12 months ago – and hitting it off ever since.

#### **WHEN HEATHER MET GLENYS...**

Like many seniors, Heather was lonely. With very limited mobility and few visitors, her day-to-day often proved to be isolating, monotonous, and lacking the 'sparkle' she craved.

About one year ago, Heather found out about In Great

Company, a free volunteer program designed to connect seniors in our community with friendly, enthusiastic volunteers. Heather was placed with volunteer Glenys, and Heather says they liked each other "immediately".

"We have many similarities so there's always lots to talk about and laugh about, and that's so important for someone in my situation."

#### **WHEN GLENYS MET HEATHER...**

Glenys had always planned to volunteer when the time was

right, so when she retired and her circumstances changed, she took the plunge.

Glenys' account of the day they met reflects Heather's sentiments.

"One of the very first things she said to me when I asked her a question was 'that will be fine love', and that gave me a good giggle because we're similar ages, and no-one else our age – or any age actually – calls me "love"!"

This instant connection paved the way for a special friendship which has continued to flourish

and provide life-changing rewards for both women.

### **COMPANIONSHIP AND IMPROVED WELLBEING FOR EVERYONE INVOLVED**

Heather and Glenys describe strikingly similar benefits from the program. Companionship is a huge standout for Heather, highlighting the feelings of comfort she experiences from Glenys' visits.

"It's so nice because we can really talk and sometimes, it's the best thing you can do."

Glenys is also quick to emphasise how much she enjoys the company, and how grateful she is for finding a new friend. Now that she's retired, visiting Heather breaks up her day, provides an opportunity to socialise, and keeps her mind active.

"It benefits us both for many of the same reasons," says Glenys. "Sharing thoughts, experiences and fears helps validate and ease your own concerns and fears of the unknown."

Both women have worked in nursing homes and understand all too well the affect loneliness can have on a person.

"Bad things can happen when you don't have someone to share things with so by us simply having conversations, it helps ward off the likes of anxiety, depression and dementia."

### **THE WARM AND FUZZIES**

Glenys also describes the intrinsic rewards she gains from volunteering, and the 'feel good factor' associated with being part of the program.

"Doing something that people are thankful for and knowing that you are making a difference in somebody's life is extremely rewarding."

"It also provides a sense of purpose and added direction which is motivating and makes you feel good."

Further to this, Heather asked Glenys to write a book about her life to pass down to her family, which adds another dimension to Glenys' sense of purpose. There are also plenty of gratifying stories to tell about her time with Heather. One in particular brings a huge smile to her face.

"Heather asked me to alter the hem on a nighty that was too long, and on another that was too short. So, I took the fabric from the long one and attached it to the short one! She was so appreciative that I was greeted



with a huge bunch of beautiful flowers which was really heart-warming."

### **ADVICE FOR THOSE INTERESTED**

What do both Heather and Glenys have to say to anyone considering signing up for the program themselves, or contemplating becoming a volunteer?

The response was an immediate, unanimous, and enthusiastic: just do it.

**IN GREAT COMPANY IS SEEKING VOLUNTEERS INTERESTED IN HELPING KEEP SENIORS SOCIALLY CONNECTED WITH THEIR ALREADY VIBRANT LOCAL COMMUNITIES AND LIVE BOLDER LIVES!**

#### **The role includes:**

- A laugh, a chat, and giving purpose to someone's life through fun, friendly social visits to a senior client in their own home, offering a listening ear or a helping hand for easy tasks around their home or garden
- Helping a senior connect to their community by ensuring reliable and safe transport, and accompanying them to exciting events and outings
- Sharing interests and hobbies, be it cards, crafting, or cooking, and make a difference in someone's life

Everyone deserves great company. Click here to find out more: [ingreatcompany.com.au/volunteer](https://ingreatcompany.com.au/volunteer)



# WHAT TO DO WHEN A LOVED ONE PASSES A

When a beloved partner, family member, or friend passes away, a rollercoaster of emotions often follows. Feelings such as shock, numbness, sadness, anger, loneliness, disbelief, and many others are notoriously associated with loss, and can be tremendously distressing.

**W**hilst trying to navigate this difficult road, soaring emotions can be compounded further by the 'practical' responsibilities which arise after the death of a loved one. Many people don't know where to start, and a heightened emotional state can overcomplicate the process.

To hopefully make the journey a little easier, here is some important information to help guide you when a loved one first passes away.

## **DEATHS AT A HOSPITAL OR AGED CARE HOME**

Death often occurs at a hospital or aged care home and in these instances, the staff are very experienced at assisting loved ones with the process.

The attending doctor or nurse will take care of officially

confirming the death and issue a Cause of Death Certificate.

## **DEATHS AT HOME, OR AT ANOTHER LOCATION**

This one is a little bit different. If your loved one has died at their home or at another location, you need to call 000 and ask for an ambulance.

Once the ambulance crew arrives, they will contact the police or your loved one's GP. In some cases, a GP will be unable to issue the Cause of Death Certificate, and in this situation the police will attend.

It is a necessary procedure to notify the coroner and prepare a report to establish the cause of death.

## **ORGAN DONATION**

You might like to check if your loved one is an organ donor. If he/she dies in a hospital, the staff can take care of checking this via the Australian Organ Donor Register.

## **WHAT TO DO ONCE A DEATH IS CONFIRMED**

There are a few steps to take once you reach this point, so it's

important to have the personal details of your recently departed loved one ready.

You will likely need the following information when liaising with any organisations or businesses:

- Full legal name
- Date and place of birth
- Home address
- Next of kin

## **IS THERE A WILL?**

It is essential to find out if your loved one had a will, as this will generally (but not always) name an executor and contain other important details.

Often you will already know if a will exists but if not, a simple phone call to their lawyer or accountant will provide the answer.

If there is no will, the next of kin can apply for letters of administration. If you find more than one will, the most recent will revokes any previous will/s made by your loved one.

If you uncover a document that sets out your loved one's wishes and you are unsure whether it is a valid will, it is recommended that you seek legal advice.



# AWAY



## HAS AN EXECUTOR BEEN APPOINTED?

The executor of a will is the individual who has been appointed to carry out the wishes of a person after they die. They settle any debts and organise and distribute any assets as set out in the will.

Finding out who has been named as the executor of a will can be very simple, as their name should appear in the will. This, however, assumes that you have seen the will, or know where it is, which is not always the case.

If your loved one has not left a will, the court generally appoints an executor on their behalf.

## REMOVING AN EXECUTOR

The only way to remove an executor is for the grant of probate to be revoked and a new executor appointed.

A grant of probate is a Supreme Court document that recognises someone's authority to deal with the estate of a person who has passed away.

Removing an executor can be a difficult process. If the person appointed as executor feels

they may be unable to fulfil their responsibilities, generally it is best practice for them to renounce their role as soon as possible.

## HOME CARE SERVICES

When your loved one passes away, any in-home services they may be receiving will stop. This

is important to keep in mind, particularly if the deceased is your partner and you are relying on these services too.

You can contact Feros Care on **1300 763 583** to discuss this further, and we will be able to help ensure you have the appropriate support to live comfortably at home.

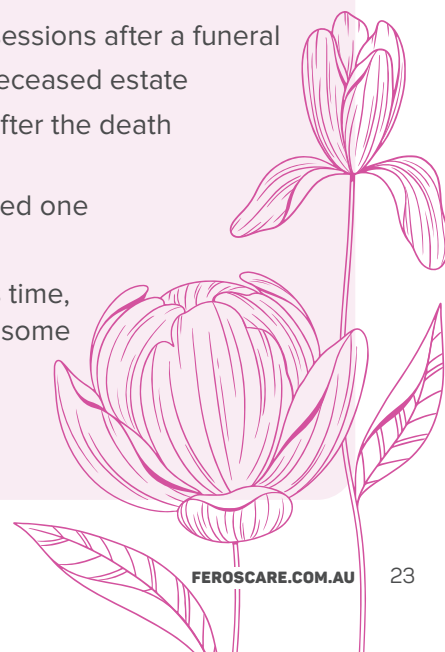
This is an excerpt from the Feros Care Bereavement Guide, which can be found here: [feroscare.com.au/bereavement](https://feroscare.com.au/bereavement)



Download and read it, or go through the website, to find information on the following:

- What to do when a loved one passes away
- Who to notify about a loved one's death
- Arranging a loved one's funeral
- Sorting through a loved one's possessions after a funeral
- A step-by-step guide to selling a deceased estate
- Navigating grief: Tips to help you after the death of a loved one
- Where to find guidance when a loved one passes away

There is a lot to think about during this time, but we hope this information provides some clarity regarding what happens/what needs to happen when a loved one first passes away.



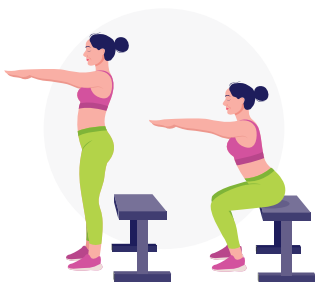
# STAYING ACTIVE IN YOUR HOME

**M**aintaining a healthy lifestyle becomes increasingly important as we age. Regular physical activity has many benefits for body and mind, from maintaining fitness, strength, and balance, to improving your thinking and mood. This can help you continue to do your daily tasks and assist you in living independently for longer, which is always our goal.

There are many ways you can stay active, even at home. Read our tips developed in collaboration with a Feros Care exercise physiologist with experience in supporting people to stay active and well in their own homes. Follow our exercise plan and feel the difference in your physical confidence grow.

## Exercises to follow in your home:

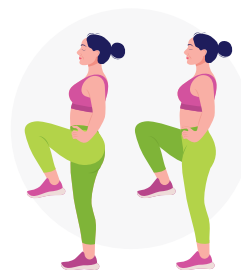
### LOWER BODY STRENGTH



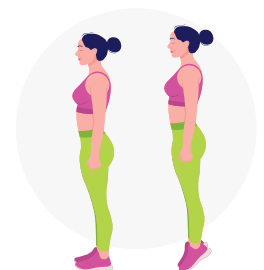
**Sit to Stands**  
x5–10



**Step Ups**  
x5–10 each

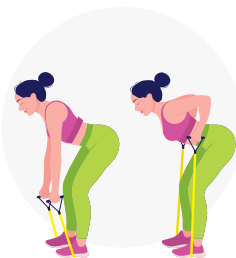


**Marching**  
x10–15 each



**Heel Raises (calf raises)**  
x10–20

### UPPER BODY STRENGTH

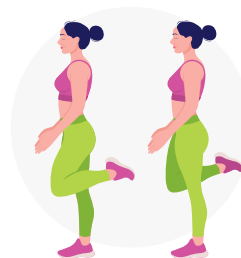


**Theraband Rowing**  
(pulling)  
x10–15

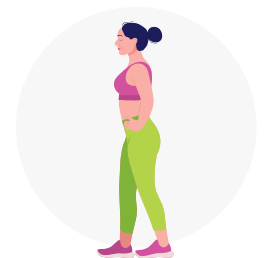


**Theraband Chest Press**  
x10–15

### BALANCE



**Single Leg Stance**  
x20–30 seconds  
each position



**Tandem Stance**  
(heel toe stance)  
x20–30 sec each leg





## Tips for staying active in your home:

### 1 EMBED EXERCISE INTO OR ON THE BACK OF YOUR DAILY TASKS

By making physical exercise a natural part of your day, you are more likely to complete them. For example, while you are waiting for the kettle to boil, do 10 calf raises, or while you are waiting for your toast to pop, balance on alternating legs for 20 seconds. This way you are integrating exercise into your daily life in little snack form.

### 2 WRITE DOWN YOUR INTENTION TO EXERCISE

Studies have shown that when we write down our intention to implement a certain habit, we are more likely to perform it. It's best if details such as day, time, location, and duration are included. For example, 'next Tuesday at 10am I will complete 45 minutes of strength training at my local gym.'

### 3 JOIN FORCES WITH OTHERS AND EXERCISE TOGETHER

Exercising with others is not only good for your physical wellbeing, but it also gives you a social boost. Whether it's friends, family, or others in a group exercise class, you can encourage each other and keep one another accountable. Have a laugh whilst doing so and enjoy the connection with others whilst working towards common goals. Who knows, you might even make new friends while you're at it!

### 4 REWARD YOURSELF FOR GOOD EXERCISE HABITS

At the beginning of your exercise journey, set up a reward system for reaching certain milestones. For instance, when I have attended 10 exercise classes in a row, I will treat myself to dinner at my favourite restaurant. This method helps with overall motivation.

### 5 LIST YOUR EXERCISE GOALS SO YOU HAVE SOMETHING TO AIM FOR

Research shows that writing down your exercise goals makes you more likely to achieve them. They keep you on track and help to see your progress to date. It's important to use the SMART framework to set clear, attainable goals. SMART stands for specific, measurable, achievable, realistic and time bound.

### 6 MOST IMPORTANTLY – MAKE IT FUN AND ENJOYABLE

The less you like exercising, the less you'll do it – a great way of changing this mindset is by making it fun! Find a form of exercise that you actually enjoy engaging in, and you'll be much more likely to continue with it long term. For some it may be a 30-minute walk in the sun, for others it may be completing yoga at home or tai chi in the park. No matter what it is, find enjoyment in it!

# EASY & DELICIOUS






It's hard to come by recipes that are nutritious, easy to make, and budget friendly. With the help of the team from our Feros Care Virtual Social Centre, we've sourced recipes that are suitable for people on a budget, those living alone, and even those on a soft diet.

If you'd like to join a cooking class on the Virtual Social Centre, or simply explore all the different sessions it has to offer, go to [feroscare.com.au/vsc](https://feroscare.com.au/vsc)









## CHICKEN CAESAR SALAD

### INGREDIENTS (serves 2)

-  2 thick slices crusty bread
-  2 tablespoons olive oil
-  1 chicken breast
-  ½ large cos lettuce
-  ¼ cup parmesan cheese
-  1 rasher of bacon

### DRESSING

-  ½ teaspoon crushed garlic
-  1 anchovy, chopped finely
-  3 tablespoons mayonnaise
-  2 teaspoons white wine vinegar
-  1 teaspoon dijon mustard
-  salt and pepper

### METHOD

- 1. For the dressing:** in a small bowl combine the dressing ingredients; garlic, anchovies, mayonnaise, white vinegar, Dijon mustard and salt and pepper and mix well.
  - 2.** Preheat oven to 180 degrees. Cut the bread into small cubes.
  - 3.** Spread over a large tray and sprinkle over 2 tablespoons of olive oil. Rub the oil into the bread and season with salt and pepper.
  - 4.** Bake for 8–10 mins, turning the croutons a few times during cooking so they brown evenly.
- Meanwhile;** cut lettuce into pieces and put into a large bowl and add parmesan cheese and croutons.
- 5.** Cut chicken into strips, cook in a sauce pan over medium heat. Remove and set aside on a plate.
  - 6.** In the same sauce pan cook bacon until crispy, remove and cut into pieces.
  - 7.** Add chicken and bacon to bowl. Add dressing and mix gently with tongs. Serve in bowls.



## GRILLED FISH & COUSCOUS SALAD

### INGREDIENTS (serves 2)

-  ½ cup couscous
-  2 pieces of white fish
-  1 cup shredded carrot and beetroot
-  ½ red onion finely sliced
-  1 teaspoon grated ginger
-  ½ orange peeled and sliced thinly
-  1 tablespoon mint leaves chopped
-  2 tablespoons apple cider vinegar
-  1 teaspoon honey
-  1 teaspoon wholegrain mustard

### METHOD

1. Put couscous in a bowl add 1/2 cup of boiling water into the bowl, stir, cover and allow to stand for 5 minutes. Fluff with a fork to separate the grains.
2. Add carrot, beetroot, ginger, onion, and mint to a large bowl and mix with couscous.
3. **To make the dressing:** Mix honey, mustard and apple cider vinegar in a small bowl. Pour over salad and mix well.
4. Season fish with cracked pepper. Add a small amount of oil to a non-stick frying pan and set over high heat.
5. Cook fish for 2 minutes each side, or until lightly browned. Fish should be white all the way through.
6. Divide couscous salad between two plates and place one piece of cooked fish on each plate.



## LAKSA WITH CHICKEN & TOFU

### INGREDIENTS (serves 2)

-  75 grams vermicelli noodles
-  2 teaspoon peanut oil
-  100 grams chicken
-  ½ jar Five Tastes Laksa Paste
-  ½ cup sliced vegetables
-  200ml coconut cream
-  1 teaspoon fish sauce
-  1/2 teaspoon sugar
-  50 grams firm tofu
-  Fresh coriander and chilli









### METHOD

1. Place Vermicelli noodles in a bowl and cover with boiling water. Soak until noodles soften and break apart. Drain water and divide into serving bowls.
2. Slice vegetables and chicken. Cut Tofu into small cubes.
3. Heat peanut oil in a wok, cook sliced chicken, remove and set aside.
4. Reduce heat and add 1/2 jar laksa paste, cook for 1 minute.
5. Add vegetables
6. Add coconut cream, 1 cup water, fish sauce and sugar. Simmer for 5 minutes until vegetables are tender
7. Add tofu and cooked chicken. Heat for 2 minutes.
8. Ladle soup over noodles and serve topped with coriander and fresh chilli.



## BANANA BREAD

### INGREDIENTS (serves 8)

-  1 cup self-raising flour
-  ½ teaspoon ground cinnamon
-  ¼ cup brown sugar
-  2 bananas, mashed
-  65g butter, melted
-  1 egg
-  2 tablespoons milk
-  ½ teaspoon vanilla extract







### METHOD

1. Preheat oven to 180 degrees.
2. Spray loaf tin with oil and coat lightly with flour.
3. Peel bananas and place in mixing bowl. Take a fork and mash banana against the side of the bowl.
4. Add, egg, milk, vanilla and melted butter. Mix well to combine.
5. Add flour, cinnamon and sugar. Mix well.
6. Add batter to tin and bake for 30 minutes.



## PINEAPPLE UPSIDE-DOWN CAKE

### INGREDIENTS (serves 8)

-  440g can pineapple slices in juice
-  1/3 cup firmly packed brown sugar
-  90g butter, softened
-  ½ cup caster sugar
-  2 eggs, lightly beaten
-  1 ¼ cups self-raising flour

### METHOD

1. Preheat oven to 180°C/160°C fan-forced. Grease a 6cm-deep, 20cm (base) round ring pan. Line base with baking paper.
2. Drain pineapple, reserving 2 tablespoons of juice. Cut pineapple slices in half.
3. Sprinkle brown sugar over base of prepared pan. Arrange pineapple, just touching, over sugar.
4. Using an electric mixer, beat butter and caster sugar for 3 minutes or until light and fluffy. Add eggs, 1 at a time, beating after each addition.
5. Add flour and reserved pineapple juice. Stir to combine. Spread mixture over pineapple. Bake for 35 to 40 minutes or until a skewer inserted in cake comes out clean. Stand in pan for 5 minutes. Turn out onto a wire rack to cool. Serve.








## APPLE AND BERRY CRUMBLE






### METHOD

1. Preheat oven to 160 degrees fan-forced.
2. Combine apples, juice, sugar and water in small saucepan over low-medium heat.
3. Cook, stirring until apple is slightly softened add berries stir until warm.
4. To make the crumble, combine the flour, sugar, oats and butter in a bowl.
5. Use your fingertips to rub the butter into the flour mixture until the mixture resembles breadcrumbs.
6. Transfer apple and berry mixture into a small ovenproof dish, draining off most of the liquid. Sprinkle with crumble mixture.
7. Bake for 20–25 minutes or until golden.  
Serve warm with ice-cream or whipped cream

### INGREDIENTS (serves 2)

-  1 apple peeled and diced
-  ¼ cup frozen berries
-  3 teaspoons lemon juice
-  3 teaspoons caster sugar
-  1 tablespoon water

### CRUMBLE

-  2 tablespoons plain flour
-  2 tablespoons caster sugar
-  2 tablespoons rolled oats
-  30g butter chopped
-  Ice-cream or whipped cream to serve



IF YOU'D LIKE TO JOIN A COOKING CLASS ON THE VIRTUAL SOCIAL CENTRE, OR SIMPLY EXPLORE ALL THE DIFFERENT SESSIONS IT HAS TO OFFER, GO TO: [feroscare.com.au/vsc](https://feroscare.com.au/vsc)

# NEED SOMETHING NEW TO READ?



Reading books has many amazing benefits – it reduces stress, strengthens your brain, alleviates depression symptoms, helps prevent age-related cognitive decline, and may even help you live longer. But if you are stuck for inspiration, it can be overwhelming to jump back into reading, with so many old classics and so many exciting new releases.

Our list of book recommendations has something for everyone: whether you like fiction, non-fiction, drama, or romance, we've got you covered. Take your pick, you can only benefit from it!

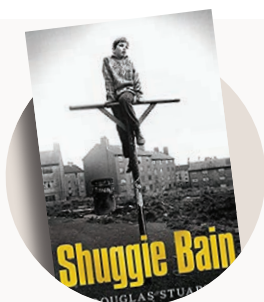
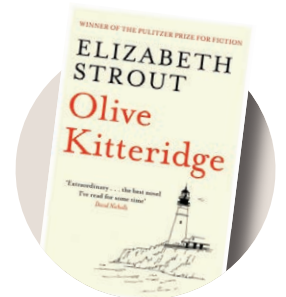


## **THE SALT PATH** by Raynor Winn

The Salt Path is a moving, inspirational account of how Winn, at the age of 50, found herself homeless, income-less, with a husband who had a terminal illness – and decided to hike the 630 mile (or 1,010km) long South West Coast Path. This memoir documents the couple's struggles, their small victories, their aches and their joys in the most unforgettable way.

## **OLIVE KITTERIDGE** by Elizabeth Strout

New York Times bestselling author Elizabeth Strout binds together thirteen rich, luminous narratives into a book with the heft of a novel, through the presence of one larger-than-life, unforgettable character: Olive Kitteridge. It is through Olive that the reader gets to see how a community is knitted, and what sort of things it takes to have it unravel, and through Strout's writing that the fictional town of this book comes to life.



## **SHUGGIE BAIN** by Douglas Stuart

This Scottish debut chronicles the life of young Shuggie Bain and his family in 1980s working class Glasgow. As the family struggles with poverty, addiction, and a life on benefits, Shuggie grapples with his own demons in a place and time where no one else is like him. This incredible debut shows the reader just what it is love can do – and what it is even love can't save.

## **NINE DAYS** by Toni Jordan

As the title would have you believe, this novel takes place across nine days, following nine different yet related characters on a day of their lives in Melbourne. The nine days span from 1937 to 2006, revealing an intertwined family history of love, loss, struggle and triumph. This is a beautiful meditation on nine ordinary days that create an extraordinary family history.





### **THE MIDNIGHT LIBRARY** by Matt Haig

Between life and death there is a library, and within that library, the shelves go on forever. Every book provides a chance to try another life you could have lived. To see how things would be if you had made other choices... Would you have done anything different, if you had the chance to undo your regrets? This inventive novel is about all the choices that go into a life well lived, making you think about paths not taken.

### **THE DRY** by Jane Harper

A small town hides big secrets in this atmospheric, page-turning debut mystery by award-winning author Jane Harper. Written beautifully, this novel is steeped in suspense as the protagonist reluctantly returns to his hometown for the funeral of his childhood friend, unearthing secrets new and old in the process.

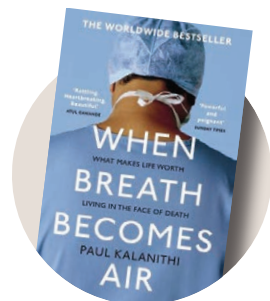


### **THE YIELD** by Tara June Winch

This book is a conversation between past and present, between grandfather Poppy and granddaughter August, that explores what it means to leave the place you belong. Profoundly moving and exquisitely written, Tara June Winch's The Yield is the story of a people and a culture dispossessed. But it is as much a celebration of what was and what endures, and a powerful reclaiming of Indigenous language, storytelling and identity.

### **WHEN BREATH BECOMES AIR** by Paul Kalanithi

This is a fascinating memoir by a young neurosurgeon faced with a terminal cancer diagnosis who attempts to answer the question 'what makes a life worth living?' When Breath Becomes Air is an unforgettable, life-affirming reflection on the challenge of facing death and on the relationship between doctor and patient, from a brilliant writer who became both.



### **WHAT ALICE FORGOT** by Liane Moriarty

Best known for her novels Big Little Lies and Nine Perfect Strangers, Liane Moriarty's highest rating book is actually one called What Alice Forgot. It is women's fiction at its best, an intriguing story about a woman named Alice who bumps her head and forgets 10 years of her life. With effortlessly easy writing, this is a real page turner.

### **LOVE STORIES** by Trent Dalton

Trent Dalton, one of Australia's best-loved writers, went out into the world and asked a simple, direct question: 'Can you please tell me a love story?' Inspired by a personal moment of profound love and generosity, Dalton wrote a warm, wise, poignant, funny and moving book about love in all its guises, including stories, observations and reflections.



# WORD SEARCH



**What makes you feel happier, healthier, better-connected?**

F U C N I V B O W L S F B V A  
 U Z X Y W R S C H Z N O P Y X  
 G S I E C T C M K C A V O E J  
 N D N O E L R W K T J G M M G  
 I Z O P S R I B I F A V O S V  
 N G I X E L Z N L G V J V Q W  
 E N T S E R G O G N F C I C A  
 D I A F X R G O B I W O E Y L  
 R D T W U Q X W O H O O S L K  
 A A I D F N I G O S O K C I S  
 G E D Q L O V E K I D I J M U  
 Y R E Y G E V L S F W N C A J  
 O M M G N I K A B S O G U F U  
 I U P I H S D N E I R F U V V  
 J E X E R C I S E V K T I I G

BAKING  
 BOATING  
 BOOKS  
 BOWLS  
 COOKING  
 CYCLING  
 EXERCISE  
 FAMILY  
 FISHING  
 FRIENDSHIP  
 FUN

GARDENING  
 GOLF  
 LOVE  
 MEDITATION  
 MOVIES  
 PETS  
 READING  
 REST  
 WALKS  
 WOODWORK  
 YOGA

# SUDOKU CHALLENGE

## EASY

	7			2			4	6
	6					8	9	
2			8			7	1	5
	8	4		9	7			
7	1						5	9
			1	3		4	8	
6	9	7			2			8
	5	8					6	
4	3			8			7	

## MEDIUM

2							6	9
	5				3			
1	7				9	4		5
		3		2	5		1	8
				4				
7	2		3	8		5		
5		2	6				4	1
			5				7	
	6	7						3

## HARD

		1	3		2			
		3			7		4	5
		7						9
		6	5				7	
2								1
	9				1	4		
5							9	
6	1		2			8		
			9		8	5		

4	3	5	8	6	9	7	1	2	4	8	3	7	9	5	6	2	1
1	5	3	7	9	4	2	7	6	8	1	9	2	7	6	3	4	5
6	9	2	4	8	7	1	5	3	6	4	7	8	9	1	2	3	5
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8	4	6	8	5	9	6	9	8	1	5	7	4	6	3	2	9	7
5	8	4	6	9	7	1	2	3	6	4	3	9	2	5	7	1	8
2	4	8	6	3	7	1	5	9	8	6	7	1	5	4	3	2	9
3	6	1	7	5	4	8	9	2	9	2	3	8	6	7	1	4	5
8	7	5	9	2	1	3	4	6	4	5	1	3	9	2	7	8	6

SOLUTIONS:



# CROSSWORD



## ACROSS:

- Orson Welles stars in this 1940's drama, Citizen \_\_\_\_\_ (4)
- Marlon Brando 'could have been a contender' in this film, On the \_\_\_\_\_ (10)
- Peter Fonda and Dennis Hopper star in this 60's classic \_\_\_\_\_ Rider (4)
- According to this famous movie, what do Gentlemen prefer? (7)
- In this film Gregory Peck and Audrey Hepburn go on a Roman \_\_\_\_\_ (7)
- A film where Ingrid Bergman's character has a husband who is trying to make her think she's insane (8)
- Gregory Peck plays Atticus Finch in this film To \_\_\_\_\_ a Mockingbird (4)
- An Elvis classic \_\_\_\_\_ Hawaii (4)
- An American Western starring Gary Cooper, High \_\_\_\_\_ (4)
- Sidney Poitier stars in this 1960's film To Sir, with \_\_\_\_\_ (4)

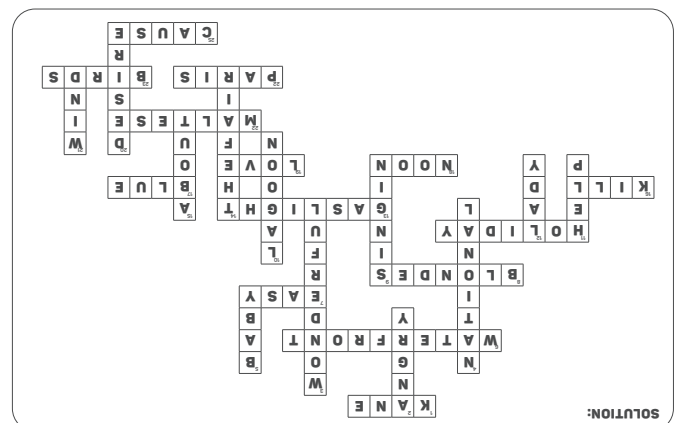
- In this film, Humphrey Bogart plays a private Detective. The \_\_\_\_\_ Falcon (7)
- In Casablanca what will Rick and Isla 'always have'? (5)
- A feathery, famous Alfred Hitchcock thriller, The \_\_\_\_\_ (5)
- James Dean starred in this 1950's coming of age film. Rebel without a \_\_\_\_\_ (5)

## DOWN:

- A 1950's courtroom drama starring Henry Fonda. 12 \_\_\_\_\_ Men (5)
- It's a \_\_\_\_\_ life in this famous Christmas movie. (9)
- Elizabeth Taylor stars in this movie from the 1940's \_\_\_\_\_ Velvet (8)
- Roman Polanski's psychological horror film, Rosemary's \_\_\_\_\_ (4)
- In this film, what are Gene Kelly and Debbie Reynolds doing in the rain? (6)

- A horror film, Creature from the Black \_\_\_\_\_ (6)
- Ringo Starr finds himself the human sacrifice target of a cult in this 1960's film (4)
- Eliza Doolittle and Henry Higgins are the main characters of this film, My Fair \_\_\_\_\_ (4)
- If you were going to meet Judy Garland in St Louis, where exactly would you meet her (3,4)

- Bette Davis plays Margot Channing in this 1950's drama, All \_\_\_\_\_ Eve (5)
- The character Stanley Kowalski famously yells the name 'Stella' in this film, A Streetcar named \_\_\_\_\_ (6)
- Clark Gable, frankly doesn't 'give a damn' in this film. Gone with the \_\_\_\_\_ (4)



# WE'RE ON A MISSION.

## Here's how you can help.

**Feros Care has been working with communities for over 30 years, helping older Australians and people with disability to live healthier, happier and better-connected lives.**

We continue to be inspired by George Feros, who took a bell to the streets of Byron Bay in the 1980s to raise money to help the vulnerable.

In his name, thousands of people continue to receive support, care and friendship every year. And as a registered charity, people ask us every day – “How can we help?”

### **SUPPORT OUR WORK IN CHANGING LIVES**

Over the last three decades, we've come to understand just how important it is for us to develop impactful social programs to support those who are lonely.

Connecting with others and our communities is as vital for our health and happiness as the air we breathe. Devastatingly, chronic loneliness and isolation is a way of life, with one in four Australians identifying as lonely.

Together, we can change that, and we've made it easy for you to support our work. Whether you'd like to make a donation, fundraise on our behalf, partner with us as an organisation or volunteer your time, putting your name to the work of Feros Care will impact the lives of others for years to come.



**Find out more or donate now – [feroscare.com.au/howtohelp](https://feroscare.com.au/howtohelp)**

### **WHY DONATE?**

A donation helps us to implement and scale impactful programs, bringing hope to Australians unnecessarily grappling with loneliness.

You can make a one-off donation now. Or go easy on your wallet and budget a recurring donation instead. It's easy, efficient and what's more, every month, someone will feel less lonely – all because of you.

We are a registered charity with Deductible Gift Recipient (DGR) status, which means you can receive a tax deduction for all donations over \$2.

And if you're unable to donate right now, here are some other ways you can help.

### **In Memoriam Giving**

Remember a loved one, or be remembered, by giving a financial gift to bring hope and friendship to someone else.

### **Gift In A Will**

By leaving a gift to Feros Care in your Will, you can leave a personal legacy that will help to reduce loneliness for generations to come.

### **Donate Your Time**

For lonely seniors, your time could be the most precious gift you can give. Find out how wonderful it feels by joining Feros Care's volunteer companionship program, In Great Company.





#### CASE STUDY

## 1000 NOTES OF FRIENDSHIP

The '1,000 Notes of Friendship' campaign was launched because we wanted to impact 1,000 lives and let seniors know they matter.

We quickly reached our 1,000 target – but the feedback has been so amazing from seniors and their new pen pals that we don't want it to stop. Our letter writing program is now here to stay.



*I received the card and my daughter read it to me. We found the card very touching. This card was extra special because it was signed by Darlene. My daughter passed away when she was quite young with cancer and her name was also Darlene. Brought tears to my eyes.*

ALICE FROM HUNTER VALLEY NSW



*The only person I see is my carer Terre, so I was very touched by the letter I received. I read the letter to all my online colleagues from the Virtual Social Centre.*

KRISTINE FROM CESSNOCK NSW

This is just one of many programs that we're able to run through the support of our community. Write your own note of friendship or find out more about how to support: [feroscare.com.au/howtohelp](https://feroscare.com.au/howtohelp)



# THE REFORM HUB

Keeping you  
updated on changes  
to aged care

The Australian Government is in the process of rolling out reform across both residential and in-home aged care. This reform has been prompted by the recommendations from the Royal Commission into Aged Care, and will see changes happening to aged care over the coming months and years.

At Feros Care, we've already been preparing for this change for some time. We're here to give you easy-to-understand information every step of the way, ensuring a smooth transition to the new system.



**FIND OUR REFORM HUB HERE:**  
[feroscare.com.au/agedcarereform](https://feroscare.com.au/agedcarereform)

