

theGoodLife

Issue 3 2023

Culture, community, connection

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the GoodLife

Issue 3 2023

Welcome to the latest edition of *The Good Life*. In this edition we explore the importance of culture and the role it plays in supporting our wellbeing and connections to our communities. 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*.

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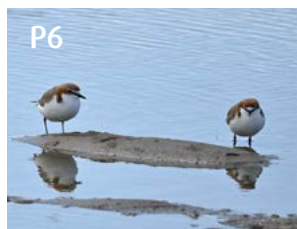
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IRT Customer Promise

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.

Connection through culture



Welcome to the final edition of *The Good Life* magazine for 2023.

As the end of the year draws near, we may be reminded of traditions and beliefs that were part of our past or continue in our lives today. These customs, values and experiences form part of our culture – and whether you can easily describe your culture or it's a little more vague, we each have a culture that helps define who we are and connect us with others in our community.

To understand more about our culture's essential role in how we see and interact with the world, *The Good Life* spoke with University of Sydney PhD candidate Sally Day. Sally explains that it is vital for each of us to maintain our connection to our cultural heritage and practices as we age to keep us connected to our community. This continued connection helps us to ensure we continue to feel seen, understood and valued, which directly impacts our mental and emotional wellbeing.

As part of the feature, some of our residents share their experiences and understanding of culture – one who shares her story of embracing new cultures when she moved to Australia from France and met her Italian husband, and another who highlights the important role food plays in

passing cultural traditions down through the generations.

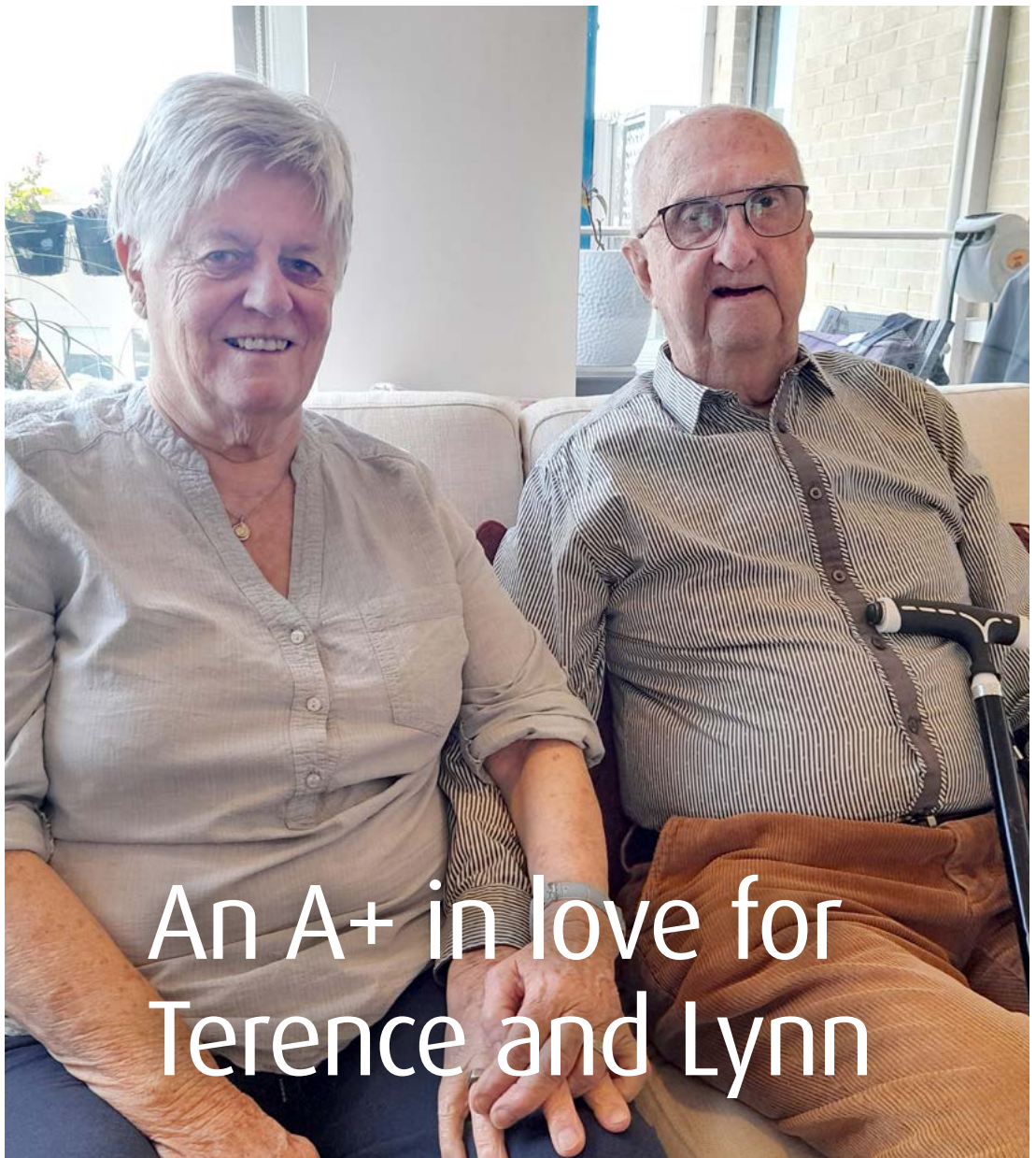
In our news section, we share the love story of IRT Kangara Waters residents Terence and Lynn O'Brien (pages 4 and 5); we learn more about Ulladulla High School students building intergenerational connections with residents at IRT Sarah Claydon through the relaunch of the My Story Matters program (page 12); and we check out the 'history wall' that IRT Diment Towers resident Rhonda Wykes has been putting together over the past few months (page 13). The out and about section shares some great stories from many of our communities, and our down in the garden section is a bumper edition as we bid farewell to regular columnist and IRT Maintenance Gardener Brian Wardhaugh who is heading for the green pastures of retirement.

As this year comes to a close, I wish you the very best for the festive season and here's to a bright 2024.

Patrick Reid

IRT CEO





An A+ in love for Terence and Lynn

IRT Kangara Waters residents Terence and Lynn O'Brien have been married for 41 years.

At 87 years of age, IRT home care customer and IRT Kangara Waters resident Terence O'Brien (known as Terry by his family and friends) has a spirited approach to life, even jokingly

remarking about having a few falls lately, "even when I am sober."

Terry and his wife Lynn moved into IRT Kangara Waters not long after its official opening in 2009 and appreciate the

resort-like facilities available in the village. "The first residents here at Kangara moved in nine to 10 months before us, but we're the original residents in this apartment," says Lynn.

"The home care staff take Terry

out [from Kangara Waters] and to the hydrotherapy pool five times a fortnight which he loves," says Lynn. "Though he's not a swimmer – he can do backstroke."

"I'm a floater!" laughs Terry.

Terry grew up in Berridale, near Jindabyne and recalls his ability to float came about through rather unusual means.

"I learnt to swim in the Snowy River," says Terry. "My father would take me down and throw me in the water, then go for a drive up the road to his brother who owned the pub there.

"While I'm trying not to drown in the Snowy River and floating down towards Victoria they're up there talking about whatever they're talking about! I learnt to survive very quickly!"

Lynn was born and raised in Helensburgh (near Wollongong) and attended a Catholic boarding school in Moss Vale.

So, how does a boy from the Snowy Mountains meet a girl from the Illawarra?

"We were both teachers, teaching at different schools in Canberra," explains Lynn. "I was upgrading my qualifications and attended a course called Teacher Effectiveness Training, and Terry was asked by his principal to go to the course too.

"Terry wandered along and we met and we found out we lived

in the same suburb, so he used to bring me every Monday night across to Manuka [to the course]."

"That's where the flame was lit!" says Terry.

Before he met Lyn, Terry spent two years as a teacher in the Solomon Islands.

“
I’d try and play by
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the piano.”

Terry

“
I’ve never seen
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and we’ve been
married for 41
years! ”

Lynn

"In the Solomon Islands you wore a floral skirt called a lap-lap with pins to make sure you kept your skirt respectable," explains Terry. "In the middle of the day you'd have a long siesta, change your lap-lap and then go back to class, but you wouldn't expect too much activity because the kids would be going to sleep, drowsing off!

In his days as a high school teacher, Terry taught a number of subjects including English, religion and music.

His passion for music extended beyond the classroom to his own musical abilities on the piano.

"I fiddled on the piano, much to my parents' disgust! My mother played piano and my father played the violin, but I would be playing more modern songs from the 1930s and 1940s and they didn't appreciate my hilarity.

"I'd try and play by ear – if I heard a song, I'd try and improvise it on the piano."

Though according to Lynn, Terry has kept his musical talents close to this chest.

"I've never seen him play piano and we've been married for 41 years!" says Lynn.

After busy careers and busy family times, including raising four children, Terry and Lynn have tried to keep life a little easier in retirement by moving to IRT Kangara Waters and taking up IRT's home care services – in fact Terry joked that the Home Care team "... have raised Lynn's forehead – there are not so many furrows on it now."

Although, with five grandchildren and another one on the way it sounds like there's still plenty of busyness around the O'Briens!

Rod's hobbies for happiness



IRT Birch Villa resident Rod Marsden (pictured above) is a busy man. From collecting comic books to writing his own novels, short stories and plays, to photography, Rod has no trouble filling his days. After reading *The Good Life's* feature on hobbies (Issue 2, 2023), Rod was keen to share why he enjoys his creative outlets.

"I've been a long-time fan of comic book art and storytelling – comic books have been a part of my life since the 1960s. My collection is extensive, for which I will not apologise!

"I have mostly American comics in my collection but I also have a small number of Australian horror comics drawn, inked and coloured by Melbourne artists Steve Carter and Antoinette Rydyr

(known as S.C.A.R.), some of which have also been published in the USA.

"My all-time favourite comic book writers are Stan Lee (*Fantastic Four*) and Marv Wolfman (*Tomb of Dracula*), and my all-time favourite comic book artists are Jack Kirby (*Captain America*), Steve Ditko (*Spiderman*) and Gene Colan (*Tomb of Dracula*). These artists are all different in their approaches to their art.

"Jack Kirby is known by both Marvel and DC readers for his bold, in-your-face style. Steve Ditko, whose style was more subtle than that of Jack Kirby, took a scrawny teenager and turned him into Spiderman, a superhero. Since I was a scrawny teenager when I picked up my first Spiderman comic and I had an interest in science, it all fitted nicely into place for me.

"Gene Colan is best known for his work on *Tomb of Dracula*, an award-winning comic book series of the 1970s. He took the fog of London and played with it with Dracula's ability to take on a misty form.

"The American comics in my collection give a history of the USA from the 1930s to the present in fictional stories and art. By history I mean the way Americans see themselves and others over the decades. My collection covers World War II, the Korean War, the Vietnam War and the difficult road to peace with Russia and communist China.



Rod's comic book collection features mostly American comics along with a small number of Australian horror comics.

"Many of the early masters of comic books were second generation Americans with European family members still in Europe, and many also joined the military. Jack Kirby, for example, was Jewish and signed up to fight in World War II as soon as he came of age to do so. Stan Lee was in the Signal Corps and Gene Colan was also part of the military during the Second World War.

"Another of my interests is photography, which I took up while working for the railways. I discovered a lot of excellent street art and gave the best of the photos I took of this urban phenomenon to Wollongong Library. Some street art has since been painted over, leaving my photos as a reminder of teenage artists with a wild sense of humour.

"My interest in photography got me involved with the Illawarra Birders, a friendly group of local twitchers [bird watchers].

"One hassle in being a birding photographer is that there happens to be a magpie who has it in for me every spring and summer! What did I ever do to that swooping villain?!

"In August this year I went to Darwin and, thanks to the abundance of wildlife, went camera happy. I came across brolgas, whistling kites and black-necked stalks. It was

entertaining to watch these long-necked darters who spear fish with their beaks. In order to swallow the fish, however, they have to toss it up in the air. While they are doing so a nearby whistling kite might be looking for his chance to swoop down and steal the fish!

"I also love to write. My short stories have been published in anthologies in the USA and Canada. I also have my published novels, *Desk Job*, which is my salute to Lewis Carroll, and *Dragon Queen*, which is available at Wollongong Library.

"The local fame I have as a writer comes from my short plays when they have appeared in theatres in Cronulla, Sydney and Coniston. My play *Talk to the Hand* was very successful at Coniston where the audience laughed where I thought the dialogue would be humorous, which was reassuring!

"Right now a short play I wrote about growing old, *Per Chance to Dream*, has been shortlisted for inclusion at a theatre in Sydney. I'm not sure at this stage whether it will be shown but it's good to have it short-listed.

"I plan to get more short stories and novels out, and I also hope to do more with local theatres."

Thanks to Rod for his contribution to *The Good Life* magazine. He will receive a \$25 gift voucher.

Rod is a keen photographer who enjoys photographing wildlife, especially birds. This is his photograph of a whistling kite taken during his recent trip to Darwin.



Giving hope this Daffodil Day



IRT Peakhurst staff members Natalie Bryant (left) and Fatima Kalsoom got into the spirit of things at the Daffodil Day fundraiser in August.

You would have been forgiven for thinking that spring had arrived early at IRT Peakhurst when residents and staff turned out in support of Daffodil Day in August.

The retirement village was positively golden as residents and visitors were encouraged to wear yellow and buy a tasty treat or two to raise money for the Cancer Council.

The organising team, led by IRT Area Manager Retirement Villages – Sydney Donna Thomson, included members of IRT's home care and lifestyle teams as well as some resident volunteers. 'Team Peaky' sold a range of delicious cakes and slices as well as tea, coffee and cold drinks, while the IRT Peakhurst Cobbers Men's Group helped to cook a crowd-pleasing barbeque.



IRT Peakhurst residents enjoyed some delicious treats as part of the Daffodil Day fundraiser.

Donna says supporting Daffodil Day holds personal significance.

"A close family member lives with stage 4 kidney cancer, so that was my motivation," says Donna. "I do a personal fundraiser each March and decided it might be nice to do a community event at work and raise some extra funds that way.

"We also have many residents who have had or have cancer so it's a cause that was close to their hearts too."



IRT Peakhurst residents Martin Simmons and Joan Johnson were all smiles for Daffodil Day.

Over \$1400 was raised through the Daffodil Day event which has been donated to the Cancer Council to support advancements in life-saving cancer research. The Peakhurst team is now starting to think about how to make next year's event even more successful.



Jim Traves (left) and Ray Bowman in the refurbished IRT Macarthur Retirement Village vegetable garden.

A plant-tastic new veggie garden for IRT Macarthur

The hearts of green thumbs at IRT Macarthur 'skipped a beet' when residents Ray Bowman and Jim Traves unveiled the retirement village's 'absolutely radishing' new vegetable garden recently.

Ray, a member of the village men's group who is very handy on the tools, was approached by members of the garden club to patch up some of the garden beds that were falling apart.

"We decided to go a step further and fix up all the garden beds and the project

just kind of grew from there," explains Ray.

"We spoke with [IRT Facilities Coordinator] Nick van Tol to see if he could provide some financial support and he was happy to assist. We're very grateful to Nick for helping us out along the way."

Prior to commencing the rebuild, Ray and Jim built an outdoor work bench to cut the timber for the new garden beds, and then over a period of 10 weeks the pair rebuilt the entire area.

The project was no small feat

and involved 58 lengths of timber, 450 screws, 26 star pickets, 35 bags of concrete, 44 handmade steel brackets, plus digging 28 holes for posts, and shifting tonnes of dirt and a truckload of mulch.

"Because each garden had dirt already in it, to build the new garden bed we had to move the dirt out then move it back again," says Ray. "So the gardens next door got twice as high a pile at some stage!"

"We shifted things around a bit and changed the layout to make it a bit more practical. The garden beds are above ground so for older people it means they don't have to bend over, they're easier to work on and walk around and reach across."

Working through winter has meant that the new beds were ready for the gardeners to start planting at the beginning of spring, and the gardens are now coming along nicely in the warmer months.

"A lot of the tomatoes people are growing are well on the way, plus there's rhubarb, spinach and other vegetables," says Ray. "We're hoping we'll have an excess of vegetables at the end of the season and we'll have a bit of a sale, and we'll get a little bit of money back to buy fertiliser for our next season."

"The people in the village love the fresh vegetables. There's always a competition for who's got the nicest tomatoes!"

Ray's helping hands



IRT The Palms resident Ray Trinder has been a member of the Maroochydore SES group for over 40 years, and was recognised for his four decades of service in 2022 (right).

When *The Good Life* first spoke with IRT The Palms resident Ray Trinder, he mentions he's just arrived back from donating blood and before that he was at the local State Emergency Service (SES), and then later he'll be heading out to practice with the village singing group The Allsorts.

"We bounce from one thing to another," says Ray. "I've always got to look at the diary to make sure I'm on the right track. There's no cobwebs on me. I think I'd rather wear out than rust out!"

This approach to life has kept him on his toes, with Ray embracing plenty of new opportunities across the past few decades.

"After leaving school in 1964



Ray and his wife Lee have lived at IRT The Palms for the past eight years.

I headed out to find a job," explains Ray. "I came home and told Mum I got a job as a sewing machine mechanic and Mum, who wanted me to go to college said 'I don't think so!'"

"It was after that I looked into some engineering firms and got offered a job as a cadet draftsman. I asked if it involved

college and they said 'yes' so I said 'that'll do!'"

After working as a draftsman for eight years Ray decided, due to lack of work, to "put down the pens and pencils on the Friday, and grab a pick and shovel on the Monday" and work as a labourer for eight years. During this time Ray got

his scaffolder's licence, mobile crane driver's licence, forklift licence and his explosives licence, just to name a few qualifications!

After finding his way back into drafting and working for various structural engineers and the South East Queensland Electricity Board, Ray eventually started his own building design business, which he ran for 20 years until he decided it was time to retire.

"We've been at The Palms for eight years now," says Ray. "I had a couple of clients that I kept on for the first two years we were in the village, but then I decided I had other things to do!"



Ray was awarded life membership to the SES for his outstanding contribution to the organisation.

“

They also gave me life membership – I think they just didn't want me to leave!

”

Ray's not wrong about having other things to do. As a member of the Maroochydores SES for over 40 years, Ray has played an integral role in developing and running the local group and helping people across the Sunshine Coast in times of need.

"I joined the SES in 1982 when the Maroochydores group first started," says Ray. "We had nothing really, just a trailer with not even a vehicle to tow it. We used to meet at the local primary school in the library.

"Then in 1984 we received some funding for an SES building, so I designed the building as I was a draftsman. That building's been there for 40 years next year!"

Ray has been Maroochydores SES Group Leader since 2017, and is responsible for coordinating the group's 75 members to respond to requests for emergency assistance and arrange necessary training requirements.

"We've certainly been involved in some big events over the years," says Ray. "You name it, we've been a part of it – floods and cyclones and hailstorms."

Ray became interested in joining the SES after watching the devastation of the 1974 Brisbane floods.

"Those floods, and watching the rescue efforts by what was known as the Civil Defence in those days, piqued my desire to help people," explains Ray.

"My wife, Lee went through the floods. The Civil Defence helped her and her family out from their house. They got flooded right up to the roof and lost everything."

In 2019 the Maroochydores SES group under Ray's leadership was awarded the Commissioner's Cup for Best Group of the Year throughout Queensland.

"That was a bit of a feather in the cap," says Ray. "They also gave me life membership – I think they just didn't want me to leave!"

Ray is also a very active member of the IRT The Palms community, and plans the Men's Day Out excursions as well as a recent historical tour of Brisbane. He also plays guitar for the village singing group The Allsorts (which recently performed Christmas carols throughout the village), as well as in the local band Gerry and the Hatricks.

"There's five of us from the village, and we play anything from the 60s," says Ray. "The Beatles, Credence Clearwater Revival, a bit of Buddy Holly, some Chuck Berry, The Seekers, Neil Diamond and a few more in between. We have a ball doing it.

"We thought about calling ourselves the Geriatrics but we thought we best not do that, so that's how we ended up with Gerry and the Hatricks! We not only perform at The Palms but also some aged care centres as well."



Connecting generations one tale at a time

Coral Collins (centre) was one of six IRT Sarah Claydon residents interviewed by Ulladulla High School students as part of the My Story Matters program.

High school students are shining a light on the life stories of IRT Sarah Claydon residents with the relaunch of the My Story Matters program at the care centre.

The program, which started over 10 years ago but was paused due to the COVID-19 pandemic, sees high school students conduct interviews with a select group of residents about their lives and experiences.

Twenty-eight Year 9 students from Ulladulla High School visited six IRT Sarah Claydon residents every week for six weeks during October and November. After their six weeks of visits, the students were given time in class to put together a presentation that detailed the life stories of the featured residents.

IRT Lifestyle Team Leader, Shoalhaven Yvette Tetley said she was thrilled the program was able to recommence after

a three-year hiatus because of the pandemic.

"It's been wonderful to welcome our friendly high school students to Sarah Claydon each week," says Yvette. "With every visit you see the residents and students forming more and more trust and respect for each other.

"The program is about helping students learn about our older generations, the barriers they've had to face financially and emotionally, how they've coped in situations where things have been out of their control, and major events they've lived through such as wars.

"Residents share their stories to give young people insight, knowledge, awareness into and respect for how life can change from generation to generation. Some residents have had a hard upbringing and by them sharing their stories, students have a better perspective on life today."

Students returned to IRT Sarah Claydon in late November for a special afternoon tea where they shared their projects with care centre residents, and the featured residents were presented with a booklet containing their life story.

Yvette says she's received lots of positive feedback about the program and is thrilled the program will continue next year with Year 11 students from Ulladulla High School.

"The residents have commented that the children are lovely," says Yvette. "One of our residents noticed that one of the students who was interviewing her was very quiet and she was determined to get him out of his shell as she could see his potential!

"Some of our other residents who did not participate in this year's program saw the students arriving and have said they'd like to be involved next year which is so exciting."

Rhonda's passion project



IRT Diment Towers Retirement Village resident Rhonda Wykes with her project – the community's history wall.

When asked about the spelling of her community, IRT Diment Towers, resident Rhonda Wykes thought there might be others with similar questions.

"I felt people need to know about this man, Dr Max Diment," she says. So, she did some research and decided to create something for all to see.

It took a few months for Rhonda to gather the information, then design and create an IRT Diment Towers history wall; with much-welcomed assistance from fellow resident Jenny, Rhonda's family and IRT staff.

The wall, located in the village's community room, includes decals of a garden, butterflies and street lamps; newspaper clippings; photos; and a quote from Dr Diment. Rhonda also

wrote a poem for inclusion on the wall titled *Where golden years shine brighter*, while her daughter helped with the 'heart' signs which say, *The heart of the vision* and *The heart of community*.

"I went to Wollongong Library and they were a great help with newspaper cuttings and photos," explains Rhonda.

"It's been a fun project. We've brightened up the space."

On the wall opposite is a trophy cabinet, made by Rhonda's brother-in-law, to display Diment Towers' gardening competition trophies. The trophies, which date back many years, were awarded by Wollongong City Council in the category of private institution.

Rhonda, a former school teacher, has lived at IRT Diment Towers Retirement Village for four years and was assisted by the Age Matters team to find a unit there.

She explains she brought the creative flare to the history wall project, while Jenny helped with the "nails and hammer".

"Dr Diment did something about the need for aged care in the community," says Rhonda. "People are really interested in reading about him and the history of the community. The project has been a labour of love."

Dr Max Diment and IRT Diment Towers

Corrimal medical practitioner and Bulli Hospital Honorary Medical Superintendent Dr Max Diment MBE wanted older Australians to have their dignity and wellbeing ensured in safe and supportive environments. His vision was realised by a core group of men and women,

who came together to form and grow the organisation we know today as IRT.

IRT Diment Towers was IRT's first community, opening in 1971. The care centre area of the community closed earlier this year but Dr Diment's legacy will continue with the area being converted to provide more independent living units.



Making a positive contribution

Above: IRT volunteer Jan Dawkins with Member for Oatley Mark Couré MP at the presentation. Below: IRT Area Manager Retirement Villages - Sydney Donna Thomson with IRT Peakhurst Retirement Village resident and home care customer Ian Stuart at the awards presentation.

Four people connected to IRT were honoured at the 13th annual St George Community Awards in November; each receiving an individual award recognising their contribution to the community.

"It's just amazing," says IRT Area Manager Retirement Villages – Sydney Donna Thomson.

The awards, run and hosted by Member for Oatley Mark Couré MP, recognise the outstanding contribution people and individuals have made to the St George region.

IRT Peakhurst volunteer Jan Dawkins, IRT Peakhurst Retirement Village resident and home care customer Ian Stuart, South East Sydney Customer Relationship Manager IRT Home Care Jody Macklin-Shaw





South East Sydney Customer Relationship Manager IRT Home Care Jody Macklin-Shaw (left) and her manager Phillippa Payne, South East and South West Sydney Business Manager - IRT Home Care.

and Clinical Nurse Educator the late Myra Gillard were each recognised with an individual volunteer achievement award. The award acknowledges an unsung hero who has, through creativity, initiative, hard work and dedication, made a positive contribution to the lives of others.



Myra Gillard's award.

"For the first time in the event's history Mark Coure awarded a posthumous award to our beautiful Myra Gillard [who passed away in August]," says Donna. "It was a touching moment to share with her family and a great way to recognise her 40-plus years of nursing and contribution to communities far and wide."

For Ian, his award recognised his volunteer work as a flag marshal at Sydney Motorsport Park and Mount Panorama, and the volunteer work he does in the retirement village, helping out on barbeque days and at special events. Ian also featured in *The Good Life* (Issue 2, 2022) where he shared his love of motorsport.

Jan has been a volunteer at

IRT Peakhurst for 15 years and in her volunteering role runs The Village Writers, which brings together a group of 10 enthusiastic writers. She dedicated her award to all the writers' group members; past and present. Jan finds her volunteering work very rewarding. "You get back more than you give," she says.

Jody's award recognised her ongoing dedication to IRT Home Care customers. "Jody is very deserving of this award," says Donna. "She is a constant source of comfort and support to her home care customers, and her colleagues, and she is so well respected within our community here at IRT Peakhurst."

Congratulations all!

A night of laughs for a worthy cause



The Age Matters Comedy Night in November was a rib-tickling success. Pictured (from left) are comedian Tommy Dean, Manager - Age Matters Natasha Debsieh, MC and comedian David Smiedt and Wollongong Comedy's Stu MacPherson.



Over 150 people attended the comedy night from IRT and the broader community.



It was belly laughs all round at the Age Matters comedy night in November to raise funds for isolated and vulnerable older people in our local community.

The night of hilarity was held at the newly renovated Basement at The Builders Club Wollongong, with a full line-up of rib-tickling comedians leaving everyone's cheeks hurting from laughing, headlined by the hilarious Tommy Dean.



Attendees also had the chance to win some fabulous prizes from our generous event sponsors.

The night wasn't just about splitting sides, as the work of the Age Matters team benefits greatly from such events. Over \$7500 was raised which directly contributes to tackling homelessness and isolation for older people. The funds also go towards improving Age Matters clients' quality of life through access to safe and appropriate housing and support services.



American comedian Tommy Dean was the headline act at the Age Matters Comedy Night.

How to help an isolated friend or neighbour

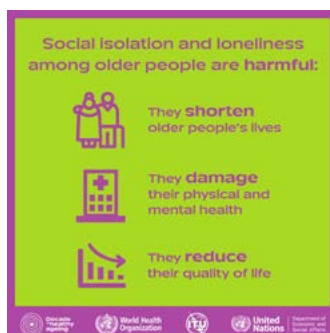


Do you know a friend or neighbour that lives alone who may be at risk of becoming socially isolated as they age?

Australians are living longer and remaining at home to independently age-in-place, however this can sometimes lead to concerns about safety and wellbeing, especially when living long distances from family members.

The widespread housing crisis in Australia, coupled with cost-of-living pressures, is also impacting many older people as they make decisions about whether they can afford to keep living in their home and accessing support services.

Older people can become isolated over time or quite quickly, such as after the death of a partner or when a neighbour moves away. We often don't realise when home or health conditions have deteriorated until a significant event triggers the need for formal support services such as home care.



Navigating these support services can be daunting and confusing for most people, but trying to access support on your own at the time of a crisis can become truly overwhelming.

Age Matters care finders are specialists in helping older people who do not have family or friends to navigate aged care and other services in a time of need. We use a trauma-informed and multi-disciplinary approach to help our clients build trust with appropriate supports that will meet their needs. We receive referrals from many different agencies, including individuals themselves, neighbours or from friends who don't know where to start.

If you're worried about a friend or neighbour in the Illawarra or Shoalhaven region of NSW you can call us on 134 478 to find out if they're eligible for the government's care finder program.

The Australian Government care finders program is supported by funding from COORDINAIRE – South Eastern NSW Primary Health Network (PHN) through the Australian Government's PHN Program.



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 get involved in fundraising events and donation drives.

Follow us on our Facebook page (@AgeMattersAus) to find out more and help us spread the word.



Stage 5 of Henry Brooks Estate at IRT Kanahooka was completed in October 2023.

Construction update

Henry Brooks Estate at IRT Kanahooka

Stage 5 of Henry Brooks Estate at IRT Kanahooka was completed in October 2023, and all the villas have been sold. Our new residents moved in between September and November and have been enjoying using the community spaces including the barbeque and alfresco area, the café, as well as joining in on various social activities held at the community clubhouse.

Elements at IRT Towradgi Beach

Our development application for our Elements at IRT Towradgi Beach retirement living development remains under assessment by Wollongong City Council. We are currently working through our responses to all submissions and expect to

complete this by the end of the year, with a decision by the Planning Panel anticipated by mid-2024.

The Elements at IRT Towradgi Beach development will be tailor-made to meet the changing needs of older Australians, allowing residents to live at home for longer. Every aspect of the village, from within each of the new homes to the roadways, directional signage and landscaping, has been designed to support our residents as they experience some of the challenges of ageing.

IRT St Georges Basin

In November 2023 the IRT Board approved the development of an extra 13 units for the retirement village. As part of the works, we plan to upgrade current facilities

and build a new community recreation room to give all residents greater opportunity to enjoy activities, hobbies and social events together. It is expected that construction works will commence in early 2024.

IRT Dalmeny

Construction of 20 single-storey, two-bedroom villas continues at IRT Dalmeny Retirement Village.

In 1991, IRT was granted a development application to add an additional 30 villas to



Construction of 20 villas has commenced at IRT Dalmeny Retirement Village.

the existing living community, however at the time, only 10 were completed. These works will see the completion of the remaining 20 units.

Foundations are complete and the dwellings are taking shape

with wall frames and roof structures now in place.

Completion of this new stage is expected in late 2024.

IRT Woodlands

IRT recently completed 14

villas across Stages 7 and 8 at IRT Woodlands Retirement Village in Queensland. The community shed in the village was also completed as part of the Stage 8 works. Stage 9 of the development is currently underway which features 13 new villas. On completion IRT Woodlands will comprise 107 independent living units as well as the 60-room residential aged care centre.



Vibrant renewal of seniors living in the works for IRT Woonona

IRT is currently planning an exciting new future for one of our oldest sites; IRT Woonona.

The plans focus on a renewal of the site which will deliver more living space and wellbeing and lifestyle opportunities that will support older people through all stages of ageing.

The first step towards achieving this vision was a property review of the site, which found that some of the buildings are in significant need of improvement. After careful consideration we have chosen to wind down

the delivery of services in two areas of the site in preparation for redevelopment, which will require the demolition of the buildings known as Ribbonwood and Blueberry Ash.

The closure of these buildings will happen over time and there is no immediate need for residents in these buildings to leave. We have started meeting with our residents and their representatives individually to understand their personal needs and preferences and are working with them to determine suitable relocations.

We submitted a development application for the demolition to Wollongong City Council in October, and anticipate that construction will commence in early 2025.



Annual General Meeting

IRT's Annual General Meeting was held on 9 November 2023, marking the end of another challenging year, not just for IRT but the aged care sector as a whole.

The 2022/2023 Annual and Financial Reports are available to download from our website at www.irt.org.au/about/get-to-know-us/annual-reports/.

Connection through culture

Some people can easily describe their culture and associated beliefs and customs, while others can find it a little harder to express.

No matter how you define it, our cultural heritage and practices shape how we interact in and see the world.

To learn more about the important role our culture plays in our lives and in our overall wellbeing, *The Good Life* caught up with University of Sydney PhD candidate Sally Day.

Culture. It's in all of us. The cultural values, beliefs, experiences and traditions that we share with others help us to identify both who we are and what makes us unique in our community.

"We often think about culture as people coming from a specific country or having specific beliefs, but actually culture is the distinct characteristics that define a specific group," explains Sally. "So culture can encompass lifestyles, values, experiences,



traditions, social norms and beliefs – it's more than just language and country."

While we're all part of a culture and each of us have culturally meaningful activities in our lives, for some groups those cultural practices are easier to define than others.

"A cultural practice could be participating in Ramadan, it could be going to church for belief or social reasons, but it could also be your family always does something on the first Sunday of the month in a big multi-generational family," says Sally. "And you may think those activities are just part



Sally Day is an Occupational Therapist who is currently undertaking a PhD at the University of Sydney looking at the importance of cultural adaptation of occupational therapy programs for people living with dementia. Her passion is supporting others to work with people with dementia and their families to improve their outcomes.

of your routine, but they're actually part of your culture. These are things that are really important to you."

At its heart culture helps us to feel connected to others, which can have a direct impact on our mental and emotional wellbeing.

"Being valued, being known, being understood and being respected really contribute to our overall wellbeing," says Sally. "So you need to have activities that are meaningful to you as an individual but also sit under your cultural umbrella



and can give you a real sense of belonging and community."

For older people, it is incredibly important to maintain their connection to cultural traditions, customs and heritage to support their wellbeing.

"We know that when people are getting older, if they become less mobile or more

“... we need to be culturally humble and be aware of where we come from.”

reliant on others to get out and about and interact and be socially engaged, they may lose their control to maintain their own cultural practices," says Sally. "Sometimes an older person becomes reliant on others to determine what they might value and what they might enjoy, which can really contribute to isolation from your peers and from your community.

"It's important to remember just because people can't do all of something they used to doesn't mean they can't do some of it. Also people can change and the way they have done things in the past may not be the way they want to do things now."

There are many ways to preserve connections to culture as people age, such as celebrating special days and customs, enjoying traditional foods, and listening to people's stories. But as Sally explains the key to ensuring a person's culture is truly recognised comes down to how we obtain information on what is culturally important to people.

"It's really important that recognition of culture is integrated into day-to-day activities, not just brought out for special occasions," says

Sally. "We need to make sure that the meaning is there for people, and that it's not just an activity."

To ensure this meaning is realised, Sally identifies we need to think about how we ask people what holds cultural significance to them, and ensure we're asking the right questions in the right way.

"You may ask a person if they honour any special events or occasions and they may respond 'no' because to them it's not a special event or occasion, it's just something that their family does, but without it it's a real omission from their culture," says Sally.

"We also need to be aware of our own cultural lens. We all have different understandings of cultural importance so we need to be culturally humble and be aware of where we come from. We need to be self-aware of our own values and how we might be perceiving things."

Whether you can easily define your cultural practices or you're a little less sure, what is clear is we all have a culture that guides our view of the world. As we get older we face many changes, but our culture can remain a constant for us. By recognising what is important to a person, no matter how obscure or routine these traditions, customs and beliefs may seem to them or us, we can ensure a person remains connected to their communities.



Liliane Ballesi at Marco Polo Woonona.

A cross-cultural love story for the ages

Nestled amongst the gum trees of Marco Polo Woonona, Liliane Ballesi's room is a collage of her life's journey. It's adorned with her own paintings, a solitary religious statue, and a photograph of her late beloved husband, Bruno, his smile captured forever in time.

From her childhood in war-torn Europe to finding love and building a life in Australia, Liliane's journey is a reminder of how our culture shapes us, of how our stories, traditions, beliefs and customs are an innate part of who we are.

Liliane's story begins in 1937 Brussels, three years before the upheaval of World War II. Her childhood, marked by the war's shadows, led her family to Nice,

France when she was eight years old.

It was here that her passion for art first flourished, despite, as Liliane explains, some early academic hurdles.

"My teacher Madame Dubois did not like me and always sat me at the back because I was drawing and painting all of the time," says Liliane. "But the children would always say 'could you make me one?'"

In sharing some of her fondest childhood memories, Liliane pulls out a small, delicately wrapped package. Inside are samples of silk fabrics and a pristine purple skirt that belonged to her mother.

Liliane explains her mother worked as a seamstress



Liliane with her beloved horse Conga.

and would make beautiful garments using fabrics such as this. It was Liliane's job to prepare the items in readiness for sewing, and she would eventually learn how to hand paint the silks and assist with edging.

"We were making beautiful little summer shirts for men," says Liliane. "I had a bike and it was my job to bring the shirt to my mother's boss when it was finished. We even made a shirt for Prince Rainier [Prince of Monaco]."



Liliane is a passionate painter and has several of her works displayed in her room at Marco Polo Woonona.

At 16 and with the world reshaping post-war, Liliane's family chose to leave France for Australia, embarking on a month-long journey at sea. Settling in Bulli [near Wollongong], Liliane faced the daunting task of learning English from scratch, which she says "... took two years".

As part of the small French community in Wollongong, Liliane was invited to Seven Mile Beach [on the NSW South Coast] with her close friends. It was on this trip at just 18 years of age that Liliane met her eventual husband Bruno, a dashing young Italian man who worked at the Steelworks

by day and was a photographer at night.

"It was September, and beautiful weather," Liliane recalls. "We were in swimming costumes and Bruno and his friends wanted to hear me sing in French." Fittingly, Liliane chose *La Mer* [The Sea] – it was love at first sight for Bruno.

Liliane and Bruno's love story transcended cultural barriers, with Liliane learning Italian and embracing a range of new traditions.

"I didn't go to [Italian] lessons, I learnt by listening to Bruno speak with his friends," says Liliane.

Although some of Liliane's favourite foods were the French dishes her mother would make – pork chops, chips, steak, and everything cooked in butter, Bruno did not enjoy French food and so Liliane started to make pasta instead of potato and learnt to cook by watching Bruno and his friends.

"Bruno would stand behind me and tell me what to do," says Liliane.

And then of course, there's wine! Liliane holds fond childhood memories of filling glass bottles with wine for her father, and of course wine was very much part of Bruno's upbringing in Rome. However, there was only one wine shop in Wollongong at the time and it catered much more to English tastes, with sweet sherries lining the shelves. This led Liliane and Bruno to have barrels of Italian wine transported from Griffith to share with friends and family!

Liliane's life in the Illawarra hasn't just been about adapting; it has also been about contributing.

Liliane and Bruno played a pivotal role in establishing Wollongong-based aged care provider Marco Polo Aged Care Services. The organisation was set up with strong connections to the Italian community and allowed the celebration of their culture to continue through initiatives such as home-made Italian cuisine on the menu and social outings to local Italian organisations.

Today, surrounded by her past but very much living in the present, Liliane is penning her memoir titled *My Fantastic Life*, reflecting on a life where cultures blend to create a rich tapestry that spans continents and generations, and reminds us of the importance of embracing our past and our culture as part of our identity.



Many of IRT Thomas Holt Sans Souci Gardens resident Ida Scerri's cultural traditions revolve around food.

Ida's culinary culture

When asked to describe her cultural heritage, IRT Thomas Holt Sans Souci Gardens resident Ida Scerri almost needs to count her connections on both hands.

"I have an Italian, Greek, French, Egyptian and Maltese background," explains Ida. "I have French and Greek cousins, I come from Italian descent, and I grew up in Egypt before I moved to Australia with my Maltese husband when I was 26."

Born and raised in Egypt, Ida recounts language being an incredibly important part of her culture

“I have also passed down my love of food to my family.”

that has helped her build strong networks throughout her life.

"In Egypt it was normal to go to school and learn two languages," says Ida. "During the war [World War II] the Italian school closed so I attended French school and learnt to speak French. I have had many situations in my life where I have connected with people who also speak these different languages."

For Ida, religion has played a significant role in her upbringing and continues to be an important part of her culture today.

"A big part of culture for a lot of people is their religious faith," says Ida. "I attended Catholic schools and was brought up in a Catholic family, and I was made to go to church every week."

Ida recalls that many of her cultural customs when she was younger revolved around food, and she has passed down this love of food to her younger generations.

"When I lived in Egypt, I lived in a block of units where if you smelt good food, you would tell your neighbour," says Ida. "Your neighbour would then give you the recipe so you can make it too. That's how we got some of our recipes."

"I have also passed down my love of food to my family. I would always cook and my children would always watch and help. Now my children cook my recipes in their own homes."

In thinking about customs she continues to maintain, Ida explains that Christmas and Easter celebrations with her family are filled with traditions from her culture (with plenty involving food!).

"Every Christmas we have Italian panettone cake," says Ida. "At Easter we paint eggs red, and every person takes an egg and then one person taps their egg on the next person's, and whoever's egg does not crack will have good luck."

Vox pop – Culture

We asked residents at William Beach Gardens at IRT Kanahooka Aged Care Centre about aspects of their culture that are important to them. Here's what they said.

Nadia Zubani

In the north of Italy where I am from we celebrate the Day of the Dead [All Souls Day] on 2 November. It's not a great big celebration, it's a special day to remember the people who have passed away. When I lived in Italy we would go to church and then visit the cemetery and clean the gravestones and put down fresh flowers. Since I moved to Australia I celebrate the day by writing a letter for my father and my mother, and I light a little candle for them and pray. I still do it every year.



Anne-Marie Harding

Growing up in Scotland, we didn't buy into many of the Scottish customs. I've never tried haggis, as Mum never liked it so we never had it. Poor Dad – he probably would have liked it! We did always make shortbread, and I continued to make shortbread when I came to Australia. My mum's sister and her daughters were heavily into highland dancing, but my mum wouldn't have a bar of it – I went to elocution lessons! No fancy things as dancing for Anne-Marie! As I got older, I couldn't wait to dance. When I was 15 I was finally allowed to go to the dancing on a Sunday night run by one of the Catholic parishes and I loved it! It used to just be the waltz and the quickstep but things changed and people could get up and dance whatever steps they like – it was great fun.



Jan Pople

I'm originally from England, so an English lunch with roast beef and Yorkshire puddings is one of my favourite things. We had this every Sunday when I was a child. There were 14 in my family, so my dad used to make a big roast and we'd put our name down for who had the corner piece because the corner piece of the pudding used to rise. We'd have all the trimmings, with vegetables and roast potatoes and gravy. You could have your Yorkshire pudding for dinner or you'd have it for your sweet. If you had it for dessert you'd put jam on it – it was just beautiful. I used to make the same meal for my family every Sunday.



Colleen Sloan

I think most Kooris raise people to never be nasty. If someone talks to you in a nasty way, look at them with a smile and never talk nasty back. If you're trying to teach a person something, talk to them with love in your heart and they pick that up and carry that for the rest of their lives. It's something my grandmother taught my mum and my mum passed onto me and my aunties and uncles and I've passed it onto my kids and grandkids and great-grandkids. It was beautiful all being taught the same way. And we love to sing. To me, what truly matters is the song in your heart. When my family would get together we'd all turn up singing the same song even though we hadn't heard anyone else singing it. It's beautiful how we connect with our singing.





Brian (right) with his wife Jenny in Paris during his recent overseas trip to the UK, Europe and Singapore.

Down in the garden

In this edition of *The Good Life*, we hear from Brian Wardhaugh in his final column for the magazine as he retires to apply his green thumb to his own garden and also catch some waves in the 'green room'.

Spring and summer so far have been quite delightful, with warm weather the order of the day, but with El Niño being declared it puts us on a war footing against hot winds and extended dry conditions, both of which can create havoc in the garden.

Plant selection again becomes imperative, with the last three wet years leaving gardens full and lush meaning softer plants are



potentially in the firing line. The reality is we live in a dry country, and my recent trip to Europe and the UK reinforced to me how Mediterranean in style our landscape looks compared to the deep soils and vibrant greens of the English countryside.

The big trend in England is wildflower meadow gardens, with areas in many public spaces and parks being 're-wilded' with native perennials and grasses.

Increasing plant diversity has the benefit of attracting wildlife and pollinators, reducing maintenance, complimenting more formal areas, as well as providing year-round interest.

On my trip, my visits to the Chelsea Garden Show and Kew Gardens were highlights. Chelsea was particularly busy with garden enthusiasts returning after the pandemic which had interrupted the stunning outdoor designs and internal displays. My tip is to go early and go hard as it doesn't get much better or busier than a sunny summer's day in London.

A visit to Singapore was also on the bucket list, a tropical city that does clean, green and luxuriant growth extremely well and it did not disappoint. Highways and streetscapes are block



Left: Brian attended the Chelsea Garden Show which was a highlight of his holiday.

Right: Singapore features a number of buildings covered with greenery to assist with cooling and noise reduction.

Below: Singapore's Gardens by the Bay is home to Supertree Grove, featuring tree-like structures that are vertical gardens that also generate solar power.



painted with colourful tropicals, with the heat and humidity allowing plants to flourish. The Gardens by the Bay are well worth the visit, and it is fantastic to see gardens elevated to the status of a major tourist attraction. The two major glasshouses in the complex are brimming with plants from all around the world, and the Supertrees and Supertree Grove are an engineering and horticultural marvel.

With this being my final column for IRT I am grateful for the opportunity to thank the staff I have worked with for the past 18 years, in particular Brad Oliver and his gardening team, and the rest of the maintenance and administrative staff – they are legends, one and all, and it is a wrench to leave them.

My thoughts go out to the wonderful residents I have worked for and made connections

with. Special thanks to Jan Groves for her friendship and mentoring over many years, Pat and the gang at Braeside, and all the residents of Seaview, Howard Court, Parkside, Birch Villa, Edwina Court and Diment Towers.

I have learned an awful lot from some truly great gardeners, and I thank you for the privilege of trying to make a difference in your lives.

Now it's time to hang up the secateurs and concentrate on playing a support role at home, working on my own garden and catching a few waves.

Farewell and happy gardening!





Fish tacos

The evenings are getting warmer, so for this edition IRT Catering's Production Lead **Leonie Fuller** serves up a flavoursome fish taco recipe, complete with a kiwi fruit salsa! This recipe includes steps to make your own tortillas, but to save time you can use store-bought tortillas found in the Mexican section of your local supermarket.

Serves
4

INGREDIENTS:

- 100g plain flour
- Sea salt
- 60ml water
- 2 ripe kiwi fruit
- 4 spring onions
- 1 fresh jalapeno or 1 green chilli (optional)
- 1 bunch fresh coriander
- 2 limes
- 1 tbsp chipotle sauce (see note)
- ¼ of a small red cabbage
- 1 tbsp red wine vinegar
- Juice from ½ orange
- 1 red or yellow capsicum
- 1 tbsp oil
- 2 x 120g fillets of firm white fish
- Natural yoghurt or sour cream

METHOD:

- 1.** To make the tortillas, in a bowl, mix the flour and a pinch of sea salt with 60ml of water to form a dough. Knead for a couple of minutes, then put aside.
- 2.** To make the salsa, peel the kiwi fruit, cut in half and put into a large non-stick frying pan on a medium heat with the green halves of the spring onions and the deseeded chilli (if using). Lightly brown the mixture then place in a blender with half the coriander, the juice of 1 lime and the chipotle sauce. Blitz until smooth, then taste and season.
- 3.** Very finely slice the red cabbage, mix with the remaining coriander leaves, the vinegar and orange juice, then season. Put to side.
- 4.** To cook your tortillas, divide the dough into four balls and roll out each one thinly in a circular

shape. Cook each tortilla in a non-stick pan for one minute on each side until soft, turning when you see bubbles. Cover with a tea towel to keep warm.

5. Slice up the whites of the spring onions. Deseed the capsicum and dice into 1cm pieces. Slice the fish into 2cm strips, then toss with the spring onion, capsicum and 1 tablespoon of oil.

6. Return the pan to a high heat and cook the fish and vegetable mixture for around 4 minutes, or until the fish is cooked through and lightly golden.

7. Divide fish and vegetables between your tortillas. Serve with the red cabbage, salsa, yoghurt or sour cream and lime wedges.

Leonie's note: Chipotle sauce can be found in the sauces and condiments aisle at the supermarket.

Out and about



Pet pooches pay a visit

The people and pooches from PAWS Pet Therapy are regular visitors to IRT Kangara Waters Aged Care Centre, with residents enjoying spending time with the visiting dogs and their owners. Here are some photos of a recent visit from a border collie known as Mack.



Green thumbs at Culburra Beach

A new sensory garden is being built at IRT Culburra Beach and residents have been involved with getting the garden beds into top shape (see photos). The new garden will include scented flowers, herbs, plenty of colour and textures – something for everyone to enjoy. The community is also hoping to add an indigenous garden and have recently got two worm farms up and running.





Snakes alive

Hardware was the sideshow when IRT Sarah Claydon Aged Care Centre residents had a trip to Ulladulla Bunnings in September. Residents enjoyed a live reptile display at the hardware store, which included snakes and lizards. The trip finished with a well-earned ice cream.

IRT Sarah Claydon residents enjoying the reptile show at Bunnings.



A ghastly good time

The frightfully fun celebration known as Halloween was celebrated across our communities on 31 October. Staff dressed up in costumes, got the decorations out, and had activities for residents to take part in, all with the aim of having a scarily good time. Here are some photos from IRT Kangara Waters; including the winners of the worm lolly guessing competition.





Hammer time

The Cobbers Men's Group (pictured left) from IRT Peakhurst enjoyed a trip to Bunnings in August for a toolbox making workshop. It was the group's first bus trip and all had a great time.



Left: Marie Jackson cutting her birthday cake with some help from her daughter-in-law Lyn. Right: Frances Farmer with her birthday messages and cards.

Two hundred reasons to celebrate

Two IRT residents celebrated their 100th birthdays on 15 August this year – IRT Kangara Waters Aged Care Centre resident Frances Farmer and IRT Sarah Claydon Aged Care Centre's Marie Jackson.

Frances spent the day

celebrating with her family, and in the afternoon she enjoyed a sponge cake and pampering (Namaste Day) with her care centre friends. She received birthday messages from His Majesty The King, the Prime Minister and the Governor-General.

Marie celebrated her milestone birthday with family, including her great-grandchildren, residents and staff. Highlights included a message from His Majesty The King and an amazing birthday cake.

Happy birthday Marie and Frances!

Celebrating culture

Indian Cultural Day was celebrated at Marco Polo Woonona in August – with a display and staff dressing in beautiful traditional dress, like saris (see photo right).



Happy Father's Day

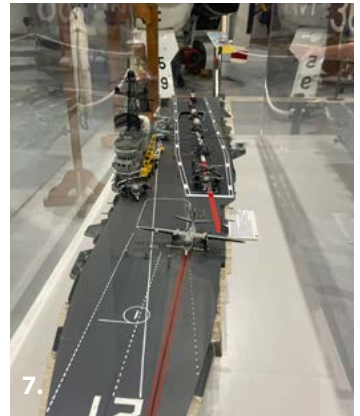
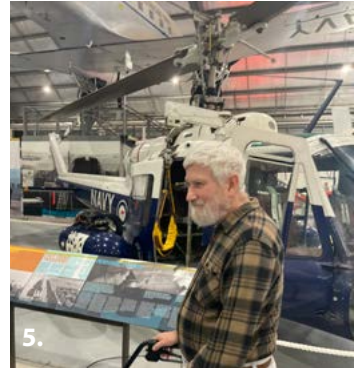
Father's Day, on 3 September, was celebrated across our communities in different ways, recognising all the fathers and father figures in our lives. At IRT Macarthur Retirement Village there was a breakfast, with bacon and egg rolls, while at IRT Culburra Beach there was a morning tea and a quiz/trivia.

Retirement village residents enjoyed a Father's Day breakfast at IRT Macarthur (photos 1-4), while residents at IRT Culburra Beach Aged Care Centre (photos 5 and 6), enjoyed a morning tea and a quiz/trivia.



Remembrance Day

Remembrance Day, on 11 November, was observed across IRT's communities with services and the laying of wreaths, to remember those who died in conflicts and peace-keeping operations. In honour of the day, IRT Sarah Claydon and IRT Culburra Beach residents took a guided tour of the Fleet Air Arm Museum near Nowra (see photos 1-7), while IRT Peakhurst residents attended a Remembrance Day service (see photos 8 and 9).



An underwater adventure at IRT Woodlands

It was a day of underwater surprises at IRT Woodlands in October, when the care centre had a tropical theme day.

The day started with DanceWise, a seated dance program, which featured seaside songs, followed by a scavenger hunt with lots of laughter and collecting, then seaside bingo.



Residents and staff at IRT Woodlands Aged Care Centre enjoyed a tropical themed day in October.

The theme continued when residents were served seafood boxes filled with battered fish, seafood bites, crumbed prawns, whiting goujons, with salad and seafood sauce. Crispy fried chicken was the alternative.

Residents had been creating decorations in rock art or craft group, so there was lots of colour in the care centre too.

The day was rounded out with happy hour karaoke, along with drinks, more nibbles and plenty of songs.



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

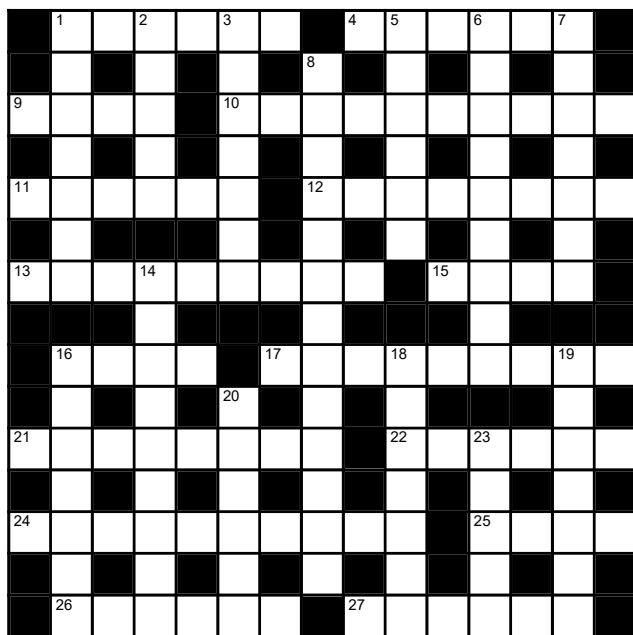
- IRT Kangara Waters, Belconnen

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: Culture



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Across

- 6 Football code, _____ Rules (6)
- 4 Coil (6)
- 9 Asanas, _____ postures (4)
- 10 Published works (10)
- 11 Specialised language (6)
- 12 Cultural event (8)
- 13 Roman landmark (9)
- 15 French fashion designer, _____ Saint Laurent (4)
- 16 English city, home to the Pulteney Bridge (4)
- 17 Birthday cake adornment (9)
- 21 Forebear (8)
- 22 Sun protection garments (6)
- 24 Popular caffeinated beverage (10)
- 25 London taxis, black _____ (4)
- 26 Claude Monet's vocation (6)
- 27 Best (6)

Down

- 1 Alligator pear fruit (7)
- 2 Cockney speak, Rhyming _____ (5)
- 3 Iona and Skye, Scottish _____ (7)
- 5 Choice of words, turn of _____ (6)
- 6 Recapture (9)
- 7 Tethering ropes (7)
- 8 Novel by P.G. Wodehouse, _____ Jeeves (1963) (5,5,3)
- 14 Instantaneous (2-3-4)
- 16 Head kerchief (7)
- 18 Filled pasta variety (7)
- 19 British dish, Welsh _____ (7)
- 20 Investment units, _____ and shares (6)
- 23 Short plinth (5)

the GoodLife

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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.

Answers

Across: 1 Aussie, 4 Spiral, 9 Yoga,
10 Literature, 11 Jargon, 12 Festival,
13 Colosseum, 15 Yves, 16 Bath,
17 Sparklers, 21 Ancestor, 22 Visors,
24 Cappuccino, 25 Cabs, 26 Artist, 27 Finest
Down: 1 Avocado, 2 Slang, 3 Islands,
5 Phrase, 6 Retrieval, 7 Larriats,
8 Stiff upper lip, 14 On-the-spot,
16 Bandana, 18 Ravioli, 19 Rarebit,
20 Stocks, 23 Sode