

Celebrate active living and learning in maturity

THE 2014 NSW Seniors Week will take place from Saturday, March 15 until Sunday, March 23. The theme – 'Live Life!' celebrates active, healthy, independent seniors involved in their communities. Across the state, seniors can join in hundreds of free or specially

discounted events. NSW Seniors Week is the largest celebration for people aged over 60 in the southern hemisphere. It's also for people aged 50 and older who have a lifelong disability or are of Aboriginal or Torres Strait Islander descent.



Rosevale offers independent living in scenic St Georges Basin.

Live independently at beautiful St Georges Basin

Rosevale Home Village



Live independently at beautiful St Georges Basin

Independent over 50s lifestyle living only 10 minutes from the picturesque beauty of Jervis Bay



ROSEVALE Home Village offers residents an independent lifestyle by the calming waters of St Georges Basin. Located just two hours south of Sydney and only 10 minutes from the picturesque beauty of Jervis Bay.

Rosevale Home Village is a family owned and operated village 25km south of Nowra and offers homes that are built with spacious floor plans, creating a luxurious standard of living for the over 50s.

Rosevale is only a short walk from the local St Georges Basin shopping precinct, which boasts a general store, post office, chemist, doctor, takeaway, cafe and supermarket.

The peaceful waters of St Georges Basin are just 210 metres from the gate.

And as for transport, the community bus, local bus and the club busses can pick you up.

Electronic security gates at the front of the village are operated by a personal remote control and are closed at night for your security.

Or just make yourself at home in the native gardens.

When completed, the four-stage development will comprise of 54 homes in total and stage two is nearing completion.

These quality homes are constructed by a licenced builder to comply with the Building Code of Australia and feature steel frames, aqua-bar flooring, solid entrance and rear doors, Enacon roof insulation, wall sarking, batts and keyed-a-like locks on all windows.

Other quality features include vinyl insulated cladding, Colorbond roofing, Colorbond fascia and guttering and aluminium windows and screens, all in a variety of colours to choose from.

These lovely homes also all come with rainwater tank, garden shed, concrete carport and clothesline and some sites have picturesque water views of St Georges Basin.

We are a pet friendly village, as all sites are fully fenced.

All you need to do is move your furniture in and connect your telephone.

Stage two and three development starts from \$215,000.

Ring for a brochure or come in and have a chat to us.

For more information contact owner managers Mick and Lyndall Browne on 4443 6789 or 0410 532 316 or visit www.rosevalehomevillage.com.au

- Short walk to shopping centre, chemist and doctor
- 210 metres to the water • PET FRIENDLY
- Local buses, community buses, club buses
- All sites fully fenced • Electronic security entry gate

STAGES 2 & 3 OF THE DEVELOPMENT STARTING AT \$215,000

Ring for a brochure or come in and have a chat to us. For more information contact Mick and Lyndall Browne - Owners / Managers on 4443 6789 or 0410 532 316.

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www.rosevalehomevillage.com.au

AW1340666

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*A residents right to occupy premises under the residential tenancy agreement is a leasehold right only and not a freehold or other right of unlimited or perpetual nature and may in certain circumstances be terminated"

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*To receive a free drink you must be a member of the Archer Resort Members Club and use the members card when ordering.

AW1341574

The case for a care plan

COMMUNITY Options Illawarra (COI) provides a service to people requiring support to remain living independently in their homes and to actively participate in their community as they require.

Upon contact, COI will arrange for a case manager to meet with the client to discuss their individual situation, including their needs, circumstances, goals and aspirations.

From this a care plan is developed in conjunction with the client which includes the client's goals and support requirements.

COI then works with the client to source appropriate service providers.

Supports can be provided for daily living tasks, including community health care and accessing community activities.

CEO Craig Thomson explained, "COI's approach ensures that the client leads the entire process and that the care plan is owned by them and is tailored to their individual situation. The individual is control at every stage."

Community Options Illawarra has developed strong

relationships with an extensive network of service providers in the community which ensures clients receive the most appropriate support in a timely manner.

"Often we can gain access to services that may otherwise be unavailable or within shorter time periods due to these key relationships," Craig said.

The client relationship is often ongoing to ensure the goals and objectives of the care plan are achieved and to modify the plan if circumstances require it.

"Say if someone's health needs or family circumstances changed, we would work with them through that, modifying the care plan and supports as necessary," Craig said.

Community Options Illawarra has specialised skills in assisting people from all backgrounds, such as culturally and linguistically diverse backgrounds, people from the indigenous community and people with disability across the whole of the Shoalhaven, Illawarra and Southern Highlands.

"Anyone who thinks they need help should give our intake line a call and we can

determine if we are the right service to help," Craig said.

"If not, we can refer them to the right service.

"It's a reference point. We may not ultimately be the ones to help, but we can point people in the right direction."

A recent client provided this testimony.

"For the past eight months staff from Community Options Illawarra have been assisting me to care for my father who suffers from dementia and diabetes," she said.

"Due to his dementia, my father was having difficulties remembering to take his insulin. The Community Options Illawarra case manager assisted with arranging advice, support and in-home care as well as liaising with doctors and health services.

"Having a case manager has been such a great help, especially considering I live in a different area to my father. The case manager was helpful and supportive at all times and was always only a phone call away.

"I would highly recommend Community Options Illawarra."



Qiuxia, Bill and case manager Sue from Community Options Illawarra discuss a care plan.

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how are you managing at home?

Do you have a disability and difficulty with community access and/or services?

Are you frail aged or care for someone who is frail aged or has a disability?

Community Options can provide support and information for individuals and carers.



intake & referral
1300 657 473

www.coi.org.au

community options – quality options

AW1337938

A caution to older Australians

OLDER Australians are being advised to take control of their financial affairs during NSW Seniors Week and put the right measures in place for their financial and legal future.

According to NSW Trustee & Guardian, far too often older people are misplaced in their trust of others to do the right thing for them and this can lead to financial abuse.

NSW Trustee & Guardian Fellow in Elder Law at the University of Western Sydney Sue Field said while people often think they can hand over their affairs to one of their children, it is quite common for the siblings not to agree with their parents' choice.

"Stories abound about unscrupulous attorneys who have fraudulently taken the money and assets belonging to the client,"

she said.

"But you really need to think about appointing a power of attorney sooner rather than later – if you begin to lose your mental capacity, it will be too late and you may be left unable to cope with your financial affairs.

"It is important for seniors to understand that while it may seem like a flattering responsibility they are handing to someone they know, the role of an attorney is a delicate one with legal consequences for the attorney if they mishandle finances."

There is no charge to talk to NSW Trustee & Guardian with any questions regarding wills and powers of attorneys.

Call 1300 364 103 to make an appointment, and for general information visit www.tag.nsw.gov.au.



The Hon
Shelley Hancock MP

Member for South Coast
Speaker of the NSW Legislative Assembly

Working for South Coast seniors

*"Please come in and see me -
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AW1342787



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If you have any questions or need support, please contact CatholicCare on 4421 8248

www.catholiccare.dow.org.au



Paul Coombes from Huskisson has reaped the health benefits of ocean swimming and is ready for the fast approaching Clearwater Classic on March 30.

Ocean swimming for all ages

FOR veteran swimmer Paul Coombes from Huskisson, the pristine waters of Jervis Bay are all too familiar to this ocean swimmer who will be lining up for his third mini at 74-years-old.

As one of the die-hards who can generally be spotted swimming off the beach at Huskisson in mid-winter, Coombes said the Clearwater Classic, which is fast approaching on Sunday, March 30, is a great way to wash away the cobwebs and oil lazy joints.

"I got mates to join me during the year and they say they felt better. There's a bit of applause from their wives too, at the overall lift in their health," he said.

"It didn't take too long to get them into the swim. They saw the benefits I was getting."

The Clearwater Classic is one of the most attractive events on the ocean swim calendar with participants ranging from under 10-years-old to over 70.

Run by Jervis Bay Triathlon Club, the event, now in its third year, will host athletes from around the state at Plantation Point in Vincentia.

Unlike many ocean swims, this is billed as a family event with three races on offer – the two kilometre classic, a one kilometre race, and a 300 metre mini for the children and anyone else who wants to have a go.

Ocean swimming is one of the fastest growing sports in Australia with the Cole Classic, a landmark swim at Manly, having grown from just 101 entrants in 1983 to more than 4500 and hundreds of races around the country.

Some say there is a camaraderie that springs up among ocean swimmers that you do not get swimming up and down a straight line, leaving most participants are eager for more.

Jervis Bay Triathlon Club president Tony Lim said some of the happiest faces in previous events were from people who had entered simply to try their hand at something new, or to enjoy the experience.

"Whether you're first out of the water, or at the other end, there's a real thrill in being clapped as you come back to shore," he said.

Details and registration are available online at www.jervisbaytriathlonclub.org

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AW1343220

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AW1341581



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AW1342872



Do you need help to plan a personalised funeral?

Thinking ahead can help you make thoughtful and informed decisions about your funeral arrangements. Contact us at Wray Owen Funeral Directors today.

Arranging Funerals

When a loved one dies, grieving family members and friends often are confronted with dozens of decisions about the funeral all of which must be made quickly and often under great emotional stress.

For example;

- What kind of funeral should it be?
- What funeral provider should you use?
- Should you bury or cremate the body, or donate it to science?
- What are your legal responsibilities?
- What other arrangements should you plan?
- And, as callous as it may sound, how much is it all going to cost?

Each year, Australians grapple with these and many other questions as they spend many millions of dollars arranging more than 140 thousand funerals for family members and friends.

The increasing trend toward pre-need planning – when people make funeral arrangements in advance – suggests that many consumers want to be informed about services and prices so that ultimately, the funeral reflects a wise and well-informed purchasing decision, as well as a meaningful one.

Funerals rank among the

most expensive purchases many consumers will ever make. A traditional funeral, including a coffin and lawn grave burial, costs upwards of \$6,000, [2002] although "extras" like flowers, obituary

neral, wether it is 'pre-need' or 'at need'. Compounding this discomfort is the fact that some people "overspend" on a funeral or burial because they think of it as a reflection of their feelings for the deceased.

make informed and thoughtful decisions about funeral arrangements.

It allows you to choose the specific items you want and need and evaluate the costs. It also spares your survivors the stress of making these decisions under the pressure of time and strong emotions.

You can make arrangements directly with most funeral directors. A note of caution, ensure that they, the funeral directors, are members of a recognised State or National Association.

One other important consideration when planning a pre-need funeral is where the remains will be buried entombed or scattered.

In the short time between the death and burial or cremation of a loved one, some family members find themselves rushing to buy a cemetery plot or grave – often without careful thought or a personal visit to the site. That's why it's in the family's best interest to buy the cemetery plots before you need them. It also hedges against price rises.

You may wish to make decisions about your arrangements in advance, but not pay for them in advance, this service is also available with us. It's a good idea to review and revise your decisions every few years, and to make sure your family is aware of your wishes.

Phone us today to have a conversation about the future.



Thinking of retiring and planning ahead - for your FREE pre-planning kit. Call us.

notices, acknowledgement cards or limousines can add hundreds of dollars to the bottom line. The same funeral with a cremation, and not burial, costs about \$4600, plus the "extras".

Yet, even if you're the kind of person who might haggle with a dozen dealers to get the best price on a new car, you're likely to feel uncomfortable comparing prices or negotiating over the details and cost of a fu-

Pre Need

To help relieve their families of some of these decisions, an increasing number of people are planning their own funerals, designating their funeral references, and sometimes even paying for them in advance. They see funeral planning as an important extension of will and estate planning.

Pre Planning

Thinking ahead can help you



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