



Growing Older Gracefully

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Julie McInnes, Mistie Dal Molin and Garth Leggett of Tobin Brothers at this year's Anzac Day march. Tobin Brothers has provided cars for elderly diggers on Anzac Day for the last 40 years.

Part of the community

THE staff at Tobin Brothers Funerals Queanbeyan pride themselves on their community connection.

Local Tobin employees Mistie Dal Molan and Julie McInnes are well-known in the

Queanbeyan community, having guided many local families through their times of loss.

Tobin Brothers specialise in prepaid funerals and also offer Justice of the Peace services.

New Year, New You?

It's that time of year when people make resolutions. Each year passes so quickly, especially as we get older. Some years are great years, when good things happen, and others are best forgotten. It's no wonder then that this time of year, a new beginning, is treated by some as a chance to reinvent themselves.

Regardless of whether you make a formal resolution, we all have goals for the future, and the new year period is as good a time as any to reflect on those goals. Perhaps you want to start eating healthier, or stay in touch with family more. Maybe you need to pay more attention to finances or to your garden.

Looking forward often involves looking back, and for Warrigal 2013 was a very big year. We opened new villages and extended a residential care home and we received funding to help us grow our communities. We now have 700 staff and 300 volunteers working hard each day to make growing older a little bit easier for 2,400 people. Our staff does a wonderful job and we support them as much as we can. That is why we were pleased in 2013 to receive the Workplace Gender Equality agency Employer of Choice for Women award for the 10th successive year.

Warrigal also developed a new five year plan for how we are going to best support older people into the future, and we launched a new name and look to represent our new focus of creating inspiring communities for older people where they can be themselves.

Each of us has 365 days to spend improving, enjoying, exploring or indulging ourselves. Whether you're planning to be a whole new you, or just the same old you we know and love for a whole new year, Warrigal is available to help you be yourself.

If you'd like to talk to Warrigal about including us in your plan for 2014, feel free to give us a call on 1800 626 670 or visit our website at www.warrigal.com.au.



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Getting back to exercise

BEING active doesn't mean you have to join a gym or buy special sportswear - unless you want to. What's most important is that you start moving.

Walking
Walking is a great activity for people of all ages and fitness levels. Walking is gentle on your body, and therefore a great way to ease back into being active. It's also a great way to catch up with a friend and be active at the same time. Why not join your local Heart Foundation Walking group - you'll keep fit, explore your local area and make new friends.

Increase your activity levels over time
How you feel is the best indicator of a safe level of activity for you, however the more physical activity you can do, the better.
Remember to start slowly:

- Do a bit of easy walking around your house and garden, or out on your street
- Start by walking on flat ground each day
- Have a destination, such as the local shop or the end of the block, in mind.
- Walk at a pace that's comfortable for you - you should be able to talk normally, but be unable to sing.
- Build up gradually over a period of weeks to walking longer distances, then you can increase your pace, till you are walking briskly on most, if not every day of the week. Then you can try going uphill.
- If you can't manage 30 minutes all at once, you can break it up into 3 x 10-minute bursts - this is just as beneficial as doing it all at once.



Warrigal

Inspiring communities
for older people

1800 626 670 • www.warrigal.com.au

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OFFICE HOURS
MONDAY - FRIDAY
8.30AM - 5.00PM

WHEN OFFICE IS UNATTENDED
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