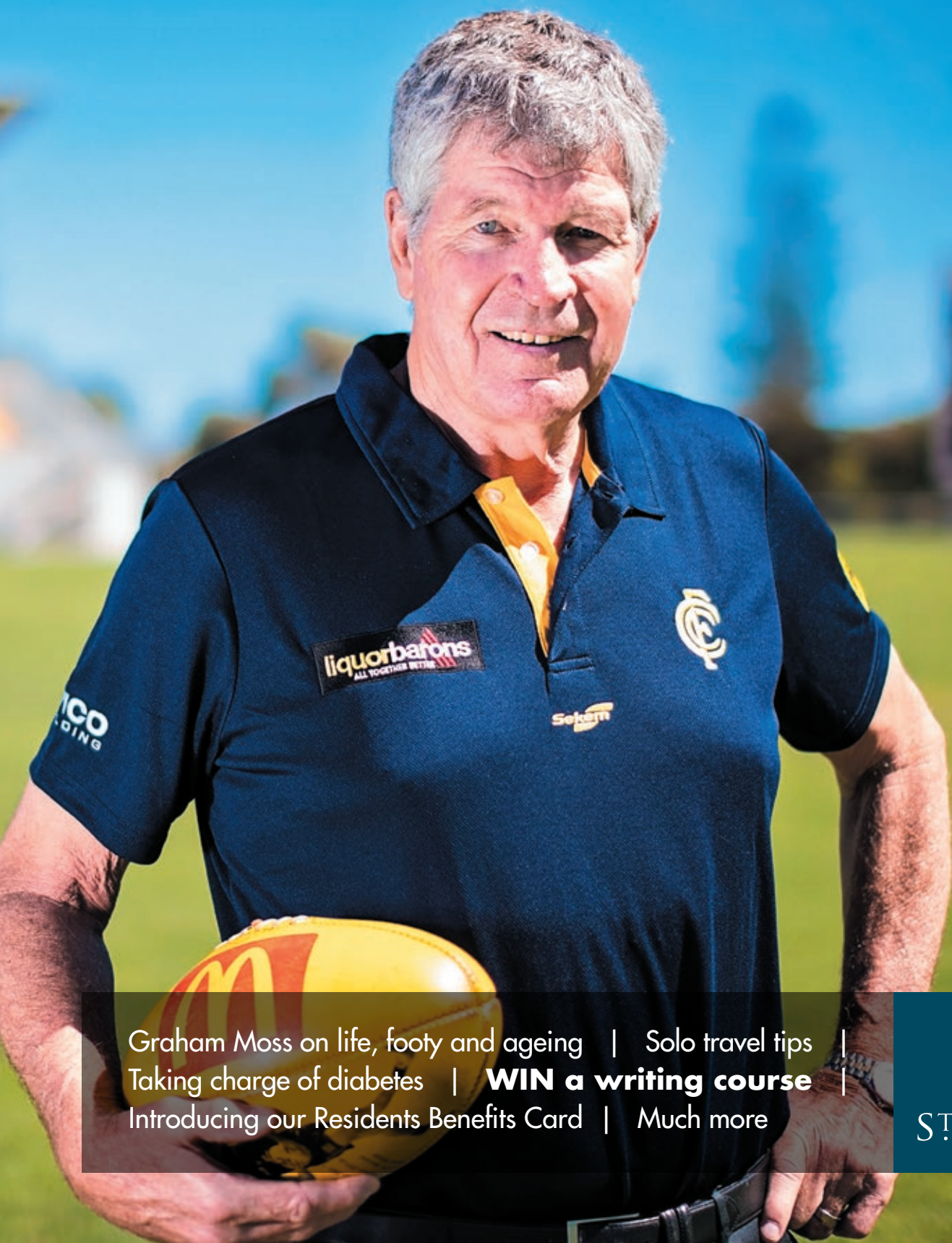


ISSUE 9 | AUTUMN 2018

THRIVE

THE MAGAZINE FOR ST IVES RESIDENTS



Graham Moss on life, footy and ageing | Solo travel tips |
Taking charge of diabetes | **WIN a writing course** |
Introducing our Residents Benefits Card | Much more



ST IVES



A message from the CEO

Welcome to the Autumn edition of Thrive, the healthy living, lifestyle and retirement magazine for St Ives residents.



As you'll see in this edition we've been working hard on finding ways to make your experience as a St Ives resident even better, and are thrilled to be launching our Resident Benefits Card. We already have a few great partners on board offering you discounts and offers on the things you told us were important to you, such as gardening, golf and...wine! We have plenty more in the pipeline too and are very open to feedback and suggestions. I hope you all enjoy.

Thanks to the results of last year's survey, we've also identified a number of ways we can improve our everyday service to you. During March I visited each Village and presented an Action Plan which included ways we will be improving our communication and issue resolution, as well as helping everyone gain clarity over their contracts. For those who missed my presentations some of the key outtakes are that St Ives will be:

- Hosting information sessions for residents and their families to answer all questions about contracts
- Reviewing and updating complaint resolution policies and procedures to ensure any issues are dealt with as promptly and effectively as possible
- Working with you all to improve the quality and relevance of communications

I'm really looking forward to getting all these initiatives up and running and know they'll help make a really positive difference to your life in our Villages.

In the meantime, please enjoy this latest edition of Thrive. I remember seeing Graham Moss flying high back in his Essendon days so it was great to meet him in person at the Carine Open Day. It also turns out I'm behind in the world of social media, so I'd better start tweeting, pinning, instagramming and all the rest!

Happy reading.

John Ford

Chief Executive Officer, St Ives Retirement Living



Carine Open Day



The garden at St Ives Mandurah

Anzac Day

We're proud to stand with all Australians in recognising this special day and, with quite a few ex-servicemen and women in our villages, Anzac Day takes on extra special importance.

This year also marks the 100-year anniversary of the 2nd Battle of Villers-Bretonneux where, after horrible hand-to-hand fighting, our Australians were credited with retaking Villers-Bretonneux from the Germans. This victory halted the German 100-day advance and saved Amiens, as well as helping change the course of the war in the Allies' favour.

Anzac Day around the Villages

Each Village hosts its own special Anzac service and residents come together to reflect and honour those who served.

St Ives Mandurah will be hosting a special service to mark the 100-year anniversary, with readings and poems, as well as the Last Post and minute of silence. All the poppies on display will have been prepared by hand, with this beautiful ANZAC lettering, built for last years' service, once again on display.

Jenny Casling

Jenny Casling from St Ives Mandurah served in the Women's Royal Naval Service (Wren) for eight and a half years before moving from England to Australia. When Jenny as 17 years old she joined the Wrens as a writer and moved her way up through the ranks to Regulating Chief Wren, which meant she was for disciplining all the Wrens on unit. Jenny also went overseas twice – firstly to Singapore and then to Belgium.

"My time as a Wren was the best eight and a half years of my life. It taught me a lot and I strongly recommend joining the services."

Anzac Day holds a special meaning to each of us and Jenny wears her husband's medal in his honour at the Mandurah village's service.

"To me, Anzac Day is a day of reflection. You think about those you know who served."



A WWII Wren



Ode of Remembrance

They shall grow not old,
as we that are left grow old:

Age shall not weary them,
nor the years condemn.

At the going down of the sun
and in the morning,

We will remember them.





GRAHAM MOSS INTERVIEW

On life, footy and ageing.



Graham Moss is a legend. And not just to the thousands who used to watch him dominate the footy field across the 60's, 70's and 80's, but an official "Legend" as decreed by the WAFL.

It's tough to argue – his trophy cabinet boasts 4 Claremont Best and Fairest awards, a 1981 WAFL premiership, 3 Essendon Best and Fairest awards, AFL hall of fame membership, and the 1976 Brownlow. And that's just on the footy field. He's also been the CEO of VenuesWest and Tourism Council WA, General Manager of the West Coast Eagles, CEO of Claremont Football Club – and thrown in a few things regular folk only dream about, like the Sydney to Hobart yacht race. Most importantly, to top it all off, he's a great and very humble guy.

So where could one start when discussing life, footy and ageing with someone of Graham Moss's standing? Probably with the question I've always wanted to ask a sports legend: Is your home filled with your own memorabilia? "Haha, no it's not. There's a small room with some jumpers and things like that but my wife isn't too keen on having things scattered all over the place. The Brownlow was in there somewhere, I think in a drawer for a couple of years, but it's now on display at the new Perth Stadium in the Victory Room."

When we get chatting about life the conversation inevitably steers towards football, but Graham is clear it wasn't the be-all and end-all of his younger years, despite being a footy-mad kid. "When I was growing up in Claremont the winter was all about footy and the summer was all about sailing. I did have a few footy heroes back in those days, guys like John McIntosh and Les Mumme, and I remember catching the 6am

train to Claremont station to watch some of them in the '64 grand final – I arrived before the gates opened and sat in the stands saving a seat for Mum. Claremont got up that day too, which was great. I was lucky enough to get a call up to play with Claremont in '69 but you couldn't have even called us semi-professional in those days. We were training three times a week but it was on the side while you pursued your career. So at the same time, in '72, I completed a degree in Civil Engineering from what's now Curtin Uni and that's what got me transferred over east with the Department of Civil Aviation where I played with Essendon. It was my engineering that brought me back to Claremont too."

Of course he's skipped over the part where Essendon were desperate to lure him over east after seeing his early skill, and the fact that the next few years saw him win the Club's Best and Fairest three times, the '76 Brownlow as Captain and be declared one

of their greatest ever ruckmen. Anyway, back to life.

"When I came back to Claremont, I played as Captain/Coach but it all became too much so I gave the engineering away, focused on coaching and did a bit of real estate on the side. I stuck with my boating too, which I've always loved. We did the Sydney to Hobart in 1995 which was amazing. We got hammered a bit down the east coast of Tasmania but got there in just over three days."

I wonder what it is that makes people like Graham achieve such feats when the majority of us are happy to sit at home and simply watch them on tele? "Well you need ambition, drive and confidence but it probably comes down to competitiveness. I'm a pretty competitive person, particularly when you're in a team. Could I play a simple game of cards without needing to beat you? (Pause) I'd probably get competitive!"

After his footy career ended in '83, with a one-game cameo in '85, the achievements didn't, with a string of high profile CEO roles in prominent WA organisations following. *"For me, when I finished footy I moved onto others things – in fact I only came to a few games here and there until I became involved heavily with Claremont again in the last few years. I found other ways to occupy my life and have been lucky enough to have a great and varied career."*

Even as he says this it's impossible not to get drawn back into a footy conversation with one of the game's greats. He laments the fact the big match-ups and spectacular marks have been lost in favour of quicker, more skilful play, that ruckmen don't have as much influence as they used to and that umpires and coaches promote negative play instead of free-flowing footy. He also skilfully evades my attempts to make him answer questions about how '76 Graham Moss would go against today's modern players on both skill and physicality. *"We're different players. Players these days are physically stronger, quicker, more skilled because it's their full-time job. Now you see freaky things, which is a sign of the professionalism. In terms of physicality? (Pause) I could match some of today's ruckmen..."*

He's equally evasive when asked if, at age 67, retirement is next on the cards. *"I'm not sure full retirement is for me. I'm the kind of person who needs something tough to do and I actually find it hard to handle if I don't, plus I've got a few more years at Claremont first. Do I have a bucket list? Not really, probably just staying healthy so I can keep enjoying my grandkids. I'm down at the gym most mornings making sure I'm on top of that."*

As I shake the hand of the 1.96m Legend Graham Moss after our chat I wonder how many younger people at the gym this legend could still run rings around.

Quick fire footy questions.

Toughest opponent?

Ron Boucher in WA and Don Scott over east.

Best opponent?

Len Thompson from Collingwood or Stephen Michael from South Freo.

What was better, the '76 Brownlow or '81 WAFL premiership?

'81, easily. It's a team game.

Favourite player?

Polly Farmer.

Thoughts on modern players tats?

Not to my taste!

Comments on this look?

Why we had so much hair back then I don't know!



St Ives are now proud sponsors of the Claremont Football Club.



As part of our partnership all St Ives residents are invited to Claremont home games for free.

To get tickets please email benefits@stivesretirementliving.com.au.
The fixtures can be found at www.claremontfc.com.au

WIN x2 Tickets to Claremont's President's Lounge

We have 2 x two tickets to watch a Claremont home game in the President's Lounge with Graham Moss up for grabs.

For your chance to win them please email thrive@stivesretirementliving.com.au with the name of your favourite WAFL legend.

Entries close 11th May 2018.

Winners will be notified by email.



ST IVES SHORT STORY COMPETITION

Is there a Tolstoy or Austen in our midst?

Whether you're a seasoned novelist or have just always enjoyed dabbling, the inaugural St Ives short story competition is for you! In conjunction with the Katharine Susannah Prichard (KSP) Writers' Centre, we're offering a workshop voucher and one-year membership to the KSP Writers' Centre for the best short story (500-800 words), as judged by published author and experienced judge Carolyn Wren. Second and third place will also receive a one-year membership.

What are we looking for? Creativity! There are no boundaries on what you can submit outside the word limit. Make it funny, sad, exciting, descriptive, fiction, non-fiction, modern, ancient or anything in between – the genre is up to you.

Tips for preparing your short story.

500 - 800 words is a tiny amount to tell an entire story. Here are some tips from judge Carolyn Wren and the KSP Writers' Centre that may help.

- Most short story writers get caught up with the beginning and end up rushing the end. Try to pace your story, giving the reader full enjoyment right to the final word. To give you an idea, here are some classic concise first lines from novels, each one setting a scene in a single sentence.
 - » *All this happened, more or less.* — Kurt Vonnegut, *Slaughterhouse-Five* (1969)
 - » *Dr. Weiss, at forty, knew that her life had been ruined by literature.* — Anita Brookner, *The Debut* (1981)
 - » *Miss Brooke had that kind of beauty which seems to be thrown into relief by poor dress.* — George Eliot, *Middlemarch* (1872)
 - » *He was born with a gift of laughter and a sense that the world was mad.* — Raphael Sabatini, *Scaramouche* (1921)
 - » *It is a truth universally acknowledged, that a single man in possession of a good fortune, must be in want of a wife.* — Jane Austen, *Pride and Prejudice* (1813)
- Another classic trap of short story writing is unnecessary detail. I'll always remember some advice I was given when I first started writing. 'If a character walks into a room and throws his keys on the table, do not describe the keys, or the table, unless both are essential to the plot.'
- The same thing goes with minor character details. Use those intricate details to bring your major characters to life. And leave the minor characters to the reader's imagination.
- Editing is important. It is also subjective. Yes, the story needs to be punctuated, to allow it to flow, but do not obsess over every comma and every full stop. Contest judges would rather 'feel' the story and 'hear' your writer's voice.
- If you need an extra hand constructing your story, consider dropping in to the KSP Writers' Centre. On Saturday May 19 an award-winning author is presenting a workshop on 'How to Find the Story' which may help you with ideas. Otherwise, KSP Writers' Centre offers regular writing groups that you can share your story with and gain helpful feedback from fellow writers. Plus enjoy a cup of tea and slice of cake! The Tuesday Writers Circle on Tuesday mornings and Writefree Women's Writing Group on Wednesday mornings are a good place to start. Visit the KSP Writers' Centre website for more information: www.kspwriterscentre.com





**Submit your short story to
thrive@stivesretirementliving.com.au by 31st May 2018.**

For help submitting your story,
speak with Village Reception.



Meet your judge.

Carolyn is a UK born Perth Hills based author. She started writing in 2009 for fun and has now published 15 books through her USA and Australian publishers. So far in her career, Carolyn has won five writing awards from around the world including Novella of the year and Unpublished Manuscript of the year. She also has 12 finalist placings.

Find out more about Carolyn:
www.carolynwren.com

Short story competition T&Cs

1. Entries are open to St Ives Retirement Village residents only.
2. Entries are to be a minimum of 500 words and a maximum of 800 words.
3. Entries must be submitted by 5.00pm on 31st May 2018.
4. Entries are to be submitted via email to thrive@stivesretirementliving.com.au. If unable to email, please speak to the staff at Village Reception for assistance.
5. Winners will be selected by Carolyn Wren.
6. Winners will be notified by July 1, with winners announced in the next edition of Thrive.
7. Prizes are non-transferrable and cannot be redeemed for cash.
8. By submitting their story to the competition, entrants give St Ives permission to publish their piece across print and online publications (including but not limited to Thrive magazine, Village newsletters, St Ives website, social media).



Jane Levett

St Ives Characters

Jane Levett – St Ives Centro

It is often said that nurses are a gift; their work and kindness resonates deeply with their patients. The reason they are drawn to nursing varies, and for Jane Levett she was answering the call to help the elderly.

For forty years Jane worked in gerontology – aged care – and it was her compassion, and desire to spread that compassion to others, that inspired her throughout her career.

“I loved nursing. I was always brought up with grandparents and had a lot of respect for them. I’ve always felt for the aged and my philosophy was if you do the right thing by them, when the time comes someone will do the same thing by you.”

It was this attitude that saw Jane foster a rewarding career, and her compassionate nature spread to those around her as she moved into management roles while raising her three children. The learning never stops as a nurse, and for Jane her biggest lesson applied in other areas of life.

“As a nurse, you have to be a good listener and support families who are going through a tough experience.”

These lessons have stayed with Jane into her retirement years and she still strives to apply the same level of compassion to all her friends, family and neighbours.

**Know a St Ives character
with a story to tell?**

**Dob them in to
thrive@stivesretirementliving.com.au**

Jane and Stephen Weston – St Ives Northshore

There's something about train travel – the slow rocking motion, the romantic views out the window and the interesting characters you meet. That's why it's the Weston's favourite mode of transport, however on a trip to Vietnam in 2000 they received plenty of the latter and not a huge amount of the former.

"We were travelling on the Reunification Express Train from Hanoi to Saigon. It was the most murderous train you've ever been on, it was huge! It was two stories high and miles long with holes in the floor for toilets," Stephen described as Jane shuddered from the memory.

Stephen is a Vietnam veteran and the two were returning for the first time since the war. They had requested a private cabin but ended up sharing with four drunken Thais. Luckily, their unwelcome cabinmates kept their wits about them enough to wake them in the middle of the night with shouts of 'get out,

get out!' There was flooding on the line and the train couldn't go any further.

"It was two o'clock in the morning and we had to rush out of the train with all of our things and wait in the middle of nowhere. Suddenly, lights were coming towards us – people were coming out of their homes selling coffee! Any opportunity to make a dollar I guess."

After a three hour wait, a bus pulled up with a very angry driver who picked them up and dropped them off at a new stop, swerving wildly across the road as he did so. The Westons were already wondering if he'd also had a few drinks when he arrived at their destination and classily came to a halt by driving straight into a brick wall.

The experience didn't impact on what was a very emotional trip back to Vietnam, nor did it stop their love of train travel, even when it isn't romantic!



Jane and Stephen Weston



Solo Travelling

Choose Your Own Adventure

62% of our residents rank travel as their #1 hobby, and with Winter approaching, now is the perfect time to let your thoughts drift to warmer climates.

More and more of us are travelling solo and the reasons are many and varied. There are plenty of options available to plan your best holiday yet, so we spoke to Villa Carlotta Travel who specialise in organising travel for solo travellers for their advice.

Plan your own trip, or join a tour?

You can choose to create your own holiday and make all the plans yourself or alternatively there are companies that provide group tours as well as dedicated singles group tours.

Firstly you need to establish whether you are confident and willing to be fully independent and travel by yourself. If not the best option is to look for a group tour operator. You will learn from the experience without the hassle of organising and will be able to relax and enjoy the safety and security a group tour offers, plus pick up tips for future adventures.

If you have chosen to go with a tour operator the next step is to look into what level of independence you wish for while on your tour.

- Would you like the itinerary to be fully inclusive i.e. all activities and attractions planned and included?
- Do you want to leave Perth with your group or would you like to meet up with your fellow travelling companions at the destination?
- Are you seeking a small intimate group of fellow travellers or would you like a good sized group for socialising and mixing?

- Do you want a dedicated singles group so you can travel with like-minded people for companionship?
- Would you like the safety and security of a Tour Leader from the time you leave Perth?

Each of these questions will lead you to discover the type of company who is going to be the best fit for you as this is paramount before considering your chosen destination or holiday experience. Travelling with a company that fits best with your needs will make for the best outcome!



Ushuaia, Argentina



Tesselaar Tulips, Victoria



Wooleen Outback, Western Australia



Kuranda, Cairns

Things to consider before deciding your destination.

Once you have chosen the tour operator for your first solo travelling experience it's then time to check out their holiday experiences on offer. This will be very exciting! Some points worth considering for your holiday selection are:

- How many hotel changes are in the itinerary? Being a single traveller and constantly lugging your suitcase around may not be what you are looking for.
- Are there activities planned on some of the evenings to encourage socialisation after dinner?
- If time is spent on a coach do they offer seat rotations so you mix with your fellow travel companions?
- Is it fully escorted so that you have a point of contact at all times for your questions and concerns?
- Is it a group departure for couples and singles or is it a dedicated singles departure?
- What would be the minimum and maximum numbers on the tour?
- Do you have the option to have your own room if you wish?
- If you wanted to consider sharing a room how is this managed?
- Do they offer a safe transfer service to and from your home to the tour departure point?

These are just some of the key questions worth considering when selecting your tour so now it's over to you and happy travelling!



Villa Carlotta Travel is a family owned WA touring company who has been delivering fully escorted Australian and world-wide tours for the mature single traveller for over 25 years.

Enjoyed by thousands each year, the tours are exclusively designed and unique to Villa. From the moment Villa collects you from your home in Perth or Mandurah, to the time you return from your holiday, everything is taken care of.

Join us for one of these dedicated exclusive solo traveller departures... Just for singles

| Cairns Getaway | Kalbarri Christmas in July | Outback Way | Yarra Valley and Tesselaar Tulips | Southern Wheatbelt Wildflowers | New Zealand Highlights |
|-----------------|----------------------------|------------------|-----------------------------------|--------------------------------|------------------------|
| 8 Days | 5 Days | 12 Days | 6 Days | 5 Days | 17 Days |
| 5 - 12 Jul 2018 | 23 - 27 Jul 2018 | 17 - 28 Sep 2018 | 24 - 29 Sep 2018 | 25 - 29 Oct 2018 | 24 Oct - 9 Nov 2018 |

To discover Villa's full range of 2018/19 holidays visit www.villa.com.au or FreeCall 1800 066 272 for a holiday magazine.



NEW

Resident Benefits Card

We're thrilled to announce the launch of the St Ives Resident Benefits Card.

As a St Ives resident you'll receive discounts and offers across a number of quality lifestyle, health and entertainment providers – with more being added throughout the year.

Keep your eye out for an introduction letter and card coming in the mail soon. Here's a sneak peek at who we have signed up to help launch the Card. All details can be found at www.stivesretirementliving.com.au/benefits

Claremont Football Club

Free tickets to all home games.

The Claremont Tigers have a proud tradition in the WAFL dating back to 1926. Last year the Club moved back to their traditional home at the Claremont Oval, into a new \$14m state-of-the-art building which will form the hub of the Claremont on the Park precinct. It's a brilliant venue and there will no doubt be some great footy played there this season.

As a card holder, the Claremont Tigers are offering free tickets to all home games. Come down to check out the amazing new ground, see some great footy and enjoy a bite to eat in the Claremont quarter afterwards. **You can get your tickets by emailing benefits@stivesretirementliving.com.au**



St Ives Wine Club – hosted by Lalla Rookh

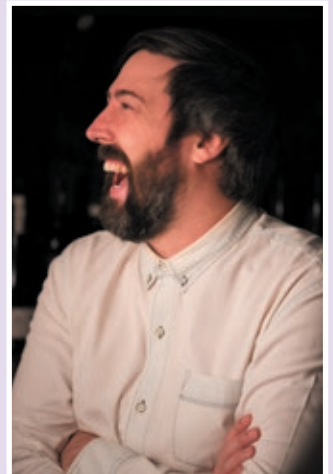
Offers and selections from professional sommeliers.

As Wine Store Manager and part-owner of Lalla Rookh Bar & Eating house, Jeremy Prus has firmly established himself as one of Western Australia's most reputable wine heads. Certified by the Court of Master Sommeliers in New York, Jeremy's knowledge of and passion for wine has cemented his place amongst Australia's top Sommeliers.

Having worked in the wine industry for nearly 20 years, Jeremy has formed strong working relationships with the wine world's best and most interesting producers. He has brought many of these to the shelves at Lalla Rookh, earning Gourmet Traveler Wine's 3 Glass accolade for the Wine Store list nearly every year since the venue's inception.

Jeremy will be offering St Ives card holders access to an exclusive wine club where he will personally select three price ranges of wine to be made available for purchase throughout the year. You can purchase whenever you like, with no obligation or sign-up fees included.

Signing up is easy – just email benefits@stivesretirementliving.com.au for all the details.



Wembley Golf Course

Free lessons with the professionals from Wembley Golf Course.



Wembley Golf Course

Wembley is the busiest golf course in the Southern Hemisphere and boasts everything from a state-of-the-art driving range, great restaurant, awesome mini-golf and two beautiful 18 hole courses.

As a card holder you can receive FREE golf lessons from their team of professionals at their Swing Driving Range. The team can help the dedicated golfer improve their swing, or the brand new player pick up the basics of this great game and start having fun.



Meet the team.

Richard is a golf professional who has played, travelled and worked throughout the US and south-east Asia. To Richard, golf is a lifestyle which he enjoys sharing with others.

At 73, he understands the needs to keep active and will be able to help you adapt your swing as you age. "It's amazing what you can do when you know what you have to work with and how to work within those boundaries."

His top tip is:

- Don't tighten up, lighten up! Reduce your grip pressure and get your arms soft. It does less damage to the body – and the ball goes further.

Interested? Email benefits@stivesretirementliving.com.au



Resident Benefits Card

waldecks
garden centre

**10% off the full range
at the Bentley, Kingsley,
Melville and Stirling stores.**



Waldecks is a WA institution that offer a brilliant range of gardening products and plants – with a focus on environmentally friendly production and organic growth.

As a card holder they are offering a 10% discount at the Bentley, Kingsley, Melville and Stirling stores. Simply present your card to receive your discount.

They've also shared with us below their thoughts on the best plants for indoor use and, most importantly, how to keep them alive!

There's nothing like a splash of healthy greenery to bring life, energy and colour to an interior space, and there's no better way to do it than with a killer houseplant.

And if you're sporting a thumb that's more black than green (who said you can't kill a cactus?), don't reach for the artificial versions just yet. It's much easier than you think to keep your indoor plants thriving and looking amazing once you get some basic care tips down. Here are just a few options, you can find more at Waldecks.

Fiddle-Leaf Fig (*Ficus lyrata*)

Even if the name doesn't ring a bell, chances are you've seen this beauty in every display home or interiors magazine. They're loved for their big, glossy leaves and ability to add that enviable wow factor to a room.

Water: Over-watering is the biggest threat to a fiddle-leaf fig (FLF). Water only when the top layer of soil is dry (about once a week) and try to place the pot in a sink or outside in the shade before watering to allow any water to drain out of the pot before placing back inside. Underwatering is almost as bad though so if the leaves are looking limp and floppy, give it a drink!

Light: Place your FLF near a window or under a skylight - somewhere it can bask in plenty of medium to bright filtered sunlight.

Position: By a window in your living room or entryway.





Swiss Cheese Plant (*Monstera deliciosa*)

Old fashioned as they may be, the Swiss Cheese plant has maintained its popularity. With its striking foliage and rich colour, this showstopper is the perfect way to brighten up a dull or boring corner. They're a tough plant that is ridiculously easy to care for, and are also great air filters.

Water: About once a week, or when the top layer of soil has dried out.

Light: Avoid placing the Swiss Cheese plant in direct sunlight - they prefer a bright space with plenty of shade. Too much light will burn the leaves and not enough will stunt its growth.

Position: In that uninspiring corner of your living room or bedroom.



Devils Ivy (*Epipremnum*)

If you are looking to add some draping greenery to your home, nothing beats the gorgeous heart shaped leaves and yellow/green foliage of a thriving Devils Ivy cascading from a high shelf to make a space feel alive. Plus, this tough little guy can handle a variety of conditions so it's almost impossible to kill.

Water: Allow the soil to dry out completely between watering.

Light: They can tolerate low or high light positions, as long as they're not in full sun or complete darkness.

Position: Nestle yours amongst books on a bookshelf or trailing from a high shelf in the kitchen.



RESIDENT BENEFITS CARD



Can't see any benefits that suit you?

Don't worry – these are just the start, we'll be adding plenty more over the year.

Alternatively, why not let us know what benefits would make you smile and we'll do our best to get a quality provider on board.

What's coming up?

We're talking with Home Care providers, travel groups and cleaning services as well as options for Villages outside the metro area.



Village Life

ST IVES
ALBANY
BOWLS

Frank Morel trophy awarded at Albany

In memory of her husband, Margaret Morel instigated a competition for the Frank Morel trophy – a beautiful wooden trophy made by the Albany Men's Shed and donated to the Village by Margaret. The inaugural competition was held

on Australia Day as part of a Sports Day at the Village. Residents also enjoyed a day of bowls, croquet, scrabble, pool and table tennis. The triumphant winners of the 2018 trophy were Frank Raab and Randal Fosbender.

ST IVES
MANDURAH
VALENTINE'S
DAY





**ST IVES
CENTRO
BOWLS &
EASTER**



**ST IVES
CARINE
OPEN
DAY**



**ST IVES
MELVILLE
CLUBHOUSE
OPENING**



**ST IVES
NORTHSHORE
AD HOC
NIGHT**



**ST IVES
MURDOCH
BAREFOOT
BOWLS**





Everybody loves a winner!

Congratulations to Gaye Matthews

– she's now stocked up for the next few Happy Hours!



Thanks to everyone who entered the competitions in the last edition of Thrive. Gaye walked away with a case of wine for sending in her suggestions to improve Thrive which included 'opportunities to win more prizes'!

Five readers also won David Michie's book, 'Why mindfulness is better than chocolate' by sending us their best meditation tip – below!

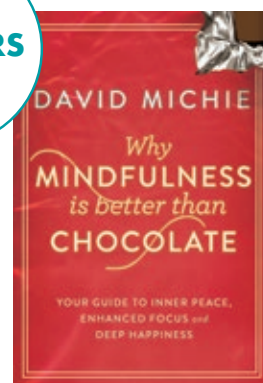
WINNERS

Reg Byers from Murdoch: Have a wine every night!!!

Marilyn Hamilton from Carine: I like to spend time free writing where I write whatever comes into my mind for a set period of time without worrying about spelling, grammar, or topic.

Ulrich Kunzmann from Centro: Go back to nature, be it in a quiet corner of a park or in the bush; meditation will be even easier and better!

Karen Watkins from Mandurah: Exercise in the pool.



Call for submissions

Are you a budding photographer, artist, writer, or poet?

Perhaps you're a bit of a scholar with an interesting topic that others would love to learn about. Regardless of what gets your brain firing, we want to hear from you! And, your fellow residents want to as well – the Thrive survey results speak for themselves.

Over 60% want to hear your life stories, articles, recipes, stories and poetry!

Please send your submission, or questions, to thrive@stivesretirementliving.com.au

Submissions are always open!





Turn your friends into neighbours!

Do you have friends who'd love Village life?

Refer them to St Ives and, if they move in we'll say thanks by:

- Sending you packing with a **\$2,000 travel voucher**
- Making their move easy by **professionally packing and unpacking their home**, free of charge.

The hardest part is deciding where you will go...



Chat to your village sales team member for all details and T&Cs.

Do you have questions about your fees, or retirement living in general?



In the lead-up to our information sessions we have printed a new sales document: **'Everything you need to know about retiring with St Ives'**, available from your Reception, which may help answer some of your questions.

It's aimed at prospective residents so you'll already know a fair bit of the info, but there is a detailed section on how the DMF works, which may help clarify things.

Want information on the costs of moving out?

You can request a copy of your Interim Lease Refund Statement from your Village's sales rep. This details all the costs you would be required to pay if you moved out today.





Deciphering Social Media

Remember when connecting to a person meant actually speaking or, heaven forbid, catching up in real life?! How times have changed! Now, by 'connecting' people often mean on social media – that huge, confusing digital realm that constantly seems to be getting in trouble in the media.

Sound overwhelming? Well below is a breakdown of the most popular social media platforms to help you connect with people, places, topics and products around you. If you want to explore any of them but don't know where to start, speak to someone you trust - and remember to stay safe online!

Facebook

In a nutshell:

This is the biggest platform (the name given to individual social media programs) ever, with over 2 billion users worldwide. It lets you set up a personal page and post (upload) pictures, articles and thoughts about your life, or anything else.

What's to love:

- Stay in touch with friends and family – and 2 billion other users
- Easily share your photos

What's not so great:

- There is so much content you might not be interested in – like ads
- Your details are shared with all advertisers



ST IVES

**Follow us on
Facebook at**
*St Ives Retirement
Living*

YouTube

In a nutshell:

A video sharing platform, and the second largest platform ever, with over 1.3 billion users worldwide. 300 hours of video are uploaded to YouTube every minute, and almost 5 billion videos are watched every single day!

What's to love:

- You can find a video on almost any topic you can think of – instructions for most tasks, cooking tutorials, music, movies and endless funny videos
- It's easy to search and use, even without your own account

What's not so great:

- There is a mixture of video quality so it may take a few tries to find a high-definition video
- You will need to sit through an advert before a video will play

Instagram

In a nutshell:

With over 800 million users worldwide, Instagram is the most popular photo (it can also do videos) sharing platform. It allows you to share as many photos and videos you like with an audience of your choosing. You can also interact with friends, family and strangers with similar interests.

What's to love:

- Highly visual so it's easy and interesting to browse
- You can explore new hobbies, interests, cafes or stores through the search function

What's not so great:

- Shops use this platform heavily so you'll see a lot of ads
- Limited to photos or video content, so there's no stories that go with the images



Connecting the world, or connecting the Western world?

Every one of the platforms we've listed here is blocked and banned in China due to "challenges to national sovereignty, security and development interest." In their place are Chinese social media platforms, such as WeChat, which are heavily monitored and censored by the government.



Twitter

In a nutshell:

Share your thoughts on any topic with over 330 million users worldwide. With a restriction of 240 characters per post (called a 'tweet'), Twitter is used to give a short update on your life, day, experiences or opinion.

What's to love:

- It's very quick and easy to write and send a tweet
- Small character restrictions means you have to get to the point quickly
- You can follow the lives of almost any high profile person

What's not so great:

- Twitter moves quickly so you can lose track of a conversation
- The character restriction means your message may be tough to get across

Snapchat

In a nutshell:

Over 180 million users worldwide use Snapchat to create and share a short video or photo that is then deleted within 24 hours.

What's to love:

- Fun and quirky filters can be applied to photos and videos to make you look and sound different
- It lets you try new things and share thoughts without them being permanently recorded, as with other platforms

What's not so great:

- Privacy settings are tough to monitor
- You can only replay a video once

Pinterest

In a nutshell:

Pinterest is another photo-sharing platform, with 150 million users. It lets you create multiple 'boards' on a certain topic where you can 'pin' any photo you like for quick reference or inspiration. Unlike Instagram it is more commonly used to share photos from brands, shops and other companies rather than personal images.

What's to love:

- There are countless new ideas to try and explore
- You can create as many boards as you like and organise your pins accordingly

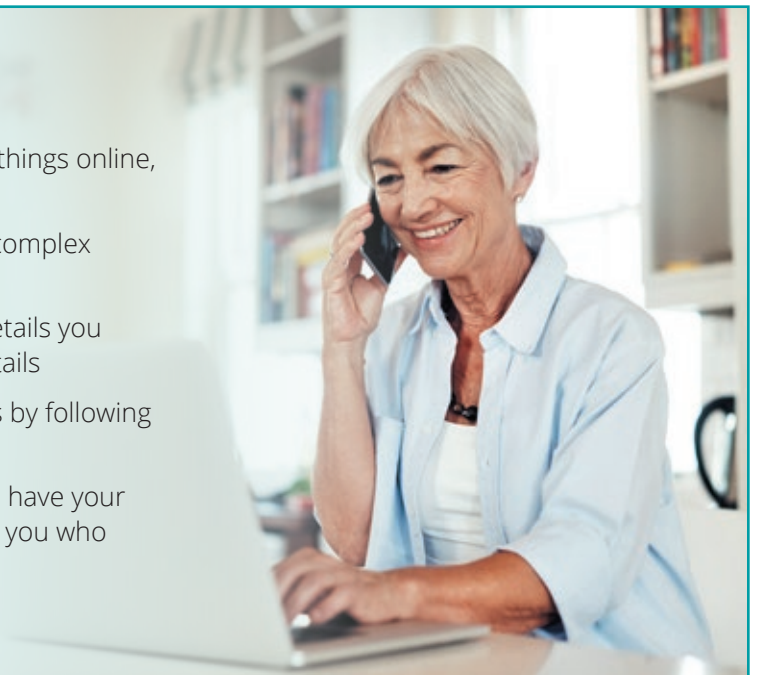
What's not so great:

- There are no chat functions as connecting with people is not the purpose
- You don't control what website the pin is linked to so it may send you to a different site than you expect

Stay safe online.

Social media can be great fun but, as with all things online, there are a few rules to always be aware of:

- Accounts can be hacked so always create complex passwords and don't repeat passwords
- Be a selective sharer: Limit the personal details you share and never share your credit card details
- Review the Privacy settings on all platforms by following the Help guidelines
- There are billions of users – not all of them have your best interests at heart, so be selective with you who connect with
- If in doubt: Don't click!





A big thank you to all St Ives models!



We were thrilled to launch our new advertising campaign – ‘What’s your St Ives Story?’ - in March and it wouldn’t have been possible without the input of some lovely (and very photogenic) residents. We would like to give a very big thank you to all our models. We know you’re retired but we are expecting some calls from modelling agencies any time soon!

Where are the ads appearing?

You’ll see and hear them in The West, Weekend Australian, local papers, Better Homes and Gardens, WAFL programs, bus backs, local shopping centres, 6PR, local radio stations and everywhere online! We also have some fantastic new videos which will soon be up on our website – keep your eyes peeled!



Meet our models

Albany

Randal and Wendy



Betty



Mike



Carine

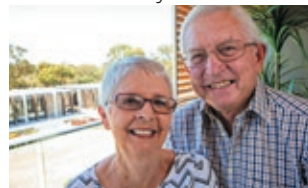
David and Elisabeth



Helen



Val and Barry



Keith



Centro

Alywn and Don



Rosemary





What's your St Ives story?

“We didn't know anyone when we arrived, but we've found ourselves in a readymade community of like-minded people.”

Elisabeth & David
Residents at St Ives Carine

We understand that choosing how you live your future is one of the biggest decisions you will make. That's why we've asked residents like Elisabeth and David to share their own personal story on how they came to start life at St Ives Carine.

It's about connecting with likeminded people who may have similar personal experiences; a way for you to find out how St Ives Carine can help you feel more connected, more active, safer, and happier with how you live your life.

But don't just take our word for it...

You can read more of our St Ives stories on our website. Or you can book a St Ives Carine tour and meet our residents for yourself.

We look forward to being a part of your story.

 **ST IVES**
RETIREMENT LIVING



Prices start from \$695,000

1300 20 20 01 | stivesretirementliving.com.au

Melville

Patricia



June



Liz



Noreen



Mandurah

Christa



Karen



Linda and James



Bill



Murdoch

Athena and Vic



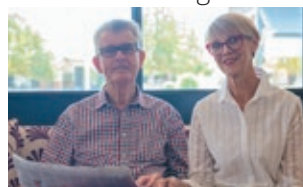
Linda and Ian



Graeme and Lynette



Robert and Margaret



Northshore

Florence



Marion



Fiona



Dianne and David





VILLAGE SPOTLIGHT

St Ives Centro

6 Tighe Street, Jolimont

St Ives Centro offers private community living right on the edge of vibrant Subiaco. This welcoming village offers a range of top-class facilities and amenities surrounded by beautifully landscaped gardens and water features. With public transport and a range of shopping and medical services at the doorstep, and a bustling social calendar, you are never far from the action.



Quick stats

- 📍 140m to park
- 📍 750m to shops
- 📍 730m to train station
- 👥 286 residents

- ✓ Restaurant
- ✓ Lawn bowls
- ✓ Pool
- ✓ Gym
- ✓ Hairdresser
- ✓ Library
- ✓ Mini golf
- ✓ Cinema
- ✓ Workshop
- ✓ Games room
- ✓ Dance floor
- ✓ Craft centre



Meet the Village Manager and Resident's Association President



Jim Purves (left), Resident's Association President, and Mark Hoebee (right), Village Manager

"St Ives Centro adds a new layer to life because now we have easy access to great facilities and new friends

to enjoy Village life with, while maintaining aspects of our outside life. This Village is unique because of its location – public transport is close and easy to use so you can go anywhere you want, when you want. We are lucky as well to have a Village Manager who has an open door policy and works closely with the Resident's Association. There is lot to enjoy here, it's up to you how involved you get in Village life." – **Jim**

"Within moments of stepping into the Village, you instantly realise the tranquillity from city life that it offers. It is a peaceful environment to call home, and one that is secure and safe. It is such a welcoming community, and I enjoy when new residents move in and meet their neighbours for the first time. It's a supportive community, and one that loves their fun events and activities." – **Mark**



Health Corner

Taking charge of diabetes

In Australia, one person is diagnosed with diabetes every five minutes. Experts estimate there are 1.7 million Australians, and one in 11 adults around the world, living with diabetes. It's particularly important to be aware of diabetes as we age so we asked Diabetes WA for their advice.

What is diabetes?

Diabetes is a chronic condition where the body becomes unable to break down the glucose found in food and convert it into energy, because it either no longer produces insulin or cannot use insulin properly.

Type 1 diabetes – often called juvenile diabetes – is an autoimmune condition where the body attacks the cells that produce insulin. No one knows what causes it, but we do know it has nothing to do with lifestyle.

Type 2 diabetes, which is sometime referred to as mature-onset diabetes, is a chronic condition where the body gradually becomes resistant to insulin or no longer produces enough insulin. While there are a number of uncontrollable risk factors such as age and ethnicity, type 2 diabetes is also associated with lifestyle factors – such as diet, exercise and weight.

What is my risk?

Knowing your risk is the first step in preventing or delaying a diagnosis of type 2 diabetes. Some risk factors – such as your age and having a family history – cannot be changed. Other risk factors, such as being overweight, smoking and having a poor diet, can be changed.

To calculate your risk, visit <https://diabeteswa.com.au/prevention/> or ask a health professional to help you complete the Australian Type 2 Diabetes Risk Assessment Tool. If you score highly, you should follow up with your doctor.

Could I have already have it?

People with type 1 diabetes rely on daily insulin injections to remain alive. It is very unlikely you could have type 1 diabetes and not know it.

Type 2 diabetes typically develops over a long period. In the early stages of the condition there are often no obvious symptoms. As type 2 diabetes is commonly (but not always) diagnosed at a later age, sometimes the signs are dismissed as part of “getting older”. In some cases the condition is not diagnosed until the person develops a complication, such as a foot ulcer.

It is for this reason one of the themes for this year's National Diabetes Week, coming up in July, will be around early diagnosis of type 2 diabetes. Some symptoms to watch for include:

- being excessively thirsty
- going to the toilet more often
- feeling tired
- always feeling hungry
- having cuts that heal slowly
- blurred vision

What should I do?

Adopting a healthy lifestyle is the most powerful way to prevent type 2 diabetes.

This involves:

- maintaining a healthy weight
- eating a healthy diet that is rich in fruit and vegetables
- limiting the amount of fats and sugars you eat
- cutting back on the amount of alcohol you drink
- being physically active
- quitting smoking

If you have already been diagnosed with type 2 diabetes, these same steps – along with monitoring blood glucose levels, taking any prescribed medications and having regular health checks – will help you to live well with this condition and minimise the risk of serious complications.

Where can I find out more?



Diabetes WA runs a range of education courses that cover more specific topics such as meal planning, foot care, living with diabetes and using diabetes technology.

If you are interested in finding out more please call them on 1300 001 880 or visit www.diabeteswa.com.au



Puzzles

Sudoku

Medium Difficulty

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

Hard Difficulty

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

Quiz

How well do you know WA?

1. The first cricket test at the WACA was held in what year?
2. How long is the Swan River to the nearest 10km?
3. What was the original name of Kings Park during its development in 1895?
4. To the nearest thousand, the population of Perth in 1854 was?
5. Which two animals appear on the WA coat of arms?
6. In 1827 Captain James Stirling explored the Swan River in what ship?
7. In what decade were the first convicts transported to WA?
8. Which is the oldest European settlement in WA?
9. After Perth metro, what is WA's largest town/city by population?
10. What is the westernmost publicly accessible town in WA?

1: 1970, 2: 70 (72km), 3: The Perth Park
4: 4000 (4001), 5: Kangaroo and Black Swan,
6: HMS Success, 7: 1850's (1850), 8: Albany,
9: Bunbury (71,090 – 2016 census), 10: Denham

Quiz Answers

Solutions will be available on our website, as well as the next edition of Thrive.

What's on in WA?

MAMMA MIA! The Musical

15 MAY
TO
1 JUL

Crown Theatre

You won't want to miss catching this worldwide hit when it touches down in Perth for a limited time. For details and tickets:
www.mammamiathemusical.com.au

Opera at the Maj

APR TO
NOV

Various Tuesday, Thursday and Saturdays. His Majesty's Theatre

Catch an opera performance this season at the Maj. For full details of the shows and to buy tickets visit: www.ptt.wa.gov.au/venues/his-majestys-theatre/whats-on/west-australian-opera-season-2018

Subiaco Theatre Festival

6 - 30
JUN

Subiaco Arts Centre

Find out more about the exciting and innovative performances on during the festival here:
www.ptt.wa.gov.au/venues/subiaco-arts-centre/whats-on/subiaco-theatre-festival

Underwater photo tour

10
MAY

Murdoch University

Explore the vast underwater world through the lens and learn about what lies beneath the shores. Find out more and purchase tickets:
www.underwatertour.com.au

A Window on Italy: The Corsini Collection

UNTIL
18 JUN

The Art Gallery of WA

Featuring Renaissance and Baroque paintings by various Italian artists, the private art collection of the Corsini family is on display. For details and tickets: www.artgallery.wa.gov.au/exhibitions/window-on-italy-corsini-collection.asp

Revelation Perth International Film Festival

5-18
JUL

For the film buffs, this year's festival is one for the calendar. Showcasing a range of films from independent feature films to documentaries, there is something for everyone.

Details can be found here:
www.revelationfilmfest.org

Botanic Garden Treasures

ON
NOW

Every Saturday morning. Aspects Lawn, Kings Park

Wander among WA's unique native flora in the Western Australian Botanic Garden. More details:
www.bgpa.wa.gov.au/kings-park/events/events-calendar/event/7231-botanic-garden-treasures

RSPCA Million Paws Walk

20
MAY

Grab your furry companion and join this year's Million Paws Walk to show support for animals in need. Find a walk near you:
www.millionpawswalk.com.au/WA/home



Be sure to view the St Ives Facebook page for more events and updates.
www.facebook.com/StIvesRetirementLiving



St Ives Retirement Living 1300 20 20 01

Email info@stivesretirementliving.com.au

www.stivesretirementliving.com.au

ALBANY | CARINE | CENTRO | LESMURDIE
MANDURAH | MELVILLE | MURDOCH | NORTHSHORE