



Positive ageing in awards spotlight

A WIDE range of individuals and organisations received accolades in this year's Every Generation Positive Ageing Awards.

Cholly Winter won the Aveo Live Well Outstanding Achiever Award for outstanding achievement and service to the community by an older person.

Within a year of arriving in Australia from the Philippines in 1976, Cholly had begun her remarkable volunteer service.

From her origins in the Filipino community, she now works with multicultural communities, and for the rights and access to equity for women, as well as older and younger people.

Her extraordinary voluntary contribution has also extended into the areas of cancer research, education and support, and community mental health.

The beyondblue Positive Images Award went to Holdfast College for Seniors at Glenelg, a community college established in 1988 under the auspices of Glenelg Parish of the Uniting Church.

The college offers seniors the chance to participate in continuing education, while remaining challenged and inspired.

Volunteers teach subjects ranging from scientific and mathematical challenges to languages, liter-

ature, history, health and fitness, community safety and information technology.

The Department for Families and Communities For Young and Old Award, recognising intergenerational initiatives that demonstrate positive ageing, went to Project SPIN (Sharing Passions, Interests and Needs).

The project was launched in 2008 as a partnership between Uniting Care Wesley and St Michael's College to bring village residents and students together to share in each other's lives.

Projects are chosen by both generations and encourage the sharing of skills, stories, friendships and fun. Activities include art, Wii games, cooking and music.

Musical passions were rediscovered when the school band went to the village to share music, and a soup making spree at the college resulted in soup being distributed to the city's homeless.

The Retirement Village Association Active Lifestyle Award, recognising outstanding achievements by a group or organisation to encourage older people to remain physically, mentally or socially active, went to Anglicare's Canterbury Close Lifestyle Team.

The residential facility in Elizabeth provides care to 100 people.

Although it has always had a strong focus on lifestyle and recreation, the Lifestyle Team is committed to challenging the perceptions of what is possible within a residential setting.

This has included the Oranges and Lemons sensory program where residents with dementia peeled, squeezed, ate and sipped the fruit in an atmosphere of stimulation and enjoyment.

The wheel-in movie night was a family event in a marquee, with a clown, admission tickets and fairy floss creating the feel of a bygone era.

Nursing Agency SA's Creative Arts Award for an older person or organisation that has made an ongoing contribution to cultural life through creative arts went to Also a Mirror run by ECH and Urban Myth Theatre of Youth.

The program had its genesis in early 2010 when ECH received funding to provide opportunities for creative expression for people living with dementia and their family caregivers.

Clients expressed an interest in developing a theatre production involving young performers to feature their life stories and



LET'S GET PHYSICAL – Award winner Dot Partridge, right, with Resthaven board chair Carole Davidson.

memories. The creation of Also a Mirror began a long intergenerational journey of exploration into the lives and experiences of people with dementia.

It culminated in a season of nine performances for the 2011 Adelaide Fringe Festival. A further season of 10 performances has followed, and an intergenerational Radio National play is now being developed.

Dot Partridge, of Klemzig, won the Resthaven Physical Activity Award recognising the outstanding contribution by an individual to encourage older people to remain physically active.

Dot's passion for fitness has changed the lives of thousands of

people for more than two decades.

Her belief in the physical and psychological benefits of staying fit and active as we age is paramount, but just as importantly Dot believes fitness should be fun.

She has been instrumental in introducing fitness, walking and tai chi classes to older adults. Dot runs a myriad classes and workshops and is a well known speaker within the fitness industry.

She has volunteered with Keep Fit SA, Road Runners Club, the Wheelchair Sports Association and the 2000 Sydney Olympics.

Dot still swims, cycles, walks and practices tai chi and recently competed in the Masters Games and the City to Bay Run.