

**Psst...the secret to hitting 100 is out**  
**Centenarians share their tips for Seniors Week**

If you have ever wondered about how to reach the century mark, the secret is out. It's not about botox, fads or winning the lottery, the key to living a long life is much simpler: it all comes down to family.

With a combined age of 6703, the 66 UnitingCare Ageing clients were asked to share their top three tips on how to reach a century. Family was the top tip given by the group of centenarians. From a "wise choice of parents" and siblings through to picking the right partner and enjoying your grandchildren, having a good family network was crucial.

For those who rely on fast food, alcohol and cigarettes and who panic at the thought of a brisk walk, the news is not so good.

Abstinence from smoking was the second most frequently mentioned tip, ranked equally with staying active, from "walking, morning and afternoon" to "working hard bringing up ten children".

Avoiding alcohol and enjoying a range of fresh, healthy foods weren't far behind with tips shared including "lots of milk for strong bones" although one sprightly senior admitted that she "used to eat vegetables to encourage the children, now I don't have to".

Other advice provided urged those hoping to reach 100 to have a spiritual focus in life, such as "trust[ing] in God and Jesus" and to take time to enjoy your hobbies such as spending time in the garden "helping the roses grow".

Seniors Week 2010 begins Sunday 21 March and concludes Sunday 28 March. The annual event is an opportunity for all generations to express gratitude and celebrate the valuable contribution seniors have made and continue to make to our community.

As one woman remarked, it's all about perception, "I'm not old; it's what you do with what you've got". Seniors still have founts of wisdom, life experience and skills to share – whether they are "newly" senior or have celebrated the passing of a century. Take the time to have a chat to an older person you know this Seniors Week – you might just learn a thing or two.

The 66 centenarians who generously shared their advice for others this Seniors Week comprised men and women who are clients of UnitingCare Ageing. UnitingCare Ageing is celebrating Seniors Week with activities including concerts, luncheons and a Seniors Ball where the average age of attendees is 85 years.

**END**

**For more information or to arrange an interview with a centenarian please contact Ingrid Hoff, Public Relations Assistant, UnitingCare NSW.ACT on 02 8267 4374 or email [ingridh@nsw.uca.org.au](mailto:ingridh@nsw.uca.org.au).**

### **About UnitingCare Ageing**

As a service group of UnitingCare NSW.ACT, UnitingCare Ageing is responsible for the Uniting Church's ministry for older people, particularly those who are disadvantaged, vulnerable and isolated. With around 14,000 people in our care, UnitingCare Ageing is the single largest provider of aged care services in New South Wales and the ACT.

We seek to provide positive lifestyle choices for older people that result in enriching and fulfilling lives. Our services are delivered in a Christian context characterised by compassion and love for all. Our team of Chaplains and Pastoral Care workers also provide comfort, counselling and advocacy for residents, clients, families, volunteers and staff as a holistic expression of care. This sets us apart from other aged care providers.

UnitingCare Ageing offers care in a range of accommodation settings including high care, residential care, retirement living, community care, day centres, private nursing services and respite care. We continually strive to develop services by seeking knowledge, responding to and meeting community expectations and by developing innovative approaches that will provide the best possible care for the people we serve.