

# Media Release

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For immediate release

## **Forest Hill twins have 99 reasons to celebrate**

For almost 100 years, Uniting AgeWell residents Mary Mullarvey and Catherine Zimmer have done just about everything together.

Wednesday, April 13, will be no different - the identical twins will celebrate their 99<sup>th</sup> birthday with a joint celebration with family and friends at Strathdon Community in Forest Hill.

Since they were born, the sisters have shared a special bond and lived parallel lives, including getting married within a week of each other, having similar families, living in adjacent streets in Forest Hill since the 1970s and later moving into the Strathdon Community.

Both legally blind due to age-related macular degeneration, the sisters are both avid radio fans and speak to each other every night, reminiscing about past experiences and updating each other on family news.

Mary's son, Brian Mullarvey, says his mum and "Aunty Kit" are so alike, they have confused people throughout their lives.

"The pair often confuses people in shopping centres and during their early days at Strathdon, even the staff and other residents would get them mixed up," he said.

"Both mum and Kit have extremely positive outlooks and despite their disabilities, enjoy going out on day trips as much as they can.

"They've always had a healthy diet, eating plenty of fish, wild rabbits, local meat and home grown vegetables and fruits.

"They still have most of their own teeth and enjoy a good steak and plenty of seafood."

Between Mary and Catherine, they have four children, 10 grandchildren and 11 great-grandchildren.

The Strathdon Community is holding a special brunch to celebrate the pair's remarkable

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*Uniting AgeWell is an organisation of the Uniting Church in Australia*

milestone. Friends and families from interstate and overseas will attend the special event.

**Interview and photograph opportunities are available.**

**Please contact Communications and Social Media Advisor John Le on: 0417 647 000, or email [JLe@unitingagewell.org](mailto:JLe@unitingagewell.org)**

### **About Uniting AgeWell**

Uniting AgeWell is an organisation of the Uniting Church in Australia with a long tradition of providing quality aged care services for older Australians. With services available throughout metropolitan and regional Victoria and Tasmania, Uniting AgeWell offers a range of specialised options to support health and wellbeing include independent and assisted living, home care, social support and therapy programs, respite and residential care communities. For further information visit [www.unitingagewell.org](http://www.unitingagewell.org)