

The Brookside Times



Welcome

Welcome to the first issue of The Brookside Times for 2015. In this issue we feature Leabrook Place and entice you with three wonderful offers for those interested in our one bedroom apartments currently available. We share details on our comprehensive range of Care Support Services and invite you to compare the benefits with other types of accommodation.

Plus, enjoy news of our recent events and some fascinating facts in history.

Wishing you a wonderful year ahead with good health, happiness and enjoyment.



Elegant Senior Living at Leabrook Place

Leabrook Place is an established, trusted and elegant senior living option for the discerning retiree. The stunning grounds and elegant apartments at Leabrook Place have been thoughtfully constructed and are tastefully presented.

There are so many reasons to look forward to living at Leabrook Place. Security, companionship, discretion and privacy provide you with an unrivalled lifestyle and your family with added peace of mind. The convenience of nearby shopping, restaurants, medical facilities and transport enhances the Leabrook Place experience, not to mention the wonderful staff on-site to welcome you home each day.

At Leabrook Place we currently have available elegant one bedroom apartments from only \$195,000*. Not only are the apartments stylish and spacious, you also have exclusive access to the library, lounge, dining room and outdoor areas, all part of your home at Leabrook Place. PLUS when you move in, we'll add even more value with a choice of three enticing offers (refer below for details).

In the words of one of our resident's family members:

"Mum liked the one bedroom as it suited her furniture arrangements. She always liked to do her crosswords in the morning at the dining room table and she can continue these traditions in her apartment. She really likes the proximity of the bathroom to her bedroom.

Mum was active and able to be independent however her house was getting too big and she was having difficulties getting about. She felt that her only option was a nursing home. After going through some difficult decision making processes she chose Leabrook and has not looked back.

I live in another state and am very reassured that she can access all the services she needs including a fabulous hairdresser within 5 minutes walk. She enjoys the environment and the company.

Mum can be as independent as she wants to be - and can access any help she needs easily. She said to me last week, that she had definitely made the right decision." - Yvonne, daughter of Leabrook Place resident Mrs Campman



Elegant Senior Living at an affordable price



LEABROOK PLACE
Elegant Senior Living



Pam - Leabrook Place resident

Hear from one of our very happy residents Pam, on why she loves living at Leabrook Place.

In Pam's words...

"I think that the more space you have the more you use - I have everything I need in my one bedroom apartment. I loved being able to continue to live in the same area - I can catch the same buses, go to the same doctor and still have the same hairdresser. My family live nearby which is really nice. I particularly love the activities and can be as involved as I like."

Call Pauline Flynn on 8334 4088. Visit Leabrook Place Wednesdays from 10am – 3pm or by appointment.

*Ask us about our flexible financial options.

Your Choice

- 1 Your Weekly Fees FIXED For Life.**
We'll fix the weekly service fee for as long as you live at Leabrook Place.
- 2 A Little Help Goes A Long Way.**
Enjoy a range of specialised and comprehensive Care Support Services, tailored specifically for your needs to the value of \$3,000.
- 3 Move-In Made Easy.**
This offer is a simple one-off payment of \$3,000 to you, to help smooth your journey into retirement living.

Correct as at 11/2/15. Conditions apply.



YOUR NEW HOME IS AVAILABLE NOW



THE GLENBROOK
Elegant Senior Living



Apartment 60

2 Bedroom, 1 Bathroom, 2 W/C, 1 Car park

What's not to love about this apartment? Bright and sunny, with gorgeous tree-top views, it will be lovely to spend time on your balcony overlooking Cator Street, watching the world go by. Open views to the west and glorious gardens below, you'll enjoy this location throughout the seasons.

The main bedroom has built-in robes, ensuite access and a spacious bay window where you can relax in your favourite armchair. The bright second bedroom could just as easily be a study or craft area.

Lovingly refurbished in neutral tones throughout, you'll enjoy the careful attention to detail.

Other features include:

- Reverse cycle air-conditioning for year round comfort
- Separate laundry with plenty of cupboards and room for washing machine and dryer
- Full kitchen facilities with modern appliances
- Guest toilet in addition to two-way bathroom
- Secure undercover car parking (optional)
- Glorious garden surroundings with lovely views wherever you may be
- Beautifully decorated with spacious sitting areas throughout
- 24/7 call button for on-site emergency assistance
- Tailored care and support services available on-site.

Ph: 08 8334 4088 | 25 L'Estrange Street, Glenside

Open for viewing: Tuesdays from 10am – 3pm
or by appointment.



LEABROOK PLACE
Elegant Senior Living



Apartment 17

1 Bedroom, 1 Bathroom, 1 Car park

This spacious one-bedroom apartment provides a roomy interior with options to furnish in a way that suits your lifestyle.

The living area can accommodate a study, library or dining suite. Or you may choose to have a designated hobby area so that you can continue to enjoy the things that you like to do - it's up to you.

Stylishly refurbished in neutral tones throughout, with new carpet and all freshly repainted, you'll love the light and bright interior.

Plus, even the busiest cook would enjoy cooking in this apartment – although there's always the option of having a meal from our daily menu.

Other features include:

- A generous bedroom able to fit a queen size bed, with ensuite bathroom and built in robes
- Separate laundry with provision for washing machine and dryer – or make use of our laundry services
- Secure undercover car parking (optional)
- Easy access to lovely gardens, communal areas and a range of on-site activities
- Around the clock on-site staff for peace of mind and security
- 24/7 call button for on-site emergency assistance
- Tailored care and support services available on-site.

Ph: 08 8334 4088 | 17 Tusmore Avenue, Leabrook

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Recent Events

*Peace of mind
& convenience*

A new security key pad system and security cameras were recently installed at Omega Communities. This feature not only enhances the added peace of mind for residents but also the added convenience for family members, friends and regular visitors. Residents can now directly communicate with their visitors without having to go via reception. General Manager Alok Kumar says the new system has received a positive response overall.

Piano Recital

Leabrook Place residents were presented with the opportunity of a Piano Recital by world-renowned prize-winning solo artist, Ashley Hribar.

Now a resident in Hanover, Germany, Adelaide pianist/composer Ashley is one of Australia's brightest musical exports and is the nephew of one of our residents, Graham Page.

Ashley, a pianist, played a wide variety of music from around the world which was enjoyed by a large group of our residents. During afternoon tea Ashley was presented with a gift to thank him for a wonderful afternoon of entertainment.

Ashley completed his 'Embrace' tour in China in early February and also performed at the Adelaide Fringe Festival.

Source: Information provided by Resident Service Manager Michelle Byrne & www.ashleyhribar.com



Graham Page with his nephew Adelaide pianist and composer Ashley Hribar.

At Your Service

Care Support Services: Personal Assistance



"I cannot praise the staff highly enough. They are always polite, helpful and always friendly."

- resident from The Glenbrook

Omega - Tailored Suite of Services

Our specialised range of Care Support Services are a unique concept that distinguishes us from many other retirement villages or seniors accommodation options. Every service we provide is optional and can be tailored to suit your individual needs, so you can have as much or as little, as you want – the choice is yours - *Independence as you want it, care as you need it.*

Here to help

Our Resident Services Manager is on-site during business hours and support staff are on-site 24 hours a day, 7 days a week to assist you. So, any additional assistance you may require can be arranged. No matter how small or large your request may be, we are happy to be of service.

Aside from housekeeping, personal assistance services and fine food, we can also assist you with just about any other service that you may require. Of utmost importance is the ease and convenience in which our in-house services can be commenced and/or changed to suit your individual requirements.

Compare the Benefits

Residents of our communities can access a wonderful range of support and care services. Our team can also provide you with information about how to access government funded support where applicable. We are always keen to provide the support and reassurance that suits individual residents. Our flexible and tailored approach enables our residents to continue to have total independence but with that little bit of extra support and help they might need from time to time. Very reassuring for all.

We are often asked about how the various living options compare – we hope this table helps to explain some of the key benefits of choosing to live at one of the Omega Communities – Leabrook Place or The Glenbrook.

COMPARE THE BENEFITS	STAY IN YOUR HOME	RETIREMENT LIVING UNIT	NURSING HOME	OMEGA COMMUNITIES
Care services on-site 24hrs/day	X	X	✓	✓
Maintenance free lifestyle	X	✓	✓	✓
Pharmacy delivery	X	X	✓	✓
Medication prompts	X	X	✓	✓
Pets welcome	✓	Sometimes	X	✓
Restaurant quality meals	X	X	X	✓
Social interaction & activities	X	✓	✓	✓
Like minded neighbours	X	✓	X	✓
Household chores taken care of	X	X	✓	✓
Visitors able to stay	✓	✓	X	✓
Family freed up from providing care	X	✓	✓	✓
High level of safety & security	X	X	✓	✓
Move in today – sell your home later	X	X	X	✓
Couples stay together	X	X	X	✓
No asset testing	✓	✓	X	✓
Maintain independence	✓	✓	X	✓
Access to nursing care*	X	X	✓	✓

* Omega Communities has a preferred provider agreement with Southern Cross Care (SA & NT) to provide extended care services.

Chinese New Year Guest Speaker

On 19 February, the first day of the Chinese New Year 2015, The Glenbrook resident Rex King entertained fellow residents with the customs associated with what is the most important of the Chinese festivals, with a history going back 4,500 years. Residents who attended thoroughly enjoyed the afternoon.

After describing the 12 animals that make up the cycle associated with the festival, he passed around a set of large silver coins (together weighing 3kg) commemorating each year and also showed slides of each one.

2015 Year of the Goat

He then handed around a Chinese astrological table which was traditionally used to see if it was appropriate for a couple to marry by matching the animals of each partner. The table rated the suitability of all the possible combinations on a scale of 1 to 10. As the members of the audience checked the suitability of their own marriages, the most enthusiastic reactions tended to come from those who scored highly on the scale!

Rex followed this up by describing, with the aid of slides, the legends associated with the festival, all the ways in which the Chinese prepare for and observe the festival, as well as the significance of the traditional practices. *Source: Story provided by Rex King*

The Glenbrook turns sweet 16

Resident Mrs Loris Stuckey cut the birthday cake at The Glenbrook's 16th birthday morning tea attended by 45 residents. Stories were shared amongst friends of their journey to The Glenbrook, moving in and what prompted the decision to move in the first place. There was also many a story shared on the "why's and wherefores" of life and living at The Glenbrook, along with a few funny tales of course.



Christmas celebrations

Both The Glenbrook and Leabrook Place enjoyed a wonderful festive season with Christmas events held at both communities.

"Rick Greening who sang at **The Glenbrook** Christmas show on December 10th, had been the Maintenance Person/Gardener at The Glenbrook for 2 years. The residents loved to hear Rick singing and whistling in the garden while he worked. So we were thrilled to hear him sing again at our Christmas dinner.

Over 70 people attended the event, residents' feedback was very positive and a great meal was prepared by our chef.

Mr Alwyn Blowes - Chairperson for the residents committee thanked all the staff for their help during the year and for a great night."
~ *Michelle Byrne, Resident Services Manager*

Leabrook Place - "77 residents with family and friends attend the Christmas dinner in December. We had a choice of beef croûtes with mustard sauce

or prawn and avocado salad for entrée, traditional turkey, ham and trimmings for main and Christmas pudding with brandy butter and custard for dessert.

Residents of Leabrook Place had generously donated a variety of items which were made up into 5 lovely baskets for the Christmas Raffle. The proceeds went to the Leabrook Place Residents Committee which then funded the Christmas happy hour of drinks and hot and cold finger food prepared by the chef."
~ *Helen Crossman, Resident Services Manager*

Back in History in the month of March

1781

Seventh planet from the sun, Uranus, is discovered

1803

Australia's first newspaper is printed

1901

Sir Edmund Barton is officially elected as the first Prime Minister of Australia

1932

Sydney Harbour Bridge opens

1956

The musical "My Fair Lady" opened on Broadway

Don't forget to visit our website to find out all the latest news and current homes available.

www.omegacommunities.com.au



THE GLENBROOK

Elegant Senior Living

Ph: 08 8334 4088
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OMEGA
COMMUNITIES

Independence as you want it, care as you need it.



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