

Summer Village Green

BOUTIQUE LIVING AND CARING

SUMMER 2018



Residents were dazzled at Opera on the Green

Opera on the Green

The countdown to Christmas began on a high note at St Brigid's Green as residents and guests got dolled up in their best formal wear to attend Opera on the Green.

The annual event held on our Village Green saw over 300 guests tantalised under the stars by the beautiful sounds of Venetian opera. Everyone was blown away by the incredible and talented voices of the singers from Opera Australia.

The Deputy Mayor, Cr Danny Said, was amongst the audience seated on the Green, and some residents chose to enjoy the show from their exclusive box seats, also known as their balconies! Our head chef, Allan, brought a touch of Italy to Maroubra, with the crowd enjoying an Italian feast and glasses of bubbly. Everyone thoroughly enjoyed the opera, with many making the most of the fun opportunity to partake in a glamorous social event from the comfort of home.



Residents and special guests enjoying Opera on the Green

Expert Tips for Moving into a Retirement Village

When it comes to moving into a retirement village, no one is better equipped to give advice than our actual residents. We sat down with Patricia and Daphne from St Brigid's Green, so that we could provide you with real, first-hand advice. Both Patricia and Daphne have made the big move and haven't looked back, so if you're thinking of moving into a village, keep reading for their expert tips.

1. Understand the contract

Ensure that you fully understand all of the details in your contract, particularly the financial aspects - both ladies listed this as their number one tip. It's vital that you understand the entry fees, ongoing fees, and exit fees you'll be required to pay when living in a village.

Patricia said, "does your solicitor have a thorough knowledge of the Retirement Villages Act?" Daphne added, "ask the Law Society in your state for a list of solicitors trained in the Retirement Living Act. Most solicitors are experts in conveyancing, but only a few are experts on the Retirement Villages Act."

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How to Downsize and Cut the Clutter

Making the decision to leave the family home and downsize to a smaller, easier to manage retirement apartment can be a daunting decision.

If you are someone who is living in a large house, and are feeling overwhelmed at the sheer thought of moving, rest assured this is a normal emotion and you are not alone. We spoke to Lorraine Cox, Director and Founder of Downsizing with Ease, who has successfully moved over 100 residents into Greengate Villages. Here is what she had to say:

How do you approach downsizing from a home you've lived in for 40 years?

Firstly, go easy on yourself and understand that downsizing is likely to stir up some emotions. I recommend you start early if you decide to move. Downsizing takes time so if you can chip away at it, room by room, over a couple of months, you will reduce a lot of the last-minute stress.



I always recommend that you start by asking your family and friends if they would like any of your unwanted goods. You'll likely have some beautiful pieces of large furniture that are too good for the tip, but too big for your new home - if you can pass these items on to family and friends, then do it.

If there are pieces that you can't get rid of and would like to donate to a charity, make sure you speak to them a few months before your big move. Many charities in Sydney are busy and have 3 - 4 weeks waiting time for collections.

One client of mine had a reverse house warming party. After donating all of the items she could, she put stickers

on the furniture she no longer wanted and invited her friends and family around. By the end of the party, most of her unwanted items were gone, which saved my client a lot of stress as well as the cost of having the items removed to the tip.

How do you cut the clutter?

Every week, when putting the bin out, make sure you discard some small unwanted items such as old newspapers and cards. Go through your clothes and donate things you no longer wear to your local clothes bin. Even if you only clear out one drawer a week, these two easy tasks will give you a sense of accomplishment and you'll see things are starting to happen.

Remember, once you're in a retirement village you won't be catering for the whole family like you used to - so you're not going to need five frying pans and ten dinner sets! If you have not used items for a few years get rid of them, you don't need it. I often say to my clients, let the family have **you** over for those special occasions, or remember, you can arrange with your village to hire out their function room and have all your family come to you, without any of the hard work.

Also, make sure you measure your new home to ensure the items you are bringing will actually fit. Why pay for a packing and removal company to take these items, only for you to pay a second time to have them removed?

How do people feel after they've downsized?

I moved quite a few people into St Patrick's Green, and a lot of them were stressed and anxious leading up to the big move. Once all of their moves had taken place, and they'd had a few months to settle in, I hosted an afternoon tea for them at the village. What was so special about that day, was the difference I could see in all of them. They were relaxed, happy and had made some wonderful new friends in such a short time. The comment from almost all of them: "Why didn't I do this sooner?"

What other advice do you have for people who are starting the downsizing journey?

Over the last 21 years, I've assisted over 3000 people move into over 150 different retirement villages, and I always say: if you're thinking about it, don't wait - move and enjoy the fruits of your labour.

Remember, downsizing your home will not downsize your memories. If you would like more information you can call Lorraine from Downsizing with Ease on 1300 795 526.

2. Consider convenience

Remember that as you age, your mobility and eyesight may decrease and the time may come when you can no longer drive. Therefore, it's important to choose a retirement village where transport and shops are nearby and easily accessible. Patricia also added, "understand that independent living means just that; can you care for yourself?"

3. Size it up

Take the time to inspect your apartment and measure the rooms, as the furniture in your home may not fit into your new apartment. "Check the cupboards and wardrobes to see how much from your home will fit into the spaces of your new apartment" said Daphne.

4. Locality

Stay in an area you know, and don't move too far away from your family and close friends. Patricia highlighted that "ease of contact will be important to you, particularly as you grow older." Note that if you move far from your present home, you may need to change doctors as you will need your GP to be easily accessible.

5. Change of address

Make a list of people to inform of your change of address. Just some of the places Daphne mentioned included: the ATO, doctors and dentists, NRMA, banks, the post office and your superfund. Don't forget your phone provider, "start talking to them three weeks in advance of your move" said Daphne.



6. Services

What services are available in the retirement village? Be sure to check if there are domestic services, such as cleaning and meals, available if required. If you're feeling unwell, these services can make a big difference in your life. Also, check to see what recreational and social facilities are available at the Village. Patricia stated, "find out what services are available, and what additional costs are involved."

7. Pets Policy

Finally, "if you have a furry friend, check the Village Policy regarding pets" said Patricia.

Here at Greengate, our villages are located close to amenities and transport. At both St Brigid's Green and St Patrick's Green, we provide a range of in-home services for you (and your furry friend) as well as a varied social calendar. If you have any questions about retirement living in a Greengate Village, please call us today on 9097 9175.

New Aged Care Floor Open at St Patrick's Green



The first three floors of our Aged Care Home in Kogarah were met with such high demand that we opened our fourth and final floor on 12 November. This saw another 23 suites added to our community, most of which feature stunning aspects over Botany Bay and the surrounding St George area.

If you're interested in securing a private, beautifully appointed suite for your loved one, in Kogarah's favourite aged care home, then now is the time to contact us. We are currently reserving rooms with the option to select your own suite, call us today on **9097 9175**.

Apartments For Sale - St Brigid's Green, Maroubra



Easy Living 1 Bedroom Studio

Featuring high-quality finishes and a private balcony, this well-appointed studio apartment also boasts a great walk-in wardrobe. The compact floorplan is perfect for someone who is looking for an affordable and easy to maintain home, so they can focus on the more important things in life.

If you would like to arrange a tour of the available apartments at St Brigid's Green in Maroubra, please call Megan Parnaby today on 0458 032 728 to arrange an inspection.



3 Bedroom 2 Bathroom with Space to Breathe

Flooded with natural light, this spacious, open plan apartment has to be seen to be believed. Featuring two large bedrooms, a third bedroom/study, and a second bathroom for guests, this apartment will give you the freedom to live your retirement years in comfort and style.



Bright, North-Facing 2 Bedroom 2 Bathroom

Fresh on the market, this apartment sits on the North East corner and features a large balcony overlooking our pretty Village Green. Boasting high-quality finishes and smart design, this bright apartment features plenty of natural light along the entire length of the apartment.

Apartments For Sale - St Patrick's Green, Kogarah



Light-filled 1 Bedroom Studio + Study

Perfect for a single person who is looking for high-quality retirement living, this apartment on Level 8 is easy to maintain and drenched with natural light. This well-appointed apartment features a private balcony, large bathroom and a study.



Luxurious 2 Bedroom 2 Bathroom + Study

This top-of-the-line apartment sits on the North East corner of Level 10. Featuring stunning views from the city skyline and across Botany Bay, and so much storage space you'll forget you're downsizing, this apartment is the epitome of classy retirement living.



Affordable and Compact 2 Bedroom 1 Bathroom

This Level 1 apartment is priced to sell and is great for those who don't like heights. This apartment features a versatile sun room/balcony, and a large main bedroom with great built-in wardrobe space. The bathroom functions as an ensuite but can also be closed off for guests.

We still have a variety of apartments for sale at St Patrick's Green, Kogarah. To arrange a viewing, please call the Sales Team today on 9097 9175.

St Patrick's Green
KOGARAH

Phone 9097 9175
40 Chapel Street, Kogarah

Greengate Boutique Living and Caring.

St Brigid's Green
MAROUBRA

Phone 8097 1775
220-230 Maroubra Road, Maroubra



Summer Dining with Chef Allan

Summer is well and truly here, so we asked Allan, our Head Chef at St Brigid's Green, for his favourite summer recipe. Here is what he had to say:

“ Now that the days are warmer, I've been cooking lighter meals with more fruits and salads in the repertoire. This pan-grilled salmon with pineapple salsa is perfect for those summer nights, and is packed full of protein and other nutrients. ”

INGREDIENTS

1 cup chopped fresh pineapple
2 tablespoons finely chopped red onion
2 tablespoons chopped coriander
1 tablespoon rice vinegar
1/8 teaspoon ground cayenne pepper
Cooking spray
4 (6-ounce) salmon fillets about 1/2-inch thick
1/2 teaspoon salt

METHOD

Combine first 5 ingredients (through pepper) in a bowl; set aside.

Heat a non-stick grill pan coated with cooking spray over medium-high heat. Sprinkle fish with salt. Cook fish 4 minutes on each side or until it flakes easily when tested with a fork.

Top with salsa.

Enjoy!

Meet Fiona Kendall, NSW State Manager



Greengate would like to wish a warm welcome to our new NSW State Manager, Fiona Kendall. Fiona comes to us with over three decades of experience in the retirement and aged care industry, and we are excited to have her fill this newly created role. She will now be overseeing both St Brigid's Green in Maroubra and St Patrick's Green in Kogarah.

Fiona has a background in nursing, education and business, and has worked in a number of senior leadership roles in the industry. Fiona's extensive knowledge, combined with her caring nature, made her the obvious choice for this role. Already, we have received a lot of positive feedback on her from our residents, so we are excited for the positive changes she will bring to our NSW villages in the future.

Welcome, Fiona!

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