

Happy Birthday

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A guiding hand

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Athelstan News

Edition 5, February 2014



The life and times of Vicky Jacques



Vicky Jacques is the guiding hand of Athelstan. As Villa Maria's General Manager Residential and Retirement Services, the native Brit is an expert in aged care and retirement living.

When did you come to Australia?

I came over from the UK because they were recruiting midwives and they interviewed me in London in 1983, just after Princess Diana and Prince Charles got married. I remember because I got married soon after them. I was offered a job as a midwife at the Royal Women's Hospital in Melbourne in the private post natal ward. It was definitely the place to go and have your baby.

What is your background in health?

I've had various roles within acute hospitals, mostly as a nurse educator, and then I went into management and worked as the director of nursing in palliative care at Bethlehem Hospital. I went from there to commission Wantirna Health, a palliative care and rehabilitation hospital, and palliative care services across Eastern Health. We set up outpatient clinics and I had palliative care nurse consultants who would go into the hospitals. I also looked after four aged care facilities within Eastern Health. I've also worked in private home-style aged care, which was very much a clinical, quality and education role.

When did you join Villa Maria?

Twelve months ago I started as General Manager of Residential Services. I also look after the aged care facilities at Wantirna, Berwick, Bundoora and O'Neill in Prahran, as well as our luxury independent living accommodation at Athelstan.

What's your role at Athelstan?

Mainly it's providing support for Anne, our Manager, and ensuring things run smoothly, supporting the sales and marketing team, and making sure that we're meeting our targets. I'm also responsible for making sure the residents are satisfied and happy with the services offered at Athelstan.

How would you describe Athelstan?

I think it's a really happy place and the residents are always very positive about their move to Athelstan. I attended their Christmas party where you could see the residents were very warm and caring about the staff. There's a lot of support for the new residents coming into Athelstan and there's the great system where buddies are allocated. I met a new resident at the Christmas party and you could see that she was a single lady on her own and everybody was making sure she was joining in the conversation. It's hard for people who are single to meet new people and that's one of the joys of being in Athelstan.

What have you got out of Athelstan?

It's wonderful to see people living their lives so fully as they age, because I'm so used to seeing people at the end of their lives who have not aged well. So it's lovely to see them fit and healthy and engaged and having a very active physical life and social life. I think it's wonderful.

Celebrating a successful first year



Athelstan Camberwell's First Birthday last October was an event to remember with more than 130 guests soaking up the celebratory atmosphere.

Residents, community members, Villa Maria staff and representatives from L.U. Simon Builders and Fredman Malina Architecture were greeted in style with sparkling wine and the soothing, warm sounds of the harp played by talented harpist Carla Whiteley.

Guests dined on delicious finger food before much-loved television and radio personality Pete Smith began his role as MC for the evening, including an interview with resident Pat Picking, who was also celebrating the first anniversary of her move to Athelstan - 12 months to the day - with husband Geoff. Ruth Anghie, Athelstan's 'first lady' - first to purchase and move in - had the pleasure of cutting the birthday cake before Dennis Muir, President of the Residents' Committee, thanked the dedicated staff of Athelstan and announced the winners of some exciting door prizes.

Athelstan Events and Promotions Officer Narrelle Paige said an absolute highlight of the evening were the "Undercover Singers" who posed as Athelstan's chef and head waiter, surprising guests by breaking into operatic song and getting everyone involved in a group sing-along.

Villa Maria CEO Valerie Lyons thanked all those who had contributed to making Athelstan Camberwell a "world class environment", and particularly to the residents and staff who had truly made Athelstan a "warm and welcoming home".



Save the Date – Athelstan Open Days

Enjoy a glass of wine and refreshments while joining us for a tour of Athelstan during our weekend Open Days:

- Saturday 22 February, 10am to 12pm
- Saturday 22 March, 10am to 12pm
- Saturday 10 May, 10am to 12pm
- Saturday 21 June, 10am to 12pm

Time to focus on life's important things



Ilse Laudenbach sits on her balcony overlooking the treetops of Camberwell and smiles. "I'm very happy here," she says. There's a real contentedness to the 80-year-old, who moved into Athelstan last December.

But content does not mean idle. Ilse's been busy organising an artificial garden for her balcony, with green hedges, bamboo, and wicker furniture to enable her to soak in the view. It's a far cry from the huge garden she had at her family home in Wheelers Hill, which required the weekly care of a gardener.

Inside she's adding personal touches to her spacious two-bedroom apartment, including an office space many professionals would envy, new bedroom furniture and an entertainment unit. While it's smaller than what she's been used to, that's exactly what appealed to Ilse about Athelstan.

"I had a really big house and I got tired of it and it was just turning out to be a burden," she says.

Now she has time to concentrate on the things she loves. She spends a lot of time managing her finances and keeping up with what's been happening in her home country of Germany.

"I never have spare time," she says. "I read a lot, then on my computer I Skype with people in Germany and I read the German newspaper so I know what's going on."

Ilse was born in the small German town of Ingolstadt but lived in Munich until she and her husband, Karl, moved to the United States for work.

After nine years in America, they moved to Australia in 1966 to start Wacker Australia, a construction equipment company. Karl was general manager and Ilse financial director. They opened offices in Melbourne, Sydney, Adelaide, Perth, Brisbane and New Zealand. They stayed with the company until they retired in 1993.

"We always worked well together, we stayed out of each other's hair," she says.

When Karl passed away in 2006, Ilse says she started thinking about downsizing, but nothing ever appealed to her. A friend visited Athelstan last year and immediately thought of her.

Despite the downsize, she still has enough space to welcome overseas guests. Her brother and sister-in-law will soon visit, and she expects more relatives to follow.

Ilse regularly eats at the Athelstan restaurant, plans on joining the Tai Chi club and has slowly been getting to know her neighbours.

"I find people are very nice, and I think the staff here are lovely; they are all very helpful," she says.

Food, glorious food, oh what a selection



Indonesian-style Gado Gado, home made spring rolls, chicken, mango and fresh rocket salad, chunky beef and vegetable pie, Thai beef salad on glass noodles.

It's enough to make even the driest mouth water, and it's all part of Athelstan café's new summer menu.

Many ingredients are as fresh as they come – straight from the herb and vegetable garden just outside the kitchen door.

The cooks in the professional kitchen take full advantage of the huge variety of plants – including mint, parsley, basil and marjoram – and fresh lettuce and spinach. A developing citrus garden will soon be adding more flavours to the mix.

Athelstan Manager Anne Hulls says the café is always available to residents and they are regularly seen gathering for an authentic espresso coffee or cup of T2 tea and homemade sweet after a tai chi session in the lounge, or a friendly catch-up over lunch.

She says the wider community can enjoy the fabulous food and cosy, modern environment every Monday to Friday, from 11am-2pm. The community should book ahead to secure a table. It has an on-premise licence for residents, their guests and Friends of Athelstan.

Ms Hulls says community groups are also taking advantage of Athelstan's function area.

"We have a beautiful dining function area that can be adapted for large and small groups, catering for between 20 and 70 people," she says.

In the last few months it's catered for Probus clubs, bowling clubs and Villa Maria groups, while it's also been used for fundraisers such as Australia's Biggest Morning Tea, she says.

Community groups are encouraged to contact Athelstan to find out how their event, big or small, can be catered for.

The restaurant is open to residents two nights a week. Ms Hulls says the à la carte dinners often have a theme and are embraced by residents. New residents find it a great way to meet their neighbours, while many use it for a celebration with their extended family.

Ms Hulls says the professional kitchen is also reintroducing its catering arm for Villa Maria.

For enquiries about functions or to book a table for lunch, contact Athelstan on: 9809 1231.

What's on at Athelstan

From cooking and writing to politics and music, there's an event to interest everyone over the coming months at Athelstan. Two special guests have been lined up to offer their insights into their extraordinary lives, and there's a special focus on mums to celebrate their annual day. Book your place now.

Vive La France – a morning with Gabriel Gaté Thursday, March 6, 10.30am

He's worked in some of the best restaurants in France, is Australia's best-selling male cookery author and been a fixture on Australian televisions for the last 25 years. Gabriel Gaté is one of Australia's much-loved French chefs. Hear his personal story of growing up in the Loire Valley of France, his remarkable culinary and gastronomic education with some of France's Master Chefs, and his abiding love affair with Australia. He'll also share his own "recipe for a great life" – a passion for cooking, living and eating well.



There will be some fabulous door prizes on offer, including a signed copy of Gabriel Gaté's book *Recipe for a Great Life*, and a Gabriel Gaté five piece Provincial Cook Set by RACO, valued at \$149. So there are lots of reasons to book a seat at this great event.



Entry will be a \$10 donation per person. Athelstan will donate the proceeds to Villa Maria's Save Me A Seat appeal.

Mother's Day Morning Tea Saturday, May 10, 10am-12pm

On the eve of Mother's Day, Athelstan will be pampering mums with a delicious morning tea and entertainment by the Four Seasons String Quartet. There'll also be a special gift for mum.

The morning tea coincides with the May open day, so everyone can take a tour of the luxury display apartment and impressive facilities that make Athelstan such a wonderful place to live.

Bookings to all of the events are essential. Please call Narrelle Paige on 0414 738 007 or email narrelle.paige@villamaria.com.au

Australia's Biggest Morning Tea Thursday, May 29, 10am-12pm

Join us for Australia's Biggest Morning Tea! Come along with your family and make your cup count while enjoying a delicious selection of cakes, tea and coffee. Entry is a \$10 donation per person. A raffle prize will be on offer and all money will go to the Cancer Council to help its research, support, education and awareness initiatives.



Stories of political life and more – a morning with Mary Delahunty Thursday, June 12, 10.30am

Not many people can claim to have a flower named after them. But such is the success of Mary Delahunty that a red rose was bred just for her – the aptly-named Mary Delahunty Rose.



Mary's amazing life will make for compelling listening. She's a writer, award winning ABC journalist and former Victorian education minister. She was the first female solo prime time TV newsreader in Victoria, and the first female planning minister in Victoria. She is now the National Director of Writing Australia and Chair of Orchestra Victoria.

Mary is passionate about the enabling power of education and good citizenship, and the joy of music and writing. She has also established a Writer's Retreat at her farm in the Macedon Ranges.

Her first autobiography, *Public Life, Private Grief*, offered a fascinating insight into the political process during her time in the Bracks and Brumby governments. Her latest book will be released in July and Mary will offer her audience a sneak peek into what it contains.

Entry will be a \$10 donation per person. Athelstan will donate the proceeds to Villa Maria's Save Me A Seat appeal.

Visit us today

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