

Happy second birthday

Footy star, commentators
entertain

Ticking the boxes

Gardening guru

Athelstan News



Edition 7, November 2014



Happy second birthday

It's been two years since Athelstan Camberwell welcomed its first residents and since then, it has developed into a vibrant community.

Over those years, firm friendships have been established and there has been plenty to keep residents and guests occupied.

During the week, many residents participate in exercise classes including tai chi, balance, yoga and meditation in the lounge. The massage therapy and podiatry services are also very popular.

Residents have been very proactive in developing the Athelstan community. They formed a Residents Committee to give them a collaborative voice and a Social Committee to spread the community spirit.

Residents have also developed a number of other interest clubs while the restaurant and café have been used by external groups for meetings, such as book clubs and Probus.

The "Morning Tea With ..." series has also been very successful, with up to 140 residents and guests attending some of the events.

Special guests have included sporting legend the late Tom Hafey, renowned French chef Gabriel Gaté, journalist and former politician Mary Delahunty, former AFL footballer and Bali bombing survivor Jason McCartney, and Ian Cover and Greg Champion of the Coodabeen Champions.

With almost all apartments now sold, Athelstan has proven to be a great lifestyle choice where residents can relax and enjoy life, with everything they need at their fingertips.



Time for a fun day out

Join comedian and Out & About Ambassador Tim Ferguson and singer Kate Ceberano at a huge celebration of accessible communities at Albert Park Lake on Sunday, November 30 from 10am-3pm.

The Villa Maria and Transurban Out & About Family Fun Day is packed with free entertainment and activities to give everyone the opportunity to experience life as it should be – 100 per cent accessible.

Meet Tim Ferguson, join the all-abilities Flash Mob or the 2km walk around the lake, or simply relax and enjoy Kate's acoustic performance over a picnic. Pick up your Mission Possible passport to qualify for great prizes – a great activity to do with your grandchildren – stroll through the Swinburne University sensory garden or experience modified sports at the Melbourne Sports and Aquatic Centre.

There's plenty for all ages and abilities to do, and lots of fun for the kids, with roving entertainers, face painting, jumping castle and farm animals. To find out more visit: outandaboutday.com.au



Full event details at outandaboutday.com.au

Ticking the retirement boxes



When Rex and Maxine Lewis decided to move from Adelaide to Melbourne, they knew their new home had to be safe, close to shops and public transport and near family and friends.

They also wanted it to be large enough to accommodate guests and have a close-knit community that would support them through their move away from their friends in South Australia.

"I think if you move states and leave all your friends behind, it's good to have a bit of community," Maxine says. Since moving in six months ago, the Lewis' have jumped into life at Athelstan, making many firm friends and enjoying the busy program of activities.

Maxine attends the yoga and meditation groups and they both enjoy the weekly balance class.

Rex, who has worked in the truck tyre industry for 50 years, has joined the Men's Workshop, which enables him to continue doing maintenance work, such as building shelves.

"You've come from a place where you've got a garage full of tools at home and do odd jobs around the house, so it's nice to continue doing that if you want to," he says.

Maxine, who managed a psychiatry practice in Adelaide, has been particularly struck by the friendliness of staff. After a recent holiday, the staff gave them a great "welcome home" greeting when they returned.

"It's a lovely, warm feeling when you return home. It's so much nicer than coming home to an empty house," she says.

"We have found it a lovely, warm place to be. We say hello to someone every day – you can be private or join in – whatever you want."

The couple, whose son and family live walking distance away, chose a ground floor apartment so they can take advantage of the wonderful gardens, yet have their privacy too.

"Athelstan ticked all the boxes we needed to tick – close to family and shopping, on the tram line, a spacious home and lovely people," Rex says.

Getting to know Genevieve Fitzgerald

Many people at Athelstan may know her for her overnight shifts and gardening skills, but there's much more to Residential Services Attendant Genevieve Fitzgerald.

What is your professional background?

I'm a trained journalist and editor, although most of my paid work has been in community development roles both for State Government and not-for-profit organisations. My last job was with the Commissioner for Environmental Sustainability, as the Manager for Stakeholder Engagement and Communications. I gave up the office job in 2012 and have just completed a Bachelor of Science Honours Degree at the University of Melbourne, looking at the politics of water.

How long have you been at Athelstan?

I started at Athelstan in September 2012, just before it opened. I'm a Residential Services Attendant, undertaking a range of activities from cleaning through to hospitality and lots in between. I work night shifts and every Saturday.

What do you enjoy most about your role?

By far and away, the best thing about my job is the people who live and work here. It's lovely to be able to provide a welcoming home, a dinner on a Friday night in the restaurant, a toasted sandwich and a coffee on a Saturday afternoon and just get to know more of the incredible histories that the Athelstan residents have.

What else do you do at Athelstan?

In consultation with our first chef, I researched a range of options to serve both the need for plant screens around the building site as well as ways to assist in food preparation for the kitchen. I'd also noticed many residents enjoyed a connection with their garden. Such thinking led to the vegetable, herb and fruit garden design we put in place. This season, the herb garden behind the kitchen is being complemented by a tomato and basil garden. For Christmas, I plan on giving everyone a Herb Map for their kitchen so they know exactly where to find what they need. A folder in the library will also provide culinary and medicinal notes about each herb.

Why do you do it?

I believe in volunteering and the principle of paying it forward. Having once owned and operated a plant nursery, I have been able to contribute some gardening skills and I get to volunteer doing something I love. I really enjoy talking gardening with a number of residents who have expert knowledge, so I'm always learning something new from them. The great outcome for everyone is that we have a garden that can provide food, a point of interest and that utilises the rain water captured by the onsite tanks.



Tell us something about yourself people wouldn't know

I used to play in rock bands. I still play, but now it's blues. Each Monday, I catch up with a fellow musician and we write songs, which we sometimes perform at various places around Melbourne. We're called Slow Train, which is not a comment on our age but more a hint that we've got ourselves out of the fast lane to enjoy what we love – music. I play guitar and dulcimer and, along with my friend, sing other people's songs as well as my own.

Athelstan presents...



There's been a lot of talk about Aussie rules football at Athelstan Camberwell over the past few months.

In the lead up to the AFL finals, Athelstan welcomed Bali bombing survivor Jason McCartney and members of the Coodabeen Champions to share their insights as part of the regular "Morning Tea With..." series at Villa Maria's luxury retirement living complex.

Jason, a former AFL footballer, told a captivated audience how he overcame adversity to rebuild his life after suffering burns to 50 per cent of his body in the devastating Bali terrorist attacks in 2002.

Despite his horrific injuries, he defied his doctors to make it to his wedding just two months later, then stunned many when he returned to the elite football level eight months after the attack.

"The wonderful life skills that I gained through that professional environment ... to me they were the foundation for my whole recovery," he said.

In a more lighthearted event, Greg Champion and Ian Cover of the Coodabeen Champions entertained more than 130 guests with their mixture of comedy, music and expert opinions on sport.

Bookings to the Morning Tea With Christine Nixon are essential.

Please call Lisa Moore on 9809 1231 or email lisa.moore@villamaria.com.au

They had the crowd enthralled with their quick wit and spent plenty of time chatting with guests over tea and coffee.

In the final morning tea event for the year, former Victoria Police Chief Commissioner Christine Nixon will share her views on leadership, teamwork, women in business and succeeding in a man's world on Thursday, November 13.

Her life after leaving the police force has been diverse and always challenging. She helped guide Victoria through one of its darkest periods following the devastating Black Saturday bushfires as chair of the Victorian Bushfire Reconstruction and Recovery Authority.

She is the chair of a number of organisations and is Deputy Chancellor at Monash University.

Entry to the morning tea is a \$10 donation per person. All proceeds will be donated to help the work done by Villa Maria.



Visit us today

Athelstan Display Apartment
Open Monday-Friday, 10am-4pm
450 Camberwell Road
Camberwell Vic 3124

Freecall 1800 799 087
info@athelstan.com.au
athelstan.com.au



Stay close, stay involved.

INDEPENDENT LIVING WITH VILLA MARIA