

Choice Living

spring 10 issue

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Choice Living

Tim scoops top accolade



Tim Bentley, manager of Living Choice Broadwater Court, accepts the Tony Baldwin Manager of the Year Award from TV and radio personality Glenn Wheeler.

With no prior experience in the retirement village industry, and after just 18 months at the helm of Living Choice Broadwater Court, Tim Bentley upstaged other long-serving managers to win the Tony Baldwin Manager of the Year Award at the RVA's NSW/ACT Regional Conference held on 30 July.

Tim was appointed village manager in January 2009 and has put his management skills of 28 years in the photographic industry to good use. Broadwater Court is the largest of the Living Choice villages with 370 residents and over 20 staff members. Tim's passion for his role has not gone unnoticed by the residents and staff and they are very proud of their award-winning manager.

At the Manager of the Year Gala Dinner, Tim paid tribute to the residents, directors and staff for their support and guidance. When asked what he liked most about his job, Tim said he was motivated by making a difference in the lives of his residents. "When a resident says 'thank you' or gives me a wave, it makes me feel good. I have also been fortunate to work with a great committee and their support has been nothing short of sensational."

Tim is now a finalist for the National Award which will be presented at the RVA National Conference in Brisbane in late October.

Living Choice celebrates

RVA awards

As a keen supporter of the Retirement Village Association, our company was proud to send 15 staff members to the RVA's 2010 NSW/ACT Regional Conference held in Terrigal recently. Our delegation comprised village managers, sales consultants and our financial, sales and marketing managers and was the largest delegation from a single company at the conference.

The RVA is the peak industry body for retirement villages and works closely with local, state and federal governments, the Urban Development Institute of Australia, the Urban Task Force, the Productivity Commission (regarding Caring for Older Australians), the Association of Retirement Village Residents and many other organisations to ensure the long-term viability of the industry. It has 730 members representing 1,850 villages and these villages provide accommodation for more than 150,000 residents.

The RVA also encourages industry excellence and best practice through its Australian Retirement Village Accreditation (ARVA) scheme. This scheme has 27 standards and sets the benchmark for professional excellence, ensuring that people can select a retirement village with confidence.

In the autumn issue of this magazine we reported that Living Choice Glenhaven had been awarded Accreditation and now we are delighted to advise that our Sunshine Coast villages, Living Choice Kawana Island and Living Choice Twin Waters, were granted Accreditation on 21 June. Our Central Coast



Lyn Dunstan, manager of Living Choice Twin Waters, and Russ Dunstan, manager of Living Choice Kawana Island, proudly hold the Accreditation Certificates awarded by the Retirement Village Association.

villages are busy preparing their applications, so watch this space!

Another initiative of the RVA is the Regional Manager of the Year award which is presented at the annual regional conference gala dinner. You can imagine the jubilation and cheers by our 15 Living Choice staff members at the dinner when Master of Ceremonies, TV and radio personality Glenn Wheeler, announced that Tim Bentley, manager of Living Choice Broadwater Court, had won the coveted award. It's fair to say they nearly brought the roof down! Congratulations Tim, on your well-deserved award.

The RVA and Living Choice share many common goals – strengthening relationships with residents, encouraging excellence in service through accreditation and professional development programs, and promoting the benefits of retirement living as the preferred lifestyle choice for senior Australians. This magazine provides a small snapshot of the many wonderful activities taking place in our villages – from the opening of a bush garden to a garden party, a photo shoot and a lifestyle fair. Enjoy!

Kind regards

Graham Hobbs and Ian Tregoning
Directors, Living Choice





RESIDENTS keep active at Kawana Island



There is never a dull moment at Living Choice Kawana Island! While the beautiful homes and facilities have persuaded 188 residents to make Living Choice Kawana Island their home, it's the huge variety of activities that has made their lives so rewarding.

Activity co-ordinators also donate generously of their time to teach skills to others, ranging from woodwork and computer classes to dancing, singing, Texas Holdem Poker and tai chi.

Below is a snapshot of the many activities and services available at this wonderful waterfront village:



- A** AQUAROBCICS, AQUA-VOLLEYBALL
- B** BOWLS, BINGO, BILLIARDS, BUS TRIPS, BEAUTICIAN
- C** COMPUTER LESSONS, CRAFT, CARDS
- D** DANCING LESSONS
- E** EXCURSIONS AND EVENTS
- F** FRIENDS!
- G** GOLF, GYM
- H** HAPPY HOUR, HAIRDRESSER, HOY
- I** INDOOR BOWLS
- J** JIGSAW PUZZLES
- L** LINE DANCING, LIBRARY
- M** MASSAGE, MOVIES MAHJONG, MEET & GREET
- N** NEW VOGUE DANCING
- O** OUTINGS
- P** PODIATRIST, POKER, POOLS (INDOOR AND OUTDOOR)
- S** SINGING LESSONS, SHOPPING
- T** TAI CHI, TABLE TENNIS, TENNIS, THEATRE SHOWS
- W** WOODWORK, WALKING



Top: Kawana Island resident Digby Milne (left) teaches Jack McKay and Mary Paton woodworking skills. Enjoying an afternoon game of bowls are (from left) Phil Price, Keith Poole, (a Commonwealth Games Bowls Gold Medallist), Ardrion Cooper and Barry McLean. Brushing up on their computer skills are (front to back) Leo Howard, Yvonne Whitecross and Bob Hart. Resident Helen Chalk provides a popular massage service. Resident Keith McPaul leads the tai chi group. Phil Price and Barry McLean enjoy a friendly game of billiards. Photos by Greg Gardner.



Yes, there are some letters of the alphabet missing but watch this space!

In Brief

Where	Living Choice Kawana Island, 10 Marco Way, Kawana Island
What	Waterfront apartments, villas
Inspect	Open 7 days, 9am to 5pm
Phone	1800 004 388



Bush Garden

and putting green open at Glenhaven

The flickering light of creating a bush garden at Living Choice Glenhaven was ignited over three years ago when residents Harry and Marjorie Kensell ventured into the wilderness at the northern end of the tennis court and stumbled upon an area of great potential.

“The light was indeed a flickering one and often was threatened with extinction, however the light did strengthen when Living Choice approved the concept and provided \$20,000 to develop a bush garden,” said Harry.

The first meeting of interested residents was held on 6 July 2009 and 13 months later, the bush garden was officially opened. The result is a magnificent haven with 220 metres of all-weather paths, shelters, a water feature, seating and a putting green.

Many species of native flora were planted to complement the existing flora and the ti-tree jungle was thinned to allow a re-growth of plants that had been smothered. Plants were chosen for colour, variety and to attract birds and there are now many species of birds in the garden, including kookaburras, blue wrens, parrots, magpies, willie wag tails, green finches and whip birds.

To balance the budget, the residents took advantage of every free source of material they could find. From the mullock heaps they found 1 982 rocks for the footpath edging and 40 tonnes of sandstone clay for the base layer of the footpaths. Galvanized pipe (150 metres) was salvaged from the old shadehouse to provide half the pipe railing for the safety fence, besser blocks were found buried under 60cms of kikuyu and unwanted and overlooked plants were relocated.



Other materials used in the project included:

- ✓ 15 tonnes gold decomposed granite for footpath topping
- ✓ 5 tonnes assorted sand
- ✓ 8 tonnes blue metal
- ✓ 6 tonnes metal dust
- ✓ 30 cubic metres mulch
- ✓ 85 bags cement
- ✓ 250 plants
- ✓ 180 metres galvanized pipe
- ✓ 7 solid teak benches

Some material was also donated, including plants, building materials, bush rock for the water feature, a sign on the tree stump and two bird condominiums.

Harry said as the clearing, digging and fossicking went on apace the site became something of an archaeological dig and a variety of interesting artifacts and memorabilia were unearthed. “One find looked very much like a World War II German stick grenade – I threw it into the heap and luckily it did not explode. The oldest bottle found was marked 1948. We had a fascinating glimpse into the past and were grateful we found no bones!”

At the official opening Harry said, “Much has been said and written about the spirit of Living Choice Glenhaven. The development of the bush garden and putting green demonstrates that the spirit is alive and well. To do what many deemed an impossible folly reflects the spirit of co-operation and togetherness at this village.”

He thanked many people who had been generous with money, donations and time, including the operator, staff and especially the residents who donated 2 610 hours of their time. He also thanked the army of volunteers who supplied a steady stream of cakes, biscuits, tarts and liquid refreshments while they toiled. However, the biggest vote of thanks should go to Harry for his tireless efforts in bringing such a mammoth project to fruition – and one which will leave a lasting legacy at this beautiful village.

In Brief

Where	Living Choice Glenhaven, 15 Old Glenhaven Road, Glenhaven
What	Luxury villas and apartments
Inspect	Open 7 days, 9am to 5pm
Phone	1800 797 333

Top from left: The putting green is a valuable new asset to the village. Harry Kensell, Chairman of the Residents' Committee, takes residents on a guided tour of the bush garden. Enjoying a stroll through the bush garden are resident Geoff Henderson, Living Choice Operations Manager Christine Osgood and village manager Gail Eyres. Photos by Bob Williams.



Broadwater Court on show for RVA delegates

Living Choice Broadwater Court staff members and resident representatives were proud to open their doors for delegates attending the annual Retirement Village Association NSW/ACT Conference held in Terrigal in late July.

Village manager Tim Bentley accompanied the bus load of delegates from the Crowne Plaza, giving a running commentary about the area and local attractions. Resident volunteers, members



Top to bottom: Village manager Tim Bentley welcomes RVA delegates to Living Choice Broadwater Court. Bianca Tulich, seen here with Living Choice Glenhaven manager Gail Eyres, was intrigued with the "corner drawers" in the waterfront apartment.

of the Residents' Committee and staff members were waiting to welcome them at Waterfront Estate's Community Centre.

After enjoying some refreshments, sales consultants Dave Grassby, Jenny

Trovato and Pamela Gilbert took everyone on a guided tour of the village. Feedback from the delegates was overwhelmingly positive, with many commenting on the fantastic support of the residents.

Carrak Coffee Club celebrates 7th anniversary



Top to bottom: Broadwater Court residents Eleanor Gee, Anne and Ron Wilson enjoy the Carrak Coffee Club anniversary lunch. Janita and Kevin Bunt with Jenny Trovato. Photos by Colin Kendrick.

Seven years ago, on 23 July 2003, the Carrak Coffee Club was formed when some of the first residents of Broadwater Court Waterfront Estate (Stage 5) met in the home of Avril and Philip Pearson.

The club was named after Carrak Road, where Waterfront Estate is situated. Carrak was the name given to a particular style of boat that was crafted by boat builders in premises at the end of the street and, just as the boats have their place in history, the Carrak Coffee Club is forging a proud tradition of friendship at this picturesque village.

Since July 2003, the club has held many events, including regular happy hours, Melbourne Cup, Valentine's Day and State of Origin functions, New

Year's Eve and Christmas parties, a photographic competition, target bowls, a Fun At Five Winter Fair and the Old Bull & Bush Lunch.

On 29 July, residents and staff gathered in the village's community centre to celebrate the club's 7th anniversary. They enjoyed a delicious lunch and entertainment by residents, and toasted the pioneers of the Carrak Coffee Club.

In Brief

Where	Living Choice Broadwater Court & Waterfront Estate, Kincumber (opposite Kincumber Shopping Centre)
What	New waterfront apartments & villas, refurbished units & villas
Inspect	Open 7 days, 9am to 5pm
Phone	1800 064 344

Alloura

residents enjoy a Garden Party By Robbie McAlpine



The invitation to a Garden Party was very explicit and left no doubt as to the date, time or place and had all the hallmarks of an occasion not to be missed. More than 110 residents had similar thoughts.

The weather was perfect with brilliant sunshine dispelling the winter chill and the proximity of the shortest day of the year. On arrival we were warmly welcomed and given a “lucky door” ticket. Two very professional operators dispensed hot drinks from a mobile coffee van, including teas, lattes, cappuccinos, macchiatos, short and long blacks. For those seeking a wee tippie, red and white wine, sparkling wine and mineral water was available.

Tables and chairs set out on the lawn and pathways added to the garden party atmosphere and there was an extensive range of delicious sandwiches and cakes.

The arrangements for the day indicated a lot of thought and work had been undertaken by our village manager and staff. The opportunity to rub shoulders with other residents of our village who do not or are unable to attend other functions, was a highlight of the day.

To all who contributed their efforts and to Living Choice Australia there was unanimous appreciation and a desire for an encore of afternoon tea on the Village Green Stage 10.

From top: The waterfront apartments at Living Choice Alloura Waters provided the perfect setting for the Garden Party. Photo by Dave Grassby. Residents enjoy the winter sunshine. Photo by Colin Beveridge. Ian Reece's 1925 Austin 7 Chummy enjoyed pride of place at the party. Photo by Dave Grassby. John Pearson and Jan Cowie sample the delicious food at the Garden Party. Photo by Colin Beveridge. Living Choice sales consultants Jenny Trovato (left) and Pamela Gilbert. Photo by Dave Grassby.

In Brief

Where	Living Choice Alloura Waters, Murna Road, Davistown (adjacent to Davistown RSL & Bowls Club)
What	Waterfront apartments, refurbished villas & units
Inspect	Open 7 days, 9am to 5pm
Phone	1800 036 217



Great strides made at Leisure Lea

It's been a busy time at Living Choice Leisure Lea, with manager Garry Spencer settling well into his new role and sales consultant Juliet Morrell bringing in plenty of new residents. In fact, Juliet has been so busy that the village's administrative assistant Sharon Versace has been roped in to assist with sales.

It's been a busy time for residents, too, with several outings over the past few months, including a day trip to the Macadamia Nut Farm at Broke in the Hunter Valley and a river cruise on the Napean Bell.

Reviewing the past 6 months at the village, Garry said while it had been a period of change, improvements and restoration, the essence of what made Leisure Lea such a great village had been retained. He also paid tribute to the staff and residents for their support, especially those who served on committees, ran village clubs, organised activities, functions and tours and supervised the village shop. "They are the very essence of what makes Leisure Lea special."

Many improvements have been made recently. Pathways and patios have been repaired, paths, stairs, patios and drive ways have been pressure-cleaned and gardens have been replanted. In addition, a new maintenance man, Ben Mangion, has been appointed and has completed many projects.

Refurbishment of the dining room is also being planned. This area is the focal point of the village and no wonder! A quick glance at the monthly menu included menu favourites such as veal with pineapple and mushroom sauce, chicken parsley and dumplings, salmon and potato bake, sweet and sour pork and brandied pear bake. Eat your heart out, Masterchef!



From top: Staff member Sharon Versace with long-time resident Jean Harley. John and Pat Fahey have been residents at Leisure Lea since June 2006. Helen Kiley enjoys the painting class, just one of the many activities available at Living Choice Leisure Lea. Photos by Juliet Morrell.



In Brief

Where	Living Choice Leisure Lea, 201-207 Epping Rd, Eastwood
What	Independent and supported living units
Inspect	Open 7 days, 9am to 5pm
Phone	(02) 9869 8432



Lifestyle & hobbies

ON SHOW AT TWIN WATERS

Living Choice Twin Waters residents rolled out the red carpet for visitors to their Lifestyle & Hobbies Fair on 24 July.

Living Choice ambassador John Wood took time out from filming two television shows to fly from Melbourne for the fair. That night he flew to Sydney to be at the Living Choice stand at the annual Sydney Retirement & Lifestyle Expo and then it was back to Victoria for the Melbourne Theatre Club's season of "Let the Sunshine".

There was plenty of entertainment at the fair, including fitness demonstrations, line dancing, tai chi, a performance by the Sunshine Coast Caledonian Pipe & Drum Band and a display of Mercedes-Benz cars by Garry Crick Prestige, Maroochydore.

Both visitors and residents tried their luck in the \$500 Bowls Shootout as well as the Snooker Shootout which offered prizes valued at \$150. Residents served delicious sandwiches, cakes, tea and coffee throughout the day and the 92.7 Mix FM Roadshow team cooked more than 200 sausages.

There are some very talented people living at Living Choice and they did themselves proud, displaying their paintings, pottery, handmade dolls and teddies, patchwork, woodwork, antiques, embroidery, china, photographs and teapot collections. The Craft Group also sold knitwear in aid of charity.

Four stunning display homes were open for viewing, including two villas and two waterfront apartments, and visitors took the opportunity to chat to residents about their busy lifestyle at this popular village.



In Brief

Where	Living Choice Twin Waters, 21 Baywater Drive, Twin Waters, QLD (opposite Twin Waters Golf Club)
What	Waterfront apartments and villas
Inspect	Open 7 days, 9am to 5pm
Phone	1800 008 099

From top: Members of the Craft Group (from left) Bobbie Scovell, Barbara Porter and Marjorie Hines welcome Living Choice ambassador John Wood to the fair. Visitors admire the beautiful paintings created by the village's art group. Resident Marie Warren puts members of the Zest For Life group through their paces. The Sunshine Coast Caledonian Pipe & Drum Band gave an impressive performance at the Lifestyle & Hobbies Fair. Resident Paul Veress entertains on the piano. Left: Circle of Fitness participants demonstrate their routine to a large crowd of onlookers.



Deepwater Court couple celebrate 67 years of *marriage*

Not many couples can boast of being married for 67 years but for Living Choice Deepwater Court residents Ron and Dorothy Symons, the years have flown and their love for each other shines as brightly as ever.

Ron and Dorothy Symons on their wedding day in 1943. Dorothy and Ron are enjoying the lifestyle at Living Choice Deepwater Court.

Ron, an apprentice fitter and turner, met Dorothy in 1940. She was working in a fancy goods and clothing warehouse and despite their different interests (Ron loved his horses while Dorothy was a keen dancer), they knew they wanted to be together. They saved hard for their engagement in 1942 and married in 1943, both aged 21.

At first they lived with Dorothy's parents in Arncliffe but after their son Robert was born they rented a house from Ron's boss. A few years later they built their first home at Guildford where Ron worked for the Shell Oil Company. Later he worked for Tecalemit as NSW Branch Manager for 20 years before retiring at the age of 60.

"We had a very happy and healthy lifestyle. We bought a caravan and had many wonderful holidays around the country," said Dorothy.

They found Pearl Beach on the Central Coast where they built their "retirement home", enjoying 28 years of involvement in the local community, volunteering their time to assist Meals on Wheels, the Progress Association and the Arboretum, of which they are Life Members. They also enjoyed tennis, joined a walking group and Ron regularly drove the Daycare Bus.

"We talked about moving into a retirement village while we were still in good health as the house and gardens were starting to get a bit much. We found Deepwater Court, which was just what we were looking for, sold our house and moved in February 2008," said Dorothy.



"We are very happy and had no trouble settling in. The lifestyle suits us both and I like the exercise and knitting groups. We enjoy outings on the bus and the residents are very friendly.

"We have just had our 67th wedding anniversary and are looking forward to the next one. After all, we are only 88 years young!"

In Brief

Where	Living Choice Deepwater Court, 25 Park Rd, Woy Woy
What	Refurbished villas
Inspect	Open 7 days, 9am to 5pm
Phone	1800 064 344



Care, companionship and choice



There's something special about sharing a flask of freshly brewed coffee on a beautiful morning. And it's something that can be enjoyed at Living Choice retirement villages on the Central Coast, Sunshine Coast and in Sydney where our residents are enjoying wonderful companionship with new, like-minded friends in a secure environment.

At Living Choice Broadwater Court in Kincumber, Alloura Waters in Davistown, Deepwater Court in Woy Woy, Leisure Lea in Eastwood, Glenhaven in the Hills District and Kawana Island and Twin Waters on the Sunshine Coast, we offer a wide range of modern, independent living units in prime locations. Supported Living units with full dining room service is also offered at Leisure Lea and will be available in Stage 2 at Glenhaven. There's never been a better time to discover the joy of making new friends, learning new hobbies and having access to care, if you need it. With the Living Choice Care Program, we offer you:

- ☀ The **choice** to stay in your home
- ☀ The **choice** to have care brought to you
- ☀ The **choice** not to be separated from your partner if extra care is required and can be delivered
- ☀ The **choice** to enjoy ongoing independence
- ☀ The **choice** to continue to live life to the full

Pop in today for your own personal tour or attend an Open House event and chat to our friendly residents.

For details of upcoming events, email sales@livingchoice.com.au or visit www.livingchoice.com.au

Living Choice Ambassador
John Wood



www.livingchoice.com.au

BROADWATER COURT
8 Carrak Rd, Kincumber
1800 064 344

ALLOURA WATERS
Murna Rd, Davistown
1800 036 217

DEEPWATER COURT
25 Park Rd, Woy Woy
1800 064 344

GLENHAVEN
15 Old Glenhaven Rd
1800 797 333

LEISURE LEA
201 Epping Rd, Eastwood
02 9869 8432

KAWANA ISLAND
10 Marco Way
1800 004 388

TWIN WATERS
21 Baywater Drive
1800 008 099

*Not all facilities available at all Villages