

COMMUNITY NEWS

WINTER/SPRING 2019 EDITION

What's happening in Stockland Retirement communities around Australia.

A dress made of poppies and sewn in memory

Red for the blood of the soldiers lost, black for the grief that was suffered, orange for the soldiers who returned from war incomplete and purple for the animals whose lives were lost. This was the design brief given to Knox Village Craft Manager, Laraine Coggins.

Beginning as a simple image shown to Laraine by Knox Village Manager Kathy, the poppy dress as residents refer to it, has since been turned into an incredible display of respect for everyone to admire.

"I remember Kathy asking me if I could do it, to which I said, 'Of course!'. I then went home and put pen to paper for the design and with a lot of help from our wonderful volunteers day-after-day we sat together to bring the poppy dress to life," Laraine says. "We knew it would be a big job!"

Working to an ANZAC Day deadline, Laraine and the dress-making team set about creating and gathering the individually



Laraine and her beautiful poppy dress display

hand-knitted poppies.

Suddenly, the little red flowers came in by the bucket-load and were carefully packed into zip lock bags, which Laraine would find piling up on her doorstep.

"I would often go out for a short time and return to 30-40 knitted poppies at my front door," she says. "We were knitting and sewing every chance we got, and our ladies ended up knitting 1,502 flowers to create the dress. Many nights I worked until 3am in the morning, happy to see this wonderful creation nearing its completion."

The result is a beautiful (albeit heavy) poppy dress that everyone can be extremely proud of.

FEATURE STORIES



Moving down under

Making a home in Australia was an exciting adventure for Nancy.



A tea-riffic initiative

Margaret Pfeiffer is saving the planet one stitch at a time.



Care. Help. Ageing. Thriving

Five Good Friends believe in the power of connection.



This edition of Community News highlights a number of events and programs that were held across the country and some incredible and innovative resident stories. One of the key benefits of retirement living is the opportunities it offers our residents, further enabling them to live their lives to the fullest and the stories we receive from members in the communities are a testament to that.

The FY20 budgets are being finalised across all our villages, and we thank our numerous resident and finance committees for their ongoing assistance and support during this process.

Finally, you would've all recently received the annual Residents' Voice Survey, which was sent to you last month. This year we've shortened the survey and also added further incentives to encourage all residents to complete it.

The feedback we receive from yourselves through this survey is invaluable and I would like to personally thank you all for completing this. If you have any questions regarding the survey, please contact your Village Manager.

Kirrily Lord
General Manager, Operations & Legal Administration

Getting to know

Nathan Broad
VIC Regional Manager



What do you enjoy most about working at Stockland?

The values of the organisation are more than just words. The business does a lot of good things in a lot of different areas, including Retirement Villages. These values underpin everything that the organisation strives to achieve.

What's the most important lesson you've learnt in your time at Stockland?

The power of positive feedback should not be underestimated.

If you could learn any skill overnight what would it be?

To play the guitar.

If you could go back in time, what advice would you give to your high school self?

To stop playing competitive soccer at 24. It would have saved me a lot of grief in the years that followed.

I wish I could...

Sing in key. My kids would also wish this.

At the moment I'm reading...

A diverse collection of

children's books to my three kids.

Favourite holiday destination...

Scotland. Edinburgh or Highlands, doesn't matter.

What I find inspiring...

Thinking about what the Village Managers do day-in and day-out. The way they tackle challenges and somehow keep doing amazing things with a smile on their face. I think that's something which is pretty inspiring.

Greatest achievement?

I can't go past my family.

What is the craziest thing you've ever done?

I worked full time when my daughter was one-year-old, my wife was pregnant and I decided to take on full time study.

During my childhood, I always wanted to become...

A professional footballer for West Ham United.

RESIDENT SATISFACTION IS OF THE UTMOST IMPORTANCE TO US AND WE ENCOURAGE YOU TO SPEAK WITH YOUR VILLAGE MANAGER WITH ANY CONCERNS YOU MAY HAVE. SHOULD YOU HAVE FEEDBACK YOU WISH TO SHARE WITH OUR SENIOR LEADERSHIP TEAM, PLEASE SEND AN EMAIL TO RLFEEDBACK@STOCKLAND.COM.AU

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CHAT: Care. Help. Ageing. Thriving!

The Wantirna Village community sat down with Five Good Friends, who shared their insights on what it means to be connected and grow older well.

Just recently the team at Five Good Friends held an exciting and informative CHAT event at the Wantirna Village in Melbourne. Launched in 2018, CHAT has given Five Good Friends the platform to bring topics of interest to older Australians.

The presenter for the exciting event was Dr Richard Caro, who shared how technology can assist greatly with ageing. Dr Caro presented an overview of the different ways technology can be deployed to make ageing at home a better, more satisfactory experience for older Australians. His talk also covered the process of exploring up-and-coming products by the Longevity Explorers – a community of older adults, who are trialling new technology that aims to make ageing a little less challenging.

The event also highlighted the need to become more engaged with technology in the home which was a major focus of the event, due to the ageing population in conjunction with increasing challenges faced by the care workforce. 5GF are the first data-enabled home-care operator in Australia and have invested heavily in the tech side of the business to help with efficiencies and safety, ultimately allowing the team more time to spend with their clients.

The Five Good Friends App also supports members and helpers to remain connected, and their new 'Lookout' feature provides a smart and efficient service to enable the team to deliver exceptional member outcomes. A big thanks to Wantirna Village for hosting this exciting event!



For more info, head to the website www.fivegoodfriends.com.au or call our Care Advice team on 1300 787 581 to ask any home care-related questions. They can help you access funding or discuss what is possible with Five Good Friends as your provider. No question is too big or too small. The team also offers a free, no obligation service – all the more reason to take advantage of the wonderfully helpful experts!

Did you know?

- ConfidenceClub is the official Benefits+ partner for super comfortable incontinence products at exceptionally competitive prices.
- ConfidenceClub are so confident that you will love the quality, comfort and savings, that they offer a 100% money back guarantee.
- Orders may be made through their website, or by calling the Stockland Residents VIP Line 1800 233 523.
- Residents of Stockland Villages also get special prices not available to the general public so don't forget to mention which village you live in.
- Also! All residents of Stockland Retirement Villages are entitled to a FREE Full Trial Pack (10 or more products) – no commitments – it's just a part of the Benefits+ program.

To get your FREE Full Trial Pack please call ConfidenceClub on 1800 233 523.



Stockland

BENEFITS+

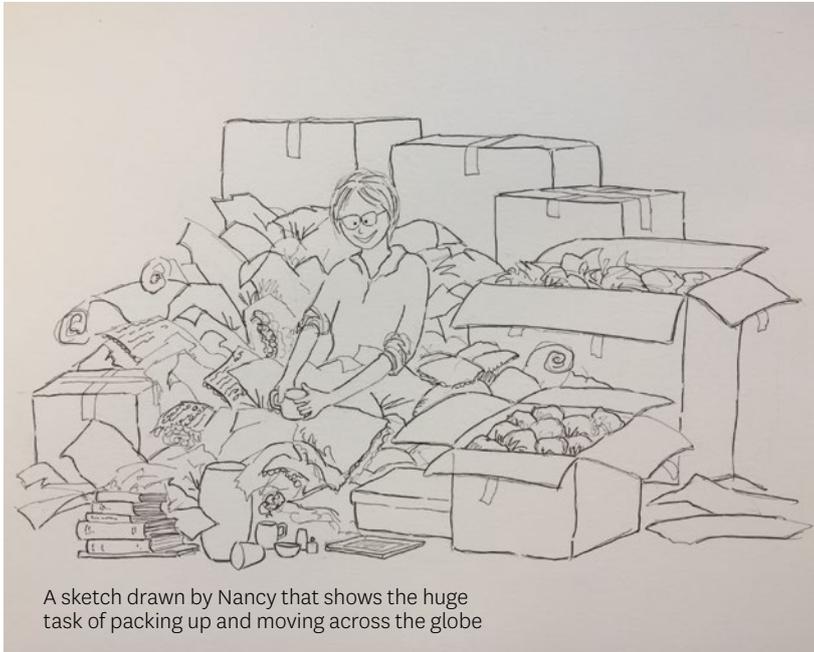


ConfidenceClub

The purpose of the Benefits+ Program is to provide Stockland Retirement Living Residents with a greater understanding of service and product options available and offers residents access to offers and deals. Access to Benefits+ is exclusive to Stockland Residents. There is no obligation for you to use the services or product on offer if you wish not to do so. Stockland may receive a payment from a Benefits+ partner for participating in the program or if you choose to use the products or services on offer from that partner.

Moving down under

After arriving to our sunny shores from chilly England, Nancy Martin knew that the daunting decision would be worth it for her family.



A sketch drawn by Nancy that shows the huge task of packing up and moving across the globe



Nancy is feeling relaxed and settled, and is enjoying seeing her family in Oz

The decision to move to Australia from England to be closer to family wasn't made lightly by Nancy and Tony Martin. Friends of the couple would remark "What? You're actually going to live in Australia... permanently?" which was usually followed by a mixture of comments along the lines of "Well, I'd do the same if both my children lived there" and "We'll miss you, it's so far away!".

Describing the couple's decision as "brave" by those close to them, they knew that the move would be a positive one and as Nancy explained, "At least we wouldn't be there for Brexit!"

Having visited Australia's sunny shores many times before to visit their children, the couple had taken a liking to the Northern Beaches of Sydney.

"We already had our eyes on Maybrook, having visited it a couple of years ago. A wonderful extra dimension came out of the blue however when, in the course of doing some ancestry research, Tony discovered that his three-times great grandparents had arrived in Sydney as convicts in 1792," Nancy says. "She was Sara Cahall and his name was Ronald McDonald (yes, really)."

After finally passing their "dreaded medicals", Nancy and Tony's visas were soon granted and they set about selling their property in Northern England's Lake District. During the process of packing up and moving across the globe, Nancy discovered that an apartment had become available at Maybrook Village and sent their son to take a video and do an inspection of the property.

"We decided we really liked the home and had a lovely WhatsApp video chat with Fiona (Village Manager) and Mark (Sales Professional) to let them know we had finalised the reservation. The wonders of technology!," Nancy says. "We completed the purchase the day after we flew in to Sydney. No jet-lag allowed!"

Having arrived in Australia with only what they could bring on the plane, Maybrook Village's newest residents had some shopping to do on top of the pile of admin! Thankfully this was all made easier by the warm reception they received from the friendly residents and staff at the village.

"Tony and I now feel settled in our apartment and are pleased to say we are enjoying being able to see our two children every week, instead of every year!" Nancy says.



Margaret busily knitting the tea bag strings

Saving the planet one stitch at a time

by curious donors, wondering what on earth Margaret could be using them for! However, Margaret was keeping the 'what' close to her heart, waiting to complete her project before making the exciting final reveal.

The meticulous process was to tie together 100 strings at a time and roll them into individual balls. Margaret would then knit each ball into a scarf, while remembering to



count how many balls it took to make the scarf.

The final garment (pictured) took 2,560 strings to complete and looks like a vintage scarf with the tea stains giving the impression of the natural ageing process of lace.

Ready to begin creating her second sustainable fashion creation, which will utilise a different pattern than the first, Margaret estimates that in total she would have been able to recycle approximately 4,000 tea bag strings. Now that's a lot of tea!

The recycled tea bag strings are a wonderful demonstration of the power of sustainable thinking and community (in gathering all those bags) and goes to show that from small things, bigger things come. Congratulations Margaret!

Not one to shy away from the opportunity to utilise her wonderful knitting skills, Margaret Pfeiffer of Salford Retirement Village in SA took up a challenge that was recently put forward at one of her Country Women's Association meetings. The initiative was to recycle something that wasn't previously done in the past.

Margaret had the brilliant idea to knit the strings of tea bags and began to ask each of her friends, family, village staff and even her local church to donate. Tea bag strings poured in from everywhere

Retire your way and gain back your confidence

A warm welcome was given to Anne-Marie by the community at North Lakes Retirement Resort and now, she is paying it forward.

"Welcome to my palace", was the greeting from Anne-Marie, who has been a resident in North Lakes Retirement Resort in Queensland for the past five years. Previously living in a small two-bedroom unit that Anne-Marie described as "old with no mod-cons", she constantly worried about the upkeep and ongoing repairs.

In an attempt to help find a home that their mum could feel comfortable in, Anne-Marie's sons found the resort, made the appointments and now have peace of mind that she's safe and

secure with the added backup service of meals, social activities and a community around her. At NLRR, Anne-Marie enjoys a comfortable lifestyle with all the modern updates, in addition to social groups, dancing classes, aqua aerobics, ukulele classes, bus trips and shows. She also often meets her friends at the café for a morning coffee and a catch up.

Anne-Marie says the NLRR community gave her back her confidence, while the resort management team help to solve issues as they arise. Spending

many hours on her balcony relaxing and reading with Matilda her 14-year-old cat, the pair are very happy with their home in sunny Queensland.



Anne-Marie is more comfortable and confident than ever

Village bus driver just one of the many wonderful volunteers at Donvale Village

Whether it's a shopping trip or monthly movie sessions, Donvale Village is lucky to have a bus driver like Kevin Wilson.

Described as a kind and unassuming gentleman who is always willing to help out when needed, Kevin Wilson was quick to put up his hand and volunteer as the new Donvale Village bus driver after hearing about the vacancy from a dear friend.

Since 2017, Kevin has been the reliable village driver for residents' needing to head out and do their weekly shopping run at Stockland The Pines, to-and-from the monthly movie sessions and various other social outings

and for this, the community is extremely grateful.

His reason for volunteering as the village bus driver, as told by his friend of many years and Donvale resident Sandra Topp, is that Kevin thought the job would be a wonderful way to meet new people while helping them out. A testament to his kind and generous nature.

So generous in fact, that Kevin and his partner Barbara invited a



A morning tea birthday celebration for a resident and the village bus regulars

bus-load of his regular passengers to enjoy a sumptuous morning tea at the couple's home in Warrandyte where they lit a candle and sang happy birthday to one of the residents, Margaret Wilby.

Kevin has made many good friends while volunteering as the village driver and enjoys chatting and having a joke with them all.

Alice is an avid traveller with a lust for life

Bitten by the travel bug early on in life, Alice Palmer, a resident of Unity Retirement Village in South Australia, has a lust for life. However, after her vision began to decline, she found herself feeling nervous about the thought of travelling, particularly the hustle and bustle of the airport.

Luckily for Alice, her eldest son Ray (who is an avid-surfer and at the age of 68 still competes at a national level), was asked to judge a surfing competition in Queensland. Alice excitedly jumped at the opportunity to travel with him to Palm Beach.

"Ray has been surfing and competing since he was 14 years of age. He's now 68 and still competes at a national level," Alice says. "This last trip [in April] he was there to judge, but both my sons Ray and Gary have been involved in surfing as surf coaches for many years."

Waking up each day with a wonderful outlook on life, Alice is an avid writer and has recently turned her life's story into a series of poems – even going as far as publishing her own book.

Despite being filled with fond



There's a lot to learn from Alice's positive outlook on life and travel

memories of her past, Alice looks towards the future and tends to find the silver lining in everything.

Ridgehaven Rise resident has turned an incredible 103

Each year Ada Barclay's family surprise her with a birthday celebration to remember. From a weekend in the Barossa, to a helicopter flight – her bags are always packed and ready for whatever is in store.

Keeping her body and mind active is Ridgehaven Rise resident Ada Barclay's secret to living a fulfilling and happy life, for over a century. A frequent visitor to the local lawn bowls club, keen player of the Scottish bagpipes and the head of many committees and teams, Ada is no stranger in her community.

Having played the bagpipes for the best part of a century was also a great advantage to her when tasked with the job of blowing out all 103 birthday candles this year!

There truly is no stopping Ada and it seems age isn't slowing down Stockland's second-eldest resident in celebrating her birthday each year.

Organising a big surprise is a tradition in the Barclay family, only ever telling her to 'pack her bags' the weekend before the big day.



Ada with her much-loved bagpipes

Anything from a relaxing trip away in the Barossa Valley to something as exhilarating as a helicopter flight, Ada never knows what her family has planned and perhaps, this is just another one of her life secrets – to surround yourself with a loving and supportive family.

After the passing of her husband in 1985, Ada made the decision to move to Ridgehaven Rise village despite her apprehensions, and in the 35-years at Ridgehaven, she's made some wonderful friends.

Often popping around to play cards and crocheting over 200 bookmarks this year alone with no plans of stopping, Ada and her friends have even travelled overseas together.

It's the sense of community and support in the village that the 103-year-old believes to be one of the greatest advantages to living at Ridgehaven Rise and says the decision to move, was one of the best she's ever made.

Summing up her happiness in a simple sentence, Ada shares some sound advice.

"Find something you love and do it," she says. "Keep yourself busy and active, it all counts. For me, I love Scottish dancing!"

Please join us in wishing Ada a wonderful 103rd birthday!



Ada was all smiles in celebration of her 103rd birthday



Stockland Benefits+ are excited to announce the extension of our partnership with Apia, Australia's leading over 50s insurance specialist.

For over 30 years, Apia has been providing a range of great value products and services to Aussies over 50. They believe Apia is all about possibilities and making sure you are ready for them. That's why they strive to offer more choices, affordability and benefits important to you.

Apia is offering Stockland residents an exclusive 20% off new Apia Village Style Residence Insurance if you purchase a policy by 31st December 2019. You can access this great offer by calling 13 50 50 and asking about the Stockland discount. Terms and conditions apply.

Australian Pensioners Insurance Agency Pty Ltd ABN 14 099 650 996 (Apia) is an authorised representative of AAI Limited ABN 48005297807 the product issuer. Read the PDS before buying insurance. Contact Apia on 135050 for a copy.

Baked Camembert

Ingredients:

6 figs
1 whole Camembert
1 handful walnut halves
3 tbsp honey
Rosemary sprigs
Cranberry sauce

Instructions:

1. Preheat the oven to 180°C
2. Unwrap the cheese and put it in the middle of a large, non-stick baking sheet
3. Cut the figs in half and scatter around the cheese together with the walnuts
4. Cut the rosemary sprigs and stick a few of them into the cheese. Drizzle everything with honey
5. Bake for 15 minutes or until the figs are golden and the cheese starts melting
6. Serve warm with cranberry sauce and crackers or crusty bread.



Share your favourite recipes & stories in the next Stockland newsletter!

Email your recipe and a photo to newsletter@stockland.com.au

Friends to Neighbours

Just another reason for you to refer a friend.

Stockland have been running the 'Friends to Neighbours' program for a number of years and are proud to extend this wonderful offer.

Now, anyone can refer a friend to a village and if your friend moves into the village and nominates you

as their referrer, Stockland will reward you with a \$500 gift card and donate \$500 to the Village Social Committee. This offer also applies if you refer another Stockland resident for a transfer from their independent living unit and they relocate into a Stockland serviced apartment.

All you need to do is invite your friends into the village to share the experience of what retirement living is all about.

To find out more about the new 'Friends to Neighbours' program, speak to your village Sales Professional.

Help save the environment and view or download an electronic version of this newsletter at our new Benefits+ website. Visit stocklandbenefits.plus/news/ to find this quarter's edition.