

Autumn
2018

GREENWAYS

OUR VILLAGE ON THE PENINSULA

VILLAGE TALK

FROM THE STAFF

Winter is nearly with us, it certainly feels like it has arrived already. For those of you who don't enjoy the cooler months here are some reasons to love winter. The pace of life slows down; it's wonderful for snuggling up with a warm drink and a good book; a great excuse to watch movies all day and know that the wild weather is on the other side of the door; nothing else invigorates like a walk in the fresh winter air on your face; no disease spreading mosquitoes; no sweltering 40+ degree days for at least 6 months and of course the Footy is here, the phenomena that grips our southern state for half the year. We always keep the fires burning in the Greenways lounge so if you're feeling a bit isolated by the cold come up and read a book, watch a movie or play a game in front of the fire with friends. Why not make an afternoon of it!!!

Since our last edition we have had an influx of lovely new residents to Greenways. Following the ungrateful job of moving home, the newbie's have been warmly welcomed

and have settled in nicely. Vacancies are being filled rapidly and our renovators have their work cut out for them as each vacant unit is fully refurbished prior to residents moving in.

In March this year a large number of retirement villages participated in the National Resident Survey, an independent survey conducted by Villages.com. I was very impressed by the number of our residents taking part, "I love stats" so I'll share some of the interesting top answers with you:-

Q12 What were the key reasons for leaving your previous home?

1. Downsize while physically capable
2. Home becoming difficult to manage

Q13 How influential were each of the following factors for you considering a retirement village?

1. Ability to remain independent as you age
2. Freedom from house responsibilities / maintenance

Q14 How influential were each of the following factors for you considering this retirement village?

1. Emergency Alarm service
2. Safe environment
3. Access to village management support

Q19 Overall, to what extent has living in your retirement village met your expectation?

"This makes me very happy"
96% It meets or exceeds expectation

Q6 How likely are you to recommend this village to a friend?

99% of residents selected likely to extremely likely (of these 72% selected extremely likely)

Thank you to all the residents who took part.

Our lovely Lee is in Egypt as I write this, currently cruising down the Nile heading towards the Aswan Dam. The Greenways team are coping in her absence but looking forward to her safe return.

Continued on next page...

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Our new bus driver Rodney Fedley came on board in March. Previously a bus driver with Skybus, he will no longer be transporting travellers to the airport. He has partially retired and will make himself fully available to take Greenways residents touring. Our first trip away with Rodney saw residents travel to Castlemaine, boarding the Steam train for lunch in Maldon Town and returning safe and sound the next day. Residents reported a most enjoyable time and were completely impressed with Rodney's professionalism, knowledge of the area and his caring approach.



Some ideas are being tossed around for our next trip away with details and bookings to be finalised when the travel department (Lee) returns.

Greenways new Fitness Centre was completed at the end of March. Residents have embraced the new addition. Physio exercise classes and circuit classes are being held in the new gym every week, in addition to the regular class held in the recreation room. Participating residents are feeling the results.

In June we welcome our new gardeners to the Greenways team. Our contracted gardening company is being taken

over and we have taken the opportunity to employ two new members of staff, with their sole responsibility to look after our beautiful grounds. The additional gardening hours will ensure the full splendour of Greenways grounds and that everyone's gardening jobs are attended to promptly.

Finally, plans are underway for the Bollywood Evening coming up in July. Ruby and her troops will entertain us with some fine Indian dancing followed by an Indian dinner to be served in the recreation room; Margo Mott is back with her fun filled fashion parade and tailor made clothes and John Carlo Belotti returns to entertain residents with his captivating voice and professional showmanship. Just a few more reasons to love this winter!!

**Stay well and keep warm
Lesley, Lee, Sandra, Pete,
Rowena, Catrine**

GREENWAYS OWNER'S MESSAGE

Hello readers, I hope that you're enjoying the beautiful start to Winter. Village life continues to thrive at Greenways. I was thrilled to receive our results from the National Resident Survey last week. To have our residents confirm that we're meeting or exceeding their expectations (99%), that they're extremely satisfied with village life and would recommend Greenways to their friends, and that Greenways was comparable

with the 'ideal' retirement village (a great endorsement), was just fantastic. So too was their overwhelmingly positive reviews of our village manager, Lesley, and her team.

We're excited to be welcoming a number of new residents over the coming weeks. The finishing touches are being done on their newly refurbished units. For those seeking a low maintenance, convenient and great value option to join the Greenways community, some of our limited single bedroom apartments are now available. Although satisfaction levels are extremely high, we're always striving to continually improve the village for residents. You may have noticed the replacement of the extensive front fence, giving residents greater peace of mind and security. We're also undertaking roof restoration works in stage 1 and looking to add more undercover parking in the village. Just a few examples! Please drop in and meet us, or chat with our residents, when next passing by.

**Robin Forster
Managing Director**



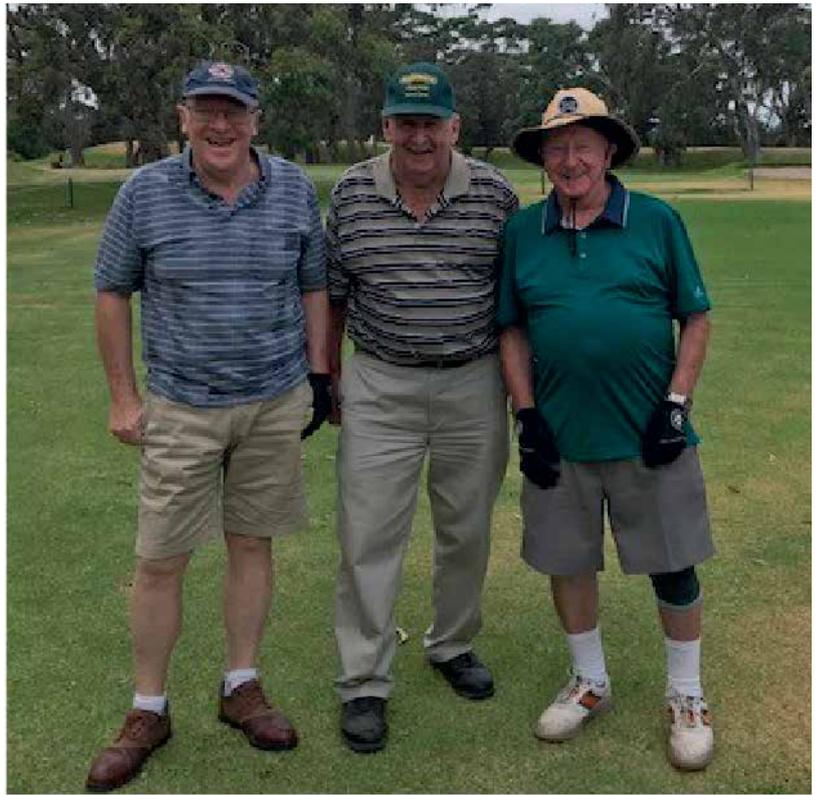
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VILLAGE TALK

VILLAGE MEMORIES





GET TO KNOW A RESIDENT - ANNE LANE

My working career started the year decimal currency came into being in Australia February 1966. I started with the Commonwealth Bank in their underground vault packing and weighing old currency. After about 2 years I decided to follow my initial wish to enter the health industry.

I started my general nursing training at Bethesda Hospital in Richmond in October 1967. After completing those 3 years I was invited to do extra time as a staff nurse in their operating theatres. From there I went on to my Midwifery training at the Queen Victoria Hospital followed by an extra year in the labour wards.

Before starting another course at the Royal Melbourne Hospital in their operating theatres, I did some fill in time at Ballan Hospital near Ballarat.

Following a 13-month course at RMH an opportunity arose for me to take up a position in the land of Mackay in QLD and for 12 months was chief cook and bottle washer in the little hospital in a coal mining town of Moranbah.

I finally came back to Melbourne and found a position with RDNS specializing in pathology, palliative and coronary care follow up. While doing this job I was called upon to visit Moorabbin Hospital coronary care every week and had to go through their maternity unit and

decided to go back to that part of my work. I found my niche there and stayed at Moorabbin until their unit closed. As I had moved to Seaford, I applied for a job at Frankston in their maternity unit working there for 10 years before ill health caused me to retire or I think I would still be doing my favourite job of looking after mother & babies.



NEW RESIDENTS

We extend a warm welcome to our new residents, Peter Gardener, Heather & John Simmons, Lucille Whinnerah, Maria Ivancic, Janette Butler, Anne Glassborow and Jan Dennett. From their homes in Seaford, Frankston, Frankston North, Langwarrin, Cranbourne.



PETER GARDENER



HEATHER AND JOHN SIMMONS



LUCILLE WHINNERAH



MARIA IVANCIC



JANETTE BUTLER



NEW RESIDENTS CONT...

ANNE GLASSBORROW



JAN DENNETT



SMILING IS INFECTIOUS

"Smiling is infectious, you catch it like the flu
 When someone smiled at me today
 I started smiling too.
 I passed around the corner,
 and someone saw my grin.
 When he smiled I realized,
 I'd passed it on to him.
 I thought about the smile,
 then I realized its worth.
 A single smile just like mine,
 could travel around the earth.
 So, if you feel a smile begin don't leave
 it undetected.

RECIPE

Pumpkin and Sweet Potato Soup

A very nice soup - the curry powder and the coconut milk give it an unusual flavour. It is also low GI.

Ingredients

- 1 tbs oil
- 2 onions medium diced
- 1 garlic clove crushed
- 1 tsp KEEN'S curry powder
- 400 g pumpkin diced
- 200 g sweet potato peeled diced
- 1 L Massel vegetable stock (liquid)
- 200 g Carnation light coconut milk
- 1 pinch salt and pepper *to taste

Method

- STEP 1:** Heat oil in a large saucepan and fry onion until transparent.
- STEP 2:** Add garlic, curry powder, pumpkin and sweet potato. Stir and fry for another minute.
- STEP 3:** Add the stock and simmer while covered for 20 minutes.
- STEP 4:** Let cool a little and blend with a stick blender.
- STEP 5:** Return to stove and add the coconut milk but do not boil - just heat before boiling point.
- STEP 6:** Add salt and pepper to taste.

Notes

I used Jap pumpkin, but Butternut is also good - try and choose one that is a deep orange colour. To cool the soup before blending, I half fill the sink with cold water and sit the saucepan in it - usually a couple of times before it is cool enough to stick blend.



THE SIMPLE LIFE



I remember the corned beef
of my childhood,
And the bread that we cut with a knife,
When children helped with the housework
And the men went to work not the wife
The cheese never needed the fridge,
And the bread was so crusty and hot,
The children were seldom unhappy,
And the wife was contented with her lot.
I remember the milk from the bottle,
With the yummy cream on the top,
Our dinner came hot from the oven,
And not from a freezer or the shop,
The kids were a lot more contented,
They didn't need money for kicks,
Just a game with their friends in the road,
And sometimes the Saturday flicks.
I remember the slap on my backside,
And the taste of the soap if I swore,
Anorexia and diets weren't heard of,
And we didn't have much choice
of what we wore.
Do you think that bruised our ego?
Or our initiative was destroyed?
We ate what was put on the table
And I think life was better enjoyed.

60 S SONGS

Find and circle all of the 1960's song titles that are hidden in the grid. The remaining letters spell the title of an additional 1960's song.

M S E D U J Y E H R R E X O B E H T Y
S S W I L D T H I N G W I P E O U T K
T I M Z B C E C Y L E G N A N E E T O
H K Y Z R C R N E E Y A W A N U R O O
E T G Y D V A Y O P S B U S S T O P P
S S I W O A L R I T S T E L P A S O S
E A R N W L O Y A N S E E O M Y G U Y
E L L S N L V U V M G E R R K E R G H
Y W H I T E R A B B I T V R D F O P S
E B B H O R T F P N A A A L C A U N I
S L A P W I E E I T G P Y I A P Y I R
L U B M N O O V S N O Y T A P G S V E
E E Y E V P O I A O G Y R Y D O E O H
L V L M L O W G C W Z E L R U I S L C
E E O E R T N Y E A T O R L E D L D L
N L V G E I H Y R R V A M T R H D O A
O V E H A C U C G E I A E O I I S O H
R E T H T W I N D Y N F W H H P A G T
E T C I E B L U E M O O N Y A T S H R

- | | | |
|-------------|---------------|--------------|
| BABY LOVE | GOOD LOVIN' | SOUL MAN |
| BLUE MOON | GROOVIN' | SPOOKY |
| BLUE VELVET | HAIR | STAY |
| BUS STOP | HEATWAVE | SURF CITY |
| CARA MIA | HEY JUDE | TEEN ANGEL |
| CHAIN GANG | HOLIDAY | THE BOXER |
| CHERISH | ITCHYCOO PARK | THE TWIST |
| CRAZY | LAST KISS | THESE EYES |
| CRYING | MEMPHIS | VALLERI |
| DIZZY | MY GIRL | VOLARE |
| DOWNTOWN | MY GUY | WHITE RABBIT |
| EL PASO | PEOPLE | WILD THING |
| ELENORE | PUPPY LOVE | WINDY |
| FINGERTIPS | RESPECT | WIPEOUT |
| FIRE | RUNAWAY | WORDS |
| GALVESTON | SHERRY | YESTERDAY |

VACANCIES



These apartments feature their own private courtyards adorned with a beautiful garden area. There are 14 apartments under the Greenways main building roof line, it is just a short internal stroll to our communal dining room serving home cooked meals and reception where assistance is readily at hand.

The apartments are fully refurbished when they become available with new kitchen, bathroom, flooring coverings and curtains, gas and electricity are included in your maintenance fees, your phone is your only expense, perfect for one person and available at a very affordable price.

Family and friends are welcome to come and inspect.

Why is a birthday cake
the only food you can
blow on and spit on



and everybody
rushes to get a piece?

- Bobby Kelton

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FOR YOUR MEDICAL REQUIREMENTS

NEW DOCTOR

Dr Geeta Sharma visiting each Monday 1:00pm till 5:00pm (Bulk Bill) bookings at office.

PATHOLOGY

Each Thursday from 9:00 am bookings essential at office.

PHYSIOTHERAPY

Tuesday afternoons: 2 pm for personal consultations; 3 pm physio exercise class

PODIATRISTS

6 weekly visits advertised in monthly gazette. For initial bookings see the office.

EXERCISE CLASSES

Circuit Gym Class Mondays from 12:20 pm
Exercise Class Tuesdays from 9:30

MICHELLES BEAUTY

Fortnightly - Book at Office.

PRESCRIPTIONS

Pick up and delivered Monday till Friday – drop off scripts to office.

ISSUE 57 APRIL 2018

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