

The Brookside Times

We've got a SPRING in our step!



My new life at The Glenbrook

"I came with my family to find a place for my older brother to live and also found the perfect home for myself. My words to Lyn at the time were "I could live here" and she made it happen for me".

The staff here have been amazing from helping me find my wonderful apartment with its great outlook, working with me to navigate the buying and selling phase of

my own property and always being there to fulfill any requests and support the exciting process of settling in and setting up my future home.

I just love everything about living in my new apartment and becoming a member of the Glenbrook community."

Cheers Anna



Memories of Her Royal Highness Queen Elizabeth II

"I will have this memory of meeting the Queen at Windsor Castle for the rest of my life. She was so nice and she spoke to us all."

Lyn Whimpress



"Gwenda and I were living in Schomburgk Street, Yarralumla when the Queen opened Parliament House in May 1988. She and Prince Phillip were staying in Government House Yarralumla. We had a lovely view and waved to The Queen and Prince Phillip as they drove past."

Colonel Peter Scott



"As a member of the Queen's Scouts, I took part in a Guard of Honour on the steps of St Peter's Cathedral. We were there to honour the occasion of The Queen and Duke of Edinburgh as they made their first visit to the Cathedral."

Andy Sag

"Geoff's father was Knighted by the Queen when she made her first official visit to Australia in 1954. His father, Brigadier Sir Thomas Eastick, was a host during the Royal Tour."

Isobel Eastick

"I am enclosing a photo taken of myself (with my wife in the background) being presented to Her Majesty whilst attending a Parliamentary Conference in London."

Bill Nankivell

"In March 1954, having recently completed secondary school, I was invited to the garden party at Pinky Flat to welcome Queen Elizabeth and Prince Phillip to SA.

We had to learn to curtsy just in case we were lucky enough to be in the front row as they walked past. My friend and I were lucky, we did have this opportunity, which I have never forgotten."

Jeanette Sandford-Morgan

"In 1954 the HMAS Australia was on escort duty to the Queen Elizabeth II. We were anchored in the Barrier Reef out from Townsville when Her Majesty came aboard and inspected the entire ship's company. We lined the perimeter, all in white uniforms. It was such a thrill when she stopped and spoke to the sailor next to me. My head remained straight ahead but my eyes were on the Queen."

Brad Perry

1976 saw our second visit to Scotland for our daughter to compete in the Scottish Highland Games circuit and the World Championships.

The dancers were instructed to bow to the Queen prior to each dance, which they felt privileged to do. It was interesting that even in Scotland, when the Royal family left, so did the crowd."

Loris Stuckey



Kathlyn Starkie and her (late) husband received 60th Wedding congratulations from the Queen.



A message from Lyn and Pauline

Join our priority waiting list as we have SOLD OUT!

We've had an incredibly busy 12 months, with so many new residents moving into their new homes in our villages. It is very rewarding watching our communities grow and to watch people form friendships with their new neighbours.

Moving to a Retirement Village can be a difficult and daunting decision to make. There are so many considerations and of course you want it to feel like home.

Take your time and be thorough, knowing that we are here to answer all of your questions.

Come join us to have a look around, have a coffee and chat and let us put your mind at ease as we help to guide you through this journey.

We will proudly show you our lovely villages. Beautifully positioned in the eastern suburbs of Adelaide... Leabrook Place and The Glenbrook.

Please contact Lyn or Pauline on 08 8334 4088 to arrange a viewing time.

Leabrook Place
Open every Wednesday, 10 am – 3 pm.

The Glenbrook
Open every Tuesday, 10 am – 3 pm.

Poet's Corner

My doctor recently told me that jogging could add years to my life.

I think he was right.

I feel 10 years older already.

(Milton Berle)

Police in Norway stopped Sigrd Krohn de Lange running down the street in Bergen because they thought that she had escaped from a nursing home.

The 94-year-old jogger was out getting fit!

(The Irish Independent)

Lyn's Roasted Cauliflower Soup

Ingredients:

- 1 Large Cauliflower
- 3 Leeks Sliced
- 1 or 2 Chillies (to taste)
- 1 Ham Hock
- 3 Litres of Chicken Stock
- 1 heaped ablespoon Turmeric
- 2 Cloves of Garlic
- 200mls of Sour Cream
- Pepper to taste



Method:

Step 1. Boil the ham hock in the chicken stock until the meat comes away. Remove the meat from the stock and put aside to add later.

Step 2. Place cauliflower, leeks, garlic and chili in a baking dish, sprinkle with olive oil sprinkle turmeric over the vegetables and cook at 180 degrees until browned and softened. Approximately 50 mins.

Step 3. Remove the baking tray and add the cooked vegetables to the stock. Puree with a blender or bamix.

Step 4. Shred the ham hock meat into the soup and add pepper to taste.

Step 5. Stir in the sour cream until combined.



Ready in 50 minutes

This soup tastes even better the next day. *Enjoy!*

Retirement Village Expo - Glenelg Golf Club

What a busy couple of days! Many, many people are interested in finding out about Retirement Living and what it means for them.

The Retirement Living Expo provided us with the opportunity of meeting in person, with an incredible number of people, all interested in finding out about

their options. This was an opportunity for us to talk to people about the difference in living at Leabrook Place and The Glenbrook – they really are quite unique in their offerings.

You are welcome to contact us to find out more - call 8334 4088 for a chat with Lyn or Pauline.



Lyn, Retirement Expo



Congratulations! Barbara and David were the winners of our Haigh's and Moet Gift Hamper. They took the opportunity of viewing The Glenbrook while collecting their lovely prize.

I'm smiling again!

Mary was very hesitant about making a move from her home of many years, but she is a very positive person and she decided to enjoy the next stage of her life. She loves the security and companionship that she has found at Leabrook Place and she also loves the convenience of having a shopping centre right next door.

Mary loves the way that she was able to incorporate her existing furnishings. They fitted in beautifully and she had her new apartment looking like home very quickly.

We didn't have a lot of time to talk - Mary was having friends over for morning tea, taking the opportunity of showing them around her new home which includes many communal areas and a lovely, freshly decorated dining and activity room.

Leabrook Place was built on the site of the previous Marryatville Bowling Club. Having played Pennant Bowls on this site in the 90's, Mary and her guests were very interested in the collage of historical photographs that we have on display in our Library.



One year on - touching base with Dani

In the first instance my goal was to make time to meet as many residents as I could, on a one-on-one basis. As the role was new, I felt it needed some "explaining". Everyone's situation is different and a personal appointment created an opportunity for us to learn about each other, the start of a relationship built on trust and understanding.

After listening to many of the residents' ideas I have created some regular opportunities for social interaction, doing the things that they like to do. It is lovely to see people enjoying sharing time with their neighbours and meeting people who are new to the Leabrook Place community.

Also, on the days that I work, I have found that I am able to respond to requests to assist with "something that has just come up", that people may need help with. I enjoy the spontaneity of my role.

Really, the only surprise I had was how quickly I felt like part of the team and how welcomed I was by all of the residents, including those who have not yet needed my assistance.

I love meeting people and I love helping people. Every day is different and the variety and diversity of my roles makes it so very rewarding.

My ideas are guided by each and every one of the people living at Leabrook Place. I am inspired by them every day. I will enjoy creating opportunities for people to maintain and improve their health and wellbeing through fun and enjoyable group and individual activities.



Dani
Care and Wellness Coordinator - Leabrook Place

Celebrating 10 years at Omega Communities

Michelle, our Resident Services Manager at The Glenbrook, shared some of her thoughts about working at The Glenbrook following her achievement of 10 years service with us.

During a "normal day" I always arrive early, talk with my staff, then my day starts at 8.30am. Always busy, especially in the mornings, I have plenty to do. I'm never stuck for something to keep me occupied.

On a "perfect day" everything comes together like clockwork, no smoke alarms or firemen attending a callout, just a stress free flowing day.

Sometimes we have a more "challenging" day. I recall when we had firemen attending a false alarm, 3 ambulance callouts, the building was full of busy tradespeople, the people living here were asking what was going on. I felt like I needed to split myself in 3 that day! Luckily I had others on hand who were helping with the phones, answering questions and directing the traffic for a few moments. I went home wondering if it had been a full moon?

I never imagined that my job would see me being a "jack of all trades" to such an extent. Things like fixing phones, getting garage doors repaired, making sure the lift operates smoothly at all times, helping when the chef is running late for their shift, scheduling tradespeople and overseeing maintenance projects, problem solving for the residents. Every day brings a different challenge.

When residents come to me with what they see as a big problem, I take the time to reassure them, telling them to "leave the worrying to me, I will sort this out for you". Its very comforting for them to have staff on site each and every day.

I really do find joy in hearing comments of appreciation from families, thanking me for making their parents' time with us so happy and rewarding. Families are so grateful to have known that their loved ones are in a safe and trustworthy environment. They often send gifts of flowers and chocolates with some lovely notes telling us how happy their family member was while living at The Glenbrook.

I really do love our Christmas Dinners. Seeing our residents so happy and thankful for all that my team do for them during the year. It's a time of great celebration for everyone.

Of course I also get to work with a beautiful team of staff at Omega. Who wouldn't love my workplace - its surrounded by such stunning gardens. I am very lucky.

I've come to realise that age is just a number and you are never too old to learn new things. To take each day as it comes. Drive out of here at night, knowing that I have given the day my full attention and done the best that I can do. I'm happy with this as I drive home and then my "Mum" role steps in. I wouldn't have it any other way. I love my job!



Michelle
Senior Resident Services Manager

- M** - Marvellous
- I** - Insightful
- C** - Clever
- H** - Hard working
- E** - Easy going
- L** - Laughter
- L** - "Lady Byrne"
- E** - Elegant



Dear Michelle

As Chair of the Residents Committee I want to, on behalf of the Committee, thank you for your daily dedication to your job as Residents Services Manager.

This involves handling many different situations and personalities. I appreciate and admire your patience in dealing with these complex situations.

On this occasion, I also want to thank you as you celebrate 10 years service as Resident Services Manager. Congratulations on a job so well done.

John Coggins.



Word Search - Types of Food

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

- Cereal
- Macaroni
- TV Dinner
- Casserole
- Bread
- Pork
- Noodles
- Fast Food
- Lettuce
- Rolls
- Steak
- Spaghetti
- Burgers
- Onion
- Butter
- Hotdogs
- Tuna
- Radish
- Salad
- Fruit
- Ham
- Gravy



LEABROOK PLACE

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08 8334 4088

leabrookplace.com.au



THE GLENBROOK

25 L'Estrange Street, Glenside SA 5065
08 8334 4088

theglenbrook.com.au



Elegance is individual.

