

# The Brookside Times

## A special place, both to live and to work.

Omega Communities is proud to boast many long-term staff and we asked some of the team about what makes this such a special place. Many referred to the wonderful relationship between residents and staff that makes coming to work a pleasure.

Senior Resident Services Manager at The Glenbrook, Michelle, refers to the group as a "lovely little, happy community," and describes her role as "to make people feel calm and safe in their own environment."

Lisa, one of the Family Care Assistants, who just surpassed 10 years of service, commented, "Residents are amazing here and also the families. I think the most important thing we offer is the security that someone is always here 24 hours a day, seven days a week. They know us and it's all the same people."

All homes at Leabrook Place and The Glenbrook are designed for independent living, but assistance is available if needed and residents really appreciate being able to choose as little or as much support as they require.

Staff are often complimented for their professional, discreet and thoughtful manner. Daughter of Leabrook Place resident, Emma, told us, "Nothing else that I've seen compares. Support is there if you need which is peace of mind and such a lovely sense of community and friendship."

With so many wonderful comments and stories to share, we recently videoed some of our staff, including Garden and Maintenance Manager, Stephen and Senior Lifestyle Consultant, Lyn. To hear what they, and others on the team, have to say, scan the QR codes or take a look at the staff pages on our websites.

**Michelle**  
Senior Resident Services Manager



**Katherine**  
Resident Services Manager



**Stephen**  
Gardener and Maintenance Manager



**Lyn**  
Senior Living Consultant



THE GLENBROOK  
[theglenbrook.com.au](http://theglenbrook.com.au)



LEABROOK PLACE  
[leabrookplace.com.au](http://leabrookplace.com.au)

## Staff Profile - Dani

### Care and Wellness Coordinator

Dani is our Care and Wellness Coordinator at Leabrook Place whose diverse role includes individual support as well as providing ideas for interesting activities and arranging guest speakers. Recently she has introduced scrabble groups, craft sessions, pet visits and even arranged for a live brass band to entertain residents. All groups and guest speaker events are welcomed by residents as they provide great opportunities to socialise while sharing interesting activities. By gauging the needs and

interests of residents Dani continues to add activities such as Gardening Club, Musical Moves and a watercolour class due to commence soon.

Dani also assists with advice regarding ageing in place. Drawing on her nursing background, she offers helpful information and access to products which assist with daily living activities. This can range from mobility products through to special appliances or other independent living aids. Personal support can include helping to navigate the My Aged Care system and Dani recently offered her aid with postal voting in the State Election. She also offers guidance for residents and their families in making the best use of our extensive range of on-site services.

Sometimes, the most important thing can be to listen. Dani has enjoyed a coffee and a chat with many people who live at Leabrook Place which helps her to understand their needs and offer assistance to solve any problems that they may be experiencing.



## Resident Profile - Elizabeth Bull

We asked Leabrook Place resident, Elizabeth Bull, about her life and this is what she shared with us.

I grew up in Melbourne and met and married Max when he was an Engineering Student at Melbourne University. We went immediately to the U.K. and didn't return to Australia for eleven years and then it was to an appointment in the School of Engineering Adelaide University. This lead, among much else, in an oblique way, to my love of apartment-living!

In the 1960's Adelaide academics were expected to take a Sabbatical Year every seven-or-so years to travel and make contacts with others working in their field. Clearly this was to "keep in touch" in the pre-digital-technology world. By the time we took our first Study Leave we had three children and spent the whole year in Cambridge. All wonderful.

Our second time was far more complicated as our children were 14, 12 and 9 and Max really had to spend the first six months in Germany. Here, we all learned to live in a fourth-floor apartment. While there was help generously given, there was no denying I had to care for a family of five on the fourth floor in a building with no lift. The communal laundry was in the basement. However, I did have leisure time and I discovered how much I truly loved looking out on the busy, interesting world below. Undeniable compensation for me for those stairs.

In 1986 Max and I were away again. This time no children came and, after another six months in Germany [second floor] we moved to a most wonderful first-floor apartment in a fabulous part of London. We looked out on a row of Mews houses, a tree-lined street with busy pedestrians and vehicles. At the end of the street was what I decided was clearly a manor house, but it turned out to be the Notting Hill Police Station. A big thrill was to regularly watch the red royal helicopter come in and land at Kensington Palace. I had a delightful time every day with old friends and just finding my way about, but I never got tired of simply watching the passing world.

In 2019 when the time came for me to move to supported living, I made a call to Pauline at Leabrook Place. I was very aware of this possibility as we had lived for our whole time in Adelaide not so far from



Leabrook. I asked very directly if there was available an upstairs apartment "looking out". Amazingly there was. However Pauline was determined to show me a range of possibilities and, I admit, there were one or two very nice places to consider.

My children came and confirmed that this was right for me. None of us could believe how effective sound-proof glass is and it is a treat to have a conversation across the room with traffic just down below. I have two large areas of glass taking in a view including a leafy green childrens' playground on my left, across to a stunningly beautiful giant eucalypt and banks of green trees of all varieties up to the foothills on my right.

I haven't seen any royal helicopters yet, but I am thrilled every day by the range of dogs that are walked past. Morning and afternoon groups of school children go by. Pembroke students one way and Marryatville High students the other.

The staff are exceptionally pleasant and efficient. It is a treat to see how nicely the public areas of Leabrook Place are looked after and how much work goes into keeping the paths clear and the garden trim and attractive.

There are coffee gatherings in The Club Room several times a week, and I join in fairly regularly. I still have my car and have maintained my Book Group and Mahjong Group with whom I've been engaged for a great many years. However, I know I'll be able to join in with the groups here when the time comes. Likewise, I still visit the dentist, doctor and hairdresser I've seen for years, but I am within walking distance of several hairdressers, dentists and a medical practice when the time comes.



## A message from Pauline and Lyn

### *We have what you are looking for!*

"More like a home, less like an institution". This is what people tell us they want.

We believe that we have been providing this, along with much more, for many years now.

Located in the beautiful eastern suburbs of Leabrook and Glenside, at Leabrook Place and The Glenbrook, we take great pride in what we do!

We find that people want to live as close to home as possible. Many of the people living with us have moved from areas very close by, or they may even have lived in this area in their youth. Family members living in the area often encourage their parents to move closer to them too.

People enjoy having 'home-cooked meals' in an environment that is home-like and caters for their individual needs. That is exactly what we offer in our beautiful villages - each residence becomes the home of our new resident, as they become part of our community. Opportunities are here to socialise and participate in a range of interesting activities and our residents are able to utilise the services of our chef to provide an evening meal if they prefer not to do their own cooking.

We are not a residential aged-care facility. We provide a beautiful lifestyle in our fully self-contained retirement living homes, supported by lovely staff and a wide range of easily obtained, optional services.

The people living here have enjoyed very interesting and diverse lives. We treat each and every one of them with the respect and dignity that they deserve.

Independent living is something that everyone wants to maintain as long as they are able to, but the caveat is that you can't leave things too late.

Give us a call to discuss what we offer at our villages, Leabrook Place and The Glenbrook.

You are welcome to speak with either Lyn or Pauline by calling us on **8334 4088**.

## Pampered Pets

Dogs at The Glenbrook love a walk in the grounds and also the neighbouring Symons and Symons Reserve or down to the Conyngham Street Dog Park. Some owners are happy to keep up their dog's exercise routine by sending their precious pooch out with a staff member from The Glenbrook.





Ready in 1hr 25mins

*“Delicious served with cream or ice cream. Or you can go on all the rides and have both.”*

Lyn

## Lyn's Prune and Semolina Cake with Rosewater Syrup

### Ingredients:

- 1 cup pitted prunes (170 grams)
- 125g unsalted butter
- 2 eggs
- 1 ¼ cups self-raising flour
- ¾ cup fine semolina
- ⅓ cup orange juice

### Syrup:

- ¼ cup caster sugar
- ½ cup water
- 1 teaspoon rosewater

### Method:

**Step 1.** Preheat oven to 190 degrees centigrade (moderately hot).

**Step 2.** Grease a 20 cm round cake tin and line base with baking paper.

**Step 3.** Cover prunes with boiling water, let stand 10 minutes or until soft; drain well.

**Step 4.** Cream butter and sugar in small bowl with electric mixer until pale in colour. Beat in eggs one at a time, beating well after each addition.

**Step 5.** Stir in sifted flour, semolina and juice

**Step 6.** Spread two-thirds of mixture over base of prepared pan, top with prunes, spread with remaining cake mixture.

**Step 7.** Bake in moderate oven about 50 minutes or until cooked through.

**Step 8.** When cake is nearly cooked, make syrup by combining sugar and water in pan and stirring over heat (without boiling) until sugar is dissolved. Bring to boil and simmer for 2 minutes. Lastly stir in rosewater.

**Step 9.** Turn cake onto wire rack, turn cake right side up and place rack on a tray.

**Step 10.** Pour hot syrup over hot cake, cool. Serve dusted with icing sugar if desired. **Enjoy!**

## Happenings at The Glenbrook and Leabrook Place



### Gardening Club

There is a wealth of gardening knowledge and experience among residents at Leabrook Place so the newly formed Gardening Club provides a great opportunity for enthusiasts to share their wisdom with like-minded neighbours. Gathering in the beautiful garden spaces, participants are able to make recommendations and suggestions for the gardens and are working towards developing a new plot. Some are planning field trips to botanic gardens to gather even more ideas and information.

### Anzac Day

Anzac Day is always recognised by Omega Communities. This year residents and families commemorate Anzac Day at The Glenbrook with a welcome and address by Chairman, Jim Hazel, prayer by Reverend Paul Harris, the last post played by a traditional bugler and a minute of silence in remembrance of the lives of Australians killed in military operations.



Residents enjoying a catch up over a cuppa in the courtyard.



A group at The Glenbrook have been getting creative and enjoying art classes.

## Poet's Corner

### Ageing

By Julie Cahill

Saggy baggy lumps and bumps  
 Were once all taut and thin  
 Hair which once was crowning glory  
 Now sprouts upon our chin  
 Wrinkles once were ne'er in sight  
 But now catch heaps of crumbs  
 Shoulder blades, our wings of glory  
 Lose flight upon our bums.



# Join our priority waiting list



Those on our priority waiting list are the first to know of new opportunities at Leabrook Place and The Glenbrook. Often residences are sold without ever being listed on our websites. Lyn and Pauline have extensive experience in matching the right home to the right people when opportunities come up.

To discuss what's right for you and be added to the waiting list, call in during open times or call Lyn or Pauline on (08) 8334 4088.



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## Car Parts Word Search

- Airbags
- Battery
- Bonnet
- Boot
- Brakes
- Engine
- Glovebox
- Hood
- Mirror
- Pedal
- Radio
- Rear axle
- Rims
- Seat
- Seatbelt
- Steering wheel
- Tank
- Tyres
- Wheel
- Windscreen

### LEABROOK PLACE

17 Tusmore Avenue, Leabrook SA 5068  
08 8334 4088

leabrookplace.com.au

### THE GLENBROOK

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Elegance is individual.

**ΩMEGA**  
COMMUNITIES