

GreenTimes

DURHAM GREEN NEWSLETTER • EDITION THREE • MARCH 09

Welcome to the Autumn edition of Green Times

As more and more things in the world seem to be unstable and gloomy with the daily headlines about the Global Financial Crisis and Climate Change, we thought that we would focus this edition on the positive ways that people at Durham Green are making our lives and communities healthier.

Cathy and her team at the Manor are increasing the services that are available and the quality of their care makes a real difference to people's lives. In fact, someone recently said that they have never seen the level of High Care in the Macarthur region like they have seen at Durham Green, Menangle.

Whilst every resident and staff member has a story, Bob, Pat and Lilian's description of how moving to the Village has improved their quality of life is inspirational.

Also, Cliff's mentoring of local young people deserves particular mention as an example of how the good work of the people at Durham Green affects lives outside of the Village.

Let our family take care of your family, with our best wishes.

Maurice Tulich and Curtis Mann

Durham Green community continues to grow

There are now only a few of our spacious two bedroom homes left in stage 1e and 1f.

They represent excellent value for money and are packed with features normally never seen in comparable sized villas. The ALTONA, PICKERING, and WHITBY floorplans – which you can view on www.durhamgreen.com.au – all feature: 2 bedrooms, 2 bathrooms, spacious formal and informal living areas, and many other great and inventive ideas such as elevated power and service points, 24 hour emergency call systems in 3 locations throughout the homes,

9' ceilings, private drying courts, separate courtyards and gardens.

They are all fully tiled, carpeted, and ready for you to move straight in.

Also, don't forget the oven, cook-top, washer/dryer, range hood, dishwashers, and ducted air conditioning are all included, which means that you have no expensive add-ons before you move in. Join Michael Turkic for a coffee at the Bistro and he will be happy to show you around our community.



Helping People Stay Healthy



For Cathy Norton the opportunity to manage the first extra services Aged Care Facility in the South West of Sydney was a chance too good to miss.

After 25 years as a nurse and manager in Aged Care, being the inaugural Care Manager was also very attractive.

“Not only is it a fantastic facility – the rooms, lounges and dining rooms are all superb– but what was really exciting was the chance to hire a team from scratch and have great people working at the Manor.

“The philosophy is simple, to provide the best possible care for our residents and to give peace of mind to their families.”

With the rooms starting to fill, Cathy explained the services that the Manor provides.

“Before people come to the Manor, we can actually provide Community Aged Care Packages in their home, either in the Village or outside, to keep them independent. These are services such as shopping, cleaning or taking people to appointments.

“Then in the Manor we have two levels of care – Low and High. Low

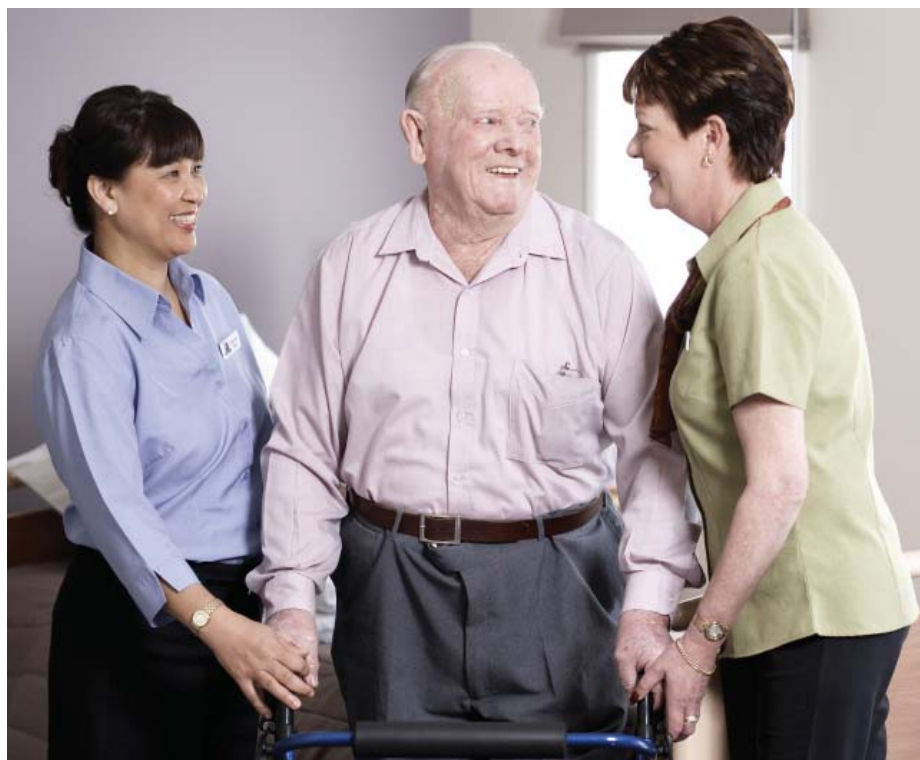
Care is for people who need some help and support with activities of daily living and then High Care is for people who are dependent on staff for all of their care.

“People can also come in for respite, which means that they

come in for a few weeks which often gives their carer a break.

“There is always a Registered Nurse on site and we have a range of visiting services such as fortnightly visits by a doctor and then access to a podiatrist, physiotherapist, speech pathologist and dieticians.

“Making the right decision for you or your family is very important, so if anyone has a question or wants to know more about the services provided in the Manor, then please give me a call on 1300 339 419.”



Meet our Chef

Now that the Blue Gum Bistro will be opening soon, we'd like to introduce you to our Chef, James, who has been working in the catering industry for a number of years. He considers both the needs and the tastes of our residents when deciding what to put on the menu. His style is to combine classical with twist of modern contemporary cooking. In our next Newsletter, we'll be featuring one of his delicious recipes.



The View from Number 403

For Bob and Pat Ward and Pat's mother Lilian, moving into Durham Green has been a liberating experience.

"When I tell people that I live in a Retirement Village and that I am only 63, they often say that I am too young, whereas I wish that I had moved in when I was 55!" said Bob.

"It's been a great experience having so many facilities on hand, Pat and I have really enjoyed going to the gym and swimming and there is a great community spirit amongst our neighbours."

Pat agreed with Bob's comments.

"The gym has been fantastic for me – I've lost inches and really enjoyed

doing it!" she said.

"But what has also been great is that we are able to look after Mum in a place where she isn't left alone with no support.

"When Dad died, Mum was living in Auburn and the suburb had changed and many of her friends had either moved on or passed away.

"Living in Durham Green means that we have support so that if Bob or I can't take Mum up to hoi (bingo), then one of our neighbours will take her up.



"We are also going overseas for a holiday soon and it's great peace of mind that Mum can go into the Manor for a respite stay and be in very safe hands," said Pat.

So whether it's Bob playing disc bowls on a Sunday, Pat pounding away in the gym or Lilian playing hoi, Durham Green has become a real home for them.

The Perfect Neighbour

George Hanger, pictured below with his wife Jan, featured in a recent edition of the local newspaper, the Macarthur Chronicle. George is an example of the 'perfect neighbour' – here's what the story had to say:



George Hanger is everything a person could want in a neighbour and represents everything Neighbourhood Day is about.

The 72-year-old Durham Green resident isn't shy of lending a hand

to fellow residents and he's happy to do it.

He is the kind of neighbour Melbourne resident Elsie Brown could have used eight years ago.

Her remains were discovered by police two years after she died alone in her flat. It was because of her story that Red Cross communications manager Andrew Heslop created Neighbour Day.

On Sunday, March 29, people are encouraged to celebrate the day with their neighbours through a barbecue, street party or whatever people think is fitting.

Mr. Hanger believes the atmosphere

at the Menangle Retirement Village he calls home is one of mateship between residents and that's why he's happy to help out.

"If anybody needs a hand I'm always willing to give it, if I can," he said.

"Someone wanted some shelving put up so I did that and another person needed some painting done and I helped with that too.

"I always give people a lift into town as well if they need to get there."

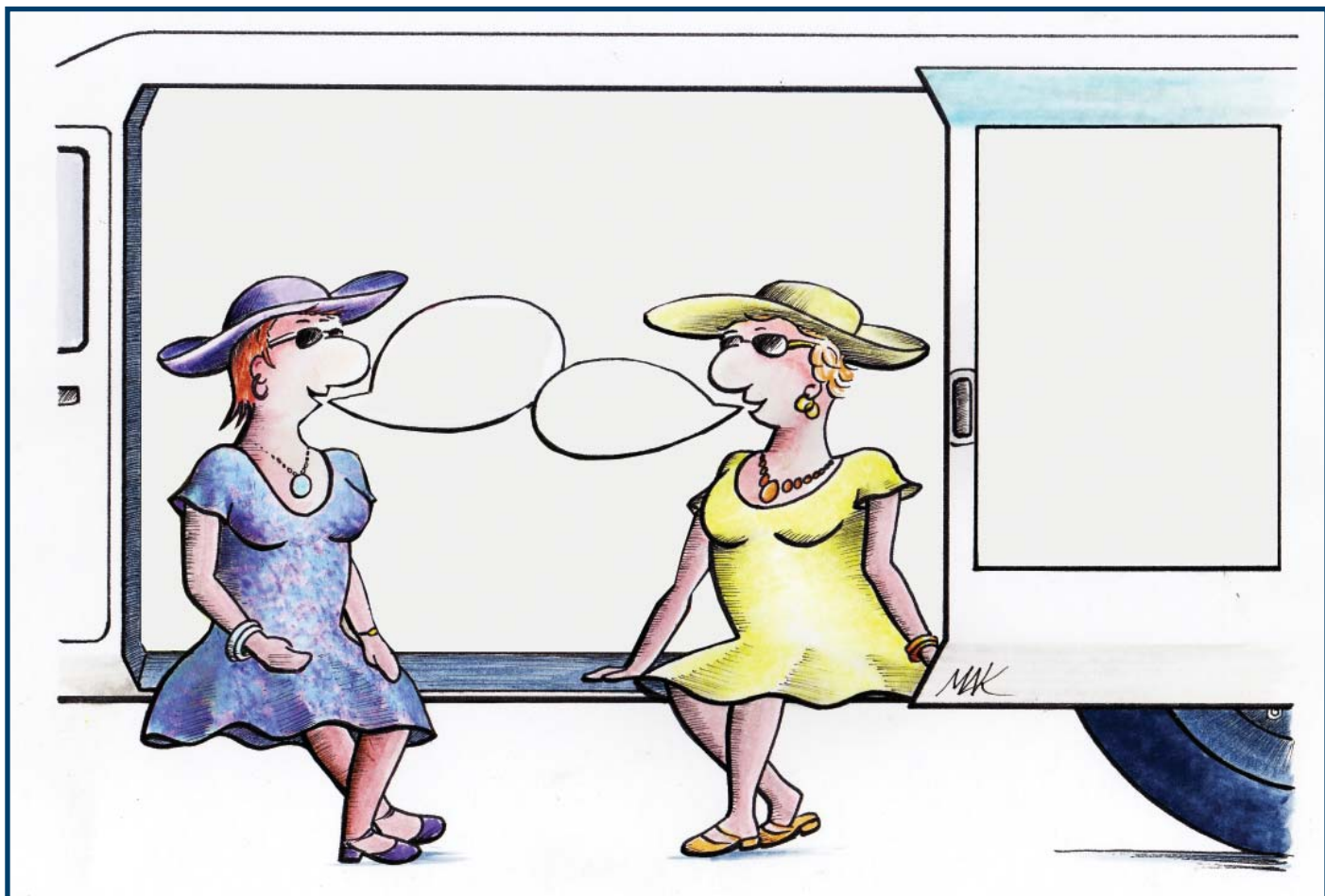
For more details on Neighbour Day, visit www.neighbourday.org

From the Macarthur Chronicle, March 3rd 2009.
Written by reporter David Campbell.

A bit of fun

Have you seen these two in Durham Green recently? We'd love to hear what you think the ladies are saying to each other. All suggestions appreciated – witty or serious – and we will give a prize for the best answer.

Email your answers to info@durhamgreen.com.au



Durham Green on the Outside

Many of our residents make a big difference to the community outside of Durham Green. A good example of this is the work of Cliff Bonamy who is a mentor for local youth.

Designed to enhance the skills of young business and trades people, the program focuses on adults passing on their many and varied business skills to young people via a structured program of mentoring and engagement over a 6 month period, leading to an awards celebration later in 2009.

Cliff has had many business roles in his career, and as an accomplished finance & accounts manager, is seeking to put back what he has learnt into the community. Durham Green, through this partnership with the Macarthur Workplace Learning Program is happy to be a part of this worthwhile community project.



DURHAM GREEN

Over 55's Lifestyle Village

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www.durhamgreen.com.au

Cliff, not content with retiring quietly, has put his many life and business skills to good use this year by joining our Sales & Marketing Manager, Michael Turkic, as a mentor in the Youth Achievement Australia Business Skills Program, in partnership with the Macarthur Workplace Learning Program.