In April we celebrated the second anniversary of St Luke’s Green with a concert in St Luke’s church, followed by bubbly and birthday cake in our beautiful community areas. When you look at our tight-knit community, it’s hard to believe that our little village has only been open for two years. The strong friendships and community spirit at St Luke’s Green prove why our village is firmly established as the most popular place for seniors in Woolloongabba.

The sun was shining as guests from the local Brisbane area arrived to join our retirement and aged care residents for a fantastic performance by The Blenders. The acoustics in the Spanish mission-style church, which sits in the centre of our village, enhanced the amazing voices of the internationally acclaimed choir who have appeared in Carnegie Hall, Australia’s Got Talent and The X Factor.

The Blenders sang a range of Australiana songs, with many of the residents (and one of the village dogs!) choosing to sing along. After an hour of feel good songs, and a special performance by a quartet of the youngest members, the entire choir came together to sing a very special Happy Birthday to St Luke’s Green – this was met with a huge round of applause and smiles from everyone.

‘Bricks, mortar and glass don’t just become a village, and a house doesn’t make a home - it’s the people and the life that exists here at St Luke’s Green which makes it a home. Everyone here today is what makes this village such a vibrant community, and we are so glad you could all be here to celebrate with us today,’ said Ralph Warburton, CEO of Greengate.

After the concert, everyone gathered in the Dining Room for a feast of pies, cakes, macaroons, tea and champagne. Our Head Chef Paul and his fantastic team created a beautiful matcha-flavoured birthday cake, which was cut by Ralph. Residents and guests spilled out onto the Village Green to enjoy their cake in the afternoon sunshine, amongst the frangipanis and roses.

St Luke’s Green has an Open House every Thursday from 10am-12pm; visitors are welcome to stop by and take a look at the available retirement apartments and surrounding community areas.

To find out more about St Luke’s Green, Woolloongabba call us for a chat on 07 3129 9075 or email stlukesgreen@greengate.com.au.
Jazz on the Green a Roaring Good Time

The flapper ladies and dapper gents of St Patrick’s Green came dressed in the spirit of the roaring 1920’s for Jazz on the Green in March. Our retirement and aged care residents were joined by guests from the local St George community and St Brigid’s Green for a fantastic evening of live jazz, great food, and brilliant company.

The weather held out and the sun shone down on our Village Green as the popular jazz band, Sydney Jazz Collective put on a brilliant show for our residents. Chris Minns MP and local Councillor, Nick Katris were amongst the crowd, and enjoyed getting to know the people who call St Patrick’s Green home. The jazz music brought back some beautiful memories for a lot of residents, many of whom got up to enjoy a dance throughout the show.

Greengate’s CEO, Ralph Warburton said ‘What a great energy there was here tonight! Our residents were thrilled with the music, and the food has been a massive hit. I hope this is the first of many Jazz on the Green events to come in our beautiful Kogarah village.’

Residents, guests and the village team thoroughly enjoyed Jazz on the Green, with many making the most of the fun opportunity to partake in the Gatsby-style social event from the comfort of home.

To find out more about St Patrick’s Green, Kogarah drop in to our Open House Mondays from 10am-12pm, call us for a chat on 02 9097 9175, or email stpatricks.green@greengate.com.au.

Honouring our ANZAC Heroes

On ANZAC Day, the retirement and aged care residents of St Brigid’s Green came together on the Village Green for our reverential ANZAC Day service. The morning was led by our active residents who delivered items of prose, poetry and music – all of which honoured those who have lost their lives for our beautiful country. Particularly poignant, was the story told by one of our residents about an airman in the Second World War who flew 45 missions in a Lancaster bomber and survived. The service was lovely and touching, with all residents reciting the ANZAC ode and singing the National Anthem. Afterwards, our Maroubra community milled around the Village Green chatting with one another and nibbling on sandwiches, ANZAC biscuits and chocolates organised by the wonderful ladies of the social club.

Greengate Walks For Dementia!

On Sunday the 19th of May, the Greengate team took part in the Sydney Memory Walk & Jog to raise awareness for people living with Dementia. Team members from Head Office, St Brigid’s Green and St Patrick’s Green gathered at 7am for the 7.5km walk. Together, the team raised $2000 in donations to go towards Dementia Australia’s ability to provide vital support services, such as counselling, support groups and education. As the operators of Aged Care Homes that specialise in caring for people living with Dementia, this is an issue which is very close to our hearts - Greengate was proud to walk for our family, friends and residents.
What you Need to Know about Home Care

A lot of people ask us, what is a Home Care Package and how do I get one? So we thought we’d break it down for our readers who want to stay in their home but are in need of a little extra assistance. Some examples of care you may be eligible to receive at home include: domestic assistance, meal preparation, personal care, transport, laundry, shopping, home maintenance or nursing assistance.

The Australian Government subsidises the cost of home care for seniors over the age of 65. In order to access this home care, you will need to contact My Aged Care and ask for an assessment. They will then decide whether they send out an Aged Care Assessment Team (ACAT) or Regional Assessment Service (RAS) to assess your needs and determine which of the following types of care you are eligible for.

Home Care Package

Home Care Packages are given to people with complex care needs and will be indicated by ACAT. These packages come in four different care levels (known as Levels 1, 2, 3 and 4) which determine how many hours of assistance you are eligible for per week. With a Home Care Package you can decide what types of care services you want. You will be charged a basic fee which is set at 17.5% of the standard age pension - these packages are also income tested by the Department of Human Services, so you may also be charged an income tested fee. There can be long waitlists to receive a Level 2, 3 or 4 package, so sometimes it might be more appropriate to consider Residential Aged Care in a Greengate Village.

Commonwealth Home Support Programme

The Commonwealth Home Support Programme is for people with low care needs who require entry level care at home. This will be indicated by RAS, and your assessment will state the types of care services you can receive. Service providers receive block funding from the government, and then provide subsidised services to those on the Commonwealth Home Support Programme. Unlike the Home Care Packages, you are not limited to the number of hours you can receive. Also, the Commonwealth Home Support Programme isn’t income tested, so your income doesn’t work against you – instead you will pay a small hourly fee for the services you receive. For example, you will usually pay around $10-$15 per hour for domestic services, which is much cheaper than hiring a private cleaner.

Here at Greengate, we want you to maintain your independence for as long as possible. That is why you can bring your existing Home Care services with you when you move into any of our retirement apartments. Alternatively, every Greengate Village has a range of optional care services available to each of our retirement residents to help make life easier in your home.

Join us for a Free Info Session this June

If you have read our Home Care article in this newsletter, but are still a little confused, then please join us at St Patrick’s Green this June for a free information session presented by Catholic Care. They will be talking about the Government funding programs that are available to seniors, and will discuss the differences between the Commonwealth Home Support Program (CHSP) and Home Care Packages (HCP).

Wednesday, 19th June
11am – 12pm
St Patrick’s Green Retirement Village
40 Chapel Street, Kogarah NSW

Car parking is available on-site and light refreshments will be provided. Please RSVP to Mable on 02 9097 9175 to secure your seat.
St Brigid’s Green

A Haven for the Maroubra Local
Enjoy your privacy, with all of the benefits of living in our lively seniors community, in this north-facing 2 bedroom 1 bathroom apartment. Located on Level 2, this apartment features a large kitchen complete with high-quality appliances, a great walk-in wardrobe, plenty of storage, and an easy to maintain bathroom which we can adapt to suit your needs.

St Patrick’s Green

Your Own Private Garden Oasis
Relax in this spacious 2 bedroom 2 bathroom + study Ground Floor apartment, with your own private north-facing courtyard. With a clever design that allows for airflow from the south-facing windows to the sunny courtyard, this apartment makes retirement living a breeze. Fisher & Paykel appliances come included.

St Luke’s Green

All the Room You Need
Fresh on the market and priced to sell, this 1 bedroom + study apartment on the Ground Floor features a large balcony and a pet-friendly courtyard. This north-facing apartment is easy to maintain, and is perfect for a single person who is looking for a convenient lifestyle in a great community.

St Faber’s Green

All the Room You Want
Soak up that winter sun, and the great Woolloongabba north-easterly breeze, on the balcony of this fantastic corner apartment. Located on the Ground Floor, this 2 bedroom 2 bathroom + study is so spacious and airy that you’ll forget you’re living in an apartment. Come and see what life at St Luke’s Green is all about.

Please call the Sales Team today on 07 3129 9075 to view one of our beautiful apartments, or drop by our Open House, every Thursday from 10am-12pm.

Furniture not included. Photos are indicative.

St Brigid’s Green
Phone 02 8097 1775
220-230 Maroubra Road, Maroubra

St Patrick’s Green
Phone 02 9097 9175
40 Chapel Street, Kogarah

St Luke’s Green
Phone 07 3129 9075
43 Taylor Street, Woolloongabba

St Faber’s Green
Phone 07 3217 3331
17 Harriett Street, Auchenflower
For those of you who don’t know, St Faber’s Green is soon to be the newest member of the Greengate Village family. Situated in the field of flowers, St Faber’s Green will sit on the hilltop at Auchenflower, and will rise eight storeys high with unmatched views of the Brisbane city skyline and the mountains. Our retirement and aged care community will feature a range of luxury 1, 2 and 3 bedroom apartments, a residential aged care home, and a fantastic variety of thoughtful facilities.

St Faber’s Green will sit adjacent to the existing Church of the Holy Spirit in Auchenflower. So far, the base road works, services and hard landscaping around the church are complete. The final road surface, footpaths, fencing and landscape works commenced in May, with the project work around the church and subdivision works almost completed.

St Faber’s Green has already reached a milestone with the placement of the transformer on-site and the power connected. We have spoken to many of the local parishioners who are all excited by the works and are very pleased with the outcomes. If you’d like to learn more about our exciting new seniors community, and discuss reserving one of these beautiful new apartments, call Cheryl Todd today on 07 3217 3331 or visit www.stfabersgreen.com.au

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Stay Warm with Chef Nelson

Winter is well and truly here, so what better way to warm up than with a nice hot meal? We asked Nelson, Head Chef of St Patrick’s Green, for his favourite winter recipe that is delicious and quick to prepare. We think this soup is perfect for those cold nights where all you want to do is curl up in your dressing gown with a hot bowl of soup.

INGREDIENTS
3 cups (750ml) chicken stock
2 medium leeks (700g), sliced thinly and washed
1 clove garlic, crushed
2 medium potatoes (400g), chopped coarsely
3 cups (750ml) water
4 cups (480g) frozen peas
2 tablespoons finely shredded fresh mint leaves plus extra to serve

Chef Nelson says:

“This Pea and Potato soup is very tasty and super easy to make. For a good immunity booster, add in a few extra cloves of garlic to help fend off the flu!”

METHOD
Heat 2 tablespoons of the stock in a large saucepan, then add leek and garlic. Stir regularly for about 10 minutes or until leek is soft. Add remaining stock, potato and the water to the pan and bring to the boil.

Reduce heat, then cover and simmer for 10 minutes. Add peas, simmer for another 5 minutes or until vegetables are tender.

Allow soup to cool 10 minutes, then blend or process soup until smooth. Return soup to pan and stir over heat until hot. Stir in mint just before serving, and sprinkle with extra mint leaves to serve.

Enjoy!