

# ASHBROOK APARTMENTS



## THE ASHBROOK NEWS MAY/JUNE 2019

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### Index:

	Page
Anzac Day .....	02
Sales Suite Activity .....	03
Biggest Morning Tea .....	04
Guest Speaker .....	05
Easter Morning Tea .....	05
RAA Talk .....	06
Craft Group News .....	07
Information .....	08

# ANZAC DAY

DR. TONY SWAIN

Adelaidean's observed the first ever South Australian Anzac Day on 13 October 1915. On 7 September 1915, the Wattle Day League (an Australian women's organisation) held a service at Wattle Grove in the South Parklands and arranged for the erection of an obelisk in honour of Australasian soldiers who had died on the Dardanelles.

The RSL protocol for Anzac Day is:

"The Dawn Service represents a funeral, followed by The March which traditionally commences at 9.30am, representing the walk to the grave site. Afterwards the service at the Cross of Sacrifice, which stands in gardens opposite St Peters Cathedral, represents the burial; this service, from approximately 11.30am, is immediately after the ANZAC Day March - it provides a significant finale to the commemorations".

The conventions of Anzac Day are more compelling when the protocols of this day are referred back to the traditions of life in the early 20th century. In our youth, we could all remember, especially in a country town, the dull ring of a church bell to announce the departure of the hearse from the church or home. The hearse was followed by a convoy of cars of family and friends, or on foot through the main street, where residents would stand to attention, men would doff their hat as it passed. Then followed a wake to celebrate the life of the departed.

And so; the Anzac Day commemorations and celebrations evolved, to the reunions at the pub and a football game at the Oval after the "burial".

Anzac Day has also evolved to remember the families, especially the women, by separate memorials in local communities. These families, of the WW1 conflict, suffered from what we would now consider horse and buggy communication added to the censorship of

news of the time. They were very anxious and stressful times.

Whilst in Singapore recently, I was touched by the universal sense of grieving loss of everyone in their community due to warfare. Singapore is a small island, but what was evident there would also be felt in Britain and the European countries involved. They all have their Anzac Day's.

With the surrender of Singapore, on the 15th February 1942, by the British to the Japanese invaders, their entire population, together with 80,000 British armed forces including 15,000 Australian troops and 50,000 taken by the Japanese in the earlier Malayan Campaign, were essentially POW's. These troops were sent to Changi, other camps and to the Burma Railway in Thailand. On the 15th February every year, memorial services are held at War Memorial Park at Beach Road near Raffles Hotel.

The route of this years commemorative march is down our main street in the city, lined by the citizens of Adelaide. The marchers participate in cars, buses, army vehicles, wheel chairs and some on foot. All family, friends, the military family and representatives of many countries of the fallen attend. At the Cross of Sacrifice they witness the ceremonial burial. At the conclusion of our ceremony, relax and honour those who died and those whose loss lasted for ever.

Lest we forget.



Left to right: Mrs. Jocelyn Nicholson, Dr. Tony Swain, Mr. John Dring

# EXCITING ACTIVITY

## IN THE ASHBROOK SALES SUITE

I have now been in my new role for nearly 6 weeks and would like to thank each of you for your warm welcome to the Ashbrook Apartments Community..... and a special thanks to Easter Bunny and the Social Committee who made sure he visited me!!

For each edition of the newsletter I will be sharing an update of what I will be doing for the next month including any information that I think will be of interest to you.

I will be hosting regular events for people who are considering Ashbrook Apartments as their new home. The first event, a High Tea, to be held on Thursday

16<sup>th</sup> May at 2.00pm and I am expecting 20 people to attend. On the 26<sup>th</sup> and 27<sup>th</sup> May I will be representing Ashbrook at the Retirement Village Expo at Glenelg Golf Club.

The refresh of the display apartments (1.18, 1.19 and 1.49) is now completed and you are welcome to come and view them on Wednesday 15<sup>th</sup> May between 10.00am and 12.00 midday.

Again, thank you for your support, please let me know if you have any questions for me.

Kind regards  
Julie

· ASHBROOK ·  
APARTMENTS



brand  
partners

BOOK A TOUR WITH JULIE (08) 8193 0098

## APARTMENT G.08

**A rare beauty**

Wake up to the beautiful views of Ashbrook's front gardens in Apartment G.08. Featuring 2 great sized bedrooms, a large Sunroom spanning the width of the apartment, as well as an open plan Living/Dining space.

**Don't miss out!**  
**\$530,000**



# BIGGEST MORNING TEA

Planning for this years event to be held on May 24<sup>th</sup> is well under way, so make sure you have it in your diary.

Peter Tann, one of the Cancer Council's amazing Ambassadors, is a cancer survivor himself as well as a carer who will share his inspiring story with us on the day. We will have a second speaker too, but this is still under planning and finalisation.

We have set up a donation collection box by the letterboxes for those who have loose change burning a hole in their pocket!

If you have any goods to donate, or would be happy to make or bake some treats for the trading table, please contact Barb McFarlane in Apartment 150.

Thank you,  
Barb McFarlane



## FEATURED PROPERTIES THIS MONTH



### APARTMENT 1.19 First Floor & Fabulous

Apartment 1.19 is perfect for entertaining family & friends. It features 2 bedrooms, 1 ½ bathrooms, a spacious Living & Dining area, as well as a sunroom providing natural light & beautiful views.

**\$510,000**

# GUEST SPEAKER

It was a very informative Happy Hour when My Care Solutions' Mark McBriarty spoke to us on Friday 12<sup>th</sup> April. As well as providing information, Mark and his assistants also provided superb platters of antipasto for the 45 attendees to enjoy.

Mark began his talk by showing us how to navigate the maze of new rules regarding the current Home Care packages. There are more than 60 providers in Australia, all Government subsidised, and all have their own variety of services and costs .

The first step is basic: contact My Aged Care. Arrange an assessment with the Aged Care Assessment Team (ACAT) which will take place in your own home. But, due to the current high demand, expected wait times for a package may take 6-18 months.

Although you may not require this level of support just yet, it is still a good idea to get assessed so you're already on the list when the time comes.

We thank Mark for his time on Friday and for all the information he provided to our staff and Residents.

# EASTER MORNING TEA

With both the Sky Garden and Dining Room available, a large group of Residents were spoilt for seating choices when they flocked to attend our Hot Cross Bun Morning Tea on Easter Saturday 20<sup>th</sup> April.

Although it was an unusually warm day for this time of year, those who chose to sit under the roof of the Sky Garden felt no discomfort and, like those in the Dining Room, they greatly enjoyed the conviviality of the event, taking the opportunity to exchange conversation with fellow attendees.

The delicious, buttered Hot Cross Buns were the specialty of the day, served by the hard-working members of the Social Committee who excelled themselves as organisers of this well received festive occasion at The Ashbrook.

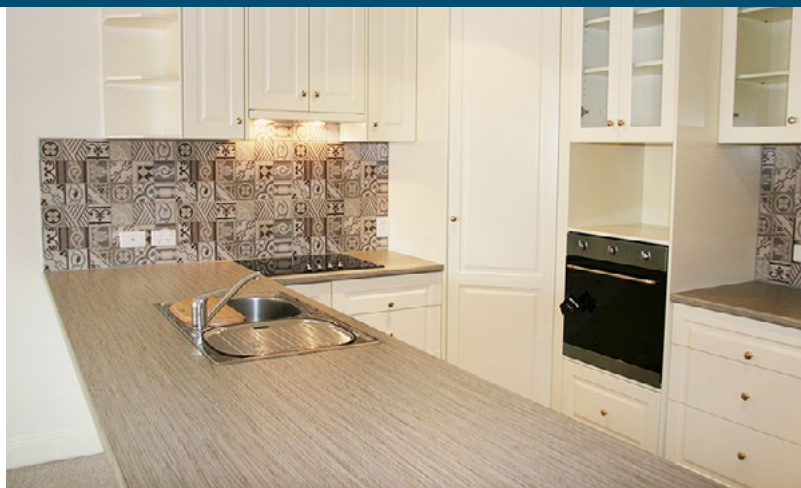


**CALL TO BOOK A PRIVATE TOUR (08) 8193 0098**

## APARTMENT 3.15 Beautifully Traditional

Third floor Traditional style apartment with North Views into the Ashbrook courtyard. Airy and bright with very functional living spaces, including 2 bedrooms and 1<sup>1/2</sup> bathrooms.

**You will love this one.**  
**\$512,000**



# HAPPY HOUR GUEST SPEAKER

Without a doubt I think this presentation by Tony Eh from the RAA was one of the best that I have attended since living at the Ashbrook. It had drama, it had comedy, it had the little brain cells searching back to the life in the 50's and 60's, and it had a lovely morning tea to follow.



Tony was at his best with the “Road Rules Quiz” which helped to update us with a few new rules which have come into place. He also made sure to remind us of some rules we may have forgotten.

His off the cuff wit and genuine enthusiasm for road safety kept us engaged for over an hour! We were also delighted that he brought

along some colleagues who happened to be in Adelaide for a conference.

The eager participation from all present Ashbrook residents made an extremely valuable impression on these visitors, as they were debating whether to take this type of public presentation back to their own associations.

It appeared that all who attended this professional presentation most certainly enjoyed and appreciated the experience.

So, many thanks to the RAA for asking us to be part of this occasion.



## NEW TABLE TENNIS TIMES

Attention to all Residents who participate in regular Table Tennis games. Below you will find the NEW Table Tennis times:

Monday: 4.00pm

Thursday: 4.00pm

Sunday: 2:30pm Ladies  
3.00pm Unisex  
4.00pm Men



# CRAFT GROUP NEWS

## TWIDDLE MUFFS & APRONS – 9F RAH

In addition to the Activity Packs that we make to comfort children in the Emergency Department, our Craft Group have been knitting and sewing for Wing 1-9F at the Royal Adelaide Hospital. The group knits and sews Twiddle-muffs and twiddle-aprons for use by patients.

A twiddle muff is a knitted, crocheted or fabric tube with accessories such as ribbons and buttons sewn on to them. They are usually made up of many yarn textures, with notions sewn on the inside and outside of the muff.

This allows for a person's hands to stay warm whilst twiddling with bits and pieces. Our twiddle aprons are sewn with zips and other notions attached together with a big pocket to keep bits and pieces in, and perform the same way as the muffers in that they provide a means to keep clients hands and minds occupied.

For many people with dementia, there are developments and changes to their personalities, one of which is to become increasingly agitated. Twiddlemuffs and Aprons help to ease agitation and calm a person's mood by keeping their hands and

minds occupied. Many hospital wards have found these items to have a positive effect on patients by keeping them comforted, as well as encouraging movement and brain stimulation.

Also, a big thank you to Doris McIntosh who made the aprons for us and to Ro Williams for knitting so many of the Twiddlemuffs whilst she was on holidays.

Barb McFarlane  
Craft Group Coordinator



Left to right:  
Nurses - Stella, Sharon, Jo & Kara from Wing 1-9F of the RAH.

CALL JULIE TO BOOK A PRIVATE TOUR (08) 8193 0098



## APARTMENT G.19

5 star retirement luxury

G.19 is a beautiful ground floor apartment which features courtyard access straight from your sunroom space! As well as this, enjoy 2 bedrooms & 1 ½ bathrooms with enough space for entertaining in a generously sized Living & Dining area.

\$510,000



# INFORMATION

## JP SERVICE

**Mr Owen Wheeler**  
3222 - Apartment 2.22

**Hamra Centre Library**  
1 Brooker Terrace, Hilton 5033  
Monday to Friday, 10am - 4pm.  
\*No appointment necessary, but please call ahead to ensure that a JP is present.

8416 6228.

**TRANSPORT**  
**Suburban Taxis**

131 008 - Quote "VIP8807"

**MOBILE HAIRDRESSER**  
**Michelle 0416 058 097**

## MAY

FRIDAY 3RD	Brickworks Shopping Bus <b>9.45am</b> Happy Hour - Level 4 <b>5.00pm</b>
MONDAY 6TH	Social Committee Meeting <b>2.00pm</b>
FRIDAY 10TH	Happy Hour Guest Speaker - Level 4 <b>5.00pm</b>
MONDAY 13TH	Resident Committee Meeting <b>2.00pm</b> Book & Film <b>4.00pm</b>
THURSDAY 16TH	High Tea with Julie - Level 4 <b>2.00pm</b>
FRIDAY 17TH	Brickworks Shopping Bus <b>9.45am</b> Happy Hour - Level 4 <b>5.00pm</b>
FRIDAY 24TH	Biggest Morning Tea - Level 4 <b>10.00am</b>
MONDAY 27TH	Games - Level 4 <b>2.00pm</b>
FRIDAY 31ST	Brickworks Shopping Bus <b>9.45am</b> Happy Hour - Level 4 <b>5.00pm</b>

## REGULAR WEEKLY ACTIVITIES:

DAILY	Pool, Sports Bar <b>4:00 pm</b>
MONDAY	Bridge, Restaurant <b>7:00 pm</b>
TUESDAY	Art Group <b>9:30 am</b> Mens Carpet Bowls , Rec Room <b>2:00 pm</b> Womens Carpet Bowls, Rec Room <b>4:00 pm</b> Ladies Pool, Sports Bar <b>7:00 pm</b>
WEDNESDAY	Keep Fit, Rec Room <b>9:45 am</b> Craft , Dining Room <b>1:30 pm</b>
THURSDAY	Zumba Gold, Rec Room <b>10:00 am</b> Movie Matinees, Theatre <b>1:30 pm</b> Ukulele, Level 4 <b>4:00pm</b>
FRIDAY	Rummikub, Dining Room <b>2.30 pm</b>
SATURDAY	Rummikub, Dining Room <b>2.30 pm</b>