



ASHBROOK

APARTMENTS



The Ashbrook News

Winter 2021



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Welcome

This Autumn, we had the pleasure in welcoming new residents to the village Lyn & Wayne, Ian & Raelene and Marianne & Tom. We hope they are setting in well and enjoying their new surroundings and getting to make new acquaintances. Also, please welcome Jenny & Warren who will be moving in over the coming months. I'm sure all will agree that it's wonderful to see new faces at The Ashbrook.

Do you have a photo worthy of the front cover?

Please pop into the sales suite or email your photo to sales@theashbrook.com.au



Social Event

St. Patrick's Dinner - 17th March 2021

“Lá fhéile Pádraig sona dhuit!” - “Happy St. Patrick’s Day to you!”

If you could not attend, one missed out on a great night of “craic agus cainte” – fun and chat. Everyone got into the spirit of things by donning something green and the Social Club surprised us all with a very welcome pre dinner glass of Champagne.

With everyone seated, the evening was opened with a recital of “The Irish Blessing”:

“May the road rise up to meet you,
May the wind always be at your back,
May the sun shine warm upon your face,
And rain fall soft upon your fields,
And until we meet again, may God
Hold you in the palm of his hand.”

We were served up a delicious Irish Fare starting with Leek and Potato soup which was sure to warm the cockles of the soul.

Next course, the main, was the most tender Corned Beef drizzled with white sauce accompanied by cabbage and bacon, French beans and honeyed carrots – so enjoyable!!

The third course was a treat of Baileys Irish Bread Pudding which was light and delectable.

In true Irish fashion the drinks flowed freely as did the gift of the gab and the Irish jokes rolled out “tick” & fast.... Much banter was had.

No scrumptious fare would be complete without a wee dram of Port or Bailey’s Irish Cream Liqueur then.. Chocolates, then... Tea and Coffee and then... even more laughs and jokes.

“Go raibh mile maith agaibh” - Thanks to all who contributed in any way making it a most enjoyable evening. Let’s hope we have another similar dinner in the not-too-distant future.



Group Activity

Foodie friendships at The Ashbrook

For many years now the social committee have provided the perfect opportunity for our residents to create long standing friendships in a welcoming, social environment and there is no better way to get to know people better than over their shared love of food.

The monthly foodie get together is always a popular occasion whether it over a delicious BBQ in the Sky Garden or out on an excursion to a local eatery or Hotel for a change of scenery.

Open to all residents to come along and enjoy, if you haven't attended one in a while, we would love to see you. Keep an eye on the notice boards for the next one!



Available Properties

Apt. 3.15 🛏️ 2 🚿 1.5 🚗 1



This stylish north facing apartment has a flare of its own. Available now.

\$495,000

Apt. 2.50 🛏️ 3 🚿 2 🚗 1



Rare opportunity to secure this spacious 3 bedroom & 2 bathroom Apartment. North East facing.

\$575,000

Apt. 2.08 🛏️ 2 🚿 1.5 🚗 1



Attractive second floor apartment, functional kitchen with ample storage. South West facing. Private balcony with tranquil leafy outlook.

\$471,000

Apt. 2.47 🛏️ 2 🚿 2 🚗 1



Retire in style, large 2 bedroom with 2 bathroom apartment. South West facing Balcony overlooking attractive courtyard.

\$450,000

Apt. 1.18 🛏️ 2 🚿 1.5 🚗 2



Tranquil 2 bedroom with 1.5 bath. South West facing. Large private balcony, ideal for pets. Additional extras included.

\$475,000

Great location, Great Community, Great Opportunity.

Apartments starting from \$450,000. Viewing highly recommended.

Variety of contract types to suit your needs. Reassuring 24/7 Emergency Care Assist.

Call 0477 870 071 today to arrange a private tour!

Article of Interest

Water is the source of life

Have a glass of water! Seems simple and obvious but the consequences of dehydration in elderly adults are often serious—more so than in younger people. Seniors also have more risk factors for becoming dehydrated. But here's the good news: Dehydration can be easily prevented. Awareness is the first step in avoiding the health problems that can be caused by a lack of fluids.

Throughout your life, water is essential for many of your body's functions, including:

- Temperature regulation
- Waste elimination
- Joint lubrication
- Delivery of nutrients to cells
- Blood oxygen circulation
- Skin hydration
- Cognitive function

You become dehydrated when your body doesn't have enough water to sustain these vital processes. As we age, our bodies contain less water, partly because our kidneys become less efficient. Seniors may also experience a weakened sense of thirst and get dehydrated quickly because they can't always recognize the signs of needing to take a drink until it's too late.

Some resist drinking a lot of water because they worry about falling if they have to get up at night to pee. But did you know that being dehydrated is also a risk factor for falling.

Other external factors can also contribute to dehydration such as medications that are commonly prescribed to seniors, they can act as diuretics increasing the production of urine.

It's important to be aware of the signs and symptoms of dehydration as they are often

progressive and effect can progress quickly. Initial signs of mild dehydration can be:

- Cracked lips
- Dry mouth
- Dry skin, particularly in the armpits
- Less frequent urination than normal

More severe effect can be:

- Dark-coloured or strong-smelling urine
- Dizziness
- Increased heart rate
- Muscle cramps
- Crying without tears
- Confusion
- Irritability
- Fatigue
- Headaches
- Fainting
- Urinary tract infection

Being aware of the risk of dehydration is the first step toward averting it. If you experience any of the symptoms above, simply drink some water, then see if the symptoms improve in 10 to 15 minutes.

Don't hesitate to talk to your healthcare providers about creating strategies for getting enough fluids. And watch for the warning signs of dehydration (in yourself and your loved ones). Although dehydration in elderly people can be serious, it's also preventable and treatable.

When did you last have a glass?



Source: <https://www.greatseniorliving.com/articles/dehydration-in-elderly#common-among-seniors>

Image Source: https://www.abcb.gov.au/-/media/Images/Connect/Glass_of_water_tap_sink.jpg?h=400&la=en&w=750&hash=F326B9D713B9E5F9BB64CAE2AF990C3700B3FC74

Happy Hour Speakers

Another popular event at the Ashbrook Apartments are our Happy Hour talks and these were well attended over the past few months.

Our guest speaker for April was from one of our current residents, Anne, who spoke about her interesting life as a Health Educator in SA. Thank you Anne for telling us all about it.

In May our guest Speaker Adrian gave an insightful talk, providing us with many ideas about 'how self-funded retirees can generate income, whilst preserving capital'.

The social committee were delighted to present on Sunday 30th May a Sunday Afternoon Musical Concert on the piano played by pianist Lillian Camphaussen and an up and coming young Adelaide bassoonist, Gina Sinclair. Very enjoyable afternoon was had by all.

Coming up in June, we are looking forward to hearing from Dr Neville who will give us some useful technology tips when he speaks on "Scams and Scammers".

Joke of the quarter

Three women die together in an accident and go up to heaven.

When they get there, St. Peter says, "We only have one rule here in heaven: don't step on the ducks!"

So, they enter heaven, and sure enough, there are ducks all over the place. It is almost impossible not to step on a duck, and although they try their best to avoid them, the first woman accidentally steps on one.

Along comes St. Peter with the ugliest man she ever saw. St. Peter chains them together and says, "Your punishment for stepping on a duck is to spend eternity chained to this ugly man!"

The next day, the second woman steps accidentally on a duck and along comes St. Peter, who doesn't miss a thing. With him is another extremely ugly man. He chains them together with the same admonishment as for

the first woman.

The third woman has observed all this and, not wanting to be chained for all eternity to an ugly man, is VERY VERY careful where she steps.

She manages to go months without stepping on any ducks, but one day St. Peter comes up to her with the most handsome man she has ever laid eyes on.....very tall, chiselled chin, blue eyes and a muscular toned body.

St. Peter chains them together without saying a word.

The happy woman asks, "I wonder what I did to deserve being chained to you for all of eternity?"

The guy says, "I don't know about you, but I stepped on a duck!"



Charity News

A very successful Biggest Morning Tea

Whilst numbers attending were restricted due to Covid19 regulations, we raised an all-time high of \$5139.60 (at time of print), which is an amazing achievement. A big thank you is extended to all who contributed to this very successful outcome. In particular, thanks must go to the hard working ladies of the Ashbrook Craft Group and Ashbrook Management and staff, without whose help such events could not be staged.

Our guest speakers were inspirational and informative. Rachael Biddulph, who works for the Cancer Council, spoke on the many support and educational services that the council offers to cancer patients and their loved ones as well as prevention education, particularly for children, the need to care for their skin, exercise and be mindful of a healthy diet.

Professor Ross McKinnon, from Flinders University, Strategic Professor in Cancer Research and Matthew Flinders distinguished

Professor College of Medicine and Public Health, spoke briefly on his personal journey through losing loved ones to cancer and then highlighted the research that they are currently focusing on, which is how to find the optimum treatments for Pancreatic and Brain cancers. Pancreatic cancer does not respond well to known treatments, so there is a need to have not just better drugs but use the drugs we have in a much more optimal fashion and continue the research to find the key to diagnosing Pancreatic Cancer in its early stages to enable treatment to be streamlined for optimal results.

The trading table, laden under an abundance of hand crafts, gift ware and home baked goodies proved popular. The two raffles were also well supported as was the Silent Auction.

From the very positive feedback that has been received everyone enjoyed the morning activities and the scrumptious morning tea.

Barb McFarlane, Biggest Morning Tea Hostess.



Professor Ross McKinnon.



Barb with Rachael Biddulph from Cancer SA.



Part of the trading table set up in the Sports Bar.

ANZAC Day - Lest we forget

The service on Anzac Day was well attended with over 35 residents in attendance.

The memorable service was conducted by Tony, Jocelyn and Boris commemorating our wonderful service men and women. The event was then followed by Morning tea in the Conservatory.

Thank you to all who attended.

<https://www.shutterstock.com/image-vector/anzac-day-vector-poster-lest-we-1076107679>



Anzac Day

LEST WE FORGET

“At the going down of the sun and in the morning, We will remember them”

Quiz Page

Riddle Time!

When I'm used, I'm useless, once offered, soon rejected. In desperation oft expressed, the intended not protected.

What am I?

Movie Buff Quiz

Q1. What actor starred in 142 films including The Quiet Man, The Shootist, The Searchers and Stagecoach?

Q2. What noir actress starred in I Married a Witch, The Glass Key, So Proudly We Hail! and Sullivan's Travels?

Q3. What is the title of the first film ever made, and when was it made?

Q4. Which actress has won the most Oscars?

Q5. Which actress said, 'Fasten your seatbelts. It's going to be a bumpy night', in the film All About Eve?

Q6. Who directed the Lord of the Rings trilogy?

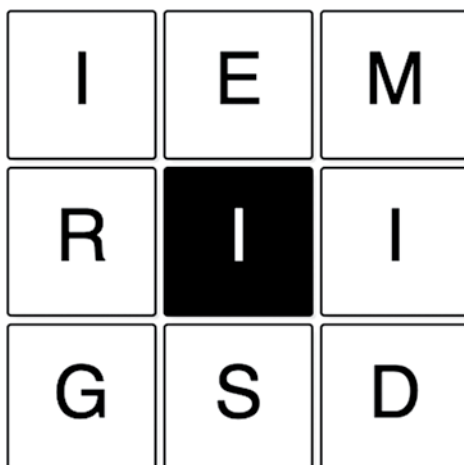
Q7. Who played Neo in The Matrix?

Q8. Which actress's career launched at the age of three, and then went on to star in films such as Contact, Maverick and The Silence of the Lambs?

Q9. Bray Studios, near Windsor in Berkshire, was home to which famous brand of horror films?

Q10. In which film did Humphrey Bogart say, 'We'll always have Paris'?

Word Block



Find as many words as you can! Words must contain the centre letter. Your target is 25 words and the nine-letter word. Good luck!

Your answers

- | | |
|-----------|-----------|
| 1. _____ | 14. _____ |
| 2. _____ | 15. _____ |
| 3. _____ | 16. _____ |
| 4. _____ | 17. _____ |
| 5. _____ | 18. _____ |
| 6. _____ | 19. _____ |
| 7. _____ | 20. _____ |
| 8. _____ | 21. _____ |
| 9. _____ | 22. _____ |
| 10. _____ | 23. _____ |
| 11. _____ | 24. _____ |
| 12. _____ | 25. _____ |
| 13. _____ | _____ |

Check your answers on page 10!

Winter Recipe

Comforting but different, this zesty lasagne is sure to impress and intrigue



Ingredients

- 2 bunches broccolini
- 500g chicken mince
- 1 eschalot, finely chopped
- 2 garlic cloves, finely chopped
- 1 bunch oregano, leaves picked, ½ finely chopped
- 1 long red chilli, seeds removed, finely chopped
- 1/3 cup (80ml) extra virgin olive oil
- 2 cups (500ml) Massel Chicken Style Liquid Stock
- ¼ cup (70g) tahini
- 400g can chickpeas, rinsed, drained
- 650g firm ricotta
- ½ cup (125ml) milk
- 2/3 cup (50g) finely grated parmesan
- 400g gluten-free dried lasagne sheets
- 1 tsp dried chilli flakes
- 2 tsp smoked paprika (pimenton)
- Finely grated zest of 1 lemon

Method

1. Preheat oven to 180°C and grease a 2.5L (10-cup)

oven proof dish.

2. Place broccolini in a food processor and whiz until finely chopped. Set aside.

3. Combine mince, eschalot, garlic, chopped oregano, chilli, 2 tbs oil and 1 tsp each salt flakes and freshly cracked black pepper in a bowl.

4. Heat a large fry pan over high heat and, in 2 batches, cook chicken mixture, stirring occasionally, for 3-4 minutes or until lightly browned. Return all chicken mixture to pan and add stock, tahini and 1/2 cup (135g) chickpeas.

5. Bring to the boil, then reduce temperature to a simmer and cook, stirring occasionally, for 5 minutes or until reduced slightly. Stir through broccolini and set aside to cool slightly.

6. Combine ricotta, milk and half the parmesan in a bowl.

7. To assemble lasagne, spread one-third of the chicken mixture into the prepared dish, then cover with a layer of lasagne sheets, breaking when necessary to fit. Spread 1/2 cup (120g) ricotta mixture on top, then cover with another layer of lasagne sheets. Repeat layering process two more times, finishing with remaining ricotta mixture.

8. Place a sheet of baking paper over lasagne, then enclose in foil. Bake for 40-45 minutes or until bubbling and cooked through. Remove foil and baking paper, and sprinkle with remaining parmesan. Increase oven to 250°C and cook, uncovered, for a further 20 minutes or until golden.

9. Meanwhile, place remaining chickpeas between paper towel and pat dry.

10. Heat remaining 2 tbs oil in a fry pan over medium-low heat. Add chickpeas and chilli flakes, and cook, stirring occasionally, for 6-8 minutes or until golden and crispy. Stir through paprika and remaining oregano leaves. Spoon chickpea mixture over hot lasagne and scatter with lemon zest.

Recipe and image via:

<https://www.delicious.com.au/recipes/gluten-free-zesty-chicken-broccolini-lasagne/CSHxALMc?r=recipes/group/healthyrecipes>



Save the date . . .

June 7th

The bi-monthly 'pub lunch' will be held at the Maid of Auckland.

June 11th

5.00 p.m. Happy Hour Speaker - "Scams and Scammers"

June 24th

11.00 a.m. Talk and Morning Tea – Dr Wendy Wright.

June 28th

2.00 p.m. Bingo is back on Level 4.

PLEASE BE AWARE – THERE ARE STILL COVID RESTRICTIONS IN PLACE FOR ALL ACTIVITIES

It's caption time!

Put your wit to the test. Create a caption for this picture. To submit your entry, pop caption along with your name and apartment number into the sales letterbox.

The most comic captions will be published in the next issue.

Picture source:
<https://www.pinterest.com.au/pin/164381455138627413/>



Just for fun - last months caption

Big thanks to those of you who submitted their amusing captions, do you recognise yours?

"Lady on the right, you are always out of step, you can't even keep in time!" from J. Sledge.

"Oh Mother, really!" from R. Moglia.

"Oh Betty, slow down... even your clock is going fast!" from Anon.

"You must remember this, a kiss is still a kiss, a sigh is just a sigh. The fundamentals still apply, as time goes by"

Picture source: <https://www.pinterest.com.au/pin/164381455138456945/>



Riddle answer: A poor allibi or excuse.

Word Block answer: 9 letters: Semirigid. 7 letters: Iridize. 6 letters: dermis, dimers, dirges, grimed, grimes, imides, irides, midges, ridges, smidge.

12 total nominations. 5. Bette Davis (as Margo Channing). 6. Peter Jackson. 7. Keanu Reeves. 8. Jodie Foster. 9. Hammer Horror. 10. Casablanca.

Quiz Answers

Regular Weekly Activities

<i>Daily</i>	4:00pm	Billiards, Sports Bar
<i>Monday</i>	10.00am 4.00pm 7.00pm	Keep Fit Billiards, Sports Bar Bridge, Restaurant
<i>Tuesday</i>	10.00am 2.00pm 3.00pm 4.00pm 7.00pm	Art Group Ma Jong, Dining Room Carpet Bowls, Rec Room Billiards, Sports Bar Ladies Pool
<i>Wednesday</i>	10.00am 1.30pm 4.00pm 7.00pm	Gentle Moves Craft Billiards, Sports Bar Ma Jong, Conservatory
<i>Thursday</i>	1.30pm 4.00pm 4.00pm 7.00pm 7.00pm	Movie Matinee, Theatre Billiards, Sports Bar Ukulele, Level 4 Movie, Theatre Unisex Table Tennis
<i>Friday</i>	9.30am 2.00pm 4.00pm 5.00pm	Qi Gong, Rec Room Rummikub, Dining Room Billiards, Sports Bar Happy Hour (limited seating)

Information

JP Service

Mr Owen Wheeler

3222 - Apartment 2.22

Hamra Centre Library

1 Brooker Terrace, Hilton 5033
Monday to Friday, 10am - 4pm.

(08) 8416 6228

*No appointment necessary, but please call ahead to ensure that a JP is present.

Transport & Other Services

Suburban Taxis

131 008 - Quote "VIP8807"

Mobile Hairdresser

Michelle **0416 058 097**

On-Call Doctor

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