



Thrive

Affordable retirement in a supportive community

Welcome to Wesley Retirement Living's Autumn issue of *Thrive!*

We're all excited to be able to connect more freely with family and friends again. Whether it's catching up over a game of bowls, a cup of tea in our beautiful gardens or hosting a family BBQ, there are so many ways our residents and staff keep our communities thriving.

During the recent lockdowns due to COVID-19, Karen and her mum Joy realised the importance of having family and support close by. A new resident of Alan Walker Village, Joy was initially hesitant about retirement living, but being closer to family and friends has been truly life-giving. In this issue, Karen shares their journey of looking for a new home for her mum, and how Joy has settled in to retirement living.

Alan Walker Village Manager, Adam says, the village has a "real community to it". And that's what makes our villages so special. Our low-rise buildings, gardens, recreational facilities and 24-hour support mean our residents, like Joy, feel connected and cared for. In fact, our Alan Walker Village staff call around 20 residents every night, to check in and say hello.

So, if you haven't already, we invite you to book a personal (or virtual) tour and see for yourself. Our friendly team are always available to help find the community that's right for you as you move into a new chapter of your life.

I hope you enjoy this issue of *Thrive* and on behalf of the Wesley Retirement Living team, we hope to see you soon.

Chris Wilson
Sales and Guest Relations Manager

Finding the perfect home



Karen's mother, Joy, had lived on her own for many years. But when NSW went into lockdown due to COVID-19, the restrictions made it difficult for Karen to visit her mum, leaving her constantly worried about her mother.

"Her mobility is not that great anymore. When she was in her own home, she'd had a couple of falls," she explains. "I'd be worried sick about her."

Karen saw firsthand the difficulties of caring for an older parent while juggling work and home responsibilities. With her mum living alone Karen knew it was time to help her mum find a home with access to support and care, whenever she needed it.

When Karen suggested to her mum about moving into independent living, she was hesitant as she was unsure about the level of care that retirement villages offered.

But one visit to Alan Walker Village Carlingford changed all that.

With its fresh modern units and the convenience of having help on hand, Karen was excited to find a place that met all her mum's needs.

"I was really impressed by the cleanliness of [Alan Walker Village]. The gardens are just lovely and it's things like that, that really draw you in, and the friendliness of everybody," Karen explains.

Karen is how happy to see her mum settle in and feel right at home.

"She's got her own space in her two-bedroom unit which is nicely furnished," she shares. "And it's just 10 minutes away for me to visit her!"

Karen is thrilled to have her mum live close by, knowing she can continue to enjoy an independent retirement lifestyle while living in a supportive and connected community.

Now that Karen has found the perfect home for her mum, she hopes other families will be able to experience the same.

When asked what advice she'd give to people thinking about making the move to a retirement living community, Karen said, "Definitely give it a go, and see [what it has to] offer because it might be very different to what you had first thought.

"We know the move to Alan Walker was the right decision. Life can be so short, and I feel blessed to have this gift of time with my mum."

Units available now

Across our three Sydney villages in Carlingford, Sylvania and Narrabeen, you'll find safe and supportive communities of like-minded retirees. Our contemporary one-, two- and three-bedroom low-rise units are set within a beautifully landscaped village environment close to public transport and shops.

With onsite support available should you or your loved one need it, and a variety of activities and amenities, you'll discover a sense of belonging in a supportive and vibrant community.



Alan Walker Village

Carlingford

Units from \$374,000



Nestled in five acres of beautifully maintained gardens, Alan Walker Village is a tranquil oasis in the heart of Carlingford, in Sydney's leafy north-west. A supportive and connected community, our village features 215 one-, two- and three-bedroom low-rise units with modern finishes, all tastefully appointed and each with its own private balcony or alfresco area.

Contact us to book your private tour today. **1800 931 107**

Please note residents may need to pay a departure fee when they leave the village. Entry into our residential aged care homes are subject to availability and government requirements.

Frank Vickery Village

Sylvania

Units from \$460,000



Situated on over 14 acres of picturesque gardens in Sydney's Sutherland Shire, Frank Vickery Village is just a short distance to Westfield Miranda, local restaurants and Cronulla Beach. Featuring 201 renovated one- and two-bedroom low-rise units, each includes a modern kitchen, bathroom, laundry space and courtyard or balcony.

Wesley Taylor Village

Narrabeen

Join our waitlist



With Narrabeen Beach and Lagoon on your doorstep, Wesley Taylor Village epitomises relaxed Sydney Northern Beaches living. This boutique complex features 24 one- and two-bedroom low-rise units, each with a modern kitchen, bathroom, laundry and courtyard or balcony.

Each of our villages are located next door to one of Wesley Mission's residential aged care home, offering you peace of mind knowing care and support is available should you or your loved one need it.

Living life to the full

As a retiree in his 80s, Bill wasn't quite ready to leave the area he had lived in for 45 years. But with his finances in mind, he considered housing options that would work best for him and his lifestyle.

As Bill looked for his new home, he weighed up many factors like affordability, maintenance-free living, security, social activities and a good location near his family.

"I've had the opportunity of seeing the other places and [Frank Vickery Village is the] one that I felt was definitely more my style of life.

"It ticked all the boxes. There's lovely grounds here and the amenities are first-class." "And the staff here are lovely. They're all very nice and they help everybody out."

As soon as Bill moved to the village, he quickly got involved in village life. He volunteers at the village shop, helping his neighbours with their grocery runs. He also continues to remain active in his faith and has already made new friends.

"The men get together on Sunday afternoons [and] we hold dinners at the restaurant.

Whether it's looking forward to pursuing a hobby or getting to know his fellow residents, Bill's new lease on life helps him enjoy his retirement to the full.



Meredith and Jennifer bring joy to village life

For village activity managers Meredith and Jennifer, caring for the residents at Frank Vickery Village has turned out to be a lifelong calling.

They both consider it a privilege to help and support the residents and help keep them connected within the village community.

And the challenges posed by the COVID-19 pandemic has brought out the best in them, where they stepped beyond their role to provide better service.

"I feel like my role is more important than what it was before," says Jennifer.

With the lockdown restrictions, Jennifer and Meredith check in on residents regularly to make sure they're comfortable and cared for and that they don't feel too isolated or that they're alone.

"We remind the residents that we are still here," Meredith adds.

Meredith and Jennifer have always worked hard to make sure the residents know there's someone there for them. They arrange activity packages for residents, assuring them that support is always available, whenever they need it.

"If they need help with anything, or just want to have a chat or do crafts.

We're here to assist them to get through this COVID patch."

Meredith and Jennifer also organise an extensive range of leisure and lifestyle activities, as well as wellness programs.

From arts and crafts to exercise classes and social outings, there's something for everyone to enjoy - giving residents at Frank Vickery Village the opportunity to rediscover their passion or simply strike up new friendships.

"The feedback we've been getting has been really lovely. We'll get some emails from the residents saying that [what we do makes] them smile more. I know what we're doing makes a difference to them," Jennifer shares.

"I have always liked working with people. It gives me satisfaction when I see people doing well," Meredith continues.

The energetic duo has worked at Frank Vickery Village for almost 8 years now but they're still always excited to greet new faces in the community every day.

Connection at the heart of wellness



When it comes to our wellbeing, connections matter. Taking the time to build relationships with others – family, friends and the wider community – is essential to living healthy and well, in any stage of life.

Rev David Van Akker can't agree more. He offers chaplaincy care and support at our Wesley Retirement Living villages and has been part of the Wesley Mission team for almost two decades.

David says that supporting our residents is about so much more than just looking after their physical health. Nurturing residents' spiritual and emotional wellbeing through pastoral support is essential to the care we provide.

"Running church services is one part of what I do, but the arguably bigger part is forming one-on-one relationships with residents and their families," David explains.

"My role is purely to connect with people... I'll pop in to see residents

for half an hour and we'll chat about their grandkids, the weather, politics, and sometimes about God – and I'll say a prayer with them. It's just caring for people, really."

Research¹ shows that connecting with others is important for our health and wellbeing – no matter our age. So how we can stay connected?

"My role is purely to connect with people... I'll pop in to see residents for half an hour and we'll chat about their grandkids, the weather, politics, and sometimes about God – and I'll say a prayer with them. It's just caring for people, really."

Here are three tips to help you:

1. Reach out and make new friends.

Getting together around the things you love is a great way to form meaningful friendships. Consider connecting with

someone who shares the same interests as you. It could be as simple going for a walk together, meeting for a weekly bible study or joining a monthly book club.

2. Schedule quality time. It can be hard to keep up with others in this busy world, so scheduling quality time with your loved ones regularly can help you make sure you've got those dates in the diary to look forward to.

3. Volunteer. Being part of a team working towards a shared goal is a great way to feel a sense of belonging and meet like-minded people. If you're not sure how to get involved, find out about volunteer opportunities near you at wesleymission.org.au.

¹<https://www.betterhealth.vic.gov.au/health/healthyliving/Strong-relationships-strong-health>

Wesley School for Seniors

Make new friends while you learn a new language, instrument, skill or join a discussion class on current affairs. There's something for everyone. For more information, email schoolforseniors@wesleymission.org.au or visit Wesleymission.org.au/schoolforseniors

Connect with us

If you (or someone you know) need someone to talk to please get in touch with our Wesley Mission chaplains. Come celebrate Easter week with us! Join our Wesley Mission family and hear messages of hope and renewal.

Everyone is welcome Visit wesleymission.org.au to find out more



You've received our newsletter as you asked to be kept up-to-date about Wesley Retirement Living. If you would like to change your preferences or unsubscribe from this newsletter, please contact:

The Privacy Officer
Wesley Mission
PO Box A5555
Sydney South NSW 1235
PrivacyOfficer@wesleymission.org.au
(02) 9263 5421

CEO and Superintendent: Rev Stu Cameron
ABN 42 164 655 145 Wesley Mission is part of the
Uniting Church in Australia.

Connect with us



**Do all the good you can
because every life matters**