

seasons *living*

Spring 2024



CELEBRATING
QUEENSLAND
SENIORS
MONTH

EXTENSIVE
GUIDE ON
YOUR CARE

GROW THE
PERFECT
SPRING
GARDEN

MEET OUR
GREEN THUMB
EXPERTS

REASONS
TO LOVE
GETTING
OLDER

Welcome

Welcome to the Spring edition of our Seasons Living Magazine.

As the Regional Manager for Infrastructure and Facilities, I am responsible for ensuring Seasons communities are safe, operating efficiently and providing exceptional resident experiences. My role creates and delivers facilities, lifecycle plans, capital, and asset initiatives for our Queensland communities, while supporting teams with major maintenance and repairs to ensure cost effective and timely solutions are achieved within set budgets. Additionally, I focus on important compliance items, such as Workplace Health and Safety and fire regulations. I also collaborate with our construction team to ensure compliance for new builds, and assist with community infrastructure requirements.

It is a really exciting time for Seasons with several significant projects underway. This includes Stage 2 of our Sinnamon Park retirement village, which will have an integrated Seasons Care Suite – a residential aged care facility, as well as another 139 retirement living apartments. Having started my career as a builder, it feels great to be back on a construction site to assist with that side of the business, working closely with our hard-working construction team.

The Senior Executive Team at Seasons is always developing strategies to continuously improve, while supporting the organisation to evolve through effective change management and ongoing industry reforms.

It is great to work with such a dedicated and talented team – one that is passionate about putting the customer at the heart of business decisions and values the importance of quality of life at any age. But what I love about my role most, is meeting our residents who bring our communities to life, with their amazing stories and backgrounds. I especially love hearing from the retired tradesmen and engineers who worked on some amazing projects and builds during their successful careers. It is always enjoyable to see them take an interest in our new construction projects - they often step out of retirement for a moment to provide feedback and ideas.

At Seasons we value feedback of all types, especially when it helps us to improve. Our residents and their family members are encouraged to have their say by completing the Seasons Feedback Form. Copies of these forms are available at our communities. We have also recently added an online Feedback Form on our website seasonsliving.com.au/feedback

I look forward to sharing more updates on our new projects as they progress.

Kyle Loveday
Regional Facilities &
Infrastructure Manager



In Brief

We would like to congratulate Seasons Ambassador Brendon Smith who was one of the 52 Australian swimmers to compete at the 2024 Paris Olympics.

Brendon qualified for the games after claiming the fastest time in the Men's 400m individual medley.

The Griffith University Club competitor made his debut at the 2020 Summer Olympics in Tokyo, bringing home a Bronze medal at the same event.

Brendon is also an active lifesaver and finance student and always enjoys chatting to residents when he visits our retirement living communities.

Seasons is proud to support Brendon and we are excited to see him continue to triumph in his competitive swimming career.



Stay up to date with Seasons and aged care news at seasonsliving.com.au/blog

Access the Care You Deserve

At Seasons, we are passionate about empowering residents to maintain their independence, while offering support should extra care be required or individual needs evolve. Combined with their empathetic nature and commitment to residents, our team of Home Care staff members are dedicated to enhancing the quality of life of all Seasons residents by reducing stress and workload, assisting with daily tasks and identifying the level of care required.

TYPES OF CARE SERVICES WE OFFER:



BENEFITS OF CHOOSING SEASONS AS YOUR PROVIDER:

- ✓ Experienced care coordination and support
- ✓ Minimal travel costs
- ✓ Onsite team for peace of mind
- ✓ Optional service length times*

*Options and availability vary. Speak to your Seasons Care Team for more information.



FUNDING OPTIONS AVAILABLE:



If you would like to discuss your home care needs or require assistance in applying for My Aged Care, please contact the Seasons Care Team or email info@seasonsliving.com.au

SAVE ON QUALITY CARE THIS SPRING

Spring into the new Season with this exclusive care transfer bonus offer, available for a limited time only. Select or change your care provider to Seasons during Spring and receive \$500* in care credit.

*Terms and conditions apply. Offer available for new Seasons Care clients.

A minimum commitment of six months applies.

Cannot be used in conjunction with any other promotion.

Valid from 01/09/2024 - 31/11/2024.





Growing social connections at Seasons

Few hobbies require more patience, resilience and hard work than gardening, but the return on investment far outweighs the sweat, tears and soil-caked fingernails for the residents of Seasons.

A devoted group of resident green thumb enthusiasts have gathered on the grounds of Mango Hill every week for the past two years, to pay some extra love and attention to the onsite garden.

Committed to keeping the greenery lush and flower beds raised, the Garden Club members are motivated by how much joy it brings other residents and visitors, and in return they feel a sense of pride, fulfillment and achievement.

To celebrate the season of Spring, we sat down with some of the Mango Hill Gardening Club members, to find out all their tips and tricks and where their passion for gardening began.

As a young child, Marg would often follow her father around the yard and assist him with gardening duties.

While most children would opt for play rather than work, Marg always enjoyed soaking up the sunshine, pulling out pesky weeds and smelling the fresh lawn cuttings after her dad finished mowing.

“My dad loved the outdoors... he taught me so much about gardening,” Marg said.

“I remember my dad worked in a bank and he used to take the flowers he grew into the ladies at work.”

These cherished memories had such a monumental impact on the Seasons resident that it was only fitting she became one of the inaugural members of the Mango Hill community’s Gardening Club.

“It’s so relaxing being out in the garden and taking a moment to sit down and think,” Marg said.

“But you also get to meet nice, friendly people and make new friends through the club, which is really important at my age.”

A fan of roses because “they smell as beautiful as they look”, Marg’s best gardening tip is as clever as it is simple – find someone who knows what they are doing and follow them.



For Beverley, the comradeship and social aspect of the club are her favourite parts, but gardening has always been part of her roots.

“When I was a child, we always had plenty of fruit and vegetables growing in the yard,” Beverley said.

“I remember we had a large peach tree in the backyard and if we were ever naughty, my mum would tell us to go and get a switching off it, but it was a beautiful tree.

“Flowers have their own unique beauty, so I really love all varieties.”

Another inaugural member is Jacqui who was first taught how to garden by her mother-in-law.

“My husband used to dig up the garden and I would do the planting, but our favourite part of the process was when our carnations flowered,” Jacqui said.

“Whenever something flowered, I would always take a moment to reflect and thank my husband’s mother because I was so appreciative of everything she taught me.”

Jacqui’s enthusiasm for growing has never ceased, with the avid gardener often lending a helping hand before, during and after club meets.

“It’s the most exciting feeling when you come to water the garden and you see the flowers start to bloom,” she said.



“Our group is made up of wonderful ladies and we all share a deep love for gardening.”

And when it comes to growing the perfect garden, Jacqui said there’s no real secret to it – all it takes is a bit of extra care.

“They won’t grow on their own and they are a lot like human beings... you need to look after them and you need to show them love,” she said.

“Nurture your garden, treat your garden with respect and thank it every single day.”

The hard work never ends for the club members, who then proceed to prepare their beautiful homegrown products to sell at the Seasons markets, which are held twice annually.

Meanwhile, the lucky buyers who manage to snag a plant or two, can feel joy knowing the heartfelt purchase is also a symbol of the heart and soul of our residents.

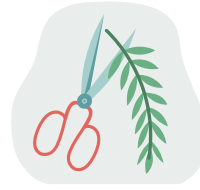
 The Gardening Club is part of the Seasons Lifestyle Calendar and is one of the many activities which promote positive health and wellbeing benefits, and helps to reduce stress, depression, anxiety, loneliness.



Top 10 secrets to growing the perfect garden this Spring



Get to know your garden by testing its soil type and noting where the sun faces to determine ideal planting spots



Don't be afraid to prune dull or dead branches. The best time is after the plant has flowered or before its growth period



Feed your garden fertilisers for specific plant types and nutrient needs, whether it be to flower, fruit or withstand climate



Water wisely - minimise evaporation and waste by watering your garden in the early morning or late afternoon



Use mulch and compost to keep your soil damp and healthy. This will also reduce the risk of excessive weed growth



Create a peaceful space to sit and enjoy your efforts. Personalise it with ornaments, bird feeders and stepping stones



Choose seasonal blooms which will flourish best in expected climates and weather conditions at the time of planting



Don't give up! Keep growing if you face a setback or make a mistake as this can happen - even to green thumb experts



Create a bee-friendly environment by avoiding the use of pesticides and incorporating native plants and shrubs



Nurture, respect and thank your garden for what it produces, but also for enhancing health, happiness and connection



Spend your retirement the way you deserve. Book a tour at one of our communities and receive a complimentary lunch. Find out more at seasonsliving.com.au

Seasons is committed to collaboration and community, because both values combined have the power to create positive change in the world.

This is why Seasons has joined forces with Rothwell's Bunnings Warehouse to deliver gardening workshops at our Mango Hill community.

Whether Bunnings representatives are teaching our residents how to make their own plant hangers or Kokedamas, every session is filled with enthusiasm, friendships and newfound skills.

Our residents proudly display their handmade items in their homes or on their balconies and are delighted to show off their creations to visitors and Seasons staff.





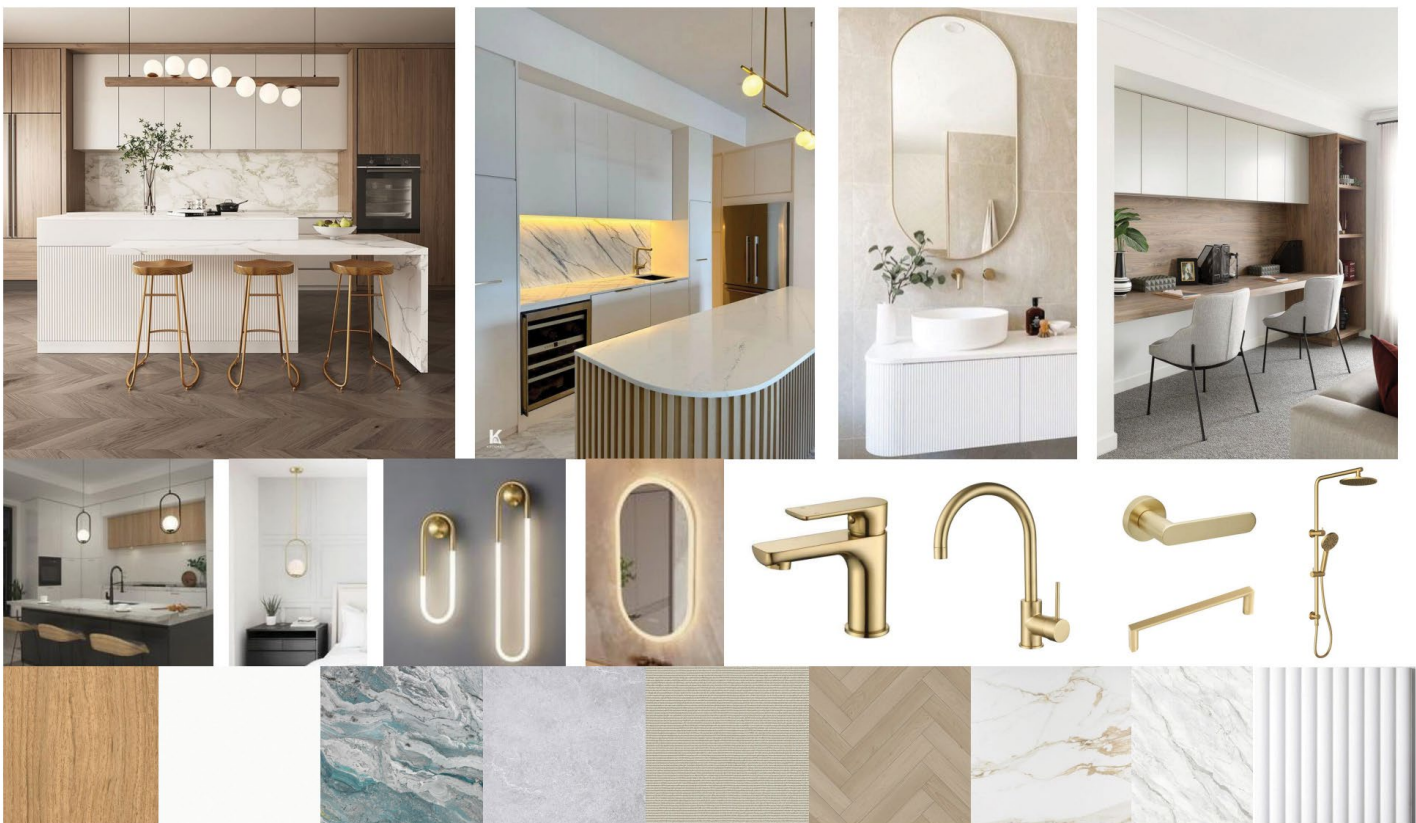
Holland Park Update

Construction of the Seasons Holland Park community is set to commence on the 4th of October.

The neutral colour palette combined with soft earthy tones creates a welcoming and calming ambiance, while perfectly harmonising the external curved archways.

Featuring modern architecture and premium finishes, the design oozes luxury resort-style living, making every day feel like paradise for future residents of the highly-anticipated Birdwood Road site.

We are proud to exclusively share the first concept images with residents.



Life at Seasons

MANGO HILL

Friendships were placed on hold as states divided in preparation of one of Australia's biggest annual sporting clashes – the State of Origin. Shades of sky blue and deep maroon lit up the living spaces of Seasons Mango Hill in the lead-up to the three games, including the nail-biting decider. Residents enjoyed a buffet dinner with themed Origin treats, before the passionate rugby fans sat down to watch the game together.

The most wonderful time of the year occurs twice at Seasons with Christmas celebrations in both July and December. The Mango Hill community welcomed the return of the popular Christmas in July-themed markets. Whether residents were selling beautiful handmade items or buying them, the Christmas spirit was alive and well.



MANGO HILL CARE SUITES

Residents popped on their chef hats and showed off their baking skills when they took turns mixing up batter for a delicious batch of homemade cupcakes. The cooking group then assisted with making pancakes, before enjoying the final product.

Seasons employee Kelly paid the Care Suites a visit with her baby, much to the delight of residents who received plenty of cuddles. Some residents took to the dance floor for a boogie when they were treated to a live concert by guest performer Lee.



Life at Seasons

SINNAMON PARK

Card experts Graeme, Henk, June and Ken had the attention of residents 'in spades' when the seasoned players taught the first-timers all the tricks behind the game of 500.

An engaging Masterchef workshop was the cherry on top for residents with a sweet tooth, after they were treated to a delightful lesson in how to create the perfect chocolate and orange-flavoured mousse.

Garden enthusiasts ventured out to Kenmore during a day trip to A Cup of Blooms nursery. Residents sat down for a delicious morning tea and explored the garden centre.

Residents took a scenic ride around the community on trishaw bikes, as part of a service offered through not-for-profit organisation Cycling Without Age. The heartfelt initiative is designed to break down age barriers, promote active lifestyles and prevent social isolation in seniors.



WATERFORD WEST

The grounds of the Waterford West community were transformed into a temporary carnival to celebrate the 2024 Brisbane Ekka. Residents shared many adorable encounters and cuddles with the visiting baby farm animals, found bargains at the market stalls and enjoyed the live entertainment.

The social butterflies of Waterford West ventured out to Brisbane's Northside for the day to support the Mango Hill community at their Christmas in July Markets. On a separate day trip, groups explored the beautiful coastal scenery of Bribie Island, before grabbing lunch at Sandstone Point Hotel.

Plenty of tasty meals were shared to help keep warm during the Winter months, with pitstops made at restaurants and pubs during day trips to Bribie Island and Mango Hill. A special luncheon was also held to celebrate Queensland Day – an annual occasion to acknowledge the heritage and culture of the Sunshine State.





QLD Seniors Month

Every year, older residents of the sunshine state are celebrated as part of Queensland Seniors Month.

Designed to recognise the valuable contributions made by seniors across the state, the month-long initiative also aims to create age-friendly and inclusive communities by enhancing social connections and ensuring support is accessible.

To highlight the 2024 theme of 'Love Getting Older in Queensland', we sat down with some of the Seasons residents who do not consider age a barrier and are thriving in retirement.

Anyone who has met Cliff once, likely had a memorable experience, with his choice of attire being as bright as his personality. The Seasons resident never fails to impress at an event, often arriving in colourful shirts, floral suits and eye-catching accessories.

Q: Why do you dress up?

A: I've always been the type of person who does something if it's possible to do it and I love that I can. I think some people probably think I'm a bit stupid (when I dress up), but I really just try to bring a bit of wit into everything I do every day. I've got a reasonably outward personality, but I just really enjoy the idea of individuals living their lives and making others happy.

Q: What advice would you give an older Queenslanders who is feeling lonely or invisible?

A: It's a very difficult situation. If I didn't have my beautiful wife by my side, I could easily become a recluse. My advice is to remember we all feel how you probably feel – we all fear meeting new people, knowing what to say and remembering their names, but try and put those fears behind you. Start off slow by meeting in a small group first and if you feel too shy to contribute, you can always just sit and listen to everyone else. Eventually talking to people won't feel like a task – but a pleasure, so as they say, try, try and try again.

Q: How has moving into a Seasons community enhanced your quality of life, social connections and sense of community?

A: We decided to move into Seasons 17 months ago when my health took a bit of a turn, and it's been an incredible experience... we have enjoyed every moment of it. The extra care aspect offered here has been a huge benefit. The staff here are very friendly and professional. We enjoy their company - even if they are just delivering supper, we always stop to say hello and have a chat at the door.

If you feel lonely, support is available. For a free and confidential chat, phone the G'Day Line on **1300 920 552**, or Lifeline on **13 11 14**.

BEV

Q: The 2024 theme for QLD Seniors Month is 'Love getting older in QLD'. What do you love about getting older?

A: After being a mother of four children – and one who was alone a lot as my husband worked away in the beginning – it's nice to be a bit selfish and take the time to do things for yourself... the things you really love to do. I have always loved quilting and sewing.



Q: What are you most looking forward to or hoping to achieve in the next 12 months?

A: Well, I'm looking forward to having a big party in January for my birthday – I'll be turning 80. My children keep reminding me that I'm old but I don't feel old at all!

ROBYN

Q: How has moving into a Seasons community enhanced your quality of life, social connections and sense of community?

A: Everyone is so happy and friendly. The first time we walked into the dining room, we saw everyone sitting together, chatting and laughing and we just thought 'wow, this is a great place to be'. Life is looking pretty rosy.

Q: What activities do you enjoy participating in most at Seasons?

A: When I was a child, every Sunday afternoon my family and I would get together to sing songs while my dad played the piano. Moments like that were always so special to me, so I really love coming down to hear the live music on a Friday night. They play the songs we used to sing so it always takes me back. I also loved it when Seasons hosted The Price is Right (based off the television program) competition. All the residents had a lot of fun.



JEANETTE

Q: The 2024 theme for QLD Seniors Month is 'Love getting older in QLD'. What do you love about getting older?

A: We owned our own business and then when my daughter got pregnant, I resigned and was the babysitter for 22 years, so I'm really enjoying the sense of freedom. It took me a while to accept that I'm getting older, but I've realised that shouldn't stop me from living. I love Queensland – it has so much to offer, lots of beautiful places to visit and I wouldn't live anywhere else.

Q: How has moving into a Seasons community enhanced your quality of life, social connections and sense of community?

A: Before I moved into Seasons, I started to really struggle with loneliness because I didn't have the confidence to put myself out there. But at Seasons, it's looking you right in the face...the residents are happy, the staff are friendly, there are plenty of social activities and having that social connection has made the world of difference.



BARRY

Q: What activities do you enjoy participating in most at Seasons?

A: I've managed to join in on a lot of the activities which has been great for getting to know people. I really enjoy the Grumpy Old Men's group, where we get together for a few drinks and a chat.

Q: What advice would you give an older Queenslanders who is feeling lonely or invisible?

A: It's really important to put yourself out there. Occasionally, people will try to include you by inviting you to join in, but this isn't necessarily always going to happen. Be prepared to get involved with the goal of just getting to know new people. Everyone I've come across (at Seasons) has been very accepting and welcoming.



MARGO

Q: How has moving into a Seasons community enhanced your quality of life, social connections and sense of community?

A: I've had a wonderful life but (moving into Seasons has) been lifechanging for us and we thoroughly enjoy it here. You don't have to worry about cooking or washing up so you can spend your time doing what you love, you can walk through the gardens and your balcony gives you lots of sunshine. My philosophy is all that matters is your family, your friends and having the ability to live your life to the fullest. Your loved ones can visit as much as you like and the friendships we have made here have been incredible. The staff are also wonderful and helpful... everything they do for us is a pleasure. It has truly just made life even more wonderful.

Q: What advice would you give an older Queenslanders who is feeling lonely or invisible?

A: When I grew up, you would talk to your neighbours every day, but that doesn't really happen these days, which is why Seasons is so lovely. Seasons is the perfect place to be, especially if you live alone, because there's always someone here to talk to and everyone says hello to everyone.



Our Communities

SALES COMMUNITIES

MANGO HILL

28 Akuna Way,
Mango Hill, QLD

Sales Enquiries:

📞 Julie on
0411 654 026



SINNAMON PARK

147 Oldfield Rd
Sinnamon Park, QLD

Sales Enquiries:

📞 Chris on
0472 878 783

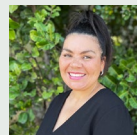


WATERFORD WEST

881 Kingston Rd
Waterford West, QLD

Sales Enquiries:

📞 Nicola on
0439 389 849



RENTAL COMMUNITIES

BRIBIE ISLAND

44/46 Melrose Ave,
Bellarra, QLD



CALOUNDRRA

30 Baldwin Street,
Golden Beach, QLD



EASTERN HEIGHTS

44 Grange Road,
Eastern Heights, QLD



KALLANGUR

1321 Anzac Ave,
Kallangur, QLD



REDBANK PLAINS

15 Argyle Street,
Redbank Plains, QLD



RENTAL ENQUIRIES

For any rental enquiries please
contact us on:

✉ rentals@seasonsliving.com.au

Visit our website:

🌟 seasonsflexi.com.au



Home Care is available at Mango Hill, Sinnamon Park, Waterford West, Bribie Island, Caloundra, Kallangur and Redbank Plains.

Anatomy of a Seasons apartment



*Apartment layouts apply to Seasons Mango Hill, Sinnamon Park and Waterford West communities only.



Experience the Seasons difference for yourself through our Try Before You Buy offer. Find out more at seasonsliving.com.au/try-before-you-buy



We Welcome Feedback

At Seasons, we recognise that feedback provides a valuable opportunity to improve. We welcome all forms of feedback. If you would like further information regarding our complaints management approach, please speak with the Community Manager or email info@seasonsliving.com.au
















Charter of Aged Care Rights



I have a right to:

1. safe and high-quality care and services;
2. be treated with dignity and respect;
3. have my identity, culture and diversity valued and supported;
4. live without abuse and neglect;
5. be informed about my care and services in a way I understand;
6. access all information about myself, including information about my rights, care and services;
7. have control over and make choices about my care, and personal and social life, including where choices involve personal risk;
8. have control over, and make decisions about, the personal aspect of my daily life, financial affairs and possessions;
9. my independence
10. be listened to and understood;
11. have a person of my choice, including an aged care advocate, support me or speak on my behalf;
12. complain free from reprisal, and to have my complaints dealt with fairly and promptly;
13. personal privacy and to have my personal information protected;
14. exercise my rights without it adversely affecting the way I am treated.

Support Services:

 Older Persons Advocacy Network	 1800 700 600	 opan.org.au
 My Aged Care	 1800 200 422	 servicesaustralia.gov.au
 The Aged Care Quality and Safety Commission	 1800 951 822	 agedcarequality.gov.au
 NDIS	 1800 035 544	 ndiscommission.gov.au
 ARQRV	 1800 951 822	 arqrv.org.au

ARQRV is a government-recognised agency for retirement village residents and can help provide support and advice to residents for a membership fee. Please contact ARQRV for further details.