



## Staying active and engaged is so important to our residents!

Did you know tai chi can be a positive part of an overall approach to improving your health?

The benefits of tai chi may include...

- Decreased stress, anxiety and depression
- Improved mood and aerobic capacity
- Increased energy & stamina
- Improve flexibility, balance and agility!



## Retirement Living Information Sessions



Get the tools you need to compare villages, speak to residents and staff!

- We talk about the various retirement living options and give you research tools.
- We discuss how you can remain independent and in control whilst still receiving support.
- We discuss budget, security and how to calculate the real costs.

Call and register your interest for our next session Telephone: 07 3820 7700 or email: [sales@rrl.net.au](mailto:sales@rrl.net.au)



Open 7 Days - 10am to 4pm Closed Public Holidays  
Call us on 3820 7700. No appointment is required



[www.facebook.com/RenaissanceRL](https://www.facebook.com/RenaissanceRL)

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RENAISSANCE LIVING NEWSLETTER Spring 2020

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## "A kind word is like a Spring day!"

### In this issue...

Welcome to Spring 2020 and with it an abundance of new life at the village, as our days get warmer and the gardens come back to life with new growth and colour we know that Summer is just around the corner. Last week Chris our Grounds Manager walked up First Avenue and took over 50 images of flowers and plants in full bloom. The hibiscus flowers are particularly spectacular in a variety of bright colours from hot pinks to bright oranges. It's a pleasure to take a stroll around the village at this time of year and see the abundance of

wildlife and residents gardens looking amazing in the sunshine.

As we continue to navigate our new world of living in a pandemic, life at the village has returned to a bit of normality with residents once again enjoying activities and social events with covid-19 restrictions firmly in place. We have also welcomed numerous new residents to the village over the past few months and we hope they enjoy their new retirement lifestyle at Renaissance!



To keep up with all the latest news at Renaissance Retirement Village like us on Facebook. [www.facebook.com/RenaissanceRL](https://www.facebook.com/RenaissanceRL)



# Maintaining your independence and control.

I know a man who is fiercely independent. He lives alone in his own house. He has a shed full of timber and tools which are his go-to place of refuge. He was forced to forego his driver's licence a couple of years ago. He complains regularly how inconvenient it is to not have a car or a licence, but it doesn't prevent him going up the street to shop, or travel and visit people throughout Tasmania. He even takes regular trips to stay with his children who live in Brisbane.

His second wife passed away 1 month ago while living in a nursing facility. Her care was first class despite being locked down for several weeks because of a COVID outbreak in the North West coast of Tasmania. Hilton was unable to visit her throughout this time.

Hilton gets a lot of help and advice from his children and they have been instrumental in securing home support 3 days each week, meals on wheels 6 days each week and a range of activities that he attends at different places and with different people. He often says he is going out too much and should stay home to spend some time in the shed. He manages his own bank accounts, home maintenance and social life amongst other things with assistance from family, friends, neighbours and others. Hilton is still very "independent" and has "control" over his circumstances, despite receiving a wide range of assistance. He wouldn't have it any other way.

By the way, I haven't mentioned that Hilton will be 94 on 18th November 2020. He is my father.

As we grow older, we all have a tendency to resent the consequences of older age, especially where it results in a loss of independence or control over our choices. I have been made very aware of this as Hilton's son and as a result try always to give him options and suggestions, but let him make the final choice. That way he can maintain his independence which is important to him and important for me.

We sometimes confuse Independence to mean doing it all ourselves and not allowing people to help, because we see that as a threat to our control. When we do this, we miss out on the quality of life and the control we really want and deserve.

So, what is independence as it refers to living in a retirement village? Is it not maintaining the ability to make your own choices or decisions? I speak with too many people who experience a lower level of well-being and living standard than they should experience, because they fear losing control and independence. It need not be this way.

Imagine for a moment a lifestyle that gave you freedom from the slavery of maintaining your home; access to a wide range of activities that you haven't been able to consider previously; friends nearby who understand your circumstances and stage of life because they're in it with you; privacy to be alone or with special friends when you want; conveniences, necessities and entertainment at your door; and a wide range of support services available, with assistance to access them if you need to at any time. The key is having these things available if you require, together with assistance to connect with them, but still retaining the independence to control when and how, by your own choice. No matter where you live, or what type of place you live in, don't give away your independence and control to choose.

Good retirement village operators and managers understand and respect this right and ensure you continue to have independence and control, by giving you options and choice. I know firsthand how important this is and that it is a resident priority for Renaissance management and staff.

Written by Andrew Carins  
Retirement Village & Aged Care Consultant



Hilton Carins

# Our quality villas give you the room and space to enjoy your new retirement lifestyle!



## Arrange a safe socially distanced inspection of our 'Stradbroke' villas today!

Moving into a retirement village doesn't have to mean having no room to live! The team at Renaissance currently have a number of very popular 'Stradbroke' style villas available.

Why is this design so popular? These 2 bed, 2 bath homes can almost be called a 3 bedroom design, thanks to their additional multi-purpose room. Speaking with our residents, we've found that they love having a third room which they can use for hobbies, as a media room, or a guest bedroom.

### Villa features include:

- 2 bedrooms + 2 bathrooms + large multipurpose study
- Queen size master bedroom with ensuite and walk in robe
- Spacious, open plan lounge and dining area
- Fully appointed kitchen with European appliances
- Fully ducted air conditioning & 9ft ceilings
- Secure single car garage
- All with their own private, fully fenced courtyard

The 'Stradbroke' villa features an abundance of storage, with a separate entry cupboard that's perfect for shoes, boxes and suitcases. There is also a large linen cupboard and additional storage and bench in the laundry room, so you'll never be short of space.

Another way they offer you the 'room to move' is with their single car garage. It comes complete with an electric roller door, epoxy flooring, and small work bench that's ideal for tools, car care products, or hobbies.

These villas are perfectly designed to support a wonderful retirement lifestyle, particularly with their private fully courtyards. With a washing line and planted out garden, it's the perfect space for a small pet, gardening hobby, or simply entertaining family and friends.

The gated Renaissance community offers the security of the "lock and leave" lifestyle, where residents feel free to simply

lock up their villa and go off on holiday or tour around in a caravan, safe in the knowledge that their home will be looked after until they return.

Like all Renaissance villa styles, the 'Stradbroke' is designed as a low maintenance home – which means you'll have plenty of time to enjoy your social life, hobbies and whatever activities you fancy.



## Gardening in a retirement village



There's no doubt that having a creative outlet is a wonderful way to relax and enjoy your retirement years. And residents at Renaissance Retirement Living at Victoria Point find that gardening gives them just such an escape.

Living in a retirement community offers great opportunities for residents to indulge their passion for gardening. You only have to look at the sheer diversity between different courtyards around the village to see the care and love that our residents have poured into their gardens.

Spending time outdoors, creating a natural living space, and having somewhere to relax and enjoy with family & friends are all undoubted benefits of gardening at any age. And it's not just the physical benefits of gardening that are important either. Renaissance residents enjoy getting together, connecting and sharing their love of gardening in several different social groups. Residents are well supported by the 13-strong village gardening team who are always happy to give help or advice when it's needed – or receive advice in their turn!

Village staff help residents overcome challenges such as small spaces with no grass, shade and sun issues, selecting the right plants for certain areas, and vertical gardens on fences. They're also encouraged to choose waterwise plants that don't require irrigation; and to maintain genetic diversity for a pleasing, varied landscape.



This month for one of our "Coffee & Chat" mornings we had author Verena M. McGowan come in and talk to residents about her new book....The Girl from East Berlin. This book is a true story of hope, intrigue, regeneration, love, faith and believing in oneself. If you'd like a copy please email Verena at [jpvm@optusnet.com.au](mailto:jpvm@optusnet.com.au)



Great to see some of our residents visit The Redlands Museum in Cleveland and check out the Marine Mastery exhibition by one of our residents Don Braben.

