

Athelstan News



Edition 1, November 2011



New beginnings



From left to right, Pat and Geoffrey Picking & Betty Murray

Set in the heart of Camberwell, the luxurious Athelstan Camberwell has been built in response to a growing need for independent living options for seniors and with eastern suburbs empty nesters in mind. Here, new residents Betty Murray and Geoffrey and Pat Picking explain why they've chosen Athelstan as their new home.

Like so many independent seniors, Betty Murray wants to be in control of her future. So when the time came for her to downsize from her family home of 30 years, Betty chose a luxurious and state-of-the-art development which reflects the type of social, yet private, lifestyle she cherishes.

"The position of Athelstan is marvellous," Betty said. "There is convenient public transport to get to the Camberwell market and into the city, where I am a member of a Collins Street club, so if one day I cannot drive I will still be able to continue doing the things I do now."

And within Athelstan, Betty said she looked forward to visiting some of the fantastic facilities including a coffee lounge and bar, restaurant, library, wellness and fitness centre and movie theatre. "The great thing about Athelstan is there are things available to you if you need them," Betty said. "So you can lead a totally private life if you want to, or you can socialise and find something to do."

Betty said that while she would be sad to leave her family home, it was important to be prepared for the future and downsizing was a sensible option.

"As soon as I realised apartments at Athelstan were available, we bought the apartment over that weekend."

Betty's friends, Camberwell locals Geoffrey and Pat Picking, agree with her sentiments. The couple had been considering downsizing for some time but couldn't make the move until the right opportunity presented itself.

"As soon as I realised apartments at Athelstan were available, we bought the apartment over that weekend," Pat said. "The views were what sold it for me, being one of the highest points in Camberwell and overlooking the football ground and bowls club."

Geoffrey and Pat are excited about experiencing all that Athelstan has to offer. Pat said she particularly looked forward to popping into the Athelstan restaurant for a gourmet meal, prepared by an experienced chef, if she didn't feel like cooking. Geoffrey agreed: "I think my wife's entitled to a break from cooking after the thousands of meals she's cooked after 50-odd years of marriage!"

Experienced, friendly staff and 24 hour on-site security were added bonuses which will allow the Picking's, who frequently enjoy weekends away, to embrace life with fewer concerns.

"It is great to know that when we go away we won't have to rely on our neighbours to collect our mail, water the garden and watch over the property. We can just come back home and everything will be taken care of."

From Villa Maria



Villa Maria CEO Valerie Lyons

Retirement living is a housing option that is growing in popularity, particularly for those in the community who are looking at downsizing from a traditional family home, or seeking a secure and independent lifestyle with fewer concerns.

With that in mind, Villa Maria – one of Victoria’s oldest and most respected community organisations – has chosen to make a significant investment into the future wellbeing of people in our community through Athelstan Camberwell.

Some of you may have joined us on May 16 this year to officially celebrate the beginning of construction of Athelstan, which really is a significant and exciting milestone for our community.

Athelstan’s outstanding location in the heart of Camberwell has not surprisingly been attracting many retirees, particularly those already residing in Boroondara. People have been drawn to the outstanding quality of furnishings and luxurious fittings in the 66 two and three bedroom apartments, as well as the premium communal facilities. I have no doubt this will continue to make it a highly sought after development by discerning seniors in the area and surrounds.

We are also very proud to be working with one of Victoria’s leading builders, L.U. Simon Builders, on this flagship development, along with top architectural practice Fredman Malina Architecture and Planning.

Athelstan Camberwell is an integral part of Villa Maria’s vision and it is with great pride that we invite people to become residents of this inspiring development. Our hope for Athelstan is that it will be more than a comfortable living environment; it will be a place to call home. A place with a strong sense of community, engagement and wellbeing in the heart of Camberwell.

Please feel free to visit Dianne Lane and Julie Maher at the Athelstan Display Suite, 391 Camberwell Road, Camberwell between 10am and 4pm, Monday to Friday.

To make an appointment or for more information call **9882 5800** or **1800 799 087**, or visit **www.athelstan.com.au**

Construction update



View to the east from the second floor



From left to right, Kane Devitt (Director L.U. Simon) & Graeme Noble (Site Manager)

Athelstan Camberwell Site Manager Graeme Noble has been with L.U. Simon Builders for ten years and worked on similar luxury retirement projects including Sackville Grange in Kew.

Graeme says progress so far has been “very good” with 80 per cent of the building’s structure completed as of mid October.

“We’ve commenced all the roughing in (installation) of services onsite including mechanical and electrical. Framing works on the actual apartments have commenced, as has brickwork,” Graeme said. “Plastering will begin in mid November and roofing will commence before Christmas.”

Around 70 to 80 construction workers can be found onsite at any one time. This will increase to up to 100 before Christmas prior to taking a well-deserved break between December 22 to January 16 next year. Construction work is progressing according to the program and is scheduled for completion in Spring 2012.

All the wiser

- 10,200 cubic metres or 972 truckloads of soil have been removed from the site
- 4,200 cubic metres of concrete has been placed
- 90 tonnes of reinforcement has been tied
- 72 km of post tension strands have been installed
- 4,125 tonnes or 143 truck loads of pre-cast concrete has been installed
- 864 litres of milk has been consumed in tea and coffee by the workers onsite



Memory booster



Being active helps exercise your memory

While some memory problems are age-related, there are many lapses in memory which are within our control.

Community health consultant Vivienne Eager explored the inner workings of the 'memory mind' during an entertaining and informative Mind Your Memory luncheon at Butleigh Wootton Receptions in on October 10. 50 retirees and their friends from the Athelstan community, Villa Maria, and the local community, gathered to learn that everyday lifestyle choices can affect how we remember things.

"Poor nutrition, stress, alcohol, medication, lack of exercise and insufficient sleep can reduce our capacity to remember." Vivienne said.

"If we think we have a bad memory and give up trying, we will. We need to use it – or lose it. Try something new like learning a language, a musical instrument or a course at U3A (University of the Third Age)."

"As we get older, we need to make a conscious effort to remember things that are important to us. External cues can also be used to maintain our memory such as using a diary or putting notes on the fridge."

To find out more about improving your memory, call **Alzheimer's Australia** on **1800 100 500** or visit **www.alzheimers.org.au**.

Save the environment

If you would like an electronic version of the newsletter, or if you do not want to receive a future newsletter, please call 1800 799 087 or email info@athelstan.com.au.

Go online for the latest news and our Christmas Cake recipe!



WIN FESTIVE CHEER! You could win 2 Premium tickets to 'A Chorus Line' at Her Majesty's Theatre. 2nd draw prize of 2 Gold Class cinema tickets. Enter at our display suite before 16th Dec, 2011.

*Terms and conditions at www.athelstan.com.au

Designed with passion



From left to right, John Malina (Director Fredman Malina) & Kathleen Bowen (Interior Designer)

A message from partners John Malina and Clive Fredman:

The practice of Fredman Malina Architecture and Planning has been associated with the design of seniors living developments across Australia for 30 years. We have therefore built up an expertise and understanding of the requirements of independent living for seniors.

We understand the move for homeowners downsizing from their family home to attached dwellings in an apartment building, such as Athelstan Camberwell, can be a major lifestyle choice and we aim to make this transition as easy as possible.

The design of Athelstan aims to provide the maximum level of residential amenity in the apartments. This involves the maintenance of acoustic privacy, visual privacy, safety and security. The apartments provide a feeling of open space, and access to sunlight and ventilation to enhance comfort.

Communal facilities such as the Cinema Lounge, Bar, Café, Winter Lounge, Dining Room, Wellness Centre, Hairdressing Salon and Library provide the perfect backdrop for residents to enjoy the company of others, or simply relax on their own.

It is also important to not only have an enjoyable residential building, but one which respects sustainability of the environment. We have achieved this through measures such as water harvesting systems and the highest standards of glazing and insulation.

Our objective is to deliver not only what you want but more importantly, what you need. We trust the residents of Athelstan Camberwell will enjoy the finished product.

Visit us today at:

Athelstan Display Suite
391 Camberwell Road
Camberwell VIC 3124

Freecall 1800 799 087
info@athelstan.com.au
www.athelstan.com.au



Stay close, stay involved.

Independent Living with Villa Maria