



ST LOUIS TODAY



MAGNIFICENT MONT CLARE – SET TO OPEN

The state-of-the-art Mont Clare Residential Care Facility being launched by Continuing Health Care (CHC) is nearing completion. It will provide high-quality care and service to St Louis Estate residents and the local and wider community.

CHC are working with Badge Constructions on finishing touches to the building. Subject to the final processes of Federal Government certification, an opening is scheduled for late March 2012.

The first occupants of this exceptional facility will be the 29 residents of Melvista Care Facility, and their carers and administrative staff who have worked together for up to a decade. This continuity of care will make the move from Melvista as seamless as possible, and will give reassurance and peace of mind to residents and their families.

Mont Clare will set a new benchmark nationally for aged-care accommodation. The unique layout, with no corridors, caters for 'Low Care Assisted Living' with 24-hour on-site care - and 'High Care', where residents with greater needs can take advantage of the higher degree of nursing care and services that are available in the facility.

All 73 rooms have ensuite facilities and most have generous balconies

with views, giving residents and their visiting families the chance to be outside together. There is also the capacity for adjoining rooms, if couples would like greater companionship.

Live the life you want to live

The essence of CHC's beliefs is that residents and their families should be involved in decisions on how they live their lives and receive care. Too often, sole emphasis is given to clinical needs, but CHC takes a holistic approach to fostering resident and family social interaction, empowerment and spontaneity, while still providing first-class nursing care.

Mont Clare will be leading the way as a world-class residential aged care facility. With almost half the rooms already set aside for occupation by Melvista residents, some discussion and forward-planning is going to be necessary amongst families seeking accommodation in the new facility. But, rest assured, you or your family member could not be in a better place.



If you would like to know more about the facilities at Mont Clare, please contact Melvista Care Facility on 9386 6333 or melvista@chcgroup.com.au



An occasion to remember when residents welcomed the Governor and his family to morning tea in the Kingsmill Lounge

NEVER A DULL MOMENT!

It has been a busy time at St Louis Estate.

Honoured guests for morning tea

Residents were out in force to welcome His Excellency Mr Malcolm McCusker AO QC Governor of Western Australia and Mrs McCusker to morning tea on 9 December. Accompanied by two of their children, the informality of the visit and the personalities of young Mary and James brought smiles to everyone in the Kingsmill Lounge that day.

His Excellency shared some anecdotes on The Queen and The Duke of Edinburgh's stay at Government House, while Mary, dressed in Christmas colours, showed everyone the curtsy she had been practising!

In a lovely coincidence, the St Louis Manager announced that James had been in the choir that had entertained residents just a week earlier!

Remember Christmas?

Although the festive season is probably now a faint memory, St Louis Estate's connection with the local community was

enriched by a visit from the Christ Church Grammar School choir, which both the residents and boys greatly enjoyed.

Understanding Aged-Care Costs

The Kingsmill Lounge was filled to capacity in early December with St Louis Estate residents and the wider community coming together to hear speaker, Rachel Lane, who has co-authored a book with prominent Sunday Times finance journalist, Noel Whittaker, entitled Aged Care, Who Cares?

Rachel talked about the factors to bear in mind when considering the costs of aged care. The clear message from the complimentary seminar is that aged-care costs are a complicated issue with complex choices, and it is advisable to find a financial planner who is an aged-care specialist, well ahead of making any decisions about moving into a care facility. Information on this seminar, future seminars and the book can be obtained from Melvista Care Facility on 9386 6333 or melvista@chcgroup.com.au.

LOVE THE LIFE YOU LIVE

Understandably, the prospect of leaving your family home is a move that could make you feel fearful. However, once you consider the advantages that a transition to St Louis Estate brings, it will hopefully ease the decision-making process and make you feel that the next step will be nothing but positive.

St Louis Estate offers independent living with enormous benefits, and keeps you closely connected to Claremont and a familiar and vibrant community environment.

Varied housing styles and layouts enable you to maintain your privacy, yet know there is support and company at hand. You can have your own garden, or not; you can have the companionship of fellow-residents, or not; you can cook for yourself, or not, enjoying tasty, home-style meals in the café or dining room, or getting them home-delivered!

The Estate has beautifully-tended community gardens, an indoor, solar-heated pool, barbecue lawn area, a cafeteria and formal heritage dining room serving tasty, home-cooked meals, where you can entertain friends and family. Then there is the gymnasium, hairdresser, podiatrist, library, weekly

morning teas with engaging guest speakers, and various interesting outings. There's no end of social and stimulating activities!

Living in one of the modern, versatile villas and units is also environmentally and energy-friendly, with discreet solar panels for heating and hot water, and rainwater tanks plumbed in that service gardens, toilets and laundries.

A St Louis lifestyle frees you up from gardening, maintenance and cooking, and gives you choices.

Please contact Manager, Peter Hunt, on sales@stlouisestate.com.au or 9385 1420 or to arrange a tour and see the facilities and options.



BY GEORGE, HE DID IT!

Keeping fit and stretching his body are challenges that drive St Louis Estate resident, Rev. George Powell.

A former marathon and half-marathon runner, George has 'passed the baton' to his son and grandson. He has also completed an arduous 22-day trek in the Himalayas, climbing to 5,545 metres, and physical activity continues to be a large part of his everyday life - for his 80th birthday last May, he cycled 80 kilometres!

George and his wife, Gladys, live in a light-filled unit that has a garden and a balcony with River glimpses, and they are active participants in St Louis events. He leads a fellowship group and conducts a monthly service in the Kingsmill Lounge, and stands-in when other churches need a locum minister. George is also very involved in making contributions to the Estate's community, having recently been appointed Chair of the Residents' Committee.

Gladys swims regularly in the indoor pool, which is heated to a constant 27°C, and where a physiotherapist conducts weekly aqua therapy sessions. She also volunteers in the Library that contains DVDs and books, which particularly came into its own for residents since the Claremont fire, when the Town's library was lost.

November 2011 saw the 50th anniversary of George's ordination, and his memoirs are soon to be published. No doubt, Gladys will ensure that a copy is available in the St Louis Library!

Left: Rev. George Powell getting ready for his 80km bike ride on his 80th birthday



A NEW HOME IN FAMILIAR SURROUNDINGS

John Moody AM, retired Headmaster of Guildford Grammar School (GGS), and his wife, Janet, are recently-arrived residents at St Louis Estate.

They left their Shenton Park townhouse for single-storey living and are enjoying their new surroundings that still give them a lovely garden and keep them in a familiar suburb.

“I had a second cousin who lived here, and she gave us a very good feeling about the quality of care and operating style,” John said. “We like it that we’re not flanked on all sides and we’ve been busy planting natives in our garden. We also like the fact that maintenance and garden help are available, if we need it,” he added.

John was awarded the Member of the Order of Australia medal for Services to Education in 1996, and myriad achievements underscore his sterling leadership at GGS between 1979 and 1996. However, he is especially proud of the scholarships for Indigenous students that he established in 1990.

“GGS had a number of Aboriginal students from 1910, but no continuity. I went to the School Council who agreed the School would remit one-third of the boarding and student fees; ABStudy provided the other third, and I approached BHP (in the Pilbara), Argyle Diamonds (in the Kimberley) and Western Mining (in Kalgoorlie) for the final third. We started with one youngster from each region, which has increased to about 25 students at the School currently, and over 140 through the years. We were like a lighthouse for Indigenous scholarships, and now all the major independent schools are involved.”

There’s no time to put his feet up! A parishioner at St George’s Cathedral, John has been Chairing the Taskforce for the Cathedral’s restoration program for the past 10 years, which is now at Stage 3 of five stages.

“Maintaining the momentum is very demanding and we meet fortnightly, at the very least. As Headmaster, I had to consistently make decisions on things I knew nothing about – like organs and stained glass windows – and that pattern is continuing,” smiled John!

Top: John and Janet Moody in their spacious garden that is planted with natives

To discover the richness of lifestyle that is on offer at St Louis, please contact our Manager, Peter Hunt, on 9385 1420 or email sales@stlouisestate.com.au, who will be happy to arrange a visit.

If you have any ideas for future Newsletter topics, please contact Noëlle Udall, Journalist at Creating Communities on 9284 0910, or email noelle@creatingcommunities.com.au with your suggestions.

RESIDENTS, NEIGHBOURS
AND MEMBERS OF THE
WIDER COMMUNITY ARE
WELCOME AT THESE EVENTS.



ON THE HORIZON

FRIDAYS IN THE KINGSMILL LOUNGE

Morning tea, followed by guest speakers

FRIDAY 17 FEBRUARY

Bill Hassell - A political overview

FRIDAY 24 FEBRUARY

John Chesborough -
London to Australia in a light plane

FRIDAY 2 MARCH

Charles Mitchell - Patagonia and Antarctica

FROM 10.30AM

FRIDAY 24 FEBRUARY

PERTH OBSERVATORY IN BICKLEY

More details available from the
St Louis Estate office on 9385 1420

WEDNESDAY 29 FEBRUARY

WINE TASTING - ANGOVE WINES STUDIO

KINGSMILL LOUNGE

5.00 - 6.00PM

THURSDAY 5 APRIL

EASTER LUNCH

HOMESTEAD DINING ROOM

Please contact the St Louis Estate office
on 9385 1420 or check The Village Voice
weekly information sheet for more details
on St Louis Estate events.



ST LOUIS ESTATE
CLAREMONT