



2017 Renaissance Spring Fair

The 9th Annual Renaissance Spring Fair is fast approaching and will be held on **Sunday 8th October from 10 am to 2 pm**. This **free community event** is not to be missed. Come along with your friends and family and enjoy the Spring Fair atmosphere.

Follow the musical delights of the buskers and street entertainers, shop at a variety of market stalls including craft, jewellery, delicious food, clothing and more. Or simply sit down on the terrace and enjoy a coffee, Devonshire tea and/or a BBQ lunch while soaking up the beautiful Spring weather and bushland outlook.

As always, our gardeners have been diligently growing seedlings and plants so they are perfectly grown and flowering on the day for their famous Garden Plant and Flower Stall. Go on a garden tour, cross the Wirawira Walkway and visit one of our display villas.

There's plenty of fun for all ages!

Renaissance SPRING FAIR

**Sunday 8th October 2017
10 am to 2 pm – FREE ENTRY**

Park at the Victoria Point Shopping Centre and find the Spring Fair by walking into the centre, through the passageway next to the Centre Management Office, and through our pedestrian entry gate.



MONTHLY Information Days

- Tuesday 25th July 10:00 am**
- Tuesday 29th August 10:00 am**
- Tuesday 26th September 10:00 am**

Information sessions are held once a month to assist those considering their retirement living options. The small group format allows for your questions to be answered by our residents and staff.

Contact 07 3820 7700 to register for any of the above dates and for more details.

Renaissance Online

For up to the minute news follow our Facebook page and watch our YouTube channel. Reporting on the daily activities at the village and seeing the Renaissance team out and about in the community will give you an exclusive insight into what it's like to live at Renaissance Victoria Pt.

www.facebook.com/renaissancerl

www.youtube.com/retireatrenaissance

Like us on Facebook / youtube images



“If winter comes, can spring be far behind?” Percy Bysshe Shelley

In this issue...

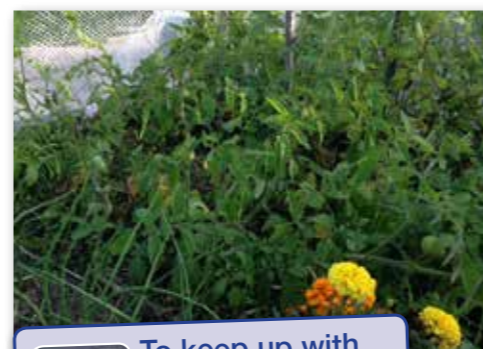
After a summer that seemed like it would never end Winter has arrived with a dose of cold, wet and windy!

So much has happened at the village since our last newsletter including the completion of stages 29 and 31 and we have just re-commenced the construction of stages 32 and 33... we are nearly a fully constructed village which is very exciting for everyone involved.

There are also plenty of events keeping our calendars busy including the annual Spring Fair in October for which planning is now underway.

The Winter Veggie Patch

It might be Winter but at Renaissance it is also a busy time in the community vegetable garden with residents tending to their own little plot of garden creating an abundance of produce to enjoy during the cooler months. Residents are presently growing lettuce, tomatoes, beetroot, peas, beans, potatoes, spring onions, ginger, broccoli, capsicums and even strawberries. This area also has a garden shed for storing tools and a compost tumbler to help with adding those vital nutrients back into the soil. The communal herb garden is there for anyone to snip a few herbs to put into that hearty Winter stew, soup or Sunday roast dinner.



36 Bunker Road, Victoria Point
Phone 3820 7700
www.rrl.net.au



Aged Care Buzzwords... Help, I Need a Translator!

It seems like the world of aged care and retirement living is currently overflowing with buzzwords or confusing jargon such as 'Continuum of Care', 'Aging in Place', 'Integrated Housing', 'Multigenerational Living', 'Active Aging', 'Memory Care'. The list goes on ... and on and is needlessly confusing.

When researching suitable retirement living options from a large range of options, the last thing the average retiree needs is to be negotiating all the extra terminology that comes with it.

Over 50's Lifestyle Community', 'Active Seniors Community', 'Gated Lifestyle Estate', 'Registered Retirement Village', 'Retirement Community', 'Seniors Living'. Does it all seem a bit too much and a bit too hard? But wait... there's more... Leasehold, licence, freehold... exit fees, deferred management fees, ongoing fees, entry fees. 'Downsize your home, upsize your lifestyle' – whew! ...And would you like fries with that?

You can see how it might be easier for many to put the investigation process 'in the too hard basket' or find a loved one, preferably one in the industry or legal profession, that can help translate what it all means.

The Good News...

Don't be put off... there are more accommodation and lifestyle options available to seniors today than ever before so there is something right for everyone! Take the time to research the different choices and find the one that's best for you.



A good place to start is to really consider what the future may hold for your mental, physical and social wellbeing as you age... gracefully of course! What are your care and support needs now? (it is rare for any of us to be completely independent of others no matter what our age) What might they be in the years to come? Our health and lifestyle experiences to date as well as those of others around us can often provide pointers to be aware of. Experience tells us It is better to look at your options before you need them that when you are in 'crisis' mode. In other words, prevention is always better than cure. Be proactive!

Tips for better decision making...

Try not to get caught up in the buzzwords of the day, like those listed above. Not all retirement facilities are the same, even ones that might be structured similarly. There are many different arrangements in place for residents regarding care and support.

Ask detailed questions of staff to find out exactly what care and support options are available to you now and in the future, and how they are managed.

Speaking for ourselves...

At Renaissance, staff and care facilitators assist residents in planning, accessing and securing care and support services. Residents are always in control when it comes to their health and wellness needs. Whether an occasional 'helping hand' or complex care is required, residents are able to choose who provides their services and how they are provided.

There is a multitude of care providers to choose from, all with different options, services and costs (some Government funding may apply to eligible residents).

The decision-making process can be daunting and is typically coupled with a health event which can make the situation even more stressful. Our staff actively engage with the care providers and are always on hand to help residents navigate through the process. This care and support provides peace of mind for residents and their families.

You should accept nothing less in considering your future care needs in retirement! And there is nothing that needs translating about that!

It's a dog's life living in a retirement village!

The growing belief that pets are not just good, but good for you, may make pet ownership more appealing to retirees. When selecting a retirement village, a key factor for many pet owners is if the village is pet friendly or not. Renaissance resident Marion Holmes and owner of Fifi and Pepe agrees with this fact. It was a key decision when she was looking for a retirement village a few years ago.

"When deciding on a retirement village to move into it was extremely important to me that my two dogs and cat would be welcome too" said Marion. I am pleased to say that I made the right choice. It is very animal friendly here with large grassy areas for them to exercise, walkways and access to local parks. Vets are also within walking distance if needed." said Marion "Many residents here have dogs so a walk can be a social activity for your pet as well as yourself. Choose Renaissance – your pet will love it here, mine certainly do!"

Benefits of owning a dog in retirement

- Taking a dog for a walk is excellent exercise, and a way to reduce stress.
- They make great companions, a dog makes a house seem less lonely and help you get out and about.
- Having a dog has health benefits including lower blood pressure, better cholesterol,



and less chance for obesity, since dogs require walking on a regular basis.



Benefits of Staying Active During Winter

Exercise classes for Residents at Renaissance are hugely popular, thanks to accredited Exercise Physiologist Matthew Parrish who comes once a week to help residents with fitness and mobility. We asked Matthew to tell us about some benefits of why we should stay active during Winter!

- Walking before breakfast keeps you warm for hours
- Physical activities boost your immunity and fights off colds & flu's
- Exercise classes increases happiness and social interaction
- Hydrotherapy relieves joint pain and inflammation

Renaissance residents enjoy weekly exercise classes with Matthew from the convenience of the Village Leisure Centre but he also takes private clients and group classes at his studio in Redland Bay to learn more please call him on **Ph: 07 3206 7869** or go to **www.redlandsep.com**

Individual treatments are available / Medicare, DVA, Private health rebates available.