

ΩMEGA NEWS & VIEWS



LEABROOK PLACE
Omega FamilyCare Apartments



THE GLENBROOK
Omega FamilyCare Apartments



THE ASHBROOK
Omega FamilyCare Apartments

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www.omegaseniorcare.com.au

FAMILYCARE DELIVERS!

Family – a group of related people, kin

Care – the providing of whatever is needed for somebody's well-being

FamilyCare!

The novelty of early retirement (the trips, the home maintenance) can start to wear off when the body begins to slow - the reality of later retirement can set in and this second stage retirement should not be considered the end of an era but the beginning of a new chapter - a "restart" to a fulfilling life - one where you have time to do the things that really matter to you.

FamilyCare is all about providing you the opportunities to do those things that really matter. It can be described as the kind of care you would give yourself, if only you could. It's also about the type of care you'd provide to your own family, if only you could. This can mean different things to each of us. The following are a few examples:

- Companionship, when you choose. Living in a community with other people will overcome loneliness and extend your family;
- Maintenance of your **independence** by having assistance with difficult tasks and knowing that help is always there, if or when you need it;
- Free your family from obligation and reluctant work and replace it with quality time;
- You and your family enjoy peace of mind about your safety and security;
- Feel wanted and valued in the company of those around you including considerate, caring staff who will care *for* and *about* you;



Companionship and friendship in abundance

FamilyCare is always there – even if you don't need it, it sits quietly in the background...just-in-case. And if you do need it, it's all about your choice – this allows you to get what you need – and not pay for the things you don't need.

Residents describe FamilyCare as a "safety net", "the pulse of the community" and "a huge relief – I don't have to worry about things anymore. I'm less stressed and my health reflects that!" Due to FamilyCare's flexibility, it can be just about anything you want and need it to be!

Residents of **The Ashbrook FamilyCare Apartments at Ashford**, will be celebrating their second birthday this month. The

community facilities are getting a great workout with tai chi, happy hours, indoor bowls, exercise classes, movie afternoons, craft sessions - just to name a few.

The **Nintendo Wii** has proven extremely popular and is an enormous amount of fun. We are now planning to give the Wii a new set-up area and look forward to continued ten pin bowling and golfing competitions!

With the South West building completed in December 2008, The Ashbrook is a growing community and we'd love you to come and experience it. Just give our **Information Line** a call on (08) 8131 3933. We can even arrange your visit around an activity of your choice.

A NEW LIFE WORTH LIVING

Living in an Omega FamilyCare Apartment is all about being around people just like you. You are part of the FamilyCare community, giving you a new sense of belonging, new friendships, activities, companionship, relevance and security – security in your environment and security in your financial future. Whilst the following personal diary is fictional, it is based upon consolidated facts, as recounted to us by various residents.

To begin with...

I never imagined I would be the one left behind. I never thought you'd leave me. I know it wasn't your choice for it to be this way, but our best laid plans didn't eventuate. We didn't see what was coming.

Sometimes I envy you – usually I feel this way when I'm lonely or late in the evenings – you're not the one left behind – you've gone on to those bigger and better things we always talked about. I miss you so much.

I have many regrets now. I don't recall ever having so many before in my life. I regret the things we didn't get to do together, all the wild imaginings that we never got to explore further. I regret us not finishing our planning of downsizing and moving to the retirement apartments that we looked at a couple of years ago. I dearly would have loved for us to do that together, when we had the chance. It's going to be much harder now but I know you'd be proud of me for starting to take on the things that need to be done in my life without you.

Our children have been really supportive. Whilst they thought being in our home of over 30 years and it's familiarity would be all I need, they soon began to understand how lonely and isolated I felt even in a familiar environment. It's so hard without you, sometimes I feel angry that you left me behind,

angry that we didn't always make the most of our times together when we had it.

3 months, or so later...

The house is sold now. Funny how it all feels almost numb – there's nothing here now, without you. I now see how so many of our friends felt when they sold up and did the right thing for them. You'd be proud of me – I got it all packed up – decided what was important to keep and what really

needed to go and the things that I needed to give to our children. Omega have been really supportive through the whole process. They seem to really understand what it feels like to be me and they introduced me to my new neighbours last week, they're lovely people.

A month or two later...

Well I'm in my new apartment now, it's a whole new, sometimes scary, beginning for me. I have a couple of "Ambassadors" here – first friends that are all about helping me to adjust to my new apartment and

retirement surroundings. My Ambassadors have been a great help to me – it's nice to be able to settle in so quickly. I'd like to be an Ambassador myself one day in the future, when I'm strong enough. There are so many people here like us. Couples like we would have been if only we'd made the move sooner - and singles too, like me now. I've already made a few good friends, it surprised me how easily friendships are made here even though I'm yet to really launch myself into my new life.

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CONFIDENCE RISING

South Australia has fared particularly well during the economic downturn. Property prices, unemployment and economic growth have all defied the National trend. The state has also maintained its triple A international credit rating further supporting its reputation.

The stock market continues to rise, already recovering



30% of its loss. Property prices are forecast to rise sharply over the next few years.

In May 2009, transport minister Patrick Conlon announced extensions to the free public transport for seniors program. From 1 July 2009, State Seniors Card holders can enjoy free public transport on

trains, trams and buses in the Adelaide metropolitan system, from 9.01am to 3pm on weekdays and all weekends and public holidays. Other current concessions for peak-hour travel will continue to be maintained.

Enquiry for Omega FamilyCare Apartments has increased in line with the increase in economic confidence. And in all this, Omega's residents have continued to enjoy the real value of living together.

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1 year anniversary...

How can it be a year since you left already? Sometimes it seems like yesterday and other days it seems like a lifetime ago. I hold the memories of you close to me, I've accepted now that you've gone.

You won't believe the things I've been doing in the last couple of weeks....I was reminded so much of our early courting days – the music, the movies, our social life. I've really settled in now, and though I still miss you, it's less often – not that I'm forgetting you at all, the pain is gone but the fond and loving memories remain. I have lots of new friends now and we have so much in common. They may be new friendships but I feel I've known these people for years. There's a feeling of togetherness that's quite difficult to put into words. I'm not lonely anymore and I feel safe and secure here.

If it was me that went before you I'd hope and feel comfort, if you did what I have done. I still regret being the one left behind and tell all our friends to make hay whilst the sun shines.

Did you read this story as if it were written by a man or a woman? Whilst the common assumption

is that it is by a woman, in our experience this story can just as common for a man.

Whether you are on your own or with your partner, life with other Omega FamilyCare residents is all about the things that are most important to you. Omega staff are here to support and foster community and provide individual care as it's needed. We work to provide all the right ingredients and conditions, and you and your fellow residents do the rest – you create the masterpiece that is living in an Omega FamilyCare Apartment. To arrange a time to come and experience real togetherness and meet with a resident or two, call our Information Line on (08) 8131 3933.

On bereavement:

"The process of grieving is important as eventually it allows you to come to terms with your loss. Coming to terms with your loss does not mean forgetting your loved one, as their memory will always remain precious to you. It means accepting they are no longer around. Grieving is a normal process but is very painful and personal and does not happen in just a few days or weeks." (From - **When Someone Dies: A Guide to bereavement for family and friends (1999)**. Perth, WA: Sir Charles Gardiner Hospital.)

