



ST LOUIS TODAY



MONT CLARE WELCOMES ITS FIRST RESIDENTS

The splendid new residential aged-care facility on Dean Street has warmly received its first occupants. Mont Clare is a welcome addition to the acclaimed facilities at St Louis Estate, and is a place where companionship and continuing lifestyle care are at the fore.

Significant attention to detail has been vested in the layout, fittings, interior furnishings and leading technology at Mont Clare, helping to achieve the highest level of comfort in this state-of-the-art facility.

The building has been especially designed without corridors in the residential areas, and each of the 73 premium suites contain private bathrooms and either private or shared spacious balconies, some of which have River views. There are many other very special touches, including an onsite chef and a wellness spa that looks after the sensory needs of residents.

There is flexibility for couples to share suites or have adjoining rooms, and all accommodation has a focus on family and friends getting together in a private and supportive setting, confident that specialised equipment and responsive carers are at hand.

Continuing Health Care Group (CHC), the owner and operator of Mont Clare, are leaders in intergenerational care. Relatives and loved ones play a vital

role in CHC's task of caring for the individual, and these partnerships are crucially important.

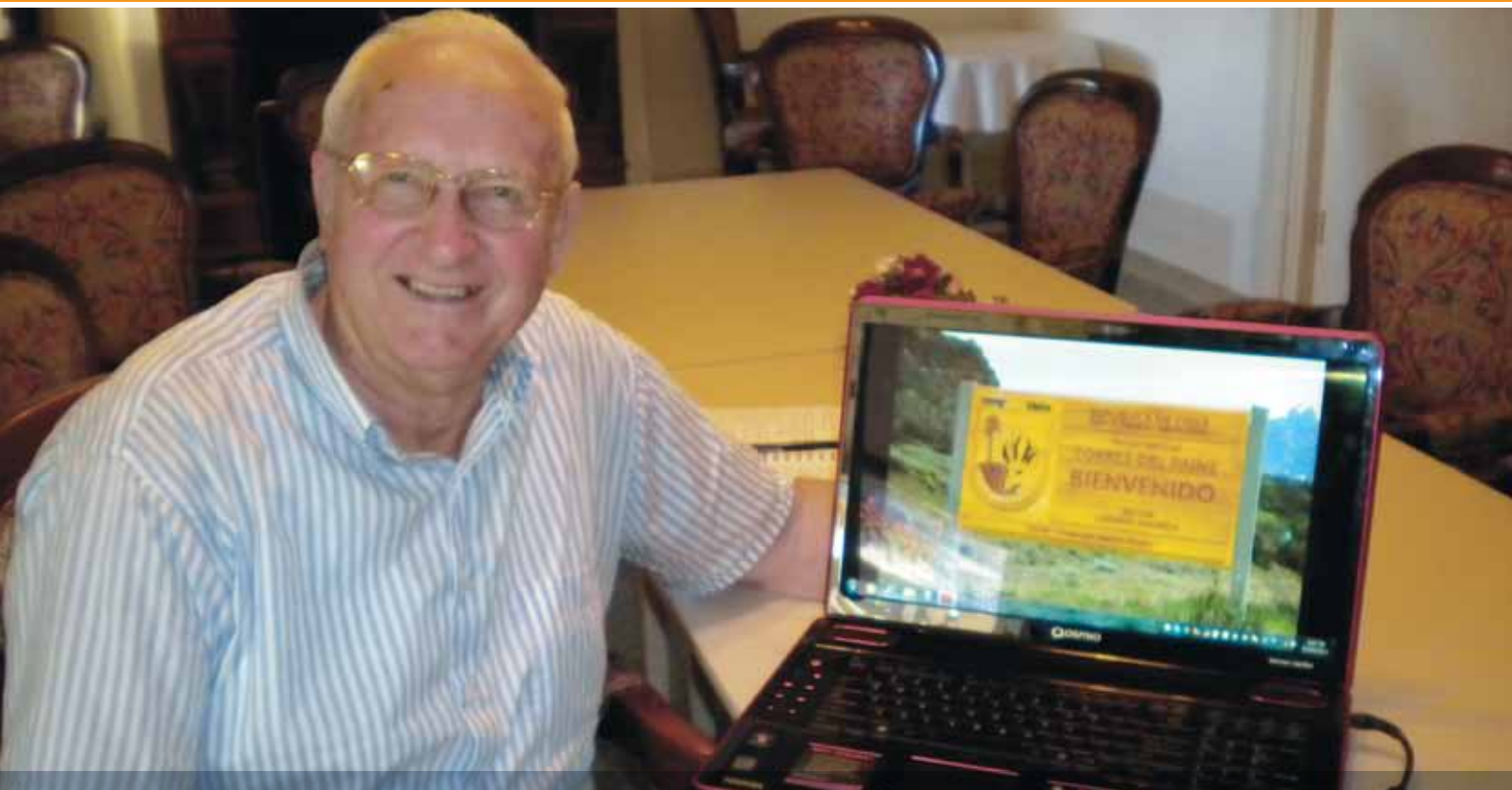
The unique layout at Mont Clare caters for 'Low Care Assisted Living' with 24-hour on-site care, and 'High Care' including dementia care, where residents with greater needs can be secure in the knowledge that the highest degree of nursing care and services are available.

CHC feel privileged that its residents from Melvista Care Facility are first to occupy this magnificent new amenity. Melvista's carers and accompanying administrative staff bring a continuity of care and longevity of service to Mont Clare, most having worked together for the best part of a decade.

CHC is committed to integrating compassion, respect, empathy and professionalism in a holistic approach that gives dignity and freedom of choice to residents, while providing first-class nursing care. Mont Clare embraces this care philosophy in a stunning purpose-built facility.



Some discussion and forward-planning is going to be necessary amongst families seeking accommodation in Mont Clare. To arrange a private appointment to view this world-class residential facility, please phone Colin Bahn on 9383 0000.



A SNAPSHOT OF AN ACTIVE LIFE

An intrepid traveller and keen photographer, Charles Mitchell is a retired farmer who has called St Louis Estate home since 2006.

Charles farmed the family's sheep and cattle property at Boyup Brook for a remarkable 50 years, leaving only when he was diagnosed with depression.

"I see no stigma attached to having depression. It's no different to any other medical condition. That was the reason I sold the farm in 2005, but I look back on those years fondly as having been a wonderful time. I'm very happy to talk about depression because I realise that I could be helping someone else by doing so," he said.

Charles was taken off his medication in 2007 and continues to live life to the full. "I love the fact that I am so centrally located here and that public transport is on my doorstep. The local shopping is excellent; I just walk to Swanbourne for the smaller shops or to catch the train, or go to Claremont if I need anything else. I enjoy going to movies, concerts and talks, and some of these are run through the UWA Extension Program, so that's also easy for me to get to," he added.

Fully involved in life at St Louis Estate, Charles particularly looks forward to the Friday guest speakers. Indeed,

he has recently given a talk himself, on his 2011 adventure to Patagonia and Antarctica, when he travelled on a Russian research ship with a group of photographers. He carried three cameras on the month-long trip and has captured hundreds of images that are completely awe-inspiring.

A few years ago, Charles undertook a course with respected photographer, Dale Neill, and this was his second holiday with a photography focus! His first exposure to South America was in 2010 when Dale also led a trip to Peru, Bolivia and Northern Chile, and early next year, Charles is hoping to visit Colombia and the Galapagos Islands.

He is also very interested in history, geography and table tennis! "St Louis found out about my interest in the sport and the next thing I knew, we had been provided with a ping-pong table! I have a good lifestyle here," said Charles.

To get help with dealing with depression, anxiety and related disorders, phone Beyond Blue on 1300 224 636 or look at their website – www.beyondblue.org.au



Images: Charles Mitchell with a picture of the park entrance to Torre Del Paine in Patagonia, Chile. Amazing photographs taken in South Shetland Islands, Antarctica Peninsular

THE STARS LOOK DOWN

Resident, Judy MacDonald, has kindly written an account of the outing to Bickley Observatory.

One of the pleasures of living at St Louis Estate is the prospect of joining one of the interesting trips that are regularly arranged.

On 24 February, we went to the Perth Observatory. We had a very enjoyable dinner en route, at a bistro in Kalamunda, and arrived at the Observatory in Bickley after sunset, to view the sky through three large telescopes. This necessitated walking for 120 metres along a dimly-lit path (to allow our eyes to adjust to night vision) and we would have felt more confident had we been advised to bring torches. However, at the telescopes, we were treated to views of Jupiter, Mars, Orion, Sirius, the Southern Cross and the Milky Way on a clear night with a small amount of cirrus cloud.

We could really feel how insignificant we are on small planet Earth when we saw the glittering night sky laid out before us, and we realised we were seeing only a tiny part of the universe.

The volunteer guides were excellent - very informative and helpful – and, all in all, it was a very enjoyable and successful trip.



OUR CARING COMMUNITY

Eric Lyons, Maintenance Manager

Eric started working at St Louis Estate in 1989 and was a gardener for 10 years before taking on his current role. He proudly highlights the fact that two Norfolk pines from 1938 are still part of the grounds. Such is his attachment to the Estate that 16 years ago he was married on the verandah of the Old Homestead.

He has naturally become a familiar face to residents, and he feels great warmth towards them. They have a say in what they would like to see planted, and know they can always contact the Office to request help with their private gardens or home upkeep.

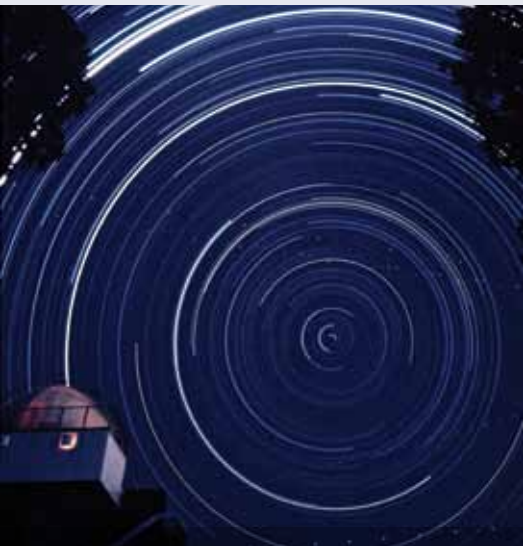
Responsible for maintenance across the board, and for coordinating contractors' work on the Estate, Eric takes great pride in keeping all aspects of St Louis looking pristine. There is always an ongoing program of improvements apart from the day-to-day gardeners' duties, which are taken care of by Chris Waugh and Fred Thompson. It's quite a

surprise to hear that 70 cubic metres of mulch is spread annually, and raking and sweeping is endless, especially under the Moreton Bay fig trees.

The lawns require the greatest upkeep over the summer months and are complemented by surrounding gardens. Watering takes place from the hand-cut limestone bore, which is about 30 metres below ground and which Eric estimates was dug in the 1800s.

Given his length of service, Eric himself is interwoven with the St Louis history and his 22 years working here speaks volumes for the friendly and caring atmosphere at the Estate.

Image: Chris Waugh, Eric Lyons and Fred Thompson maintaining the gardens at St Louis Estate





SISTER ACT!

Shirley Cavanagh sold her house in Cottesloe and moved in to her spacious two bedroom, two bathroom apartment with a sunroom in August 2006. One of the original Dean Street residents, she says moving to St Louis Estate is the best thing she's ever done!

Shirley is a 'citizen of the world'. She left WA in the late 1950s and went to work in Singapore for two years as a Nursing Sister in a private hospital. She got well and truly bitten by the travel bug, and went on to work in Geneva, Copenhagen and New York in the 1960s.

In 1976, she returned to Singapore as Deputy Matron at the same hospital for eight years, continuing to expand her group of international contacts. In the '80s and '90s, she started spending a period of each year in England and Ireland, and then she began renting an apartment in Marbella, Spain, where she catches up with her wide circle of European friends.

Shirley says, "I've travelled all my life and plan to continue travelling for as long as possible. The beauty of living at St Louis Estate is that I can lock up and leave. There are great facilities and it's a very happy place to live. Some of my overseas friends have been here to stay with me and they have a wonderful time."

An occasional bridge player, Shirley is also a great reader and makes good use of the on-site Library. She also uses the gym and pool, and has made lots of friends here. "We go to one another's homes and there's a very friendly atmosphere because of the people who run it. You don't have that feeling that you're in a retirement village. I have a beautiful life."

Given her rave review, not much persuading was needed to get her sister in, so Colleen Boyne sold up in Nedlands and has lived here since 2010. They enjoy each other's company enormously and also travel to some tantalising places together, and Shirley couldn't be happier that they are living near each other.

Image: Shirley and her sister, Colleen, at a party in the Private Dining Room

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 FROM 10.30AM

Morning tea, followed by guest speakers

FRIDAY 20 JULY

Crime fiction author, Bridgette Powell, will talk about her new novel, Reflection of Evil.

FRIDAY 27 JULY

No guest speaker today as there's a morning tea to welcome new residents. Please come along to meet some new faces and catch up with the familiar ones! (This event is open only to the St Louis Estate community.)

FRIDAY 10 AUGUST

Peter Pollock, veteran South African Test Cricketer, who was the country's premier fast bowler in the 1960s.

CHRISTMAS IN JULY

FRIDAY 27 JULY HOMESTEAD DINING ROOM 6.30PM / \$35

The Homestead Dining Room will be the venue for another popular Christmas in July. Enjoy roast turkey with all the trimmings followed by plum pudding for \$35. Please book at Reception.

Further updates will be published in The Village Voice. If you're not resident at St Louis Estate, please phone 9385 1420 for more information.



ST LOUIS ESTATE
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