

FROM THE MD'S DESK | 8TH EDITION

EVERGREEN *News*

AUGUST | 2016



DEAR RESIDENTS

In the Cape we enjoyed a week of warm weather in the middle of winter, and it hasn't stopped raining since! It continues to rain today, reminding me that the promise of spring is still some distance away.

New beginnings are glorious in so many ways : just as we have completed the building of our fabulous new Evergreen Muizenberg Health Care Centre - with its Frail Care.

We celebrated Christmas in July at Evergreen this month, along with a fresh new dawn in the life of our Muizenberg village, and with the preparation of the land underway in Broadacres, perhaps you'll forgive me for claiming that at Evergreen, spring is truly in the air, everywhere!

The development of a retirement lifestyle village and its unique village lifestyle is no easy feat. Depending upon the size of the village, development can go through many phases and take a number of years. At Evergreen we are keenly aware that our goal is to provide all residents a relaxed and peaceful lifestyle - you'll know that to accomplish this requires the orchestration of teams of people in areas such as hospitality, food and beverage, maintenance and so forth - and that much of it is a silent art.

Building - on the other hand - is messy and noisy, and requires patience and acceptance. A big thank you to all residents and staff at Muizenberg for putting up with the inconvenience and the noise, I can reassure you that considering the space and qualities of the Muizenberg Lifestyle Centre, once the dust has settled you'll most certainly be in for a treat.

The boards are up at Broadacres and work has begun on what, in terms of floorplans and finishes, will be a close replica of the wonderful Muizenberg development. We would like to thank our residents in advance for the inconvenience that may be caused during the building phase. You can read all about it in Arthur Case's column below.

NEW LIFESTYLE CENTRE

Evergreen Group CEO : Arthur Case



There are many exciting developments on the Evergreen calendar and I would like to share one of them with you in this Newsletter.

August 2016 sees us commence construction of the new Lifestyle Centre at Evergreen Broadacres. Like its Muizenberg counterpart, the centre will be home to a 2000m² clubhouse with superb facilities including

reception, management offices and boardroom, lounge and dining facilities, bistro/coffee bar, well equipped kitchen, games room, library, salon, indoor heated swimming pool, gymnasium and a wraparound north and west facing entertainment deck. Extensive back-of-house facilities will enable our staff to provide the level of hospitality we expect from an Evergreen village. The 2000m² above will house a Healthcare Centre (HCC) with reception, primary healthcare unit, nurses offices, consulting doctors room, sterile procedure room and 32 bed frail care. It

will also have its own beautifully furnished lounge, dining and TV areas. The furnishing will make frail care feel like a home rather than a hospital. A separate lift lobby ensures a discreet healthcare service via a separate entrance.

I have no doubt that this new centre will improve our residents enjoyment of the Evergreen lifestyle at Broadacres, as I have seen happen at Evergreen Muizenberg. While Broadacres is presently a reasonably young and healthy village, the HCC will complete our continuous care model and should give residents comfort for the future.

There is much more to come as our Evergreen business matures, so watch this space!



COMING 2017! Broadacres Lifestyle Centre

TEST YOURS NOW!



- Blue:** In the morning, this button will flash. Please press to confirm that you are safe
- Yellow:** Nurse on duty: this button is connected to the duty nurse's cell phone
- Red:** Emergency-Telecare Centre: Use this button for ALL medical emergencies



- In the case of an emergency press the red button on your Telecare unit or remote : **only press it once** : don't press any other buttons on the system as this will then cancel your emergency call
- Do not use your landline whilst waiting for a response from a Care Specialist. You should hear the voice of the Care Specialist (through your Telecare unit) within 60 seconds
- Assistance is mobilised immediately
- The Care Specialist stays connected with you until your emergency is resolved

Most Telecare units are connected via your Telkom landline. Unless your telecare unit is programmed via built-in Sim card, you must not use your Telkom landline whilst your request for help is in progress.

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SPRING WALK**
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UP AND COMING AGM DATES

Broadacres	16 August 2016	16h00
Diep River	23 August 2016	15h00
Muizenberg	30 August 2016	15h00
Bergvliet	5 September 2016	15h00
Lake Michelle	6 September 2016	16h00

SPREADING THE NEWS

COMING SOON - EVERGREEN NOORDHOEK!

Evergreen Noordhoek offers all the enviable qualities of a wonderful coastal retirement lifestyle in this ever-popular retirement node! Perfectly positioned on the corner of Glencairn Expressway and Kommetjie Road, Evergreen Noordhoek boasts sixteen hectares of gently sloping, north-facing ground with superb views of the ocean and surrounding mountains. Residents are sure to enjoy all the hallmark qualities of an Evergreen lifestyle along with lots of space and freedom on the edge of a coastline known for its charming villages, arty community and outdoor living.

Watch the press for launch details and tell your friends!



PHOTO 1: 'WHAT CARD SHOULD WE PLAY NEXT' We found a very tame bird and had lots of fun. Marlene Burt, Muizenberg

PHOTO 2: Grey Heron-Taken at Tau Game Lodge
Martin Harrison, Muizenberg



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Village Life

It's been a busy month despite the bite of winter. Here is a selection of moments to remember and achievements to celebrate.

BERGVLIET

Bergvliet residents enjoyed a Colouring Workshop – a day of creativity and colouring on 23rd July. Adult colouring-in books have become a craze throughout the world, and as residents discovered – it's creative, and highly therapeutic, proving that no matter your age and stage, you're never too old. A little like building a puzzle, the colouring books offer 'Mandalas' or intricately patterned pages, waiting to be transformed according to your colour palette and mood.

"Christmas in July" was held on 29 July and celebrated with typical Bergvliet gusto! The clubhouse was transformed by the residents into a winter Christmas wonderland, all decked in green and red. Well done to the organisers!



BROADACRES

Mandela Day Poverty Relief headed up by Jean Spurr

Broadacres held a very successful drive for poverty relief to coincide with Mandela Day. Residents responded magnificently and managed to fill a trailer with goods which were donated to the All Saints Anglican Church in Fourways. A special thank you to Jean Spurr, Sue Jackson, Heather & Ernie Mutch for their co-ordination and fruitful efforts. They are very proud Evergreenies!



The Otter Estate's 6.7km Mandela Challenge Fun Run

Team Evergreen numbered 26 members who - along with 5 family members - performed better than ever before, in this their 4th Mandela Challenge. Considering that back in 2013, four 'Evergreenies' participated, the turnout was a giant leap for the village and saw some stellar achievements. Evergreen's Dick Sheppard was the oldest participant (aged 89) and raised a triumphant fist as he finished four minutes faster than last year!



Congratulations to Lettie for finishing her first race. Val was the first lady home as usual and finished 4th overall. First timers were Basil and Marlies Bold, Chris and Tess Sleigh, and Pierre Theron. Team Evergreen will be turning out with pride in the next major event, a 5km Park run at either Lone Hill Park or Bryanston Riverside Park on 20th August at 8am.



"Christmas in July"

There's nothing like a healthy dose of Yuletide spirit (or is it spirits?) to get the celebrations going. Santa came to Broadacres on 23 July bringing his ho-ho-ho-happy personality to a warm and wonderful event. Well done to the social committee!



DIEP RIVER

Evergreen cares for others

Diep River residents are very passionate about giving back to the community in one way or another. Last year the village donated to the Red Cross Children's Hospital and this year it was Lotus River Place. CPOA's sub-economic retirement home in Grassy Park relies a lot on donations from their community and surrounds.

The Evergreen ladies knitted and sewed up a storm, creating a variety of beautiful beanies, bed socks and blankets that – along with toothpaste, face cloths, soap, toothbrushes and second hand clothing - were handed over on Thursday, 14 July during their trip to visit the home.

A very big thank you goes to the Knitting Group for their contributions, time and dedication in making this possible: Janice Shelver, Anne Geel, Jenny Barnett, Letitia English, Anne Chambers, Ani Fiske, Margaret Hull, Colleen Welch, Marie Sussman, and to every resident that donated towards this cause: and lastly, to Marie Heugh for driving this initiative.

This month's stand-out event was "Christmas in July" held on 21 July which drew the crowds and was greatly enjoyed by all. The weather contributed to an icy 'northern hemisphere' Christmas spirit. And of course, the warmth of a community enjoying one another's company was plain to see, proving that there's no business like 'snow' business for warming the heart.



LAKE MICHELLE

Evergreen resident Margaret Reid's feedback begins with something we all love to hear: **'Life is good and interesting here at Lake Michelle, moving here was definitely the best thing Colin and I have done, as I am sure everyone here will agree.'**

Living in Lake Michelle is safe and peaceful and the 'Evergreenies' are a fabulous friendly lot who look out for each other. An Entertainment Committee has been formed and – so far – hosted a hilarious Wine Tasting earlier in the year, with much laughter and enjoyment. On a delightfully sunny day in June, we hosted a Morning Tea at the Cape Farmhouse with guest speaker, Mrs Dillys Robinson, talking about 'How Places in Cape Town got their Names', which was extremely interesting and well received.

On 19 July a Soup and Rolls evening was well attended, with lots of chatter and laughter. They say a picture is worth a thousand words, and these pics tell of a community that has formed and is fully functional despite living at a distance from one another. In August there's something for the men with a Beer Tasting and lunch at Red Herring, Noordhoek.



MUIZENBERG

Last but not least, it has been a busy Muizenberg month with the launch of the new Health Care Centre. And there's been all the excitement that accompanies the arrival of many new faces to the village.

Residents took a welcome break from the hustle and bustle to host their "Christmas In July" dinner on 29 July. 70 residents turned up to make the evening so enjoyable.



In conclusion, they say that middle age is when your narrow waste and broad mind change places but I don't agree. This month's newsletter provides enough evidence that our communities are ever active, that our minds are ever open, whether to new friends or new experiences, and that – at heart – the lifestyle qualities that we imagined when Evergreen first began in 2008 are alive, well and kicking in all our villages around the country.

Until next month, stay evergreen. *Derek*