



NEWSLETTER

The Friendship Edition | March 2016



LIVE LONGER, HEALTHIER, BETTER THE EVERGREEN WAY

“How do you feel by the end of the day, are you sad because you’re on your own? No, I get by with a little help from my friends!”

Most of us will remember listening to ‘With a little help from my friends’. Some will recognize the lyrics from a song released by the Beatles’ in 1967. Sung by Ringo, written by Paul McCartney (with a little help from John Lennon), the song is ranked as one of the top 500 of all time and has been ‘covered’ by over 50 other artists.

It is also true!

In the quest for better health, many people turn to doctors, self-help books or herbal supplements. But they overlook a powerful weapon that could help them fight illness and depression, speed recovery, slow ageing and prolong life: their friends! Researchers are only now starting to pay attention to the importance of friendship and social interaction in overall health.

OVER THE HILL? NOT EVEN CLOSE!

Evergreen Lifestyles’ promise is enduring retirement living enjoyed to the full, with endless opportunities for fun and relaxation in safe and secure residential estates. These rare qualities have seen Evergreen grow from strength to strength since its launch in 2008, with five Western Cape developments, one in Gauteng and four more in the pipeline.

In every Evergreen village, the built environment provides the backdrop to the Evergreen lifestyle. However, both the promise and the experience of this lifestyle owe to the business’ goal of providing idyllic retirement living. The fact that the enjoyment of retirement living is catalysed by sustained health and vitality, excellent services, professional management and most importantly, vibrant communities, makes these qualities a core focus of the Evergreen brand.



weighted backpacks. They were then asked to estimate the steepness of the hill. Some stood next to friends during the exercise, while others were alone. The students who stood with friends gave lower estimates of the steepness of the hill and the longer the friends had known each other, the less steep the hill appeared to them!”

“People with stronger friendship networks feel like there is someone they can turn to,” says Karen Roberto, Director of the Centre for Gerontology at Virginia Tech. “Friendship is an undervalued resource. The consistent message of these studies is that friends make your life better.” Her observations have been echoed by studies around the world.

Evergreen National Sales Manager, Phil Wilson echoes Derek Drew’s view: “Studies show that socially-connected people live an average of 3.7 years longer than those who aren’t. In fact, people who are more reclusive with no social support have a higher mortality rate than alcoholics and those affected by obesity and physical inactivity! That’s why, at Evergreen, we strive to create vibrant and fun-loving environments with lots of opportunity for social activity and engagement. To create a place worth calling home because it feels great living there!”

We All Need Somebody To Lean On

Evergreen’s Managing Director, Derek Drew, has no doubts about the importance of friendships and community. “In 2013, researchers studied 34 students at the University of Virginia, taking them to the base of a steep hill and fitting them with

COME TOGETHER

Evergreen facilitates community formation and enjoyment by providing superb resort-style facilities, where upwards on 25 clubs, special interest groups and lasting friendships form naturally and easily. Options include Thai chi, Pilates, aqua aerobics, bridge, art, canasta, knitting, bird watching, walking, bingo, choir, church, chess, 8-ball pool, boules, pub evenings and wine clubs (plus many more). Whether it is simply enjoying a meal or a cup of coffee together, or gathering for a games evening, murder mystery or televised sports event, residents will always enjoy the company of others and the warmth of friendship and care at Evergreen.

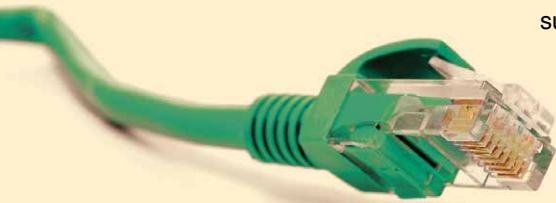


“ We have been here for many years now and it is most definitely the best move we ever made. The friendships that we have formed, and the community spirit that has been developed, are integral to the way of life that we have become used to. The security and the guards are phenomenal and to have the ability to pack up and go with the knowledge that our property is going to be well looked after and most importantly, safe, is so reassuring. ”

- Evergreen Residents, Mr & Mrs Sutherland -

EVERGREEN CONNECT

We live in a world that offers wonderful computer and mobile phone connectivity at very low cost, coupled with rapid obsolescence of technologies. This world is confusing to those who - like some of us - did not grow up with laptops, i-pads, tablets (not the medical kind) and smart phones. Evergreen Connect prioritises digital connectivity between residents, villages and loved ones. Once Evergreen residents have been taught the basics and mastered the simple steps that connect them to those they love around the world - face-to-face (so they can see them grow) - the sure delight far outweighs any resistance (and techno-phobia) that stands between their getting connected.



“ I was not happy living in Jo'burg after so many years in London so my sisters suggested the Cape for my 'golden years'. My sister lives here and I have a few friends. The staff are so helpful! One kind man in particular who is a security guard carried all my, many, boxes. The mountain views! The gorgeous gardens, and the heated swimming pool, library and hair salon. You don't ever need to leave! I do crochet so I will be joining the knitting club. As to whether I'd recommend Evergreen to others, I'd say 'do it!' I was gobsmacked when I arrived. 10/10. The staff are so professional...I can't find fault. ”

- Evergreen Resident, Mrs Tarratt-Cross -

Life Right Enables Relaxed Living

“Our promise is carefree retirement living, where residents can relax and take advantage of the lifestyle on offer,” Phil Wilson explains. “Interestingly, the catalyst for carefree living is the internationally preferred ‘Life Right’ purchase model, which we selected because it alone secures the guarantees necessary for a relaxed and stress-free retirement. Essentially Life Rights could be viewed as a housing product, an insurance policy and a good night’s sleep rolled into one. Among the many benefits of downscaling, freedom from the stress of managing and maintaining one’s own home (or village) ranks high. Whilst Life Rights confer the right of occupation for the remainder of you and your spouse’s life (no matter your circumstances), Evergreen remains the owner of the property and carries the responsibility of village management, maintenance, services and security in perpetuity. So, residents can get on with doing the things they most enjoy in a friendly community, with endless opportunities for fun and relaxation along with lock-up-and-go security. The testimonial from Diana Tarratt-Cross, a brand new Evergreen Muizenberg apartment resident provides a sense of the overwhelming optimism residents experience: something that can be better experienced than can be explained.”





LAKE MICHELLE

Evergreen at Lake Michelle is fast becoming a close and true Evergreen community. With its beautiful patchwork of lakes, crisscrossed by paths and bridges, life flows at a perfect pace in Lake Michelle. At this moment there is only one of the new completed homes remaining, (available at last year's amazing prices) and we wouldn't want you to miss out. So you'll need to 'up the pace' and hurry if you want to be part of the Evergreen family and enjoy the award-winning eco-estate lifestyle at Lake Michelle.



MUIZENBERG

At our largest village, which incorporates both free-standing homes and apartment living, the multi-purpose Lifestyle Centre is proving to be a great success since opening to residents in December last year. Since then, a (very popular) salon has been added, offering various beauty and hair treatments. The latest phase apartments are complete and a new thirty bed frail care facility is due to open shortly, which will be a great addition not only to the village, but to the benefit of all Evergreen Cape-based residents.

BROADACRES

Our wonderful selection of brand new homes is now available. We are confident that any prospective buyers will be overwhelmed by the warmth of the Broadacres community and, the beauty of this town and country estate.



SOMERSET WEST

We have recently launched our latest village, Evergreen Somerset West, which is perfectly positioned on the banks of the beautiful Lourens River. Along with all the typical Evergreen community facilities, residents will enjoy fantastic mountain or river views from a wide choice of one and two bedroom apartments.

Finally, on the drawing board, we are looking at further villages in Noordhoek, Paarl, Port Elizabeth and Howick. With so many new initiatives, our year promises to be busy, fruitful and rewarding. We do hope that yours will be too!

UP-COMING SALES EVENTS

Should you wish to attend any of the following events, please contact Cornel on 021 702-3200 or info@evergreenlifestyle.co.za

Muizenberg - 4 May

Broadacres - 26 May

Muizenberg - 22 June

Broadacres - 28 July

Muizenberg - 17 August

Broadacres - 22 September



SELLING, MOVING AND SETTLING IN IS EASY WITH EVERGREEN



Evergreen's preferred re-sales consultants, Alexo are fully experienced in all aspects of selling homes and will evaluate yours for free. They will also market your home discreetly and present purchase offers promptly. You'll be settled and content in no time at all, enjoying life in the most prized and beautiful corners of the Country.

IT'S NEVER TOO LATE TO HAVE A HAPPY CHILDHOOD

Derek Drew, Evergreen's Managing Director concludes: "Remember, it's not how old you grow but how you grow old that matters. An Evergreen lifestyle - as its name suggests- offers perennially fresh, relaxing, social and communal qualities to those lucky enough to live in an Evergreen Village. However, we have come to understand that there is seldom a satisfactory outcome when new living arrangements become a requirement instead of a choice. So if you have not done so before, visit one of our villages, talk to us and let us help you prepare for making the most of your retirement years."



Evergreen Lifestyle is an Amdec Group brand. Founded in 1989, Amdec is the country's leading developer of new urban lifestyles. Amdec's signature portfolio includes the iconic Melrose Arch (Johannesburg), Val de Vie Polo and Wine Estate, Pearl Valley Golf and Country Estate, Westbrook (Port Elizabeth), The Yacht Club (Waterfront, Cape Town), XtraSpace and The Arch Property Fund.

amdec group
inspiring tomorrow's lifestyles

Cape Town: +27 (0)21 702 3200/2 | Johannesburg: +27(0)11 467 7509
info@evergreenlifestyle.co.za | www.evergreenlifestyle.co.za
 /EvergreenLifestyles | @Evergreen_LS

BERGVLIET | DIEP RIVER | MUIZENBERG | AT LAKE MICHELLE | BROADACRES | SOMERSET WEST