

# EVERGREEN NEWSLETTER

THE ACTIVE AGING EDITION

JULY 2016



**In our last quarterly newsletter we looked at the benefits of friendship within the context of Evergreen village communities. Close friends contribute to our personal growth. They also contribute to our personal pleasure, making the music sound sweeter, the wine taste richer, the laughter ring louder, and that's simply because they are there. This is one of the things that makes village life at Evergreen so special.**

Evergreen Group CEO Arthur Casco sums up the importance of community within Evergreen's approach: "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."

Another aspect and benefit of living within a village community is the encouragement to exercise regularly, along with the opportunities to enjoy companionship when doing so.

*"A central pillar of the Evergreen promise is the promotion of active aging and the management of health. Our focus is upon an active and enjoyable lifestyle that endures. We provide exercise programmes and healthy, balanced meals and there are plenty of walking, golfing, bowling and other communities within our villages: along with fully equipped gyms and heated pools to keep our residents in great shape!"*

Derek Drew  
Evergreen Lifestyle Villages MD

## ACTIVE AGING

*A habit we're establishing daily at Evergreen*

The American College of Sports Medicine has concluded that there is no segment of the population that can benefit more from exercise than the elderly. Many of the changes that physiologists attribute to aging are actually caused by disuse. Using your body will keep it young. Physical inactivity leads to low cardio respiratory fitness and hyper tension, the leading cause of early mortality. So, to get into winter shape and enjoy the best of what the great indoors and outdoors can offer, here are the do's and don'ts to consider.

Poor muscle tone, risk of fractures, obesity, diabetes and premature aging can all be mitigated by regular daily exercise. But how regular and what kind is advisable?

**Endurance exercise:** walking, jogging, and biking are the best for endurance training. A variety of exercise machines in our Evergreen gyms can also do the job, but only if they are used correctly. The key is regular activity. Start slowly if you are out of shape, then build up gradually to 3-4 hours a week. A program as simple as 30 minutes of brisk walking nearly every day will produce major benefits.

**Resistance exercise:** using light weights or exercise machines enhances muscle mass and strengthens and preserves bone calcium. Most men and women can develop an effective home or gym program for themselves. Swimming in our Evergreen Villages' heated pools is a tremendous way to combine endurance and resistance exercise benefits.

**Flexibility training** will help keep you supple as you age. Stretching exercises are an ideal way to warm up before and cool down after endurance exercise. 20 minutes of dedicated time two or three times a week is ideal. Yoga classes are also very helpful.

It would seem that to keep your body as young as possible for as long as possible, keep it moving. Whilst most Evergreen residents stay fit and invigorated, many of us are sedentary by nature, and need to be prodded and encouraged to get active. Here, the walking clubs at our villages play a vital role: Amdec sponsors the club tee shirts and the members ensure that 'team Evergreen' are seen (and heard) at many local charity and fun walks.



*"Happiness and healthiness is what everybody talks about and for us, we have that in abundance here. At Evergreen you start a new life with new people, an experience that we would never change and one that we will hold with us forever."* Evergreen residents, Mr & Mrs Banwell

Evergreen Group CEO Arthur Case explains the brand's approach to active aging and healthcare: "Retirement may be in our name but it's certainly not in our nature. Evergreen residents are not the least bit interested in sitting around and feeling 'old.' Many are active, healthy, and often highly adventurous!"

However, one cannot disregard the fact that a natural consequence of aging is the challenge of managing one's health. In this regard, Evergreen's approach is layered and discreet: care for those who need it, when they need it, and great health and independent, active lifestyles for everyone in order to combat aging and the onset of frailty.

The first layer provides for home-based healthcare, where residents receive care in the familiar surroundings of their homes. This is not only the preferred route, it is also proven to help in recovery. Palliative care may also be provided in the home.

This is further enhanced by regular health clinics in all villages where personalised primary health care is administered by trained and friendly staff. Services include preventative flu injections, regular health checks such as blood pressure, as well as treatment of basic bumps, scratches or sprains.

At Evergreen you'll enjoy peace of mind in the knowledge that - should you need it - care is always at hand. All homes and apartments are fitted with Telecare units. There's always someone to talk to at the push of a button and if needed, emergency services will be dispatched immediately.

Finally, the establishment of a new Frail Care Centre at the Muizenberg village completes the 'continuous care' model by offering 24 hour medical and recuperative care.

## FRAIL-CARE UNIT AT EVERGREEN MUIZENBERG OPENING

Our partnership with national specialist care group, Unique Health, offers us an experienced, brilliantly trained and managed team of carers and nurses to go with our layered and discreet approach to healthcare in every village. We are pleased to announce that our 32 bed frail-care unit in Muizenberg will begin operating in July, to serve our Cape-based residents.

Evergreen Development Director Cobus Bedeker believes that a similar unit at Broadacres is not far off. "With the imminent expansion of the Broadacres Village, we expect to incorporate a Frail-Care Unit into our new Lifestyle Centre in the very near future," he says.

*"Unique Health manages all services offered by the facility: for example, stock and information management, human resource management and in-service training and development. We coordinate all quality management activities into a well-integrated system, which supports quality of care and services."*

**Elize Port, Managing Director of  
Unique Health**



## EVERGREEN VILLAGE NEWS

*Philip Wilson, Evergreen Sales Director reports that the excellent sales over the last quarter in every village would indicate that the brand's reputation is growing, along with the village communities and infrastructures.*

### EVERGREEN AT LAKE MICHELLE

Considering its award-winning eco-estate lifestyle and idyllic setting in the heart of the Noordhoek Valley, it is no surprise that all homes at Evergreen at Lake Michelle are sold. We are now planning the next phase of development, which will be good news to those who missed out on phase 1.

We have only one resale available priced at R3.3 million. We also have an Evergreen home to rent at R16000.00 per month. Contact Cornel on 021 702 3200 to arrange a viewing.

### EVERGREEN MUIZENBERG

At our largest village, the multi-purpose Lifestyle Centre is proving to be a great success since opening to residents in December last year. 90 of the available 109 apartments – each with wonderful mountain or sea views – have been sold, and with continuing brusque sales, those interested in the wonderful lifestyle within a vibrant community in this picturesque corner of the Cape should get in touch soon. Prices range from R150 000 for a studio apartment to R1.8 million for a two bedroom apartment.

#### Evergreen Muizenberg Showcase

We will be hosting an Evergreen Muizenberg Showcase on 27 July from 3pm. To book, please call Cornel on 021 702 3200 or visit [evergreenlifestyle.co.za](http://evergreenlifestyle.co.za) and click on events.

### EVERGREEN BROADACRES

Town and country life flows at a perfect pace in this picturesque corner of Gauteng's Northern Suburbs. On the border of Dainfern, just 3 km north of Fourways and close to William Nicol Drive and Witkoppen Road, Evergreen Broadacres' stunning 2-hectare green belt, beautiful gardens and shady walkways provide tranquil places to relax and revitalize. And new home buyers are in for a treat.

Over 100 of the 130 homes have sold out and are already occupied, but a limited number of new homes remain and are available for immediate occupation. These comprise of large 3 bedroom homes with double garages priced from R2.1 million. All homes are beautifully designed, and fitted out, while the communal areas surrounding them have been beautifully landscaped. They're even pet friendly!

#### Evergreen Broadacres Showcase

We will be hosting an Evergreen Broadacres Showcase on 4th August from 3pm. To book, please call Cornel on 021 702 3200 or visit [evergreenlifestyle.co.za](http://evergreenlifestyle.co.za) and click on events.





## EVERGREEN NOORDHOEK

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



Evergreen Development Director Cobus Bedeker believes that demand for accommodation will be high. "We have recently completed the lengthy compacting and tiering of the land and will begin development of the first 46 homes at Evergreen Noordhoek," he explains. "Along with the typically beautiful Evergreen gardens and landscaping, residents will enjoy fantastic mountain or sea views from a wide choice of three bedroom homes, with prices ranging from R2 million to R2.5 million."

Once complete, the Lifestyle Centre with its dining room, TV lounge, games room, bar, library, indoor pool, gym, salon and healthcare facilities will offer relaxed community living and plenty of opportunities for exercise! **Watch the press for announcements of the upcoming launch of Evergreen Noordhoek.**

## EVERGREEN LIVING

Regular big walks, swimming, exercise and gym groups make for physically active communities. With over 25 clubs active in our villages and with regular events like dances, dinners, wine tastings, arts and crafts fairs, celebrations, movie and murder mystery nights, there's never a dull moment. **Here's a selection of pictures that capture the spirit and diversity of Evergreen's active and socially stimulating lifestyle.**



## Selling, moving & settling in so easy with Evergreen

A reminder that Evergreen's preferred linked-sale property consultants, Alexo Property Brokers are fully experienced in all aspects of selling homes and will evaluate yours for free. They will market your home discreetly and present purchase offers promptly. Also, their sales commission for Evergreen Purchasers is only 3.5%. You'll be settled and content in no time at all, enjoying life in the most prized and beautiful corners of our country.

## WRAPPING UP: *The secret to health & happiness*

Derek Drew, Evergreen Lifestyle Villages MD concludes: "They say that middle age is when your broad mind and narrow waist change places but we don't agree. This quarter's newsletter highlights the fact that no sector of the population benefits more from regular exercise than those over 50. At Evergreen we have all the facilities, amenities and programmes (as well as a healthy dose of encouragement and camaraderie) to make for daily exercise programmes that will see residents live longer, healthier and better! So if you have not done so yet, visit one of our villages, talk to us and let us help you prepare for making the most of your retirement years."



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Bergvliet | Diep River | Muizenberg | At Lake Michelle | Broadacres | Somerset West

Evergreen Lifestyle is an Amdec Group brand. Founded in 1989, Amdec is the country's leading developer of new urban lifestyles with a prestigious portfolio that 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 (W/a:erfront, Cape Town), XtraSpace and The Arch Property Fund.