

Connected

A newsletter to keep in touch with our valued Applewood clients

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Welcome to our second issue of Connected

Our sales team are still working and are eager to show you our beautiful village. Under current Stage 4 government guidelines we are closed for private inspections.

You can still talk to us via phone on 8848 1111, video conference, or using our online chat function on our website at www.applewood.com.au. For our featured property listings see our Applewood Property Showcase on Pages 8-10 of this newsletter or you can view properties for sale on our website.

We are also on Facebook, see the back page of this newsletter for more information.

Village Happenings

In these tricky times our Village Operations team have really had to think outside the square and come up with fun and creative ways to keep our residents engaged and entertained. This July we celebrated Christmas in July. There is a prize for the best dressed home as well as a take-away Christmas dinner at the end of the month.

Everyone loves a competition and our spin on 'find the garden gnome' requires residents to find the hidden lady somewhere within the village environs.

Our in-house TV station has been a great medium to communicate with residents direct to their TVs. Our noticeboard station displays information about what's on at the village and COVID-19 updates from the Victorian Government. We have utilised our new video station as well— updates which normally take place in the form of in-person meetings, are now filmed and the content is streamed directly to our residents TV'S. Our in-house TV also has 5 entertainment channels; including new release movies, classic cinema, family flix, relaxation and lifestyle channels.

Who needs Netflix—not our residents!!

Introducing our new Wellness Hub

Applewood has recently launched its own online Wellness Hub on our website at www.applewood.com.au.

We invite you to explore the Wellness Hub which has 9 different content areas including articles on health and keeping active, recipes, gardening, craft, book reviews, entertainment and TV. Our travel section is currently focused on more 'local' activities but we have lots of fabulous travel content to share with you once we can journey beyond our borders again.

We have also included a tech area to help you keep you in step with your grandchildren on all things related to technology!!



Little Things Go A Long Way...

Our Operations team wanted to do something to ‘cheer up’ our residents so after some team brain storming the “Care Pack” idea was born. A staff member at each village hand delivered a Care Pack to our residents which included such things as a face mask, gourmet teas, hand sanitiser, Tim Tams, puzzles and vouchers. We have been overwhelmed by how a small gesture really did brighten our resident's day. We have been inundated with emails of thanks. Below some of our resident's feedback on the care packs which put a spark in our day too!

“Thank you for the little "survival kit" that was kindly delivered to our villa on Saturday. The thoughtful gesture and of course the useful/delicious/informative content made our day! My husband especially loved the Tim Tams. We also want to take this opportunity to say how much we appreciate all the special things you have done for our village community throughout these difficult COVID19 months.”

“Would you please thank all the staff at Applewood for their ongoing care and support, this latest gesture was so special with so much thought put in to it.”

“The care package is so relevant to our current situation, and I very much appreciate the kind and caring gesture. I must say that if there is a need for us to be in isolation, I can't think of anywhere better to be than Applewood.”

“This morning I received a package together with a lovely smile and chat with Lyndal which gave me such a lift. When I unpacked my 'goodies' and saw what had been given I was amazed at the thoughtful consideration which had been taken - firstly the fact of trying to show that you care, purchasing the items thoughtfully, taking the time to pack them up and then delivering them personally with a cheery word as opposed to just poking it in our letterbox”.



Podcasts

Have you developed a passion for Podcasts yet? The Feedspot blog currently lists the top 50 podcasts for Australians to follow this year, with news and views from across the nation.

To find out more visit: https://blog.feedspot.com/australia_podcasts for some great podcast ideas and suggestions. Below is a list of some of the top podcasts for seniors but remember if in doubt Google it!

- **Casefile: True Crime** – a podcast that proves fact is scarier than fiction.
- **TED Talks Daily** – hear thought-provoking ideas on every subject imaginable.
- **Gardening Australia** – listen to Costa and your favourites at a time that suits you best.
- **Screen Dive** – a look at 20th Century Fox's most iconic films.
- **Without Bias** – a lively, fun and entertaining podcast from the team at Bowls Australia.

The Great Outdoors

Being confined to the house doesn't mean you have to stay inside. Health experts say you don't need vitamin D supplements if you get enough sunlight – the natural source of this vitamin – by getting out in the garden.

Thinking of selling?- This is the ideal time to paint the fence, trim your hedges or do that paving you've been putting off for years.



Start Writing a Book

If you've been putting off writing that great novel or your life story this might be an opportunity to start. You don't have to type it out on your computer or hand write it, you can just tell your story to a smartphone using a dictation app like "Otter", which both records and transcribes at the same time and starts with a free basic plan.

Aussie Trivia



1. What was the name of the first horse to win the Melbourne Cup?
2. Where is the most westernmost point on the continent?
3. Who was the first Australian Prime Minister?
4. Who was the first woman to be elected in an Australian parliament?
5. Who features on the front of the \$50 note?
6. The sapphire is the official gemstone of which Australian state?
7. In which city was the Aboriginal flag first flown?
8. In which state is Mt Disappointment?
9. How many World Heritage Sites are in Australia?
10. Who founded Australia's first commercial brewery?

Digitise your photos

Are you like me and have boxes full of photos? If the answer is yes there is no time like the present to digitise your photos. Before you start the process it is best to sort your photos as this will make the process of digitising much easier. Sort your photos into groups or years or themes and be prepared to discard photos that are blurry or where you have no idea who or what is in the image. The process of digitizing old photos isn't as difficult as you may think. We've put together a list of four ways you can go from the storage box to the electronic album.

Use your smartphone

The easiest and quickest method to digitise your photos is to use your smartphone's built-in camera. Snap away, then upload images from your camera roll directly to your computer. You can also upload these photographs to Facebook and share these fun throwback moments with your friends.

Scan it yourself

If you have a scanner or are prepared to invest in a photo scanner the benefits of having old photos protected, shared, and edited completely outweigh the costs. You can always start small with your most treasured photos; you don't need to scan in your entire collection at once.

Use an app

There's an app for everything, and yes — there are many to help you digitise your photos with your smartphone. Google are just some of the apps available to help you tackle the task at hand.

Outsource it

If you're short on time or patience, there are several companies that do the scanning for you when you send them your photos. <https://www.themagicshoebox.com/> is one such company which operates Australia-wide. So there you have it: 4 ways to breathe new life into your photo prints by digitising them, and making them available for generations to come. Why not take it one step further and create a memorable photo video that tells the story of a special person a time in your life, or an unforgettable event.

BAKED CHICKEN PAELLA



Ingredients

1 onion
3 garlic cloves
Parsley
500 g chicken thigh fillets
2tsp dried oregano
2 vegetable stock cubes
390g diced tomatoes
10g smoked paprika
300g Arborio rice
300g frozen peas
1 Red Capsicum
100g aioli mayonnaise
(optional)

Serves 4.

Method

- Heat the oven to 200C, fan forced. Finely chop the onion. Crush or finely chop the garlic. Cut the capsicum into small chunks, discarding the seeds. Finely chop the parsley, including the stems.
- Cut the chicken into 3cm chunks. Combine the chicken and the oregano in a bowl and season with salt and pepper. Crumble the stock cubes in a heatproof jug, add 500ml (2 Cups) boiling water and stir to dissolve.
- Heat 1 Tbs olive oil in a large, wide ovenproof frypan or casserole over medium high-heat (if you don't have a suitable ovenproof pan, transfer the paella from the frypan to a baking dish to place in the oven when required). Cook the chicken, in two batches, turning occasionally, for 3-5 mins until browned (the chicken won't be cooked through). Remove from the pan.
- Reduce the heat to medium and add 1 Tbs olive oil to the pan. Add the onion, garlic and capsicum, season with salt and pepper and cook, stirring regularly, for 5 minutes or until softened. Stir in the tomatoes, stock and 1 Tbs smoked paprika and bring to a simmer. Add the rice and cook, stirring regularly, for 5 minutes or until softened. Stir in the tomatoes, stock and 1 Tbs smoked paprika and bring to a simmer. Add the rice and cook, stirring for 1 minute or until well combined.
- Press the chicken on top of the rice mixture, cover the pan with a lid or foil and transfer to the oven. Bake for 30 minutes or until the rice is tender and the liquid is absorbed. Meanwhile, bring a medium saucepan of water to the boil. Cook the peas in the pan of boiling water. Drain.
- Stir the peas and half the parsley into the paella. Taste, then season with salt and pepper. Divide the paella among bowls. Scatter over the remaining parsley and serve with the aioli.

Applewood Feature Properties

Applewood Sales Team



ALISON MC CARRON



HEIDI PRATT



Property Showcase 4 Dunbarton Reach - \$625,000

Just a short stroll to the Applewood Community Centre, this delightful villa offers spacious living and a great sized Master bedroom.

Property Features:

- Well-designed kitchen open-plan living and dining area.
- Private courtyard.
- The master bedroom includes ensuite and walk-in robe.
- 2 bedroom can be used as a study or separate sitting area.

Applewood Feature Properties



Property Showcase Apartment 50 - \$799,000

Property Features:

- This stylish apartment offers a model of independent living, both for today and for the years ahead.
- The kitchen is equipped with stone bench tops, and Blanco appliances including dishwasher.
- There are two bedrooms, the main bedroom offering a walk through robe and two way bathroom, whilst the second bedroom has built in robes.
- Spacious open plan living and dining open to a balcony with stunning views.

FOR MORE INFORMATION

WWW.APPLEWOOD.COM.AU

Applewood Feature Properties



Property Showcase 7 Parkhurst Mews - 490,000

Property Features:

- This beautiful 2 bedroom villa is situated in the heart of Applewood's leafy gardens.
- Open plan living/dining area opens to the balcony with sensational treetop views, there is ducted heating and cooling for year round comfort, and the single lock up garage has direct internal entry to the home.
- The master bedroom features built in robes, and direct entry to the two way bathroom, whilst the second bedroom offers a built in robe, and could also be utilised as a study or sitting room.

FOR MORE INFORMATION

WWW.APPLEWOOD.COM.AU

Support for Seniors During Covid-19

Did you know The Commonwealth Department of Health has provided support available to all seniors during COVID-19:

- Assistance with food and meals including prioritised online grocery ordering and urgent referrals to meal providers.
- Access to MBS telehealth services so senior Australians can talk to a GP or other allied health professionals without having to leave home.
- Home medicine delivery through pharmacies, enabling people to have prescriptions delivered to their home.
- Community Visitors Scheme to support senior people receiving Home Care or Residential Care who may be feeling more isolated during the COVID-19 pandemic through phone and virtual friendships.
- The Older Persons COVID-19 Support Line – 1800 171 866, which provides information and support to senior Australians, their families and carers.
- Friend Line telephone support service – 1800 4 CHATS (1800 424 287) which offers a free and anonymous telephone service that provides senior Australians with the opportunity to chat with a volunteer.

Trivia Answers - Page 4

Aussie Trivia

1. Archer
2. Steep Point, Shark Bay
3. Sir Edmund Barton
4. Edith Cowan
5. David Unaipon
6. Queensland
7. Adelaide
8. Western Australia
9. Nineteen
10. James Squire



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