



A WORD  
FROM JULIA  
BEYONDBLUE



# Beyond Blue

**Beyond Blue Chair the Hon Julia Gillard AC writes about the importance of remaining connected, kind and compassionate during the Covid19 outbreak.**

These are uncertain times. There are many unknowns. As humans, we are hardwired to crave stability. If you are feeling worried and unsettled its perfectly understandable.

I have felt this myself during my recent period of self-isolation in London. At an event for young people in London I spent quite a bit of time with Sophie Trudeau, the First Lay of Canada. When she became unwell and tested positive for COVID19, I was concerned about becoming sick a long way from home. What I found reassuring was that the public health advise was so clear. It was recommended to isolate for 14 days from the time of contact. Fortunately I stayed fit and well in that period and all my

London friends and colleagues , as well as visiting Aussie mates, made sure I had food and stayed connected with video conferences, calls and silly messages. On my return to Australia I had another 14 days of self isolation, and both my family and friends helped through this. For me, this experience has reinforced how a significant part of the solution to this pandemic rests with us. The daily decisions are critical and every single one of us has a part to play. Our individual acts can have a powerful collective input, helping protect those most at risk in our community.

At Beyond Blue, we are not infectious disease experts. All we can do in relation to physical health is echo what is being said by those with greater knowledge. But we do know about mental health and we understand that these are stressful times.

It is perfectly normal to feel a level of Anxiety about events unfolding here and overseas, and question how they will impact of you, your family and friends. Uncertainty about what will happen next and the disruption to our routines can make it difficult to stay grounded and can increase the feeling of helplessness. But we are not helpless.

Just as there are practical steps to reduce our risk of catching or spreading the virus, there are many things we can do to minimise distress and strengthen our emotional wellbeing.

Firstly, if the constant stream of news about the virus is causing heightened anxiety —switch it off.

While its important to stay informed, you don't need to be plugged in 24 hours a day. Seek updates daily. Then, move on to activities that lift your spirits. While its normal to have concerns about this pandemic, some of the best minds in the world are working around the clock to keep us all safe.

Taking care of your body can also help to take care of your mind and help build resilience.

We cannot let panic and fear divide us. We all have a role to play in ensuring our communities are safe and healthy and that we can all access support if needed.

At Beyond Blue, we are doing all we can to provide connection and information. Please take the time to look at the Beyond Blue website for more information.

**THE VERY BEST OF HUMANTY IS THE SPIRIT OF COMMUNITY**

[Beyondblue.org.au](http://Beyondblue.org.au)

November 2020

Issue 7

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**LOOK  
ASK  
LISTEN &  
SUPPORT**

**Coronavirus  
and mental health**

**Not Alone**



## Messages from our Directors ...

Dear Residents and Newsletter Readers,

Welcome Everyone, dare I say it but it is fast approaching the festive season. Footy has finished and how good is that "Dusty" bloke. The days are getting warmer and longer.

I had a great question from Barbara Hosking of Brighton, South Australia who is thinking about joining the Moonta Lifestyle Village Community. With selling her ageing unit in Brighton she could comfortably afford the transition to a brand new 2 bedroom home with a garage in the picturesque seaside town of Moonta. The idea of the boutique village and living with like-minded people in a very affordable location is very appealing. Barbara's biggest concern of leaving Adelaide was the rules about whether the grandchildren could visit as she had heard that wasn't allowed. Well Barb, please let me put your mind at rest. Yes our villages are operated under the Retirement Village Act but there is flexibility under this Act and we not only allow visitors especially grandchildren but we encourage it. Our Village Rules state that visitors are allowed to stay up to 2 weeks. Beyond this length of time Management approval is necessary and the resident is to ensure that there is no disruption to other residents by guests. Thanks for your great question.

So in summary it's a YES !!

If you want to see what all the fuss is about give Kellie or Amanda a call for a No Obligation tour. If you have any questions regarding Lifestyle Living please forward to Kellie or Amanda and I will respond in the next Newsletter.

Please stay safe, in good health and protect yourself with Retirement Village Act.

*Kind Regards,*

*Brad Perks*



Hello everyone and welcome,

Well here we are in November ..... Wow where did the year go ? So the footy has come to the end for another year and now we turn our attention to the cricket.

That means warm weather, longer days and even the odd BBQ over summer with family and friends.....I can't wait.

I want to welcome our latest Residents that have moved in to both PPLV and the MLV I am sure you will love Village life, being surrounded by other great residents of similar age and interests.

I am sure both Kellie and Amanda will look after you and make you feel at safe and welcome for many years to come.

The Sales inquiry we currently have for both Villages is probably the best we have ever seen in the last 20 years, I guess with COVID, people want to feel safe and protected.

It is also comforting for family to know Mum and Dad are surrounded by quality neighbours and have the security of knowing Kellie and Amanda are always around to be sure all our residents are safe.

If you add in the fact that Mum and Dad don't have any maintenance to worry about, they can spend more time enjoying retirement..... Is that how life is meant to be ????

Until next time please stay safe and healthy and most of all just enjoy life !!!

Kindest regards,

Gary Wahlstedt

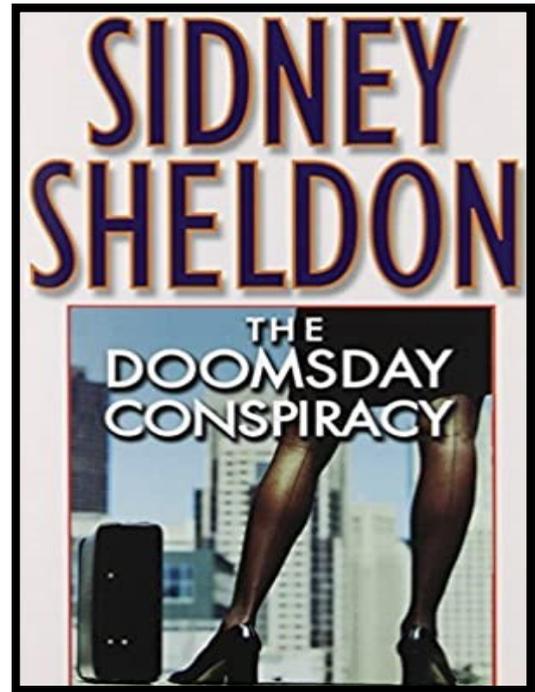
## Book Review

### The Domsday Conspiracy

When a mysterious weather balloon crashes to earth in the Swiss Alps, the head of the NSA handpicks Robert Bellamy to track down and identify the ten known

witnesses to the event. A man whose obsession with his covert assignments has cost him the only woman he can ever love, Bellamy now faces the impossible. But as he searches for clues from Rome to Budapest to Texas, this mission blows up in his face -- and rips the lid off an incredible conspiracy that stretches around the globe and even into space...

Alone and betrayed on every side, Bellamy must run for his life -- holding an astonishing secret and the key to the planet's very survival.



## CUCUMBER SALAD

### Ingredients

- 3 large organic cucumbers
  - 1/2 tsp salt
  - 1/2 red onion, thinly sliced
  - 3/4 cup sour cream
  - 2 tbsp sugar
  - 1 1/2 tbsp distilled white vinegar
  - 1 tsp dried or fresh dill weed
- Fresh ground black pepper, to taste

### Instructions

1. Use a mandolin or sharp knife to thinly slice the cucumbers (careful!).
2. Add the cucumbers and salt to a mixing bowl and mix. Let stand for 30 minutes.
3. Press the excess water out of the cucumbers with a paper towel.
4. Add the red onions to the cucumbers.
5. Add the remaining ingredients to a bowl and stir.
6. Use a spatula to transfer the dressing to the cucumbers and toss well.
7. Chill in the refrigerator until ready to eat.

## SA Lifestyle Village Group

Moonta Lifestyle Village  
7 Barbary Court  
Moonta SA 5558

Port Pirie Lifestyle Village  
54 Wandearah Road  
Port Pirie SA 5540

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0437 692 114  
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## SUDOKU.....

5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
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				8			7	9

Life's only just begun ...

## JOKE OF THE MONTH

A father passing by his son's bedroom was astonished to see the bed was nicely made and everything was picked up. Then, he saw an envelope, propped up prominently on the pillow. It was addressed, 'Dad'. With the worst premonition, he opened the envelope and read the letter, with trembling hands.

Dear, Dad.

It is with great regret and sorrow that I'm writing you. I had to elope with my new girlfriend, because I wanted to avoid a scene with Mum and you.

I've been finding real passion with Stacy. She is so nice, but I knew you would not approve of her because of all her piercing's, tattoos, her tight Motorcycle clothes, and because she is so much older than I am.

But it's not only the passion, Dad. She's pregnant. Stacy said that we will be very happy. She owns a trailer in the woods, and has a stack of firewood for the whole winter. We share a dream of having many more children.

Stacy has opened my eyes to the fact that marijuana doesn't really hurt anyone. We'll be growing it for ourselves and trading it with the other people in the commune for all the cocaine and ecstasy we want. In the meantime, we'll pray that science will find a cure for AIDS so that Stacy can get better. She sure deserves it!

Don't worry Dad, I'm 15, and I know how to take care of myself. Someday, I'm sure we'll be back to visit so you can get to know your many grandchildren.

Love, your son, Joshua.

P.S . Dad, none of the above is true. I'm over at Jason's house. I just wanted to remind you that there are worse things in life than the school report that's on the kitchen table. Call when it is safe for me to come home!



Create your lifestyle in Moonta where the land meets the sea

# Moonta Lifestyle Village



## Save the app that could save your life.

'Emergency +' is a national app developed by Australia's emergency services and their Government and industry partners, helping people to call the right number at the right time, anywhere in Australia. The app uses a mobile phone's GPS functionality so callers can provide emergency call-takers with their location information as determined by their smart phone. 'Emergency+' also includes SES and Police Assistance Line numbers as options, so non-emergency calls are made to the most appropriate number.

When calling Triple Zero (000), remember to stay focused, stay relevant, and stay on the line. Before you call, ask yourself:

- \* Is someone seriously injured or in need of urgent medical help?
- \* Is your life or property being threatened?
- \* Have you just witnessed a serious accident or crime?

If you answered 'Yes' to any of these questions, call Triple Zero (000). Triple Zero calls are free.



## NOVEMBER 2020

### Moonta Office Hours

Monday to Friday  
10am - 4pm  
excluding public holidays

### MLV November Birthdays

Nil

### MLV Residents Lunch

**Thursday, 19th November**  
**Moonta Hotel at 12 noon**  
RSVP to Kellie by 17/10/20



Moonta Lifestyle Village

7 Barbary Court

Moonta SA 5558

Contact:

Kellie Schache

0437 692 114

kellie@salvg.com.au

Like us on:  
**facebook**

# FOR SALE



**Unit 9 - \$247,500**



**Units 25 & 26 - \$209,500**

**Unit 14 Currently Under Construction \$250,500**  
**Ring Kellie on 0437 692 114 for more info.**

# SOLD



# UNDER CONTRACT



Create your lifestyle in Moonta where the land meets the sea

Moonta *Lifestyle* Village

## Moving into a Village

When the decision to move to a retirement village has been made, the reality of “the move” can be overwhelming. There is so much to do!

The situation can be even more daunting for people living on their own and for those who are physically challenged or whose families are too far away to help.

So, where do you start? If you're on the downsizing journey, always take one step at a time.

First and foremost, know how much space you will have in your new home. Once you know this, you will have some idea of the amount of things you can bring with you.

Most people will have gathered a life time's worth of well-loved belongings, so it can be difficult to decide what to keep and what to let go of.

And it can be a very emotional process.

Taking an inventory of all your belongings, then asking yourself what you would take with you in the event of a bushfire can help you in the decision making process. It will help you take stock of what is important to you, what you can live without and the things you can replace.

### What else should I consider?

Taking the time to properly plan your move will help you achieve everything in the ideal timeframe; this will minimise costs and stress, and maximise profit/income. Other points you need to consider include:

- Paperwork such as redirecting mail, disconnecting utilities, change of address notifications
- The steps needed to be taken, such as cleaning and gardening, to prepare your property for sale or lease
- The physical aspects of packing and transporting your belongings in your new home
- Assistance in moving into your new home such as unpacking, ensuring furniture is in position, installing electronic devices and hanging pictures etc.

### Where to find help

Moving house requires help and don't be afraid to ask for it early on.

There are specialists that can help in many areas of a move such as:

- Assisting with sorting through household contents and possessions and decluttering
- Disposing of excess items through sales or charities
- Organising, coordinating or assisting with the physical move such as packing, arranging transportation and unpacking in your new home
- Cleaning, repairing and presenting your home and garden for sale/lease
- Assisting with paperwork such as organising mail redirection and disconnecting utilities

They will not only help coordinate and manage your move, but they will also help relieve you, or your loved one, of the stress and hassle that comes with moving.



**NOVEMBER 2020**

**Sales Office Hours**

Monday to Friday

10am - 4pm

Excluding public holidays

**Port Pirie Lifestyle Village**  
**54 Wandearah Road**  
**Port Pirie SA 5540**

**Contact:**

Amanda George

0418 858 274

admin@salvg.com.au

 **Like us on:**  
**facebook®**

# FOR SALE



**Unit 47 - \$210,000**



**Unit 53 - \$235,000**



**Unit 56 - \$235,000**

# SOLD



# UNDER CONTRACT



port pirie *Lifestyle* village