

# Residential Aged Care

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Lower Plenty  
Garden Views

Hospitality  
Healing  
Stewardship  
Respect

Continuing the Mission of the Sisters of the Little Company of Mary

# WELCOME TO CALVARY LOWER PLENTY GARDEN VIEWS

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Our home is a place of serenity where all residents receive the exceptional care for which Calvary is renowned. Lower Plenty Garden Views is enveloped by natural light and surrounded by nature with a beautifully tended garden and a tranquil fountain, while being conveniently located on Main Road.

The home has been carefully designed, for both comfort and convenience, with private lounge areas and courtyards but also social hubs such as the cinema, hair salon or the popular dining hall. Our engaging lifestyle program is tailored to each resident with a focus on cognitive stimulation and the promotion of wellbeing.

In every way, at Lower Plenty Garden Views, we want our residents to enjoy the best quality of life which Calvary can offer.

“As one of the leading not-for-profit healthcare providers in Australia, our mission is to provide quality, responsive and compassionate health, community and aged care services through ‘being for others’.”

Calvary Health Care



## LIFESTYLE



## Community, Entertainment & Exercise

From our Laugh Out Loud group to spiritual services, there's always something happening at Lower Plenty Garden Views. Our lifestyle program offers a rich and rewarding range of activities designed for the wellbeing of everyone.

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Watch your favourite film in our on-site cinema or enjoy a music performance and fun singalongs.

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With beautiful gardens and courtyards, there are outdoor spaces and fresh air to enjoy at all year round.

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Play some golf with friends on our very own putting green.

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Keep your mind healthy and sharp with a range of board games, cards, quizzes and other social activities.

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With local community visits, you'll stay connected to everything you already love about Melbourne's North-East.

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Enjoy the convenience of a haircut in our own salon.

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# CARE + FOOD



## Health, Wellbeing & Safety

Never has proper and safe care been more important than now. At Lower Plenty Garden Views, our healthcare professionals follow strict health and safety rules while ensuring that the individual's wellbeing is always at the centre of everything we do.

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24/7 nursing care

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Permanent aged care, respite and palliative care

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Dementia-friendly environment

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Individualised support and therapy plans

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Keep your own doctor

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## Hearty, Nutritious & Delicious

We serve a seasonal menu prepared fresh by our chef. Our sample menu is just a taste:



### *BREAKFAST*

**Continental breakfast spread**  
including cereals and porridge,  
fresh fruits with yoghurt

**Cooked breakfast**  
scrambled eggs and mushrooms

### *LUNCH*

**Lamb and rosemary sausages**  
with steamed rice, buttered  
carrots, silverbeet

**Pasta**  
with roast pumpkin, feta and basil

**Pears with custard**  
and cinnamon oat crumble

### *DINNER*

**Tomato basil soup**  
with bread or bread roll

**Carrot, zucchini and bacon slice**  
with green beans, sweet potato

**Variation of mixed sandwiches**  
**Chocolate mousse**



#### **COVID safe**

We have a Covid-19 Outbreak Management Strategy and are committed to keeping our residents and staff safe.

STAY



Lower Plenty Garden Views is a welcoming and supportive place to live. There are several accommodation options for singles and couples.

## Cosy, Comfortable & Spacious

Single rooms, some with private ensuites

Adjoining rooms available

Relaxing day rooms, lounges and dining areas

Beautiful gardens, terraces and courtyards

Putting green



**Free Wifi**

Lower Plenty Garden Views offers free Wifi for all residents.



## STAFF + LOCATION



### Passionate, Professional & Dedicated

Our staff are at the centre of Calvary. We follow the principle that happy staff means happy residents and we are united by our mission of 'being for others' to deliver excellent care, every day.

We are proud that almost everyone who works at Lower Plenty Garden Views is a Calvary staff member, including our care, kitchen, maintenance and cleaning staff. This means we have all undergone the rigorous Calvary recruitment process and that we are being frequently trained and educated in our professions.

Home Manager with a nursing background

Qualified care staff, guided by our 135-year history in care

Stringent recruitment process

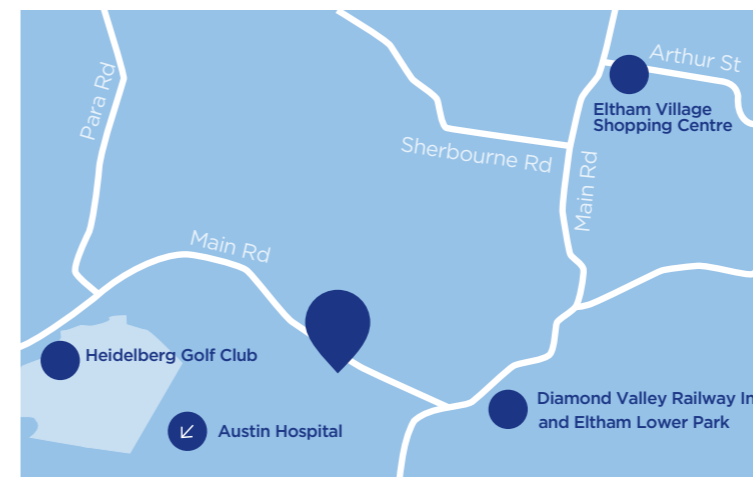
Continuous training and education

### Picturesque, Friendly & Accessible

The best of the bush, with the city and suburbs in easy reach.

Lower Plenty Garden Views is nestled among nature, just a short drive from local cafés and shops, yet offers convenient access via the freeway and public transport.

Our residents enjoy catching up over a coffee, exploring local nature trails, or keeping active at the nearby Heidelberg Golf Club. A day out with family and friends can include a visit to the nearby Diamond Valley Miniature Railway or a picnic at Eltham Lower Park.



**Austin Hospital**  
11 km, 14 min drive



**Heidelberg Golf Club**  
3.1 km, 5 min drive



**Eltham Lower Park**  
1.3 km, 3 min drive

# LIVING + JOURNEY



## Individual Care & Wellbeing

At Calvary Lower Plenty Garden Views, our residents can enjoy the following aged care services:

### Short-term Respite

Respite care is ideal for when family and friends need a short break from looking after their loved one, or when an elderly person has left hospital and is not quite ready to return home. Individuals generally stay for a minimum two weeks. Meals, laundry, cleaning and any clinical care required are all provided, and residents are encouraged to take part in the leisure and lifestyle activities.

### Residential Aged Care

Residential aged care is when an individual moves into one of our homes. They have the benefits of 24-hour care, beautiful and homely accommodation, meals and domestic services, and both social and mental stimulation through leisure and lifestyle activities. Care is tailored to the individual.

“At Calvary Assist, we will help you navigate the journey to the care that is most suitable, ranging from respite to residential aged care, dementia care or palliative care.”

Your Calvary Assist team



## Trust, Support & Confidence

Calvary is proud of the comprehensive support we provide to our residents on their journey into aged care - and we know there's a lot of questions.

That's why in 2019, we created the Calvary Assist team. Formed from our most passionate and caring team members who have a wealth of experience. Our dedicated customer service team is here to assist with every step along the journey. From enquiring about homes in your area, to providing assistance and guidance in understanding the aged care journey, our Calvary Assist team is here to help.

Calvary Assist - 1800 52 72 72  
Monday to Friday, 9am-5pm

# ENQUIRE TODAY

Call 1800 52 72 72

Visit [calvarylowerplentygardenviews.org.au](http://calvarylowerplentygardenviews.org.au)

Scan the QR code



Founded in 1885 by the Sisters of the Little Company of Mary, Calvary is a charitable, not-for-profit, Catholic health care organisation.

Our mission is to provide quality, responsive and compassionate health, community and aged care services through 'being for others'.

With over 18,000 staff and volunteers, we have a national network of 14 Public and Private Hospitals, 72 Residential Aged Care and Retirement Villages and 19 Community Care service centres.



Calvary would like to thank all residents, family members and staff who helped to create this brochure.

Where images from this home are unavailable, photography from our other homes may be used.

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Calvary Lower Plenty Garden Views  
390 Main Road  
Lower Plenty VIC 3093  
Call 03 9430 2400

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

