

# Residential Aged Care



**Calvary**

Narracan Gardens

Hospitality  
Healing  
Stewardship  
Respect

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

# WELCOME TO CALVARY NARRACAN GARDENS


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Surrounded by beautiful greenery in the picturesque town of Newborough, Narracan Gardens is a place to enjoy a life of tranquillity in a high quality environment with excellent care, all delivered to the high standard for which Calvary is renowned.

All of our single and companion rooms have private ensuites and look out over the carefully maintained gardens, with some rooms also featuring their own private courtyard.

Whether catching up with visiting family in the on-site café, heading out to the nearby Botanical Gardens or RSL, or enjoying our engaging lifestyle program with new friends, we want you to enjoy a full quality of life in every way at Narracan Gardens.





“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

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## Community, Entertainment & Education

From knitting and walking groups to barbecues and bus trips, there's always something happening at Narracan Gardens. Our lifestyle program offers a rich and rewarding range of activities designed for the wellbeing of everyone.

Watch movies in style, enjoy a musical performance or fun singalong.

With gardens, courtyards and a barbecue area, there are outdoor spaces and fresh air to enjoy at any time.

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

Brush up on a skill or develop a new passion, with a range of activities on offer such as woodwork, dance, arts and crafts.

Our residents practice multiple religions, with church services and bible studies available.

Enjoy the convenience of a haircut without leaving home.



# CARE



## Health, Wellbeing & Safety

With round the clock care, the health of body and mind rests in the best of hands. At Narracan Gardens, we offer a level of care suited to each resident.

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Permanent aged care and respite

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Memory Support Unit for people living with dementia

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24/7 nursing care

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GP of your choice

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Dedicated bariatric care suites

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Palliative care

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### COVID safe

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

# FOOD



## Healthy, Hearty & Delicious

We serve a seasonal menu prepared fresh by our chef. Here's just a taste:



## Sample Menu

### BREAKFAST

Continental breakfast spread



Cereals and porridge



Fresh fruits with yoghurt

### LUNCH

Roast chicken and vegetables



Apple crumble with cream

### DINNER

Creamy mushroom soup



Quiche Lorraine with garden salad



Caramel mousse

STAY





Our accommodation, along with a range provides a welcoming and supportive place to live. Our companion rooms are perfect for couples who would like to live together while receiving the benefits of 24-hour care.

## Cosy, Comfortable & Modern

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Single and companion rooms available

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Deluxe rooms with private courtyards

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Lounge/sitting areas

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Main dining room

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Private dining room for functions

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Café

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Well equipped gym

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# STAFF



## 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 common goal to deliver excellent care, every day.

We are proud that almost everyone who works at Narracan Gardens 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.

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Home Manager with a nursing background

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

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Stringent recruitment process

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Continuous training and education

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# LOCATION

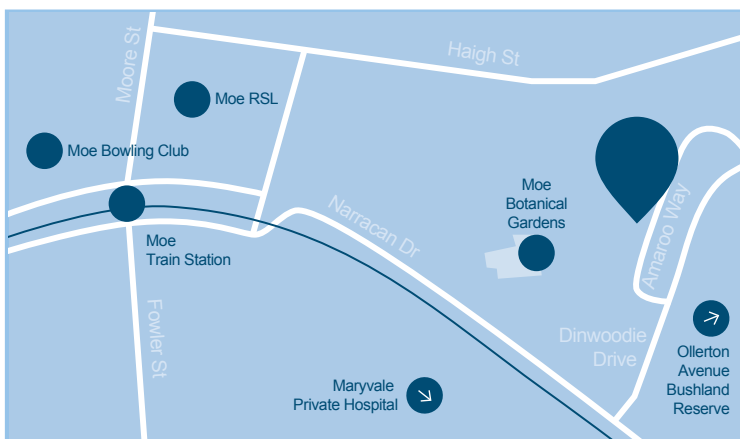


## Picturesque, Friendly & Accessible

Narracan Gardens is the perfect place to enjoy life in Newborough.

Set in the beautiful countryside of Gippsland, Newborough is a charming town known for its creative people and friendly community. Narracan Gardens is ideally positioned in a quiet residential area. Local shops, buses and everything you need just a short drive from home.

At Calvary, we maintain close links with the surrounding community, with regular visits from guests and local groups.



**Maryvale Private Hospital**  
18.6 km, 17 min drive



**Moe Botanical Gardens**  
400 m, 5 min walk



**Yallourn Golf Club**  
5.8 km, 7 min drive



# LIVING + JOURNEY

## Individual Care & Wellbeing

We ensure that you are cared for. At Calvary Narracan Gardens, you 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 available.

### 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 the leisure and lifestyle activities available. Care is tailored to the individual.

### Rehabilitation Care

Rehab care is short-term, supporting older people following a hospital stay. The major goal of rehabilitation is for older people to achieve mobility and self-care with minimal assistance. Our on-site physiotherapist and care coordinator will work together with you to tailor a rehabilitation program that best suits you.



“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.”

Jess Suraci  
Calvary Assist Manager



## Trust, Support & Confidence

Calvary has a long history of supporting our residents as they take the 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 you with every step of your 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

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To arrange a complimentary tour, please call us on **1800 52 72 72** or visit **[calvarycare.org.au](http://calvarycare.org.au)**



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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17 Amaroo Way  
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