

Village Times

KERIKERI
RETIREMENT
Village

JUNE 2013 | ISSUE 2



Betty Petrie - Village Manager

It may be colder outside and the days shorter, but we find we still have much to be grateful for.

Many people have been interested in the changes to the care facility building during the recent construction works and I am pleased to be able to announce that the end is in sight.

Welcome... TO OUR NEWSLETTER

The changes look great and we hope that you are as proud as we are to have a facility of this calibre, providing services to the elderly, right here in Kerikeri. You can see read about our progress inside this newsletter.

What we have ended up with, is extra capacity to care for those with dementia, and those needing rest home level care. We have also increased our capacity to cater Meals On Wheels locally, see below for details.

Springbank School is undertaking a project in the village to improve the Social Centre functionality and

ambience for the older people of Kerikeri. This is a community enterprise project and they are hoping to work with the community to bring the project to fruition. See page 7 for more information.

Following on from the enormous success of our inaugural Senior's Expo, we are planning a second expo in October of this year. See inside or visit our website for details on becoming an exhibitor.

In this issue you can also check out our latest adventures and the properties we have available.

Sit back, relax and enjoy.



Meals On Wheels

HEALTHY FOOD DELIVERED TO YOUR DOOR

'Meals On Wheels' is a community based service, run by the Kerikeri Retirement Village, under contract to the Northland District Health Board. The meals are prepared and packaged by our staff in the Kerikeri Retirement Village Kitchen, before being delivered by Red Cross volunteers.

The meal service caters for most tastes and dietary needs and is available to anyone referred by the hospital, and to private paying clients. Meals are delivered fresh and hot, within Kerikeri, up to 5 days a week. Tasty and nutritious, the menus change often to take advantage of seasonal produce and to provide plenty of variation.

To find out whether you or someone you know is in the delivery area and qualifies for this service, contact the Meals on Wheels representative Bay of Islands Hospital on 09 404 2858.



Renovations update

The work in the Paterson rest home is complete and the large new premium rooms are now occupied. Landscaping outside these rooms will begin when the builder's sheds have been removed.

The Tui dementia unit is well under way with just flooring and painting to go. The larger, more homelike space is fantastic and we have two new residents joining us soon.

The workmen are currently finishing laying flooring and painting in the kitchen, laundry area and the relocated staff room and this

should be done by the second week of June.

The expanded kitchen will allow us to manage the growth of our retirement village and to ensure we can keep up with demand for Meals On Wheels.

Since renovations started on January 7th, we have been in a constant state of disruption. Thanks to the patience and good humour of residents, their families and staff, and with the cooperation of the builders and the subtrades, we have been able to see the process

through without any loss of service. We are extremely proud of the great facilities we have been able to add for the elderly of Kerikeri.

While we have sufficient funds to complete the build, we still need to fundraise for the specialist furniture and fittings that will make life more comfortable for our residents.

To make a donation
visit our website
[http://kerikerivillage.co.nz/
make-a-donation](http://kerikerivillage.co.nz/make-a-donation)



Volunteers at the Kerikeri Retirement Village are an integral part of the care we provide. As a not-for-profit organisation we are extremely grateful for the time given by our volunteers and we know our residents love the extra interaction too, especially those whose families live away from the area so don't get regular visitors.

Can you spare an hour?

Volunteers handle all manner of tasks such as helping residents select their library books, accompanying them on a short stroll or serving morning or afternoon tea.

Something as simple as helping the residents with correspondence, or providing a listening ear, frees up nurses and caregivers to spend more time with those that require specialist assistance.

Right now we're looking for more volunteers and in particular we need caring, enthusiastic people to help with:

- Arts and Crafts
- Flower Arranging
- Woodworking Class
- Reading to Residents
- Assist with Social Activities & Outings

We know time is precious but just one hour a week can make a huge difference to the happiness and wellbeing of our elderly. No experience is necessary and training will be provided. If you can spare some time, we'd love to hear from you.

To find out more call reception on 09 407 0070



Wynn & Gladwin Judd

Isabella Trail

The Village People

by Pete & Norma Roffey

A series of serious illnesses within our family between 2007 and 2009 changed our perspective on life.

Sayings like "just do it" and "there's no time like the present" seemed to jump out at us. Most of our wishes were travel based and involved visiting family in Napier, going away in our caravan or travelling overseas.

After our daughter recovered from an illness we decided to take a family holiday to celebrate. Ma, pa, daughter, sister-in-law and granddaughter all went on a cruise. Never having done one before we weren't too sure, but before we disembarked we had booked the next one and the habit hasn't been satisfied yet.

That's when we began to think about the problems that arise when you leave home for a while. Things like security, lawns and mail all have to be considered.

So in 2009 we decided to sell our home and move into Kerikeri Retirement Village. Having been on the Board for over 10 years we already knew it was good place to live. With so many places to

go and things to do the Village gave us a great base from which to enjoy life.

All our worries about going away were solved and we also gained some fantastic neighbours and friends. Although she lives nearly 700kms away, our daughter has the peace of mind that if something goes wrong expert help is close by... it isn't going though because we haven't got time to be ill!

We consider ourselves very fortunate to be members of "the village people". It really is a great place to come home to.



Pete & Norma Roffey

Hospice Relocation

Following the announcement in November that Hospice would be closing their respite unit at Kerikeri Retirement Village, the agreement between the organisations is now drawing to a close.

When Hospice officially vacates the premises in June, we will return a mutually agreed amount of funding to Hospice to assist them to implement their future plans.

Chairman of the Kerikeri Retirement Village John Baird says, "we have worked with Hospice for over 12 years and although we will be in different locations our joint commitment to provide care for families most in need is still our main priority".

He says the extra bed space has come at a good time as we face increasing demand to provide care for people with higher level needs. He adds "it's always better when someone does need to go into care that they are able to stay in their local community where they can have friends and family nearby".

The extra space, together with the extensions currently underway to the main care facility and dementia unit, will significantly increase our ability to meet the needs of people in the local community.

The Retirement Village Lifestyle

Choosing a village that meets your needs and expectations can help enrich your quality of life and can ensure that you continue to live a full and happy retirement.

A retirement village offers a fantastic lifestyle to those who want to live independently whilst enjoying the benefits that a village community can provide. People can enjoy the retirement village lifestyle whether they are 60 or 90 years of age. Kerikeri Retirement village is conveniently located near the centre of town, close the golf course, the water and popular cafes and restaurants, so our residents need not give up any of the things they love when relocating.

The term 'retirement village', covers an ever increasing variety of accommodation and services for people over 55 years of age. There are many different types of retirement villages available to choose from. Kerikeri Retirement Village offers cottages, apartments for independent living as well as rest home care for the later stages in life, making us a great choice for retirement no matter what your age or care requirements.

Each village is unique in what it has to offer. Kerikeri Retirement Village focuses largely on quality of life by offering a range of activities and outings to all

residents including Tai Chi, Indoor Bowls, concerts and monthly dinners. We also run social days for the community by providing an environment in which people can keep active and social with other individuals of a similar age.

Some benefits of a retirement village:

- Enjoy the privacy of your own home (Cottages & Apartments) without the worry of maintenance
- Maintain independence in a supportive environment
- Have peace of mind from 24 hour 'on call' assistance
- Gain access to a variety of services and recreation facilities
- Eliminate the need to worry about security

Living in a retirement village you have the best of both worlds, you can enjoy the benefits of privacy and security whilst not having to worry about maintaining your home. Choosing a village which suits you can enrich your life and give you the time to pursue your interests amongst friends.

The most common phrase we hear from existing residents is "I wish I had made the decision to move sooner."

OPEN HOMES

Thursday 20th June 11am – 3pm

We have several newly refurbished cottages and apartments available now and we invite you and your friends and family to join us for a no-obligation tour of these properties during our forthcoming OPEN HOMES.

No appointment necessary, just visit reception and we'll arrange a tour.



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www.kerikerivillage.co.nz



Cottages and apartments available for viewing

■ Cottage 11

The Close \$350,000

Large North facing lounge/dining and separate dining/office room, 2 bedroom, one bathroom and separate toilet, internal access garage and private garden. The new kitchen is underway. This property is under offer.

■ Cottage 18B

Wendywood Lane \$330,000

3 bedroom, 1 bathroom and separate toilet. Internal access garage plus separate garage. New kitchen and bathroom, newly painted and carpeted. Great décor and a large outdoor area. This property is under offer.

■ Cottage 18A

Wendywood Lane \$320,000

2 bedroom, 1 bathroom. Internal access garage. Currently under renovation which will include a new paint and carpet throughout. This property is under offer.

■ Cottage 29

The Close \$350,000

Large living area opening on to attractive garden, 2 bedrooms, 2 bathrooms and internal access garage.

■ Cottage 54

2A Stella Drive \$440,000

Spacious open plan lounge, 3 bedroom, 3 bathroom. Internal access garage. Attractive raised garden and patio area, new kitchen and bathroom, newly painted and carpeted throughout. A spacious house with loads of storage space and some nice features including en suite with bath and a walk in wardrobe. A must see.

■ Apartment

Wendywood 5a \$168,000

Located at the front of the apartment complex, it has a new kitchen, (no oven or hob), and a refurbished bathroom.

■ Apartment

Apartment 11 \$170,000

Located in the interior with courtyard patio this apartment is newly refurbished and has a new kitchen with built in oven and hob.



Cottage 29



Cottage 54

No appointment necessary, just visit reception and we'll arrange a tour.

For more info contact Frances Shaw on 09 407 0070 or email frances@kerikerivillage.co.nz



SuperGold Card

Recently the team at Noel Leeming Waipapa were kind enough to provide us with a couple of new digital cameras for the Care Facility.

There are always activities that need to be photographed, and outings to be remembered and the residents love looking back at the fun they have had.

Visit the friendly team at Noel Leeming Waipapa for some quality

advice and make use of your SuperGold card with in store discounts.

The SuperGold card is a discount and concession card for seniors, in recognition of their contribution to New Zealand society.



For more information and to apply for a card please visit www.supergold.govt.nz

Thanks to ...

Thanks to Russell Carter who donated a huge box of CDs to the Care Facility on behalf of his aunty Nellie Carter.

Thanks also to Mr Johanssen of Kerikeri whose generous donation enabled us to fit out one of the new rooms with specialist furniture that will make life much easier for one of our new residents.

Wellbeing for Winter

ADVICE FROM REGISTERED NURSE, COLEEN ALLISON

To stay healthy you need to keep your home warm. Consider buying a simple room thermometer and keep your living areas at 21 degrees and bedrooms at 16 degrees.

Keep active. Move about as much as possible – it will help to keep you well. Move around at least once an hour and don't sit down for long periods of time. Even light exercise can be really helpful for keeping you warm and well in winter. The more you keep moving, the better your circulation will be.

Spread chores out over the day to keep your activity levels up.

Wrap up warm. Wear a hat, gloves and a scarf when it's cold and several thin layers of clothes to keep the warm air trapped between them.

Eating well and spending time with friends in social situations is also vital for wellbeing. Prepare snacks and meals regularly, try a new recipe and invite a friend in for coffee or lunch. Where possible prepare meals containing fresh fruit and vegetables as these are

a good source of Vitamin C. Adding garlic can also help to boost your immunity.

Although they are a great source of heat, worn or old electric blankets are dangerous. Electric blankets should be checked for safety each year by a qualified electrician. Always turn off electric blankets when you get into bed.

Feeling SAD (Seasonal Affective Disorder) is a type of winter depression. Keep in touch with those around you, family, friends and carers.



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Springbank School Initiative

Year 9 students of Springbank School have unleashed their creativity in a bid to become the champion renovators in a Kerikeri version of "The Block".

The pupils, aged 12 and 13, have been put in teams of three and each is responsible for the make-over of an area within the Social Centre complex. Spaces include the Social Centre Kitchen, Library, Meeting Room, Physiotherapy Room, Indoor Bowls Room, Hair-dressing Salon, Social Centre Office, the Social Centre itself and the Patio outside the complex.

Each team is supported by a mentor and has until the end of November to complete their project. The students will brainstorm ideas, develop the concepts and then fundraise to implement their ideas with the work being completed by qualified tradesmen.

One of the group's first fundraising initiatives is an Auction of Promises and this will be held in the Social Centre at the Retirement Village on Thursday August 22 from 6.30pm.

The project is the brainchild of board member Steve De Ruiter. He sees it as a great learning experience and is already "really impressed with the creativity that these kids are demonstrating".

Michelle Chapman, Enterprise Teacher, from Springbank School is overseeing the groups and will help with supplier liaison. Michelle is hoping that the community will support Springbank with donations of materials and resources and is available on (09) 407 5236 if you would like help.

In our next newsletter we'll introduce each of the teams and their mentors and track their progress. Watch this space...



▲ From left to right Aliessa Whitehead, Alley Standing, John Whitehead, Mentor Karen Barneo and Jamie Angus are renovating the Meeting Room & Library.



▲ Eloise Thynne-Hirst, mentor Sharron Roberts from REAL, Sara Finch and Lauren Harrell, (front) with resident Joyce Patterson. This team is renovating the Physiotherapy and Bowling areas.

5 Facts About Kerikeri Retirement Village

1 Did you know we hold Tai Chi classes twice a week? Tai Chi is great for fitness and relaxation and our classes are open to the public. Ask at reception for more information on class time and costs.

2 We have our own chapel and each Sunday the local churches take it in turn to hold interdenominational services. The chapel is also available for hire for weddings, funerals, christenings and other gatherings. Information and a services timetable can be found at the village reception.

3 Our team of gardeners propagates almost all of the plants and flowers you see around the village and they have a selection available for purchase at a very reasonable price. We have a small selection by the front door for sale or ask at Reception and a gardener will show you around the nursery.

4 We host a Senior Citizen's Dinner on the first Tuesday of each month for residents and community senior citizens. It's a great place to make new friends, share conversation and a meal!

5 Kerikeri Retirement Village is a not-for-profit organisation. Our highly skilled team includes 15 Registered Nurses, 40 Care Givers, 5 Administration and 30 Therapy and other Support Staff. Everyone participates in ongoing professional development courses meaning you are in the best hands here at the village!



Senior's Expo

Sat 19th Oct from 9.30am - 4pm
The Turner Centre, Cobham Road, Kerikeri

Senior's Expo is all about making retirement more enjoyable and living life to the full.

For those needing help, it provides a wealth of useful information about the products and services that will help you to maintain your independence for as long as possible manage and to manage with dignity.

It's an opportunity for you and your family to discover the support that's out there and to get answers to your questions.

There'll be loads of great stands with an array of products and services plus a series of short seminars throughout the day. Seminar details will be posted on the Senior's Expo page of our website shortly. Entry is free so pop this date into your diary and we'll see you there.

Interested in taking a stand at our Senior's Expo?

14.5% of Northlanders are aged 65 years or older. This is a higher than average concentration as retirees make up 12.3% of the total population of New Zealand.

24% of the Northland population lives in a one person household, compared to 23% nationally. Given the statistics it seems probable that a higher than average number of Northland's elderly live alone.

Senior's Expo is your chance to speak to many of the 21,459 people in Northland aged 65+, and the many people who care for them.

For information on exhibiting your products or services go to www.kerikerivillage.co.nz/seniorsexpo or email debs@madideas.co.nz

Diary Dates

Movie Afternoon | Wed. 12th June, 2.30pm |

Movie Afternoon – Midnight in Paris, Woody Allen.

Fish and Chips | Fri. 14th June |

Mangonui – for Wendywood Pavilion residents.

Golf Morning | Fri. 21st June, Time TBC |

Kerikeri Golf club with group lesson followed by lunch for Cottage residents.

Lunch | Fri. 5th July |

Lunch at Paihia RSA

Auction of Promises | Thu. 20th Aug., 7pm |

Springbank School fundraiser - in the Social Centre - everyone welcome