

Village Times

KERIKERI
RETIREMENT
Village



DECEMBER 2014



Betty Petrie - Village Manager

Can you believe another Christmas is just about here? As always we have a lot of festive celebrations in the upcoming weeks and you can check out some of what's planned in the Diary Dates section on the back cover.

As we reflect on the year that's been, I'd like to take this opportunity to thank everyone who has supported us. Over the last 12 months, with the help and enthusiasm of our residents' families, regular donors, Lions, Kerikeri New World and the greater Kerikeri community, we have been

Welcome... TO OUR NEWSLETTER

able to purchase a special shower chair. And, thanks to everyone who contributed to the Kerikeri New World 'Donate a Dollar' promotion, we will be getting a hoist with a built in scale very soon. These items make life for fragile residents far more dignified and comfortable. As a charitable trust we can't thank you enough for your ongoing generosity and support.

In our last newsletter we mentioned that we wouldn't be entering a float in this year's Christmas parade and would instead be putting our creative efforts into our entry for the New World Rotary Garden Safari Scarecrow Competition. We are very proud of our winning 'Lego Gran' and would like to thank everyone who voted for her.

Our Christmas Variety Show was also very successful and there are photos in reception of all the highlights.

On the topic of festive celebrations, we'll be offering an option to purchase a Christmas lunch again this year – see our website for details.

Finally, we hope as many people as possible will join us in providing gifts for underprivileged children in our community, more info inside.

We wish you and your family a safe and happy Christmas and we look forward to sharing more of our news in the new year.

Thanks, we couldn't have done it without you!

Our heartfelt thanks to everyone that contributed to Kerikeri New World's 'Donate A Dollar' programme during October.

With your help, and generous donations from Kerikeri New World and the Lion's, we are nearly there!

We hope to be able to purchase an Arjo Scale Hoist soon which will be used to lift and weigh those who are too frail to stand and to lift them in and out of a bed or bath with as much dignity as possible... that's something you can't put a price on.

Thank You
Kerikeri!



Welcome to...



Nancy Davidson.



Beth Kerr.

Congratulations Gayelene!



Congratulations to gardener Gayelene Smith who completed her National Certificate in Horticulture Level 4. Gayelene joined our grounds team in November 2009 and shortly after took on a Horticultural Apprenticeship.

What's in a Name?

Over the next few issues we're going to share the origins of the names of many important addresses and features in the village, starting with Jock Graveson Place.

Jock Graveson grew up in Te Puke and began his working life share milking on his father's farm.

After meeting and marrying Nell (who lived in Kerikeri), Jock moved north and took over the running of her father's citrus nursery where he continued to work until he retired. Once retired, the Gravesons decided to travel the world but while they were in Switzerland, Jock suffered a fatal heart attack.

Jock had owned part of a block of land at Pungaere Road. When the property was sold, Jock's share

went into a trust account, to be used to help the elderly of the community and to fund scholarships for student orchardists.

Graham Jaffe, a Kerikeri lawyer, was a prime mover in finding funds to purchase the initial four acres of land that was to become The Kerikeri Retirement Village. Graham Jaffe approached the Jock Graveson Trust for help and a generous donation made it possible for the project to progress.

The land was purchased around 1983 with building commencing in 1986. The first eight houses were sold off the plans. Nell Graveson purchased one of these and still lives there today, making her the longest term resident of the Village.



Giving Back to Our Community

We are once again supporting the Bald Angels Charitable Trust's Christmas Toy Appeal by collecting toys to give to Northland children in need.

Last year Kerikeri Retirement Village collected over 100 gifts and 50 went to a young 'Santa' in Horeke who wanted to treat all the kids in his community. Hunter Claus (his name is Hunter) handed out gifts to 50 local kids earning himself the inaugural Bald Angels 'Good Sort' trophy.

The sorts of things we're after are sports gear, drawing & craft materials, games and activity books.

If you'd like to contribute, please wrap a toy and discreetly label it with the gender and age the gift is best suited to. Then place it in the specially marked box in reception or we can collect from you if you live within the village.

Lawnmower Grand Prix

Perhaps not as widely attended as Bathurst, but every bit as competitive, the Ride-on Lawnmower Challenge took place on 30th October to a cheering audience in the Village car park.

Our Village Support Team, aka the 'Vixens' laid down the gauntlet to the gardening staff 'Team Grungies'.

The course was laid out with a number of traffic cones, complete with a 'chicane' and reversing section. Driving was made all the more difficult by spectators armed with water pistols and water balloons.

While some new talents were discovered amongst the Village Support Team, the skills and experience of the Gardeners saw them win the trophy.



Introducing Petra Becker

OUR DIVERSIONAL THERAPIST



I'm originally from a little city in the middle of Germany called Rüdeshelm which is surrounded by medieval castles and vineyards.

When I finished High School I set off on my big OE to Australia and fell in love with life downunder. After six months of travelling I went back to Germany to study Biology at uni but returned to Australia twice more where I worked in various National Parks before completing a Masters in

Zoology (I did my thesis on Platypus).

By then I was living back in Germany and two days after receiving my Masters, I married Thomas who just had finished studying medicine. From then on it was all about family.

Having two young children made working as Field Zoologist impractical so I retrained and became a self-employed Environmental Education Teacher working with preschoolers and schoolchildren. I was something of a 'snake whisperer' and had two pet snakes that I used to take around the schools as part of my environmental teaching.

Sadly I was unable to bring them with me when we emigrated to New Zealand in 2009 however moving to Kerikeri has been the best decision of our lives. Our son went straight into sailing and our daughter took up horse riding.

I got involved with the SPCA, the Kiwi Foundation and Aroha Island Eco Centre as a volunteer.

As the kids got older I decided it was time for a change of career and Diversional Therapy seemed a good fit with my past experience. The village is a wonderful place to work and I really enjoy working with all the lovely residents and staff.

Our son is now 19 and our daughter is 16. These days my husband is working at the Bay of Islands Hospital and we all really love it here.

Reflecting on Christmas

FLEUR KELAHER, Student Counsellor

As the Christmas season draws closer it's a good time for us all to take a moment and reflect on what Christmas actually means to us, how we might have been influenced by our past Christmas experiences, do we have Christmas expectations and traditions?

Situations such as financial, time pressures, family tensions, living far away from loved ones and many other life changing events can have a huge impact on how we manage the Christmas period.

If all of us make an effort and do something nice for another person, especially those who may be experiencing a time when life is a bit more challenging, a simple smile, a phone call maybe a Christmas card or a few minutes of your time can make all the difference not only for that person but for you as well because when we give unconditionally all of our hearts shine a little brighter.

Connecting with others allows us to have companionship and share our stories; to feel like we are part of a community where we have a sense of belonging. Making a conscious effort and choosing to be positive can go a long way in determining the outcome of your day.

"Happiness cannot be traveled to, owned, earned, or worn. It is the spiritual experience of living every minute with love, grace & gratitude."

- Denis Waitley -

Good Hydration

NICKY FORSYTH, NZ Registered Dietitian

Summer is on its way and with the warmer weather comes the need to make sure you're drinking enough. Thirst is a sign you're already dehydrated. This can cause headaches, tiredness, constipation, unintentional weight loss, and can even lead to complications for those living with chronic disease.

Prevention is better than cure so make sure you're getting enough fluid every day. Around eight glasses (250ml glass) per day is the general recommended intake. This may sound like a lot but it doesn't all have to be water, although water is the best choice. Tea, coffee, milk, soup, jelly, juice, and yoghurt all count as well.

Drink regularly. Keep a jug of water in the fridge. Don't overdo the caffeine – limit your daily intake to six cups of tea or four cups of coffee. Drink more water when the weather is humid, if you're doing a lot of physical activity, or if you're unwell, particularly with diarrhoea and/or vomiting. If getting up in the night is a problem, try having most of your fluid earlier in the day.

The amount of fluid recommended for an individual varies with age, activity, medical and physical condition. A registered dietitian can provide a personalised nutrition care plan to ensure you're getting the right food and fluid to meet your needs.

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**NORTHLAND
DIETITIAN
& NUTRITION ASSOCIATES**

**FOR NUTRITION
ADVICE TO HELP
MANAGE:**

- Older adults health
- General nutrition
- Cardiovascular disease
- Mental health
- Weight issues

Nicky Forsyth
021 059 9701

www.northlanddietitian.co.nz

The Year that was ...



1. Our residents enjoyed making this doll's house
2. Lego Gran
3. Tui Residents always enjoy the opportunity to do a bit of cooking
4. Frances Shaw talks to visitors at the Senior's Expo
- 5, 6 & 7. Pet Therapy is always popular
8. A lovely day in our Garden
9. A not so lovely day when one of the Redwood trees fell over during a storm
10. The NZ Navy Band Concert in the Social Centre
11. Our field trip to the Daffodil farm was very popular
- 12 & 13. With Tickets to the All Blacks up for grabs, our rugby raffle was drawn under police supervision
14. The Lions and Kerikeri New World handing over a very large donation for the Arjo Twin Hoist





Lego Gran

This year's entry into the Kerikeri New World Rotary Garden Safari Scarecrow competition was a Lego-style Gran complete with a Lego flower pot, spade and dog.

Cleverly crafted by the creative team of Marion, Robyn, Chrissie and Geran, Lego Gran proved to be something of a tourist attraction with all manner of people posing for photos with her.

Lego Gran and the team were pleased to win Best Scarecrow and to accept \$100 prize money from Kerikeri Rotary President, Bruce Mathieson.

Diary Dates

Movie Afternoon

Wednesday 10th December | 2.30pm.
"A Christmas Carol" with Patrick Stewart as Scrooge, in the Social Centre.

Hawaiian BBQ!

Friday 12th December | 4-6pm.
Cottages and Wendywood Hawaiian BBQ.
In the Social Centre.

Care Facility Summer High Tea

Saturday 13th December | 2-3pm.
In the Social Centre.

Wendywood Afternoon Tea

Wednesday 14th January | 2.30pm.
Wendywood lounge.

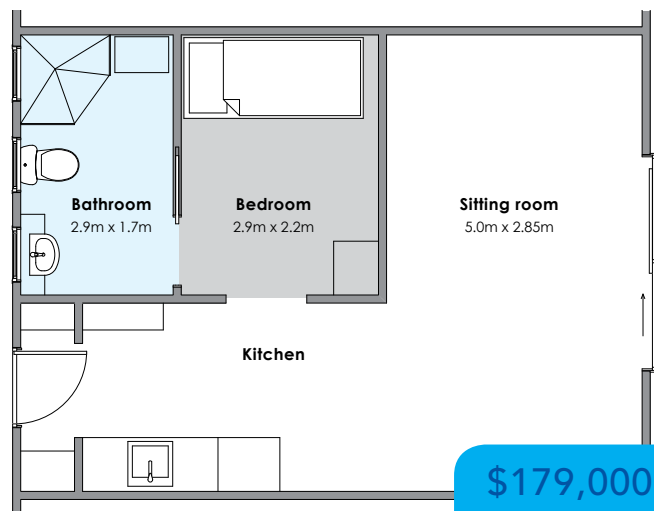
HURRY!!

ONLY 1 APARTMENT AVAILABLE



Our modern one bedroom apartments are packed with features including:

- Generous sized north facing lounge and patio
- Modern kitchen and hob
- Slimline fridge freezer
- Heater in bathroom and lounge
- Indoor access to Pavilion Lounge, Laundry and Social Centre
- Wardrobe in bedroom, storage cupboard in bathroom
- Non-slip flooring in bathroom and walk in shower
- Heated towel rail
- Grabrails for toilet and bathroom
- Car parking available



\$179,000

To view contact Frances on 09 407 0070
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