

Village Times

KERIKERI
RETIREMENT
Village

MARCH 2019

Hilary Sumpter - Chief Executive



Welcome... TO OUR NEWSLETTER

Autumn is here at last after a sweltering summer. The hot summer has meant plenty of boating and swimming for me and my family but has obviously been tough on farmers and those on water tanks. The dry conditions and water restrictions have also been difficult for our gardeners who can't water as often as they'd like and haven't been able to dash under the sprinklers to cool off.

Likewise the poor workers on the apartment development site have been struggling with the heat but

all credit to them as they've got a lot done. It's exciting to see the footings all finished and the first concrete tilt-slab panels are due at the end of March.

Our care facility residents have had a more comfortable time of things with more heat pumps blasting cool air, extra fans and pulling the curtains to keep the sun out.

Speaking of cool, we'd like to congratulate our Clinical Manager, Kathy Renner, on achieving Designated Senior Nurse Manager

competency as assessed by NDHB. Kathy opted to undertake assessment as part of her ongoing professional development as a Registered Nurse and this was all done in her own time.

As a Care Facility we can only benefit from all of our staff continually upskilling, and having our Clinical Manager continuing to remain hands on means that she can better respond to resident's needs and support her clinical staff.

Happy 100th Birthday Audrey

– Written by Bayley Moor –

The secret to a long life is "all about the right attitude". That was Audrey Brown's sentiment as she celebrated her 100th birthday on January 27, 2019 at the Kerikeri Retirement Village.

She also suggested being interested in people, keeping active and never giving in as a good way to live life.

Around 50 people gathered, including family from as far afield as London and Sydney to celebrate Audrey's milestone.

Audrey is affectionately known as Nook, or little one. She was born in Kaeo on January 27, 1919.

Audrey fondly remembered her overseas travels as "wonderful experiences all over the world" and said she has had a varied life. "Thanks to you all for contributing to it - I've had a wonderful life."

Granddaughter Anna said Audrey had played an integral part of her life. "She has always thought of others and she has always had an opinion. She was my first feminist icon - a working woman. She's always been the biggest cheerleader and always said 'If you're happy, we're happy'."

After having her four children (Geoff, Pauline, Michael and Simon) with husband Ian, Audrey

spent 18 years teaching. She even taught Simon at Ohaeawai Primary.

Son Michael said she always wanted the best for her children and grandchildren.

Audrey spent nine years at the Wendywood Apartments when she first came to the Kerikeri Retirement Village and in 2018 moved into the rest home.



Welcome to ...



Pat McClenaghan



Mick Wright



Mick's cat Lil Boy (half Siamese)

Caro's Critters



Our residents always enjoy a visit from Caro's Critters and for many it's a reminder of earlier years spent living on a farm.

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Farewell to Sandra Trafford



After 11 years with us, our Diversional Therapist Sandra Trafford is retiring. She's part of a team that provides stimulating activities, creative visual displays and interesting outings for our residents and social groups from the community who visit our day centre.

We held a farewell for her this month to thank her for the passion, creativity and kindness she brought to the role. We asked her for some reflections on life as a DT.

Sandra's first impression of the DT team was that they wore a lot of funny outfits and that it probably wasn't for her. But she soon came to realise that the colours and variety of the clothing, together with use of music, laughter, discussion and games, was a way of engaging the elderly. Since then she has relished the challenge of finding new ideas and themes to enliven her residents.

Some memorable moments include vintage car rides, Robbie Burns Day complete with a real haggis, piper

and dancing, residents singing and playing music, and of course, our video production of 'Crumbs!' which you'll find on our website.

Finally a thank you from Sandra to all of the staff for their support and encouragement, and to her husband Rex who has often been roped in to help with tasks like pitching a tent and cooking sausages!

We wish you well for the future Sandra.

eCase Record Management

Continuing with our IT Strategy we are looking to embrace a paperless solution to more efficiently manage our resident's records and will shortly be installing eCase. The system has been specifically designed for residential aged care facilities and retirement villages to manage resident's health and wellbeing.

In addition to substantially reducing the volume of paper records, eCase allows qualified staff and healthcare professionals to access assessments, charts and care plans from any device, anytime, anywhere.

It creates a central point for all registers, progress notes and workflows related to each person's



Planning for eCase

care and ensures the user has accurate, up to date information so that they can provide appropriate care.

Staff Wellness



Every month we hold multiple events as part of our Staff Wellness Program and many of these incorporate fundraising for charities that support the wellness of our community such as the Breast Cancer Foundation and Prostate Cancer Foundation to name just a couple. These events paint the village with colour and enhance camaraderie.

We're also involving the community in our monthly 'Inspire Wellness' workshops run by Evie Turner, a Pharmacist, Naturopath and Yoga Instructor. Recent workshops have covered fermenting foods, detoxing and juicing which then got our team sharing Kombucha methods and making yoghurt.

Alexa from Pub Grub and her friend Natasha MacAller, Chef/Culinary Consultant and Author, recently ran an evening on cooking quick, healthy meals – something our busy staff recognise as being important.

Many of the recipes from our various classes have been published in our weekly Wellness emails which also include health tips and motivational quotes.

We continue to participate in Yogalates and have lots more fun activities planned.

Clare Penny Concert

Clare Penny and her students treated our residents to a concert on Monday 11th of February. Entry was by donation with the proceeds donated to the SPCA.



Oakridge Games Day




Some of the residents of Oakridge Villas recently joined us for a fun day of croquet, darts, rummikub, bowls and cards. We look forward to hosting them again soon.



COTTAGES AVAILABLE NOW!



22A WENDYWOOD LANE

-  2 Bedrooms
-  1 Bathroom
-  1 Car

\$ POA

COTTAGE 22a




This well proportioned house is situated in a quiet cul de sac and is close to the supermarket and the town centre. It has a newly decorated kitchen and bathroom and has pleasant garden areas.



COTTAGE 48

Be in quick to secure this spacious 99sqm 1 bedroom home. Newly painted and carpeted with a private patio and garden.

48 HANNAH PLACE

-  1 Bedroom
-  1 Bathroom
-  1 Car

\$ POA

For more information call **09 929 5836**
or email frances@kerikerivillage.co.nz

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Pots of fun!

Carol Moffat, Activities Organiser at Bunnings Kerikeri, and her colleague Kathryn joined us in the Care Facility on a bright sunny Tuesday morning. They brought in a variety of complimentary terracotta plant pots, paints and plants, and showed our residents how to create unique planters.

A very big thank you to Bunnings, Carol, and Kathryn for a fun filled morning. We look forward to our next event with you.



Whangaroa Trip

During a recent trip to Whangaroa we enjoyed a delicious lunch at the Marlin Hotel. Resident Bernard Pasche revealed that he managed it 44 years ago when it was known as the Whangaroa Hotel. Then Betty Rood told us that her brother ran it 50 years ago. Our residents have led really interesting lives and it's always great to hear their stories.



Apartments Under Construction & Selling Quickly!

The construction of 1, 2 & 2 bedroom premium apartments at 127 Kerikeri Road is underway and we are now taking expressions of interest for these properties.

Architecturally designed and generously proportioned these apartments have their own laundry facilities and plenty of storage.

Apartment residents will have access to the Village facilities plus their own shared lounge and BBQ area. Other features include lift access, optional garaging and parking plus internal scooter parking.



Prices from \$451,000

1 bedroom apartment



2 bedroom apartment



2 bedroom premium



For more information contact Frances Shaw on 09 929 5836

We invite residents and their families to join us at the

Village Fete

SATURDAY 30TH MARCH

10am - 2pm Social Centre & Village Green



If you can you help with

- Baking for the Cake Stall
- Items for our Silent Auction
 - Tombola Prizes
 - Manning a stall

Then please call reception on
09 407 0070

PONY RIDES • PLANT STALL • SAUSAGE SIZZLE • CAKE STALL • SPLAT THE RAT • TREASURE MAPS

Thanks Rotary!

A huge thanks to the Rotary Club of Kerikeri whose generous support enabled us to purchase a Koval Transfer Aid.

This equipment allows one staff member to safely support the weight of a resident with poor mobility and get them to the bathroom more quickly, something which becomes increasingly important in later years.

The Koval Transfer Aid helps us to maintain the independence and dignity of residents who would otherwise have to wait for a more cumbersome piece of equipment and two staff members to manoeuvre it. Our Robinson team were trained by the supplier to use it and are very impressed at how easy it is to use.



Turiti Bonney with our new Koval Transfer Aid.

Brian's Sushi Class

Brian Carter, president and founding member of Kerikeri Cooking Club, led a group in the art of making sushi. Next month he hopes to inspire residents to make deliciously healthy winter breakfasts. See the Diary Dates below for details.



Diary Dates

COOKING CLUB

Fri. March 15th | 10am

Cottage & Wendywood Cooking Club in the Social Centre.

Entry by koha.

ART SESSION

Mon. March 18th | 2.00pm

Painting rocks with artist Liz Suggett, in the Social Centre.

AFTERNOON MOVIE

Wed. March 20th | 2.30pm

In the Social Centre.

U3A PRESENTATION

Mon. March 25th | 2.00pm

In the Social Centre.

QUIZ NITE

Tue. March 26th | 4.00pm

In the Social Centre.

VILLAGE FETE

Sat. March 30th | 10-12pm

In the Social Centre, Paterson Patio and Wendywood Green.

COMMUNITY DINNER

Tue. April 2nd | 5.00pm

In the Social Centre.

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