

Village Times

KERIKERI
RETIREMENT
Village

SEPTEMBER 2019

Hilary Sumpter - Chief Executive



Welcome... TO OUR NEWSLETTER

The Spring newsletter – that has a really positive feel about it, and we've given everyone a lot to read. There is so much happening here and it's a lot of fun!

The apartments are barrelling along in their construction and interest is high. They'll shortly start to take a different shape and begin looking less like a concrete jungle. We've got some very smart new cladding coming; Fibre cement, imported from Sweden which is very durable, robust and has a great visual impact.

Also moving along is the implementation of Spark of Life as our model of care; there's a great article about it on page 3 from Kathy Renner, our Clinical

Manager. We recently held our first family meeting about Spark of Life, which had a small but enthusiastic audience.

Scott's Funeral Services were also here recently to talk to staff and families about the processes of preparing for a funeral. We were very grateful for the time they took to explain everything and to discuss the issues which we are often afraid to ask about.

Likewise our friends at Hospice came in to share their campaign "we need to talk about dying". They also encouraged everyone to make Advanced Care Plans, so that loved ones know what to do when the time comes.

All in all it feels like a really positive time; we are so well supported by our friends and volunteers and a Board of Directors with a strong vision and value set. Then our absolutely fabulous staff and our reason for being; the wonderful people who live here. We are a very large, caring whanau or family, and I just love being a part of it.

The recent launch of a bequest campaign will enable us to keep delivering the services to our community, that are so much in demand, and will help us to re-build the care facility in the next few years.

Kerikeri Kindergarten Kapa Haka



The Kerikeri Kindergarten Kapa Haka group came in to entertain our residents in July. Their beautiful singing brought smiles to all and many of us sang along.

Welcome to ...



Jill Cassidy.



Don & Robyn Kingston.

Floral Art



Long standing volunteer Jenny Phillips and Activities Co-ordinator Karen Hawtin gave a floral art demonstration.

The stunning arrangements they created were used to decorate the Social Centre for the staff graduation ceremony.

Introducing The “Spark Of Life”

BY KATHY RENNER



Spark of Life is an internationally awarded pioneering philosophy designed to enrich human relationships and the culture of care. It originated in the field of dementia care and offers a gentle practical approach to ignite the human spirit, awaken dormant abilities and dissolve challenging behaviours.

Spark of Life adds an extra dimension to the way we currently interpret dementia by adding an emotional understanding. “As carers we need to shift our focus from being a caregiver to being a supportive partner – the gentle wind beneath their wings so they can soar” – Jane Verity.

At Kerikeri Retirement Village we will implement the Spark of Life 5 Core Emotional Needs.

These needs are:

- for our residents to feel needed and useful
- to have the opportunity to care
- to love and be loved
- to have their self-esteem boosted
- to have the power to choose

We will do this by teaching all our staff the Spark of Life Philosophy, engaging our residents in Club Programs and encouraging our community to participate in supporting our beautiful people with dementia.

Although the Spark of Life Philosophy was initially aimed at those with dementia, it has become apparent that it is beneficial to everyone and we hope to include everyone from residents of our care home and our Village to our community and beyond.

I will leave you with 3 Tips from the Spark of Life.

1. Shift your focus from your viewpoint to the point of view of the person with dementia and accept the person for who they are.
2. Accept that things take time – halve the activity or double the time it takes.
3. Ask the question, ‘Does it R-E-A-L-L-Y matter?’
If the answer is ‘No’ – then apply these two rules:
 1. Everything is right!
 2. Nothing is wrong! ... and turn the challenge into a celebration.

Happy 100th Dorothy!

Dorothy Evans celebrated her 100th birthday on July 24 with a high tea. She was joined by twenty close friends and was thrilled that her granddaughter Tina, together with partner Andrew, travelled from England especially for the event.

Dorothy grew up in Cawsand, a small seaside fishing village in Cornwall in England.

Her mother took care of Dorothy and her sister, and her father was in the Navy. He was a keen vegetable gardener, an interest which Dorothy inherited.

Her strongest memory of the war years is of the rationing of food and clothing.

Dorothy's first real job was as a girl Friday. When not working Dorothy loved to dance, something she enjoyed for many years.

She married Henry, a Marine Engineer. They went on to have two children, a son and daughter, and later moved the whole family to Kuwait for Henry's work. They lived there for 16 years and during that time she worked as a secretary.

They emigrated to Howick, New Zealand in 1976 and eventually moved north to Paihia in 2008.

Dorothy credits her youthful looks and wellbeing to "good living and plenty of healthy veges".



Dorothy with her granddaughter Tina, who travelled from England to be part of the celebrations.





Celebrating Achievement

Studying while working and juggling family life is never easy, but part of what makes our team so great is their passion and commitment to ongoing Professional Development.

We recently celebrated the achievements of 23 of the team who have attained new qualifications over the past 12 months in a variety of sectors including palliative care, dementia care, health and wellbeing, cleaning, cultural competency and sustainable primary production.

Friends and family were invited to see the certificates being presented by Village Staff Development Co-ordinator Heather MacMillan and to hear guest speaker Debbie Sutcliffe of the charity Foster Hope, and guests from Hospice Mid-North and Careerforce.

Our congratulations go to all who have worked so hard to improve their skills.

- ◀ *Debbie Sutcliffe of Foster Hope (left) and Kerikeri Retirement Village staff development coordinator Heather MacMillan with a couple of goody-baskets full of things that will be making their way into back-packs for children who are moved suddenly into Foster Care.*
- ▼ *Some of the 23 Kerikeri Retirement Village staff recognised for their professional development achievements.*





Images from top to bottom.

Kerikeri Retirement Village Chief Executive Hilary Sumpter thanked staff for their dedication to professional development.

Kerikeri Retirement Village Staff Development Co-ordinator Heather MacMillan recognised the challenges of balancing studies with work.

Debbie Sutcliffe of the charity Foster Hope, which provides material support for children who are moved suddenly into Foster Care, explaining how she was motivated to support this fantastic cause.

Suzanne Brocx, Deputy-Chair of our Board, spoke of the pride that Kerikeri Retirement Village takes in its excellent ratings and emphasised that these were due to the professionalism of our staff.



FOSTER HOPE NORTHLAND



No child should have their personal belongings in a black rubbish bag! Did you know many children arrive into care with just the clothes on their backs or their personal possessions in a rubbish bag.

Many have never had a new pair of pyjamas or even their own new toothbrush! Foster Hope believes that every child in care deserves to know that their community cares about them.

We are a local charity providing a backpack of essentials items, e.g. pyjamas, cuddly toy, book, toiletries and other donated items to show these children we care.

Help us to make a difference in their lives by donating a physical item, e.g. pyjamas, toiletry or sanitary items, book, cuddly toy or by making a monetary donation knowing that your donation is going towards children in Northland and making a difference in their lives.

“as one person I cannot change the world, but I can change the world for one person”



Our drop off points:

www.fosterhope.org.nz/northland/

Facebook:

Foster Hope – Northland

Northland Branch:

03-0123-0527961-05

Staff Wellness Program Update BY CHERYL SILICH

During winter months it is definitely harder to exercise, get outdoors or to participate in events due to the cold and rain!

As part of our Staff Wellness Program, the team still managed to enjoy themselves over the last few months soaking in the Ngawha pools and pampering themselves with some reflexology.

Village Resident Alison Panckhurst provided education around reflexology while others enjoyed essential oils in their foot spas.

Monica Boyd led the charge to show us how to jusssh up our winter wardrobes by accessorising with scarves, hats and a bit of bling.

We are all looking forward to the Rugby World Cup as each department will be participating as a country. Teams will dress in national costume, provide food and cultural experiences and generally have fun with our residents who will be representing New Zealand.



Matariki Celebrations

Matariki is the celebration of the Maori New Year. It falls in June and during that time you can see the Seven Sisters Constellation comprising of 7 Stars.

This year we invited all of our Village residents to be part of a joint Matariki Celebration in conjunction with a number of local families who home school their children. Weaver Tiwai Rawiri, along with sister Te Aroha Matenga who works here, and many of our staff joined in.

The festivities included a variety of activities such as flax weaving, a concert and a fabulous lunch.

Home school mum Zena Varney arranged for the children to bake some star shaped cookies which were decorated on the day and shared amongst our residents.

Everyone enjoyed themselves so much that we are planning other events with the home school families.



Great Progress On Apartment Build

The construction of our 1, 2 & 2 bedroom premium apartments at 127 Kerikeri Road is progressing well and the buildings are really taking shape.

It's quite common to see small crowds watching the builders at work. We've also had lots of enquiries from people keen to live there and we are continuing to take expressions of interest.

The apartments are architecturally designed and generously proportioned. 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 on application.



1 bedroom apartment



2 bedroom apartment



2 bedroom premium

For more information contact Frances Shaw on 09 929 5836



Ray Woolf Entertains *Photo and article by Peter de Graaf, published in the Northland Age*

Veteran entertainer Ray Woolf turned on the charm with the Michael Buble number "You Make Me Feel So Young" when he performed for a not-so-young audience in Kerikeri last week.

The singer, actor and TV host, who became a Member of the New Zealand Order of Merit in 2008, was at Kerikeri Retirement Village to launch his autobiography, *Hey Woolfie, Welcome to the World*, co-written with Roger Booth, which spans his 60 years in the entertainment industry.

UK-born Woolf, who has lived at Peria for more than 30 years, told an 80-strong audience about the highlights of his career, his shock diagnosis with Type 1 diabetes in 1985, and his efforts to raise money for Panguru after the North Hokianga town was devastated by floods 20 years ago.

His first TV appearance was on *In The Groove* in 1962; by 1979 he was fronting his own music and talk programme, *The Ray Woolf Show*. When he was offered the job of hosting children's TV show *Play School* early in his career the would-be rock star was horrified, but agreed anyway. It was a turning point that led to multiple television and movie roles, including in Peter Jackson's remake of *King Kong*. "That taught me never to be afraid to go through a new door," he said.

Ray Woolf was a big name - as big as names got - when he moved to the Far North in the 1980s, but his fame



had not quite spread to every corner, as he discovered when he applied to the Mangonui County Council for a specified departure to build a house at Peria.

Having explained what he wanted to do and where, he was cross-examined by the councillors, one of whom clearly had no idea who he was. The conversation went something like this:

Cr Guy Macpherson -

"What do you do for a living Mr Woolf?"

Mr Woolf (after the laughter died down)

"I'm an entertainer."

Cr Guy Macpherson

"And can you make a living at that?"

Mr Woolf

"Oh, I'm doing alright."

As Gentle As A Lamb



The Kerikeri Home School Group brought their pet lambs in for a visit which led to a lot of happy reminiscing about lambing season and life on the farm.

Origami Demonstration



Karen Hawtin, our Activities Coordinator, is always on the lookout for new and interesting speakers and events. She was recently hosting a Japanese Tour Leader in her own home and took the opportunity to invite some of the students from the tour group to give an origami demonstration here at the Village.

There was plenty of fun and laughter and despite a few challenges in translating instructions, everyone thoroughly enjoyed themselves and were able to complete their pieces.

Tour of Kaikohe

In late June our cottage residents enjoyed a magical mystery tour of Kaikohe hosted by bus driver/entertainer/historian Frank Lewis.

The day's highlights included a soak at Ngawha hot pools, lunch at The Bank in Kaikohe and a visit to the Ohaewai Church on the hill where Frank regaled us with great tales of the battle of Ohaewai.

On the way home we also had a sneak peek at the Ohaewai Primary School's art auction. Our residents were very impressed by the artwork and enjoyed chatting to the artists.



MOVE IN NOW!

MODERN & SUNNY 1 BEDROOM UNITS - \$230,000



Kerikeri Retirement Village has two newly refurbished, modern and sunny 1 bedroom apartments with outdoor patios available now.

Each kitchen contains an oven, hob and refrigerator for those who like to cook and the generous size living area is great for entertaining friends and family.

Enjoy plenty of privacy and independence with the added peace of mind that help is at hand should you need it.

Just a few minutes' walk to the supermarket, and close to shops, cafes and medical centres, everything you could want is within easy reach.

To view or for more info call
Frances Shaw - 09 929 5836

www.kerikerivillage.co.nz

Do you have loose dentures?

Implant retained dentures could be the solution for you!

- Do your dentures move or fall out?
- Are you embarrassed to eat in public?
- Do you want to eat a wider variety of foods?



Book your consultation with Simon Leith today

Lumino Kerikeri Dental Centre
Horizon Building
1st Floor, 99 Kerikeri Road
P: 407 8338 | lumino.co.nz/kerikeri



Kerikeri Dental Centre
part of LUMINO The Dentists

Peace of Mind

Have you got Enduring Power of Attorneys in place for your health and property? Do they still do what you want them to do? Have you reviewed your Will recently?

Come and have a chat with our expert Fiona, and make sure all of your affairs are in order. It will give you and your family great peace of mind.

We have a special for Village residents - for straightforward Wills, our fees are \$200.00 for an individual or \$300.00 for a couple. Enduring Power of Attorney Documents are \$250.00. All fees inclusive of GST and disbursements.



Fiona Murray, Lawyer
p. 09 407 7099
e. law@lawnorth.co.nz

LAW NORTH
LAWYERS



Art Exhibition BY FRANCES SHAW

On the weekend of 22nd and 23rd June our village art group held their second exhibition 'Small Works by a Small Group'. The range and talent shown in these small works was just fantastic and the group are growing in confidence and skill under the watchful eye of patron Judy Soutar.

The Board, staff and friends of the group were lucky enough to be invited to a sneak preview at a wine and cheese evening on the Friday prior and were able to put their names on some of the art.

Proceeds from the sales were very kindly donated for the benefit of the Wendywood residents as a thank you for the use of their lounge. A pair of lamps has been purchased with some of the funds.



Happy Birthday

Happy Birthday to Dorothy Evans who turned 100 in July.

Our best wishes also go to Constance Baker who celebrated her 90th in August.

Diary Dates

THAI LUNCH & SPRING FLOWER SHOW

Fri. Sept 13th | 12pm

Bus leaves reception at 12pm with lunch at the Thai restaurant followed by the show.

SPRINGBANK MARKET

Sun. Sept 15th | 10.50am

Bus leaves reception at 10.50am.

PIANO ACCORDIAN CONCERT

Mon. Sept 23th | 2.30pm

In the Social Centre. All welcome.

MICHAEL ANDERSON CONCERT

Mon. Sept 30th | 2.30pm

In the Social Centre. All welcome.

LAW NORTH LEGAL ADVICE SEMINAR

Fri. Oct 4th | 10.00am

In the Social Centre. All welcome.

KOAST ART TRAIL

Sat. Oct 26th | 10.00am

Bus leaves reception at 10.00am.

STAFF & RESIDENTS SPECIAL QUIZ NITE

Tues. Oct 29th | 5.00pm

In the Social Centre.



Ukulele Concert

In late July the 'I Uku' ukulele group came to entertain us.

Tui resident Maera Peters joined the fun and was the star of the show!

