

Village *Times*

KERIKERI
Retirement
VILLAGE



Bet Petrie - Village Manager

Welcome...

DECEMBER 2010 | ISSUE 2

TO THE 'CHRISTMAS EDITION' OF THE KERIKERI RETIREMENT VILLAGE NEWSLETTER

We are looking forward to a very social December packed full of parties and other holiday season activities. Please see our 'Diary Dates' at the back of this newsletter and feel free to join us for all the fun.

We have just completed another Workplace Safety Management Practices Audit by ACC and once again we attained the highest

possible level of achievement (Tertiary). This audit ensures that the management and staff of the village are working together to maintain the safest possible living and working environment.

I'm very excited to announce that we will shortly commence the next stage of Village development and will be building more cot-

tages to try to meet the demand for our lovely homes and services. This project is currently in the planning stage but we will update progress early next year.

On behalf of everyone at the Kerikeri Retirement Village I'd like to take this opportunity to wish you a very Merry Christmas and a happy and healthy 2011,

Garden upgrade

PROVIDES A SAFE HAVEN FOR DEMENTIA SUFFERERS



Caring for people with dementia can be challenging as they must be constantly supervised to prevent them from wandering off and becoming lost. Safety is paramount but it's equally important that people with dementia have the freedom to enjoy being outside.

We've always had a secure garden area in the Tui wing which houses the Dementia Unit but we want-

ed to make it a more inspiring place to be. Thanks to generous donations from 43 people on our waiting list, together with funds raised by Rotary, we've almost completed the upgrade.

As part of that project, the Kerikeri Rotary Club, assisted by various other volunteers, built a gazebo where residents can safely relax and get some fresh air.

Volunteers CHRISTMAS PARTY



Thank you to our Board Members and also to the other 90 plus volunteers that have given their time to help throughout the year. We celebrated their kindness with a get together and entertainment by a local Magician.

Our volunteers help with everything from arranging flowers and reading to residents, to running housie and serving afternoon teas. They make every day just a little brighter.

Personalised Care FOR OUR RESIDENTS

Here at the Village our clinical staff is divided into teams with each team consisting of at least one Registered Nurse, from five to eight Caregivers, (depending on how many people they are caring for and how physically able those people are), and a Physiotherapist, Occupational or Diversional Therapist.

There are six teams (red, green, blue, orange, purple and night)

and each team is responsible for overseeing the care of up to twelve residents.

Their responsibilities include monitoring and keeping notes on the welfare of their nominated residents, meeting with the family every six months to discuss the care of their family member, ensuring each resident has enough clothing, and being the contact people for the families.

This system ensures families have a personal relationship with the caregivers looking after their loved one. It encourages direct and on-going communication and means that there is always someone on shift that has an intimate understanding of each resident's specific needs.

Island day

Some of our kitchen team have Island heritage and decided it would be nice to have a tropically themed meal and entertainment for the residents.

After modifying several traditional family recipes to suit our New

A TOUCH OF THE TROPICS

Zealand ingredients and palates, the kitchen staff created an island banquet.

They also did a magnificent job of decorating the dining room using an array of colourful flowers, ferns and tapa cloth.



During the afternoon they gave demonstrations in Island dancing, songs and arts which we all enjoyed tremendously.

Meet the Blue team

Our team members include Diversional Therapist Christine Billings, Registered Nurses Cindy Carson and Julia Saunyama and Caregivers Lyn Downs, Sam Green, Lynne Hopkins, Caroline Hurunui, Beulah Tukiwaho and Nicole White.

We all share a common reason for being involved in the field of gerontology and that is that we're determined to continually improve the quality of life for our residents.

We work hard to provide them with love, laughter, entertainment, structure and leadership, and to understand and respect their individual needs.

We balance years of experience with youthful enthusiasm and work as a team to resolve any issues that may arise using a combination of compassion, humour and a willingness to listen.

In the words of Doris Lessing we believe that "the great secret that



Left to right – Cindy Carson, Samantha Green, Lynne Hopkins, Caroline Hurunui

Absent – Christine Billings, Nicole White, Julia Saunyama, Lyn Downs

all old people share is that you really haven't changed in seventy or eighty years. Your body changes, but you don't change at all. And that, of course, causes great confusion."

Welcome to

new residents to Wendywood cottages and apartments



Phil Hingston



Wynne Colgan



Ellen Boshier



RAWENE BUS

Trip

The cottage residents enjoyed a recent trip to Rawene.



Raewyn Hedderwick helps the residents make scones, just the way her Nana taught her

'How times have changed'

As a child growing up, the baby of seven, our parents struggled to make ends meet. 'Every penny helps', my mother would say.

The highlight of our weekends was to visit Nana and Poppa and you could almost guarantee that Nana would let me help make the scones for lunch - what fun we had squashing the dough between our fingers.

Recently we held a scone making morning for the residents of the Tui Wing. Watching the expressions on the faces and hearing "you don't do it that way... do it like this" stirred up many childhood memories.

While we were enjoying the fruits of our labour it struck me how times change. It seems like only yesterday that my grandmother was teaching me to make scones and now I'm teaching people old enough to be my grandmother – how precious that is!

New Cottages AVAILABLE SOON

At the moment demand for a cottage or unit in the Kerikeri Retirement Village exceeds demand however, we intend to build some new cottages early next year.

As room becomes available we contact people who have previously registered their interest and priority is given to those on the urgent waiting list.

The urgent waiting list comprises people who have been in touch during the past twelve months to

say they are interested in coming to live here soon.

While we are a Charitable Trust, we are obliged to follow sound business principles so we give priority to cash buyers or those who have already sold their home and are renting until a cottage or apartment becomes available.

If we have two people who meet the same criteria then the decision will be made based on who was on the waiting list first so it's



important that you register your interest as soon as possible.

If you would like to discuss putting your name on the waiting list or want to change your status to urgent then please call Adrienne on 4070136 or email her at adrienne@kvtrust.org.nz



An afternoon at Kauri Cliffs



The Wendywood residents recently took a trip to Kauri Cliffs where they were treated to a magnificent afternoon tea which was every bit as beautiful as it looked. The staff surprised Sybil Cannon with a special birthday platter



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Remember when ...

JOYCE MASON REMEMBERS THE KERIKERI FLOOD OF '81

At 3 a.m on March 20th 1981, I stood in the darkness in pouring rain which filled my gumboots.

The flash flood that smashed through the Kerikeri district was caused by some of the heaviest rain recorded in NZ with more than 448 millimeters of rain over seven hours.

Uprooted trees and tons of silt swept downstream. Much of this debris jammed under the Kerikeri Bridge and formed a dam causing the water to surge over the river banks and into the curator's

cottage and Kemp House. The river swelled and surrounded the Stone Store and at 1 o'clock it was up to the window ledges at Kemp House.

All but seven of the yachts in the basin had been washed away. Our boat Janthina, (together with Sam McHarg's boat Aoma and another boat), was circling gently around in the back eddy amongst an almost solid mass of debris. Sam found just one dinghy uncovered so we let him out on a rope to the boats which he boarded. We then dragged all three boats towards

the wharf where he tied them to the lamp post.

By five o'clock the water was shallow enough over the wharf for us, (together with the help of the Fire Brigade), to drag the three boats around the jetty and tie them up alongside the wharf.

We will always be thankful that the flood happened at low tide. Had it been high tide the flood waters would have reached the eaves of Kemp House.

Gosh what a night it was!



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Tai Chi IMPROVES FLEXIBILITY & STRENGTH

About four years ago ACC developed a Falls Prevention Program which utilises a modified form of Tai Chi to assist with strengthening muscles and improving balance. The sun style Tai Chi is a gentle form of exercise and does not require any deep knee bends, high kicks or standing on one leg in sustained poses. There are 31 moves in total and when linked each sequence takes about five or six minutes to complete.

Chrissy Taylor and Jane Massey, both Diversional Therapists here at the Village, were so impressed by the program and the results it achieved that they undertook training and have been holding Tai Chi classes in the social centre ever since. They say that in addition to the obvious physical benefits it provides a good mental workout and great social opportunity.

Everyone is welcome and around half the participants do not live in the village.



The 45 minute classes cost just \$7 and are held every Monday from 11am and Thursday from 2.30pm.

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Spring Cleaning A FUN DAY

Sue, Frances and Dawn all dressed up to make the spring cleaning a bit more fun and to give us all a good laugh!





Introducing ROBYN HORI

My name is Robyn Hori and I am a receptionist here at the Kerikeri Retirement Village. I work weekdays from 8.30am till 3pm and I've been here since June 2005.

Here's five reasons I love my job:

- 1 I love putting smiles on people's faces
- 2 I love meeting new people
- 3 I love being able to help the residents and do little jobs for them
- 4 I love that we have FUN with the residents, (I really love dressing up for theme days)
- 5 I love the people I work with

Celebrating In Style

Every month we host a birthday morning tea down at the Pear Tree Restaurant for residents celebrating a birthday. Justin Phillips of Auto 1 decided he would make our recent party a little more special and borrowed a 1938 Dodge Limousine from Pete's Transport Museum to chauffeur the guests of honour in style.

Janet Pickavance, was particularly excited to travel in "a real car". According to Janet a real car has "running boards, proper handles, leather seats and round headlights that sit up on the guards". Janet fondly remembers helping clean her father's Daimler and couldn't resist giving the Dodge a wee polish for old times' sake.

Since it would be rude to ask a lady's age we'll just say that the four birthday girls ranged from a mere 61, to a sprightly 95 and the cumulative age was 335 years young!



Justin Phillips of Auto 1 made a dashing chauffeur



Janet Pickavance can't resist giving the "real car" a wee polish



Birthday girls Jean Beaver, Alison Watts, Janet Pickavance and Norma Smith are a combined 335 years young!

Don't get around much any more?



From putting your socks on, to reaching items on high shelves, we have Kerikeri's largest range of aids for daily living.

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Many Thanks

As a charitable trust we often rely on the generosity of others to provide those little extras that make life so much more enjoyable for our residents.

Many thanks to the Rowley and Gibson families who each donated a mobility chair for our Robinson wing. These chairs make it much easier for the residents to enjoy getting outdoors.

We are also very grateful to the Parsell family who decided to gift a large flat screen television for their mother Lola Parsell and the other residents of the Tui unit to use. While they were at Errol Rogers 100% they mentioned what they wanted it for and were thrilled when Tony and Brenda decided to donate a FreeView Decoder. The residents are enjoying watching some new programs thanks to the kindness of the Parsells and the Hoods.

We try to make our care facilities as comfortable and homely as possible so we truly appreciate the lounge suite recently donated by Lois Park. It looks great and the residents tell us it's very comfortable.

Some of our residents like to display personal items to make the lounge areas feel more like their own so we would like to get our hands on a china cabinet or display unit. It does not need to be new so if you know of anyone who is moving or downsizing and has a cabinet they don't want, we would be very grateful to receive it.

Also on our wish list is a piano. Some of our residents like to play, and from time to time we have people who are happy to come in and play for us, but our current piano is in disrepair and is past the stage of being tuned. If you can help us with either of these items please contact us on 09 407 0070.

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If you, or anyone you know, would like to receive our newsletters by post or e-mail please advise us at: admin@kvtrust.org.nz or 09 4070070

Diary Dates

CARD GAMES Join us for a game of 500. From 10am on Mondays & Fridays in the Wendywood Lounge.

FRIDAY NIGHT SOCIAL GROUP You're invited to join our Social Group that meets every Friday night at 5.00pm either in the Social Centre or, when the weather is right, on the Village Green for some Petanque. BYO refreshments.

OVER 60S DINNER Held on the first Tuesday of every month from 6pm. Cost is \$8, all welcome.

TAI CHI The 45 minute classes cost just \$7 and are held every Monday from 11am and Thursday from 2.30pm. Everyone welcome.

CHRISTMAS CAROLING Thursday 23 December from 2pm around the Village. Everyone welcome.

CHRISTMAS DAY LUNCH Residents of the Care Facility are welcome to invite a family member or close friend to share Christmas lunch with them at no cost. Cottage and Wendywood Residents are also welcome to buy Christmas lunch in the Social Centre.

TRIP TO RUSSELL COTTAGES
January 14th leaving reception at 10am.
Back approx 2.30pm.

QUIZ NIGHT for all residents and friends 25th February from 4 - 6pm in the Social Centre.

SAUSAGE SIZZLE for cottage and apartment residents. Wednesday January 12 from 5pm on the Village green.

TRIP TO WAIKOKUPU for Wendywood apartment residents. February 4th. Leaving at 10am from outside Wendywood apartments.

Christmas Day Lunch MENU 2010

in The Social Centre at 12.00pm

Price: \$15

MAIN

Hot rolled turkey, cranberry stuffing * Hot rolled chicken, sage & onion stuffing * Roast potatoes * Roast kumara
* Glazed carrots * Whole green beans *
Cranberry Sauce * Gravy

DESSERT

Christmas pudding & brandy custard * Trifle & Fruit Salad