

# Village Times

KERIKERI  
RETIREMENT  
Village

HEALTH & WELLBEING

MARCH 2024



## Christmas Parade Winning Entry

*Heather at the  
Kerikeri Santa Parade*

**Our joint project with Kerikeri Kindergarten ended in delight as we took 1<sup>st</sup> place, overall winning entry at the Kerikeri Santa Parade!**

They must have seen how much energy went into creating the props. Every Monday in the lead up to the event the Kindergarten came to the Village and we worked together crafting our underwater world.

A huge thank you to all the Kindergarten whānau, Village residents and staff who came out to the parade and made it so special.

We can't wait to collaborate again with Kerikeri Kindergarten, as they will be coming to the Care Facility regularly with a pop-up kindy.



*Karen, Michael and Alison  
parade round the domain*



*Village residents and Kindy kids line up to set off round the domain*



*Beryl takes her  
scooter underwater*



Hilary Sumpter - Chief Executive

## Welcome...

What does 2024 hold for you? Big plans ahead? Travel, a new home, or focusing on your Health and Wellbeing?

Here at the Village we are always looking at ways of supporting each other to be healthy and well, both for residents and staff alike. We have sit fit classes, yoga classes, our potting shed group, music jam sessions, indoor bowls, walking groups, the list goes on. Other groups get together are a little more sedentary, like the knitting group or the card groups for example (I'm still looking for the wine tasting group).

Acknowledging that our staff work in a stressful environment we provide them with EAP Services, a free and anonymous counselling service to help when times are a bit tougher than others. We also have the support of Hospice Mid-North who help us deal with grief and loss.

Our champion of our wellbeing programme; Cheryl Silich, has a steady stream of ideas, information and activities to support staff wellbeing.

We have an amazing team of activity coordinators, who work both in the Village and in the Care Facility. Arranging activities that interest our people; outings to local sites of significance, exercise classes, and one to one companionship are amongst some of the offerings, all with the aim of enjoyment, fun and wellbeing.

It is great to be able to move freely again about our community, the country and the world. There's nothing like a change of scene or a bit of an adventure to relieve your mind from daily pressures.

However, Kerikeri isn't necessarily an easy community to move about in. People who don't drive can become isolated and accessing any activity or services can be impossible without assistance. With a grant from the Office of Seniors we are researching what we need to be an Age Friendly community here in Kerikeri.

We welcome all Health and Wellbeing ideas at the Village. If you have some skills to share, please don't hesitate to contact the main office to be directed to the right person.

Arohanui - Hilary



## Nell Graveson

*Nell Graveson moved into the Village when she was 69 and was one of the very first residents in our brand new cottages. Nell died on the 18<sup>th</sup> of January 2024, having celebrated her 107<sup>th</sup> birthday on the 14<sup>th</sup> of January 2024. After 38 years of having Nell as the centre of the Village, we are all feeling a little lost without her.*

*Nell and her family, children Michael, Madeline and Peter, plus grandchildren, and of course great-grandchildren, have been a big part of the Village's history. The generosity of the Graveson Trust enabled us to get started, way back in the '80's, and annual donations have helped us purchase new vehicles, a piano, new beds, the list goes on and on over the 38 years Nell was here.*

*We are all tremendously grateful for the support we have received from the family which have enabled us to make our residents' lives just that much better.*

*Of course, on top of all this was simply the fact Nell was Nell - an extremely kind and gracious woman, with a great sense of humour, she was a much-loved friend of so many. Nell spent her last two years in the Care Facility, after living independently until she was 105.*

*Her failing sight and hearing convinced her a permanent move into the facility was the safest way to live. Nell remained sharp as a tack despite her failing faculties and she never lost her smile or her positivity.*

*Nell's final rest is very well earned.*

## Staff Wellbeing

Operations Manager Cheryl pours huge amounts of energy into our Employee Wellness Programme, she explains why it's so important;

"A few years ago we really looked seriously at our Health and Wellbeing in general for staff, not just on the physical side but also the mental balance, home life split, everything. We put it out to the staff to find out what they would benefit from; we got neat feedback saying that they needed support in finding a good work-life balance. So we model our programmes around what the staff want.

Mental Health was a real issue around covid time and we joined an Employee Assistance Programme to be able to support our team with experts. EAP is a massive programme that includes counselling services, financial planning support, drug and alcohol support, and lots more – there are many arms to it.

We are pleased to be able to offer such diverse support to the team to suit their needs, it helps us all

to stay happy, healthy and enjoying our work.

The staff yoga has been the most popular initiative, the beauty of it is that it covers all those elements – it covers relaxation, 'me time' and it's great to stretch and relax after a very physical shift on the floor. We have many amazing cultures on our team and the cultural food nights have been super successful because people have lots of herbs, spices and flavours from other countries that we have never tried.

My favourite experience was when our friend, Annette Plowman from Pub Grub came along to run a healthy kai session, and she brought a friend who turned out to be Natasha McAller, the prima ballerina who is now a culinary writer, and here she was sitting in the Social Centre helping us to learn quick, healthy family dishes. We felt very special!

I think the most important part of the wellbeing programme for us has been to be able to support



staff when times get really tough in their lives.

We have had some members of staff who have experienced significant grief and trauma in their lives, we have tried to help and equip people through the toughest of times."



## Discussion Group

With support from our Health and Wellbeing team, a group of our Care Facility residents has been getting together for a discussion group.

Jessica Hendon, Lead Diversional Therapist, told us about the group. "We chose a different topic each session, for example, what they did for work. We found as soon

as someone starts telling their story it sparks lots of memories for everyone else and a lively chat where our residents share their life experiences.

Many of our residents find that they have a lot in common; for example, many of our current residents were farmers or had orchards, and it is so

nice to see them connect through what they have done in their lives. We are seeing real sparks ignited the more they talk."

This kind of connection supports emotional and social wellbeing; our residents are bonding as they are talking, which helps foster a sense of belonging in the Village.



# Misty

## Yoga

Misty is a Village resident who takes time out of her busy week to set up and facilitate the twice weekly seated yoga classes that take place in the Apartments Lounge. She tells us how it all got started;

“Karen, our Village Activities Coordinator, is always looking for great ways to get us out and about and to keep us physically, mentally and socially active. Karen initiated the yoga group about six months ago, and I offered to contribute by setting up and helping to facilitate. I set out the room and get the smart tv ready. I help people choose their weights, making sure they aren’t going too heavy, and during the session, I remind people to breathe and to engage their core. I have never done yoga before, so I am learning with everyone else!

“You can see when people first arrive they can hardly move, and then after a couple of sessions, they are moving a little bit further and suddenly they realise – “Hey! I’m doing things that I haven’t been able to for a long time!”. They feel their bodies loosening up,

which improves the whole flow in their body, helping with mobility. When we walk home after yoga we feel so much looser, it makes us feel so good.

We find the programs on Youtube, and the nice thing about them is that they are varied but suited to seniors and beginners. We need to be careful that we aren’t forcing our bodies to do things they don’t want to, so I remind the group to listen to their bodies.

We started off as a small group and it has grown as word got round - and it’s still growing. We are adding another class to make two classes a week as requested by the group.

I am often amazed at the different strengths that we all have, and we all cheer each other along when we see a new improvement which is so wonderful. I have noticed a difference in my posture. I’m walking straighter, with my chest out and my neck long, and I feel safer walking in this stance. Yoga really ticks the boxes for a healthy body and mind. I wonder now why I haven’t been doing it for years!”



## Sit Fit

Residents know that if you don’t move it, you lose it. The Sit Fit Group meets Monday at 10am in the Social Centre and have added a second class on a Friday at 10 am.





## Michael

## Community Garden

Michael has been living in the Pavilion for two years, yet it seems like he has been here for far longer by the way that he has settled in. Michael has a wonderfully unique way of seeing the Village community "well they are all like a flock of sheep to be looked after and guided, I think it must be my lifetime of farming."

One of the many ways that Michael keeps an eye out for the community is by running the community veggie garden. The garden, situated by the Pavilion, was built by Springbank School to enable us to grow fresh healthy veggies. When our head gardener Debbie discovered his passion for horticulture, she encouraged him to tend and maintain the community

garden, which he has embraced, producing an abundance of healthy vegetables for our residents.

"I've gardened since way back in the 70's when I was farming; wherever I went I made sure I had a garden. Even at Christmas I could say that all the vegetables on my plate were from my garden."

I like the Village community garden to look nice and full so that everyone can see the abundance.

I like to have tomatoes, beans, and corn and lots of variety so the whole lot looks spectacular.

Most people like quite ordinary vegetables, but I am slowly introducing more interesting plants like bok choy instead of cabbage, and varied lettuce instead of iceberg.

The seedlings come from the Potting Shed Garden Group and when they are ready to plant out they come in here. I distribute the veggies to residents at the various activities like the Wednesday morning coffee group. Any surplus veg I preserve or freeze in the communal freezer ready for winter soups and stews. I am an official volunteer with the Village, even though I live here, I am on the books and record my time.

"I love eating fresh vegetables, and I can see the benefit. When I moved in here, I had a high cholesterol reading, and now it's back to normal! I put that down to lots of fresh veggies."

**Thank you for all your time and energy Michael!**



## Activities Coordinator

"One of my goals as Activities Coordinator is to improve resident Health and Wellbeing. Sit Fit, yoga and walking are priorities but community and laughter are equally as important.

I encourage residents to attend one event on the calendar or meet one neighbour to combat loneliness. A local doctor said he wanted to come here when he got older which speaks volumes!

What gives you pleasure? Food? Gardens? Knitting or other crafts, music? If you're curious about the program speak to Karen or Sue."





**Christmas Concert**

As always all the stops were pulled out for Christmas in the Care Facility. Our incredible team made it very special for residents and their families alike. We had a Christmas Concert for residents and their families and of course so much more across the whole season.

**Christmas Dinner**

Brian and his wife Gaylene enjoy Christmas dinner together on Christmas day.

**Quiz**

We are very lucky that some wonderful volunteer quiz masters came to pit the wits of our residents, who gathered in groups to test their memory and enjoy a night out.

**Vintage Vinyl**

Our residents had a fantastic night with Vintage Vinyl on the Village Green. There was some serious dance moves and tons of laughs.

**Whittakers give chocolate delights**

We were delighted to be recipients of a Whittakers sponsorship of over 50 chocolate prizes for our weekly bingo sessions in the Care Facility. Here are this weeks lovely winners Brenda and Florrie receiving their prizes from our amazing volunteer Pam.

**Homeschool animals**

The homeschool group loved sharing their baby animals with residents in the Care Facility and cottages. It brought a smile to their faces and inspired many happy memories.



## Have you wondered when you might be able to move into our Village?

**FULLY REFURBISHED COTTAGES  
LIGHT, MODERN & AIRY  
FROM \$560,000**



Currently we have cottages available, so now is your chance to become a resident of Kerikeri Retirement Village.

Situated around the Village, our fully refurbished cottages are light, modern, and airy. Prices range from \$560,000 for a one bedroom cottage and \$660,000 - \$750,000 for a two bedroom cottage.

Each is surrounded by established subtropical gardens which are maintained by our gardening team, or you may prefer to do it yourself.

Our Village is located in a place second to none, a short level walk into the heart of Kerikeri. We have a Home Support Service available to assist you in your home.

Our Care Facility holds the highest level of accreditation possible from Health NZ.

We are a charitable company so profits are re-invested back into the Village, rather than used as dividends to shareholders.

Stuart & Mary who moved into the Village recently, had this to say: "We had a lot of work keeping up our property in Hawkes Bay. Here all the maintenance is done and we can just sit back and enjoy. We love how the Village is relaxed yet so well organised and managed. If you want to take part in something it's there. Sometimes we don't feel like doing anything and that's fine too!"

To view or for more info call Grant Cochran - 09 929 5836  
[www.kerikerivillage.co.nz](http://www.kerikerivillage.co.nz)



## Gift of Comfort is our fundraising appeal to replace our mattresses for air-technology mattresses that make the world of difference to the comfort of our Aged Care residents.

We have been delighted to place an order for our first set of mattresses with huge thanks to our donors and our incredible suppliers, local companies who share our values and are helping us to offer the utmost comfort to our Aged Care residents.

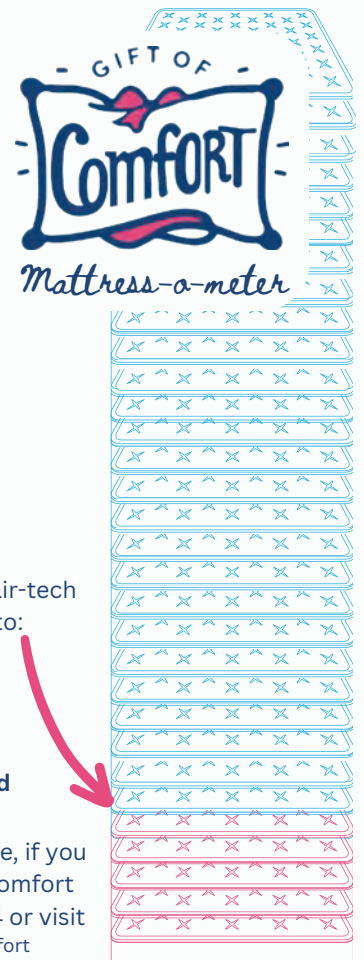
One special donor told us, "I donated because I saw what a huge difference the mattress made for Mum while she was looked after in the Village. It meant so much to us that she was comfortable. I wanted to help to get more mattresses so that more residents can benefit."



We have placed our first order of air-tech mattresses with huge thanks to:

- Rotary Club of Kerikeri**
- Kitchens by Wood Design**
- Alibaba's Flying Carpets**
- Laser Electrical**
- Village residents, friends and family members**

We have more mattresses to replace, if you would like to support the Gift of Comfort appeal call Hannah on 027 257 5314 or visit [www.kerikerivillage.co.nz/gift-of-comfort](http://www.kerikerivillage.co.nz/gift-of-comfort)



## Hearing Aids

**Did you know you can donate our old hearing aids?**

An awesome programme run by Bay Audiology called Free to Hear Samoa, takes your donated hearing aids to Samoa.

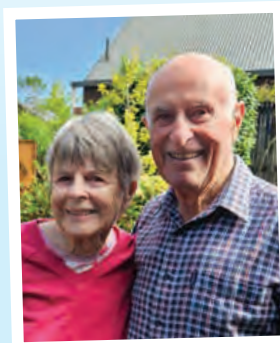
The hearing aids are distributed through a free hearing health clinic that was set up by Bay Audiology and their local collaborators.

The team's most recent trip in July 2023 led to a record number of people being fitted with hearing aids.

You can drop your hearing aid into:

**Bay Audiology**  
**John Butler Centre**  
**60 Kerikeri Road**  
**Kerikeri 0230**

## Welcome to...



Judy Bell & Roger Larkin

We also extend a warm welcome to Brian Ward.



Christine Wornham



Tony Wornham



Robert & Eveline King



John Haywood

## Lunchtime Concerts at The Turner Centre



Tuesday 9th April 12:30pm

### Josh Layne - Harp Concert

Harpist/composer Josh Layne has been called a 'harp genius' and a 'consummate musician'. He has performed extensively across Canada, the US, Europe and South America and has been praised for both his virtuosity and the sensitivity of his playing.

All shows include complimentary tea, coffee and a scone for Village residents.



Tuesday 7th May 12:30pm

### Chinese Blossom String Music Group

This ensemble bring a unique style of music and instruments with them and varied repertoire including traditional Chinese songs. Not only will it be a distinctive concert but you will be able to touch and see the instruments up close and personal.



## HEALTH & WELLBEING

### MONDAY MUSIC

Mondays 2 pm  
 Social Centre

### SIT FIT

Mondays & Fridays 10am  
 Social Centre

### SEATED YOGA

Tuesdays & Thursdays 9:30am  
 Apartment Lounge

### MOVIE - LIVE TO 100

Wed. April 10<sup>th</sup> at 2pm  
 Apartment Lounge

### BAY AUDIOLOGY

May 2<sup>nd</sup> at 2pm  
 Apartments Lounge

### REFLEXOLOGY AND AROMATHERAPY

April 18<sup>th</sup> at 2pm  
 Apartments Lounge

DIARY DATES

Visit [www.kerikerivillage.co.nz](http://www.kerikerivillage.co.nz) to sign up for news by email

admin@kerikerivillage.co.nz

Facebook: /kerikerivillage

09 407 0070 Registered Charity No. #CC55403

