

Village Times

KERIKERI
RETIREMENT
Village

SEPTEMBER 2012 | ISSUE 9



Betty Petrie - Village Manager

We have been very busy commemorating significant birthdays and rejoicing in the success of our local Olympians. We are also about to mark the commencement of our new building programme and are looking forward to welcoming Frances Shaw's new baby into the world so there's a lot to be pleased about. You can read more about these events in the following pages.

Welcome... TO OUR NEWSLETTER

In this issue we also let you know a little more about the wonderful people who work here, the great services we offer and opportunities available to get more involved in village life.

After six years of loyal and amazing service, Mandy Marsh, (from Reception), is leaving us at the end of September to take up an offer which will further her career. She will be very sadly missed by us all, but we heartily congratulate her on the opportunity and wish her the very best for the future.

We are planning a 'Seniors Expo' right here in the village in October, (details inside), and we have some great social and fun activities coming up so don't forget to check out the Diary Dates.

If you would like us to send a copy of this newsletter to family or friends then please provide us with their email or postal address. Alternatively they can download a copy from the homepage of our website.

www.kerikerivillage.co.nz

Eileen turns 100!

On 29th August we were delighted to celebrate Eileen Farrington's 100th birthday. Her family allowed us the privilege of being part of the celebrations and a great time was had by all.

Eileen's day started with a trip to the hairdressers and donning a new dress before attending the first celebration of the day, morning tea in the Paterson Wing.

Residents, staff and family were all there to sing Happy Birthday and cheer as Eileen and her gorgeous great-granddaughters blew out the candles on her cake.

After lunch, the Social Centre was bedecked for a celebration fit for a queen. Eileen and her many guests had a sing along to the piano.

Eileen's son Tony spoke on behalf of the family and read out the messages from the Queen and Governor General.



Eileen thoroughly enjoyed her day, saying "I didn't expect all this but it's just lovely." We think after surviving the Christchurch earthquake Eileen deserves all the fuss and attention.



Keeping our village shipshape

Between them, our maintenance men Anthony and Geran are responsible for carrying out and overseeing the maintenance and upgrading of our Village... all twelve acres of it!

It's a big job but they do it with a smile. They handle everything from small jobs for our cottage residents to constructing walls and overseeing contractors on larger projects. They manage the upgrades of our cottages and generally come up with great solutions to the many challenges we give them.

GERAN

It was the year 2000, the start of the new Millennium when I first visited New Zealand with my wife Judi and our two children, Matt and Hannah.

We were only here for three weeks and didn't venture far from the Bay of Islands. I instantly fell in love with the country, particularly the NZ bush.

Back in the UK I remember standing atop a tall chimney scaffold looking out across a grey and bleak landscape feeling incredibly homesick for New Zealand.

After a brief conversation with Judi, a decision was made and we applied for residency. The process complete, we moved here for good in 2002, flying out on the first anniversary of 9/11.

Since arriving we have added two real Kiwis to our family, Annie and Finn, now aged 5 and 3. With Matt, our eldest now 25 there is a huge age gap and people often ask if they are all from the same wife. I'm always proud to say yes.

In my spare time I enjoy being in the great outdoors. Up here we don't have huge expanses of bush but there are still places where you can imagine being the first person ever to walk there. That's the appeal and it gives me a lot of pleasure to see the little ones so confident in this environment. I also volunteer for NZ LandSAR (Search & Rescue.)

I started working at the Village three years ago and can honestly say that I look forward to every day here. I have loved getting to know all of our residents around the village and from major repairs and alterations to changing a light bulb, it's great to be in a position to help out. In the Care Facility I get great satisfaction from being part of a team who make a real positive difference to people's lives.

I came here from the construction industry and imagined that working in a retirement village would mean a change of pace. I was right – I've never been so busy!



ANTHONY

Hi, my name is Anthony and I am one half of the maintenance team here at Kerikeri Retirement Village. I have been doing this for 3½ years since emigrating from England in 2009.



I was born in England but we moved to South Africa when I was 3 months old. We lived in Amanzimtoti which is in the province of Natal on the East Coast of South Africa, (home of the Sharks Super 15 Rugby team!).

I lived there until 1995, when I returned to England for a holiday and ended up staying for 13 years. It was there that I met my wife who is a New Zealander and we decided to move to Kerikeri where she has family and the sun shines a bit more.

The maintenance job at the village is varied - no two days are the same. One of the best things about working here is being able to talk to people who have experienced a world so different from to the one we live in now.

Away from work I enjoy playing soccer, fishing, gardening, playing my banjo and working in my mini vineyard.

And... one day, I would like to ride a 50cc scooter the length of New Zealand!

Learning on the job

My name is Patricia Smith-Wedgwood and I have worked at the village for 7 years. I started here as a Junior Caregiver before working my way up to Senior Caregiver and have just qualified as a Registered Nurse.

I was inspired by my colleagues and the residents to become a nurse and started my training in 2008. For the first two years I studied via distance learning while working full time night shifts at the Village. But the real work began when I had to do clinical placements. I chose to do these in Whangarei Hospital which

meant staying in Whangarei for the duration of the placement. I would return to Kerikeri on my days off and do my shifts at the Village before returning to Whangarei. As you can imagine this was exhausting and there were times I felt like giving up and wondered if I was going to be able to make the grade but my friends and work mates kept me going.

After 4 and a half years I have finally completed the degree, passed the State final exam and am now a Registered Nurse. I am looking for a New Graduate position but will continue to work at



the Village in the meantime. It has been an enjoyable experience and I couldn't have done it without the support of friends, colleagues and residents of the village.



Introducing John Baird

John Baird has been on the Board of Kerikeri Village since 2000 and has been Chair since 2011. He is a Presbyterian Support Northern appointee and was previously General Manager of Presbyterian Support's Aged Care Services through the Northern region.

John and his wife Paulina were married at Ake Ake Vineyard ear-

lier this year surrounded by family and close friends including several members of our Board and staff.

Between them, John and Paulina have five children aged 8 to 22 and they love nothing more than relaxing at home with the family as often as their busy work schedules in the Health Sector allow.



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Welcome to ...



Margaret Brown



David Jull



Barbara Jones

Meet Adona Cox

I will be standing in for Frances Shaw whilst she is on Maternity leave.

I was raised in Auckland but moved to Whangarei in 1967. While we were there we became known for the many themed dinner parties we held in support of local charities. These included a 'Robbie Burns Night' which involved a genuine haggis and bagpipes and an 'Arabian Nights Dinner' complete with belly dancers.

As a young mother of two boys my life was full and varied, and included a two year stay in England, working on a farm and living in a large 300 year old brick house.

On our return my employment included catering and retailing but

banking was my chosen career path for the next ten years.

My love of books and meeting people saw a return to retail as the owner, operator and dogsbody of a quaint little bookshop.

Fast forward many years where I spent ten years as a Property Manager including eighteen months working for Ray White Real Estate here in Kerikeri.

In our leisure time we spent holidays at our bach in Doves Bay enjoying the recreational delights of the beautiful Bay of Islands.

About five years ago we chose to live in Kerikeri permanently, renovated the beach house and called it home.



Our children and three grandchildren still consider our home their bach and relive their early memories with us.

Gardening, cooking, reading and early morning walks are some of my leisure time pursuits and involvement with Rotary and community service keep me active.

I have met a few of the Village Residents and look forward to meeting you all as time goes by.

Daffodil Day window



Remember when ...

Jim Dobbie recalls his time in the Queen's Life Guards, household cavalry



We have all seen something of the Queen's Diamond Jubilee celebrations over the past year but few of us would have been privileged to have played a part in her Coronation on the 2nd of June 1953, just over a year after the untimely death of her father King George VI.

Jim Dobbie was one of those few, having served with the Queen's Life Guards stationed at barracks close to Buckingham Palace. He recalls having to be mounted at 6am and waiting for the procession to Westminster Abbey to commence. Looking very smart in their uniforms and plumed helmets, there were a few practicalities to take care of. The men were given pills to avoid their needing a comfort break... Jim recalls the effects lasted a week! The procession was very long and the parade back from the Coronation even longer, for the newly crowned Queen to greet her public.

Originally from Aberdeen, Jim joined the Guards at the age of 18 and stayed for a term of 3 years. At that time there was compulsory military service of two years. Officials judged him tall enough

to be a mounted guard. He soon got used to the routine at the barracks. The recruits were broken in at the same time as the horses, (2 year old Dutch remounts). Often called out for ceremonial occasions they played drums to the horses to get them used to the noise of crowds. Jim recalls one incident where a group were exercising the horses near the Serpentine in Hyde Park, when a group of swans flew low over them and spooked them. They were still finding bits of tackle weeks later.

They took the horses on holiday once a year to land in Surrey where the feel of the grass beneath their hooves made them leap about like spring lambs.

Jim was fond of his horse and after a night off would often bring it a nice soft loaf of bread. The horse, being used to coarser food was delighted at these treats. One night, bread in hand, wanting to see if the horse would come when called, Jim had a fellow guard let the horse loose from one end of the stables, and on Jim's whistle it tore up to him almost at a gallop and pulled up just in time to avoid a calamity. The sound of the hooves on the flagstones was booming and Jim was greatly relieved that they both survived the experiment without receiving broken legs... or a Court Marshall.

One colleague was not so lucky. While they were both guarding the main gate to the barracks, a group of girls came up and after a few soft words convinced the guard to hand over his sword through the bars for them to have a closer look. Quick

as a flash they made off with it. Losing the antique weapon had the guard summarily dismissed.

During his time with the Guards, Jim was an extra in a film about Beau Brummel called "The Dandy of the Tenth" starring Stewart Granger and Elizabeth Taylor. He recalls saddling up Elizabeth's horse and uncorking a wine bottle for her. He was dressed as a Tenth Royal Hussar for the film shoot. He earned ten bob a day for that shoot which was a nice bonus over the one pound a week pay as a Guard.

After he was discharged Jim embarked on the 6 week voyage on the Captain Cook to New Zealand and on to his new life as a Kiwi.



Cottages available now!

We have two good sized cottages available.

Please call Adona Cox if you would like to take a look on 09 407 0136.

There are no Wendywood Apartments available at the moment but you can view occupied units by appointment.

TO VIEW call Adona



on 09 407 0136

Cottage 52 - Wendywood Lane

Spacious two bedroom house with large sunny lounge and kitchen, one large bathroom and second toilet, internal garage and patio.



Cottage 53 - Stella Drive

Large two bedroom, two bathroom house with own garden. Large kitchen/dining area with parquet style floor. Extra room for office, carport, freshly painted with new carpet and drapes throughout.





OPEN HOMES

Monday 24th Sept. 9.30am – Noon



We currently have several newly refurbished cottages available and we invite you and your friends and family to join us for a no-obligation tour of these properties during our forthcoming OPEN HOMES.

There is no need to book, simply report to reception and we'll arrange for you to be shown around

KERIKERI
Village RETIREMENT

... for the young at heart

SENIORS EXPO

OCTOBER 17 - 10am to 3pm - FREE ENTRY
Health - Wealth - Wellbeing

This will be the first time the expo, targeted at people aged 55 and over, has been held in Kerikeri.

The expo, organised by Kerikeri Retirement Village, will feature stalls from agencies and businesses that offer a range of services for senior citizens.

With over 14.5% of Northlanders being over the age of 55 it's great to have an event like this where people can come together and find out about activities they can get involved in and services they can access.

Those who come along can find out about subjects as diverse as, continuing education, tai chi and legal matters.

Tai chi demonstrations will be held on the day, as well as short seminars on a variety of topics of interest such as Enduring Powers of Attorney.

Perceptions about ageing are changing, and with the support from communities and families, growing older is becoming a cause for celebration.

The expo is not just open to those aged 55-plus, but also their families and friends who support them.

A final list of agencies and businesses taking part and a timetable of events will be posted on our notice boards and on our website closer to the event.

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Powers of Attorney are important at any age but essential in your 'twilight' years. We are experts in helping you plan this.

We are specialists in all areas of the law and can help new arrivals to the area with local knowledge and with immigration.



93 Kerikeri Road (next to McDonald's) KERIKERI, ph 09 407 7099, info@lawnorth.co.nz

EXPO SPEAKERS PROGRAMME

TIME	AGENCY OR BUSINESS	SPEAKER	TOPIC
10.00	University of Third Age (U3A)	To be Advised	What is U3A and how can it benefit you?
10.30	Arthritis Foundation	Georgina Greville	Arthritis and Pain
11.00	Law North	Graham Day and Simon Dominick	Enduring Powers of Attorney (EPOA) and court appointments of Property Manager
11.30	Bay Audiology	Rhea Matich	Hearing Loss, signs and symptoms and what we can do to help
12.00	NorthAble	To be Advised	Services available to facilitate independent living
12.30	Palmer McCauley	Rick Palmer	Wills and Estates
1.00	Unichem Pharmacy	Vicki Douglas	How pharmacy services to seniors will change under the new Government Agreement
1.30	McLeods Lawyers	Sarah Jury	Occupation Right Agreements
2.00	Retirement Village Association	John Collyns	Why choose to live in a Retirement Village?
2.30	Whakamana Hauora	Margot Forrest	Gaining wellbeing and empowerment - self-manage and live a healthier more fulfilling life
10.00 & 12.00	Kerikeri Retirement Village	Chrissie Taylor	Tai Chi Demonstration Join a free 30 minute Tai Chi lesson



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Village Support

Moving in or finding things a little difficult and need some extra help?

Village Support Services is a home based support service within Kerikeri Village. We provide services to Wendywood and Cottage residents including helping with shopping, cleaning, meal preparation, assistance with medications, personal care, companionship, socialisation and mobilisation.

If you need some help and you hold a Community Services card, you may be entitled to free assistance. Contact us and we'll arrange for you to meet with the Community Needs Assessor.

If you do not have a Community Services Card then domestic assistance can be arranged privately with Village Support

We also provide one-on-one companionship for residents of the Tui and Robinson Wings and assistance with emails and Skype to relatives overseas.

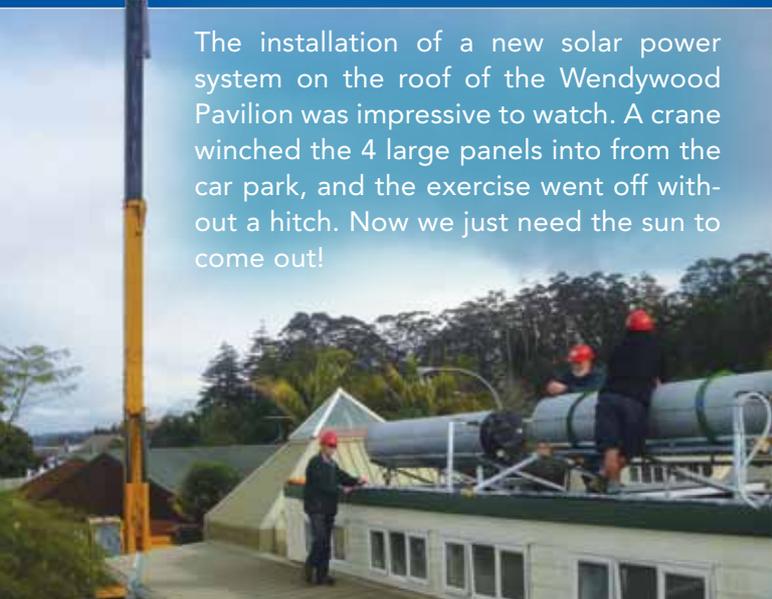
A royal knees up

We wanted to help the Queen celebrate her Royal Jubilee, so we held a right royal party of our own. Residents came dressed up in their tiaras, hats, furs and bow ties and enjoyed a high tea in the Social Centre.



New solar panels

The installation of a new solar power system on the roof of the Wendywood Pavilion was impressive to watch. A crane winched the 4 large panels into from the car park, and the exercise went off without a hitch. Now we just need the sun to come out!



BOOK FAIR
Waipapa Rotary Club

2nd-3th NOVEMBER

Bay Sports Stadium
Harmony Lane



Pet therapy CHRISTINE BILLINGS

At Kerikeri Village our residents really enjoy pet therapy. They watch the fish and birds and stroke Miffy the cat who also lives here. There are many dogs that visit with their owners every day. Occasionally we have a pet day when other pets visit, including horses.

In my role as a Diversional Therapist, I have noticed how much the residents enjoy the animals and decided to do a study on why pet therapy is beneficial.

I learnt that it can be a time of reminiscence. Some residents have had pets before coming into care, and it reminds them of home. Having animals around generates conversation and provides something different to think about. The act of holding and stroking an animal is good for physical movement, gives pleasure, provides companionship and has a calming effect.

The types of dogs best suited to pet therapy are small lapdogs such as poodles, shih-tzu and King Charles spaniels. They also need to be well trained and sociable and are assessed before being allowed to visit a hospital or resthome

Researchers have found that owning a pet has been associated with reduced risk of heart disease and cancer as well as contributing to a reduction in symptoms of stress, depression and anxiety. Our body chemistry changes when we are in the company of pets. Levels of the stress hormone cortisol go down, immune functions improve, and serotonin levels increase.

I have recently become an owner of a shih-tzu dog named Willit and he comes to work with me every day. The residents love him and he keeps them entertained chasing and returning a ball.



There have been some very special moments such as when a resident was unhappy and I gave her Willit to hold. Before long she was smiling and singing to Willit.

Another time a resident was a bit grumpy but after patting Willit her mood changed completely.

Volunteering to make a difference LEND A HAND

Volunteering is a fun way to give back to the community and make a difference in the lives of others.

At Kerikeri Retirement Village, we rely on volunteers to help us provide those social interactions that can really make someone's day.

You don't have to commit a lot of time to being a volunteer, small acts of kindness like popping in to have a quick chat with a resident are a valuable contribution.

Everyone brings a wealth of experience and talents and you can choose the type of activities you want to be involved in.

We have recently commenced a new orientation programme for volunteers and everyone is given a handbook full of helpful advice and information. Further training and workshops will be provided as time goes on, so that volunteers feel they have the skills and knowledge to work effectively.

The sorts of tasks you might be able to help with include:

- Assisting residents with their correspondence
- talking and reading to residents
- arranging flowers
- selecting/returning library books

- driving residents to appointments
- playing cards or board games
- helping with activities or outings
- making cups of tea
- helping feed residents who can't manage on their own
- shopping for residents
- helping residents maintain life skills such as woodwork or baking
- helping with art or music
- fundraising or community awareness activities

If you or someone you know would like to be involved please call Robyn on 407 0070.

Village Extensions

In response to growing demand we are extending the Village. This will provide the community with three more Dementia Care rooms and two additional rooms in Assisted Living.

These rooms will utilise the latest technology to make life easier and more comfortable for our residents. The design also considers the extra requirements of those with dementia and ensures they are safe and cannot wander off.

In addition to furnishing five new bedrooms, we plan to freshen up the décor in the Dementia Care living area and theme it 1950's – an era when our residents were fit and active and in the prime of their lives.

We are also improving the kitchen so that we can better cater to those who live outside the Village but need our help.

Construction commences shortly and we need to fund-raise to help us meet the cost of construction as well as to provide the specialist furniture and extra equipment that makes life easier for the elderly.

As a not-for-profit Charitable Trust we'll get there a lot faster with your support. Your donation will help those with physical disabilities to maintain their dignity by remaining as independent as possible.

So whether you'd like to make a general contribution, sponsor a piece of furniture or donate the cost of a whole room fit out, we'd be grateful for any support you can give us.

FIT OUT COSTS FOR ONE ROOM

Electric hi-lo bed	
Height adjusts to suit resident's needs	\$2,760
Pressure sensitive mattress	
Reduces risk of pressure point injuries	\$600
Height adjustable chair	
Height adjusts to suit resident's needs	\$758
Easy chair	\$746
Over bed table	
Keeps essentials readily at hand	\$220
Bedside locker	\$474
Black out drapes	
To assist restful sleep at any time of day	\$840
Toilet seat raiser	
Height adjusts to suit resident's needs	\$125
Shower seat	
Ensure resident safety while showering	\$298
TV Bracket	
Allows resident to watch comfortably from anywhere in their room	\$179
Total Room Furnishing Package	\$7,000

If you would like to help, please visit our website <http://kerikerivillage.co.nz/donations> or contact Betty to discuss how you can help.

Diary Dates

Bus trip | 10.30am - 12.30pm

Friday 28th September

Bus trip to the Warehouse

Song Bird of Swing

Wednesday 3rd October | 10.45am

in the Social Centre

Donations welcome

Quiz Nite

Friday 5th October | 4.00pm

in the Social Centre

Come and join in, enjoy soup and a roll to follow

Movie afternoon

Wednesday 10th October | 2.30pm

in the Social Centre

Senior's Expo

Wednesday 17th October | 10am-3pm

in the Social Centre

Col Houston show

Friday 5th November | 2.30pm

in the Social Centre

Cottage and WW trip | 12pm

Tuesday 13th November

Café Cinema – Movie and Lunch

Razzle Dazzle show

Friday 23rd November | 1.00pm

Debbie Dorday and Jim Joll

in the Social Centre



Say "Hi!" to your family

Our Skype ID is: kerikeri.village2

e-mail address is:

mandy@kerikerivillage.co.nz