

Village Times

KERIKERI
RETIREMENT
Village

MARCH 2014



Betty Petrie - Village Manager

Welcome...

Welcome to the first newsletter for 2014. Christmas seems just such a short time ago and yet here we are in March already.

I hope you enjoyed our 2014 Seniors' Expo and found something there to interest you.

Recently we've been doing some IT cabling and are pleased to say that we now have Skype up and running again in the new library. It's free to all residents, is a great way to stay in touch with friends and family and we encourage you to use it. See inside for details.

As you'll know from previous newsletters, we have some interesting

people working and living in the Village and I'm sure you'll enjoy reading a bit more about them.

And lastly we haven't forgotten the monthly Seniors' Dinner. It hasn't been easy finding someone to cater for this event on a regular basis but we think we're close to resolving it and look forward to making an announcement shortly.

Keep an eye on our website for details – www.kerikerivillage.co.nz

Congratulations Nicola!

Physiotherapy Assistant, Nicola Hetzel, is the winner of the Kerikeri Village Trust Board OSH Award. This award is presented twice a year to a staff member whose ideas or consistently safe work practices make the village a safer place for everyone.

Nicola designed and implemented a Manual Handling toolbox –

a guiding document for staff to manage handling residents in a safe manner.

The toolbox is easy to understand and well-liked by staff.

For her efforts, Nicola was presented with a certificate of appreciation and \$100 by Board Chairman John Baird, at a special staff function.



Trustee Retires

Steven de Ruiter has recently resigned from his position as a Trustee of the Kerikeri Retirement Village Board.

While he has only been on the Board for a relatively short time, his contribution to the Village has been immense. In particular he was instrumental in setting up the

project with Springbank School that culminated in a new library, updated Herb Murray room and Social Centre storage/bowling area. Steve also gave generously of his business resources, saving the Village Trust time and money.

We are very sorry to see him go but are immensely grateful for all his help.



Meet Doug Galbraith

Doug and Wendy Galbraith moved to Kerikeri to escape the rat race of Auckland over 35 years ago and have made the most of life up here ever since.



Doug joined the Board of the Kerikeri Village Trust eight years ago and has seen the village grow substantially over that time.

He describes the Village as "a wonderful facility run by dedicated people" and says he was "pleased to be invited to become a member of the Board".

A qualified plumber and gas-fitter, Doug brings a wealth of industry experience to the role and serves on our repairs and maintenance subcommittee assisting us to keep everything ship-shape.

During his time in Kerikeri, Doug has also turned his hand to mixed

citrus and kiwifruit orcharding and farming on a dairy farm he started from scratch in Okaihau.

These days, Doug and Wendy have two children and a grand-daughter. Doug loves swimming, rugby and sailing and is a life member and patron of the Kerikeri Cruising Club. On one memorable occasion in 1964 he entered the family boat in the inaugural race from Whangarei to Noumea and came away with line honours. He has also participated in the extremely challenging Hobart Race, coming second in one event.

Doug still sails regularly and is an active member of Kerikeri Rotary.



Hard at work

Look at the gardeners hard at work enjoying the latest Village purchase.

The big Macracarpa seat has been placed in the shade of the large Golden Robinia which grows just outside of the entrance to the reception area.

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Seniors' Expo 2014

Bright sunshine contributed to a very pleasant day for the hundreds of visitors to this year's Seniors' Expo, held in the Social Centre on Saturday March 8th.

There was lots of information and services on offer ranging from support agencies and financial advisors to diagnostic services and central government agencies.

Of particular interest were the 20 minute seminars which generated a lot of discussion afterwards. There were also giveaways and raffles to add to the fun.



The winners of the Kerikeri Retirement Village raffle who each won a quality pashmina and voucher (kindly donated by local business Anne of Craicor) were June Crowden and Anne Collinson while Graham Cox won the Spicers grocery voucher raffle. A stalwart

supporter of the village, Graham promptly offered the prize back to be re-raffled.

This was especially generous given all his efforts in working with volunteers from Waipapa Rotary Club to erect all the partitioning

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for the event.

Our thanks also go to the Certified Builders Association for loaning us the partitioning and to Placemakers for transporting it to the village.

We're also grateful to our sponsors Newstalk ZB, The Bay Chronicle

and the Northern News for their help in promoting the event.

And lastly we simply couldn't have done it without the hours of planning and organisation by Debbie Ryder of Mad Ideas and Adona Cox who works here at the Village.



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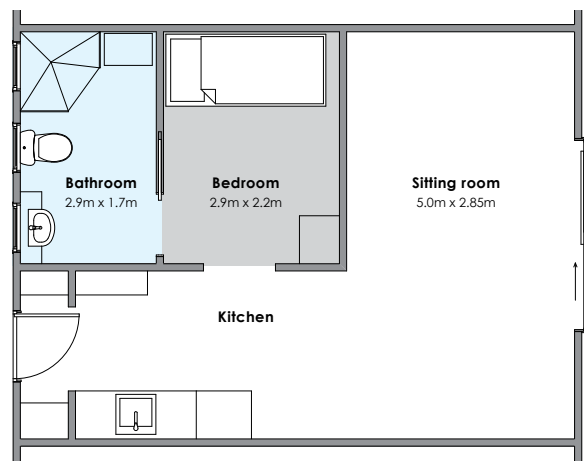
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**For more information or to arrange a viewing contact
Frances Shaw on 09 407 0070 or email frances@kerikerivillage.co.nz**



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Why you should have a flu vaccination this year

- ✓ Prevention is better than cure
- ✓ 90% effective
- ✓ Protects against 3 strains of virus including Swine Flu
- ✓ Minimises your chances of catching the flu
- ✓ It's easy and you only need one vaccination a year
- ✓ Reduces the spread of flu
- ✓ Helps protect your family and friends.

WHAT IS THE FLU?

Influenza, commonly known as 'the flu' is a viral infection of the breathing passages. The flu is highly infectious and can be easily spread.

When an infected person coughs or sneezes, droplets containing the virus are thrown into the air and onto surfaces waiting for you to collect them.

Your symptoms will appear suddenly and begin with chills, followed by headache, fever, sore throat, exhaustion and a cough. Unlike a common cold, flu symptoms are much more severe, last for longer and can be fatal.

Although the peak period is between May and September, new strains of the virus are continually developing so you need to be vaccinated annually to protect yourself against the latest strains.

5 Facts about the Village

1. Board Members are Volunteers too!

All of the Kerikeri Retirement Village Board members are unpaid volunteers. Many work full time in their own businesses but still find time to attend to the current needs and the future growth of Kerikeri Retirement Village.

2. Skype

Skype is free to all village residents and is available in the Library. It's a great way to keep in touch with family and friends. You can contact Reception during work hours if you need help or to arrange a time to skype family members.

Our Skype ID is **kerikeri.village2**

3. Podiatry

Every month Podiatrist Carin Russek visits the Village to take care of the residents' feet. This service is also available to the public. Bookings are essential and can be made by calling 407 0070.

4. Book Club

Pauline Snelgrove (one of our fantastic Volunteers) has started a Book Lovers Group for village residents. Meetings are held in the Herb Murray Room on the second Monday of every month from 1 to 2.30pm, followed by a cuppa and a chat. All welcome.

5. Private Meals available

If village residents don't qualify for funded Meals on Wheels they can still order delicious meals from our kitchen, 7 days a week including a Sunday roast. Delivered hot at lunchtime, mains cost \$9 or \$11 with dessert.

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Purple Team - A Day in the Sun



Our carers are divided into teams. Each team is known by a different colour and is responsible for the welfare of a specific group of residents.

The bond between carers and the people they care for is very deep and becomes like having a second family. So much so, that our

staff often go out of their way to arrange extra outings.

In January the purple team worked with a resident's family to arrange a special lunch. There was lots of excitement and singing as the ten residents and six carers took the bus to Ian and Shirley's home in Doves Bay.

There was plenty of chatter over a delicious home-made lunch prepared by Shirley and her friends, served with some wine, which was donated by the staff. Everyone loved soaking up the sun and the stunning views of Te Puna and Kerikeri Inlets. Some hours later, after a leisurely cuppa and delicious chockies, the crew took the scenic route home via Opito Bay and Doves Bay Marina.

While a lot of eyelids were resting by the time we returned it was a great day in the sun!

Many, many thanks to Shirley and friends for providing such a lovely lunch, to Margaret Gamble for volunteering to drive the bus, and to the members of the Purple Team for volunteering their time.



China Cabinet

Our thanks go to Allan and Sue McLeod for the kind donation of a lovely old leadlight china cabinet for our Tui Wing.

Thanks also to the Wilkes and Duggan families for donating the china tea cups and plates which will be used in both the Robinson and Tui Wings.

Diary Dates

Cream Tea

Fri 28th March, 10.00am

Cream tea in Sue Robertson's garden.
Bus leaves reception 10.00am.

Movie

Wed April 16th, 2.30pm

Wallace and Gromit – 'The Curse of the Were-rabbit'. 2.30pm in the Social Centre.

Butler Point Trip

Fri May 2nd, 9.30am

Trip to Butler Point and lunch at Mangonui Fish & Chip Shop. Bus leaves 9.30am.

Afternoon Tea

Wed May 7th, 2.30pm

Wendywood residents afternoon tea 2.30pm in Social Centre.

Quiz Nite

Fri May 23rd, 4pm

Quiz Nite in the Social Centre. All Welcome.