

Village Times

KERIKERI
RETIREMENT
Village

MARCH 2015

Welcome... TO OUR NEWSLETTER

Betty Petrie - Village Manager



We are thrilled to have received the new hoist that so many people in our community contributed to. It's being used daily and is making a huge difference in the lives of our most frail residents.

We are also very grateful for the donation of a lovely BIG television for our Paterson residents. Now everyone can enjoy watching the movies, the news and sports as it's so much easier to see. The TV fits very nicely in our recently redecorated lounge (pictures inside).

If you've visited recently you will have seen a few new faces in the village including some new volunteers and

staff. We've taken the opportunity to introduce some of them in this newsletter and you'll meet more of them in future issues.

Lots of long hot days have allowed us to go on some fabulous outings this summer and we've included some photos of the fun.

On a personal note, I'd like to thank everyone who sent their best wishes during my recent absence. I missed you all and am very happy to be back and part of the Village again.



We are very fortunate to have many wonderful volunteers. They make a big difference to the lives of our residents and we are grateful to each and every one of them.

So when St John approached us with the idea that they would like to trial a volunteer programme here we jumped at the chance! This programme has been implemented elsewhere in New Zealand but is the first in Northland. Over the past few months there have been many discussions about the pro-

Community Collaboration

gramme and how to successfully implement it.

St John recruited and trained nine volunteers. They also had training with Lesley Paton (our Orientation Co-ordinator) who spent time showing them around the village.

The St John volunteers wear a St John uniform when they are here. St John initially plan to have two volunteers here three hours a day for five days a week. The dream is to run two three hour shifts, seven days a week.

The benefits to our residents are huge; it keeps them connected to the community, they welcome the new faces and often forge strong bonds with the volunteers.

The volunteers do the things for our residents that we wish we had more time to do like taking them for walks around our beautiful gardens, reading to them, writing letters for them and just spending time listening to their stories.

Our first volunteers have started and we are excited about the ongoing partnership with St John. A very big thanks to Dale Bell and Frank Booth from St John for all of their time and effort they have put in making this dream a reality!

To join our volunteers
see Adona Cox at reception
or ring Dale Bell at St John.

Newly qualified assessors

Our staff is encouraged by our board and management to undertake further training relevant to their role and many are working towards Certificates of Learning. In the past we have had to send papers away for external marking as we had only two registered assessors on site and they were limited in what they were allowed to mark.

In 2014 three more of our team qualified as Workplace Assessors. This means our staff can complete practical assessments and have their papers marked onsite. Onsite assessment speeds up the whole process and ensures that those in training can always access the support and guidance of their on-site assessor.

Congratulations to our newly qualified assessors, Jess Caswell (Caregivers & Registered Nurses), Leanna Jay (Gardeners) and Janice Kendall (Household Staff).

We are very proud of our team's efforts and invite you to check out the Staff Qualifications and Achievements board next time you're in reception.



Leanne Jay



Jess Caswell



Janice Kendall

Good training results in good practice

In addition to the skills required to carry out their specific roles, all staff at Kerikeri Village must participate in compulsory training set down by the Ministry of Health.

With such a large team, it can be challenging to roster the training days so we hold six in-service days each year where we cover things like infection control, first aid, ethical standards, residents rights, cultural awareness and health and safety.

In addition to this, we schedule regular training sessions for the Caregivers where our Registered Nurses demonstrate the latest techniques and practices.

We also bring in speakers and external trainers from organisations like the Alzheimer's Society, the Health and Disability Commission and other community groups.

To keep abreast of what's happening in our local and wider communities, staff attend outside seminars and conferences with affiliated organisations like Age Concern, NZ Aged Care Association and the Retirement Villages Association.

We believe that sharing information is also key to good practice so we participate in benchmarking sessions with other care facilities where we discuss common issues and resolutions.

Welcome to



Merle Rowles
our newest resident
at Kerikeri Retirement
Village.

Introducing Jan MacLennan



My name is Janice MacLennan and I was born and raised in Auckland. Since then I've lived in Dairy Flat, Kaukapakapa and Whangarei, before moving to Kerikeri nearly twelve years ago where my husband and I ran a motel for nine years.

I was also working part time as a caregiver at the village but had the opportunity to further my studies and became a Divisional Therapist. I still do both roles as I enjoy caring for the elderly and helping

them with their leisure activities... so much so that I've been working here for over 11 years!

I have four children and eight grandchildren. My interests are sewing, felting and gardening. I also love to travel and earlier this year my husband and I went to England and Ireland. In our spare time we like to take our motorhome away... not that there's a lot of that with over three hundred Olive trees on our property that need to be tended.

“The Silent Epidemic” BY ROGER ALLISON, PHARMACIST

If you suffer from some or all of the following symptoms you may have a magnesium deficiency.

- Cramps
- Twitchy eye lids
- Anxiousness
- Poor sleep
- Constipation
- Breathing difficulties
- Tight muscles
- Irregular heart beat

It's common these days to be low in magnesium. This is due to a combination of declining levels of magnesium in our food and losses caused by stress (a biggie), alcohol,

perspiration and pharmacological drugs like diuretics and antacids.

These factors all deplete your levels of cellular magnesium and may contribute to the symptoms listed.

Current methods of blood testing magnesium levels is unsatisfactory as blood only contains 1% of the magnesium in your body. The biggest, most important concentration of magnesium is in your cells.

The best way to test whether you have a magnesium deficiency is simply to take a supplement and see if your symptoms improve.

This is safe because your kidneys excrete any excess and magnesium will not affect your normal medication. If you are unsure ask your pharmacist.

As magnesium is critical for 325 enzyme systems in the body that affect nearly every biological process, improvement will become noticeable.

I personally prefer Magnesium aspartate as it works fast, has 80 - 100% absorption and is not affected by age or stomach acid levels.

Glasses

We've had a super response to our request for old pairs of glasses for Lion's charity. Over 60 pairs of spectacles were donated and will be delivered to Lions for distribution. Our ladies couldn't resist trying a few pairs on...



What's in a Name?

Some of you may know our history well, but for those who don't we'll be sharing how some of the places within the Village got their name.

Located near the Social Centre, our H Murray Meeting room is named after Herbert Hugh Murray who emigrated from England to live in Kerikeri in his later years. His daughter Kaye Pennell was a resident here at the time.

Mr Murray was a very wealthy man and he made his money rebuilding properties after World War 2 to house people returning to civilian life.

Near the end of his life, he asked local lawyer Graham Jaffe to prepare his will. He wanted a large part of his estate (believed to be around \$4 million) to be given to

charities that worked with the elderly, soldiers or medical research. During his time in Kerikeri, Mr Murray had also shown interest in a proposal by GP Dr Johnson to help establish a hospital in Kerikeri.

Mr Murray's will gave his daughter and Mr Jaffe wide discretion in making the charitable disbursements and it was thanks to Mr Jaffe that a large part of the estate was used to assist with the land acquisition for the Kerikeri Retirement Village.

Disbursements were also made from Mr Murray's estate to the Northland District Health Board to be shared amongst all of the hospitals in Northland as per his interest in Dr Johnson's ideas. While much of that money was retained in Whangarei for the

establishment of an eye clinic, Whangaroa Hospital in Kaeo also received some of the bequest.

Money was also given to seal various car parking areas and to assist with the sealing of Kerikeri Road to make life easier for the elderly of Kerikeri.

The old soldiers were not forgotten either and some of Mr Murray's bequest saw the installation of a flagpole memorial at the Kerikeri RSA in Hobson Avenue. The plaque on the base reads 'Flagpole presented by Herbert Hugh Murray to Commemorate the Battle of the Somme 1916 and to the memory and glory of all members of the Commonwealth Armed Forces who fell in action'.

Give Something Special this Easter



MAKANA
CONFECTIONS

Hand-made chocolates and other natural temptations

Kerikeri Road, Kerikeri, Bay Of Islands

Opening hours: 9-5.30pm daily

Freephone 0800 MAKANA or visit

www.makana.co.nz



Thank You

June Ward and Pat Scot enjoy relaxing by the fire in the Paterson Lounge which was recently redecorated by some of our talented staff.

Many thanks to village residents Pete and Norma Roffey for their generous donation of a large screen television.



Pioneer Village

Our residents enjoyed a tip toe through the beautiful begonias at the Pioneer Village in January.



It was a trip back in time for a group of our residents recently when the local Vintage Car Club brought their beautiful cars around.

Ride in Style



HURRY ONLY ONE!!

MODERN, SUNNY APARTMENT



Our modern one bedroom apartments are packed with features including:

- Generous sized north facing lounge and patio
- Modern kitchen and hob
- Slimline fridge freezer
- Heater in bathroom and lounge
- Indoor access to Pavilion Lounge, Laundry and Social Centre
- Wardrobe in bedroom, storage cupboard in bathroom
- Non-slip flooring in bathroom and walk in shower
- Heated towel rail
- Grabrails for toilet and bathroom
- Car parking available



\$179,000

To view contact Frances on 09 407 0070
or email frances@kerikerivillage.co.nz

Diary Dates

Picnic at Matauri Bay

Friday 13th March | 10.30am.

Afternoon Movie

'Magic in the Moonlight'.

Wednesday 18th March | 2.30pm.

In the Social Centre.

Quiz Nite

Friday 20th March | 4pm in the Social Centre.

Lunch and Movie

Cinema Café Lunch and Movie.

"The Second Best Exotic Marigold Hotel".

Tuesday 31st March | 11.45am.

Community Dinner

Tuesday 7th April | 5.30pm.

In the Social Centre.

New Hoist In Action



Our staff learn to 'drive' the new hoist / scale.

**Video Conferencing Facility
Available for hire**

For rates or to book – call 09 407 0070