



Welcome

Here we are with our first newsletter of the new decade after a long dry summer, it's a relief to finally see some rain.

We are of course confronting the new influenza virus, COVID-19. While there is no cause for panic, we are focussing on being prepared and looking out for each other. Kathy Renner, our Clinical Manager and Infection Control Officer, has done a great job taking all the necessary steps to protect the more vulnerable people in our care.

To that end, we are asking anyone who has cold or flu-like symptoms not to come in to the Care Facility and we have posted cautionary notices on our doors.

On a happier note, the apartment build is going well and we are now only a few short months away from

completion. Frances has been flat out taking enquiries and we are excited about holding an Open Day for residents shortly.

Something else to be grateful for is the wonderful donation of \$100,000 by the Graveson Trust.

Trustees Nell Graveson and her son, Michael Gross, have made many donations to the Village over the years. As a charitable organisation this has helped us enormously, enabling us to buy a long list of furniture and equipment including beds, chairs, a piano, outdoor furniture, buses and more. Nell and Michael have decided it is time to wind the trust up which led them to making such a generous donation.

We plan to use the funds in the Care Facility; details of which will follow later as we work with Nell to

create a legacy in her name. On behalf of the Board and staff of Kerikeri Retirement Village we'd like to extend a huge thank you to Nell and Michael for all their support over the years and for this wonderful donation which will really make a difference to our residents in care and their families.

We would also like to extend our sincere sympathy after the recent loss of Nell's son Peter.

Nell asked us to convey this message; *"Thank you to all my friends and carers for their generous love and support during a sad time in my life. Peter loved coming to Kerikeri; you made him feel very welcome. Thank you, Nell."*

Happy 103rd Birthday Nell!

In January, Nell Graveson reached the ripe old age of 103. To mark the occasion, Nell who is still fit and active, threw a sausage sizzle for forty of her closest friends.

Nell has lived in Kerikeri since 1946, just after the end of the war. In those days Kerikeri had just five shops and no more than a dozen cars. The school, which had two teachers and 78 pupils, was located across the river from the Stone Store.

Nell's father started a citrus nursery here, which she and husband Jock later took on.

The couple owned a large home in Riverview where they raised their three children Madeline, Michael and Peter.

After Jock's passing in 1978, in line with his wishes, his estate was used to help establish the Kerikeri Retirement Village.



When the Village opened in 1986 Nell moved into one of the eight original cottages where she continues to reside today.

When asked the secret to her longevity she replied "It's 34 worry-free years of Village living."

Social Centre Monday Drop Ins from 11 – 2

The recent introduction of our new Village initiative "Spark of Life" stirred Wilma Sutherland, a resident of our Village, who, at the time was teaching Rummikub to residents.

The Spark of Life philosophy centres on awakening the interests of residents in care through interaction and activity. It seemed so simple and rewarding. Wilma needed no further encouragement.

We sought the volunteers, the venue and support and now as we approach the 6th week we have an enjoyable Monday together.

People you will meet at the drop in: Karen Hawtin, KKRV Activities Coordinator for the Cottages and Wendywood residents. She liaises with us, makes us a cup of tea, finds us entertainment, does the odd cooking class and does a pretty fair note as a singer and guitar player.

Wilma Sutherland loves everything but loves Rummikub and wool like mad! She came to live in her cosy Wendywood apartment 18 months ago. Her oxygen tank doesn't slow her down! Wilma's passion is to inspire everyone to live a little more and bring together different parts of the village.

Stephanie Edwards is our wool, knitting and anything cosy expert. (Ask Steph about her bird Rescue Centre.)

Rex and Sandra Trafford. Many of you know Sandra and Rex for their wonderful ideas about crafts of any kind. Sandra only retired as a diversional therapist in the Social centre last year. Rex is a man with classic cars and is undertaking the prelims of a mosaic project (anyone interested? We could use a hand!).

Pat Cook who is now home from seeing the Northern Lights of Alaska is a games lady. She plays a fair game of Rummikub but there are other games available. Just come with a desire to spend time with others and make suggestions.

There is a table where Ron Lonie sits with his ladies and UNO cards. We hear the laughter and are now hoping he'll get the rest of us started.

Ali Panckhurst, (Naturopath), and Steve Lewis (Chaplain) are two very interesting people who lead a discussion group. Well worth a thought-provoking chat!



WE INVITE ALL VILLAGE RESIDENTS TO JOIN US!

Welcome to our newest Village Residents

PLEASE KEEP AN EYE OUT FOR THESE NEW FACES AND MAKE THEM WELCOME.



Jim Nobilo.



Joan Brass.



Stuart & Florrie Scott.

Meet our Assistant Clinical Managers

We all know that when it comes to problem solving 'two heads are better than one' so when two fabulously talented, suitably qualified women applied for the role of Assistant Clinical Manager we decided that a job share role gave us the best of both worlds. Plus in a 24/7 care situation having two capable leaders gives us a flexibility that a single person simply couldn't provide. So, for those of you who haven't yet met them, we are happy to introduce Bridget and Laura.



Laura Roberts

Laura has a wealth of nursing experience both here and in Australia with an emphasis on rehabilitation. Various roles have seen her caring for

people with acquired brain injuries, working as a Physiotherapy Assistant at an aged care facility and as a Registered Nurse in a Geriatric Rehabilitation Unit for stroke and amputee patients.

Laura has a Bachelor of Health Science (Sport and Exercise) and Masters of Nursing Studies and plans to do post graduate study in Gerontology.

She enjoys promoting quality care for residents and supporting Nursing staff and Healthcare Assistants to grow their skills.

After years of moving around Australasia to further her career, Laura settled in Kerikeri in 2018 with her two girls and their cat Monty. While some of the decision to move here was around being closer to family, she also loves the lifestyle here. She and the girls love going to the markets, boating and listening to live music.

Laura's favourite saying is "be beautiful - shine bright" and her favourite indulgences are Mexican food and homemade pizzas.



Bridget Stougie

Before joining us two years ago as a Registered Nurse, Bridget had extensive nursing experience including post-surgical care, bariatric surgery, ENT, oral and maxillofacial, gynaecology, plastic

and reconstructive surgery and general paediatric surgery.

Bridget holds a Bachelor of Health Science (Nursing) and a post graduate Certificate in Advanced Nursing Practice. In time she also plans to do a post graduate diploma, and further study on palliative care. Her passion for learning is something she brings to her role as Assistant Clinical Manager where she supports our nurses and health care assistants to manage their workload and to pursue ongoing professional development.

Originally from Auckland, Bridget and her husband moved to Kerikeri in 2016 and reckon it's the best decision they ever made. They now have two little girls and the whole family, including their dog Lexi, enjoy going to the beach and getting out on the water.

When she wants to treat herself, Bridget loves sushi. Typically upbeat, Bridget works hard to "be the reason someone smiles today!"



Here for you!

Late last year our Chaplain Jan Gough took a well-deserved retirement. While she was always going to be a hard act to follow, Steve Lewis has quietly stepped in and has already become an important part of our Village family.

He sees his role as providing spiritual and pastoral guidance and support for our residents, their families and friends and our staff and volunteers.

A practising Catholic, Steve is committed to working alongside other Christian denominations and faiths.

But he hasn't always worked as a Chaplain. For over 40 years Steve was a teacher including 20 years spent as a secondary school Principal across six schools in the UK and NZ.

Originally from the UK, he emigrated to NZ in 2013 together with his wife and three boys. After a stint teaching in Taipa, Steve retired to Kerikeri where he spends time walking his two dogs, practising Tai Chi, reading philosophy and supporting the All Blacks. He is also working towards becoming a celebrant.

Protecting yourself from phone scams

Nowadays you need to be on your guard when answering the telephone. If the person calling is not family or a friend, chances are they are wanting something from you, and it could be a scammer.

There are a number of tricks they use, wanting to check your computer, telling you that you have won a prize or a competition you have not entered. Or they may pretend to be someone in authority, a policeperson, a bank, the tax department, a charity who ends up asking you for money. They may even have some information about you such as your name or date of birth, but this doesn't mean they are who they say they are.

The first thing you should think of is did I expect this call? If the answer is no, be cautious.

The second thing is if you think it is a scammer, hang up. Do not engage in conversation. Don't politely wait for a gap or try and explain why you don't want to talk to that person. Hang up. Practise doing it. Just

push the receiver button. Don't pick up if it rings back again straight-away either.

If you can, block the number, but scammers call from new numbers, so your best defence is... Hang up. Don't give them the chance and you may reduce the likelihood that they will try again and recommend you to friends. Some people say "I don't have a computer" before hanging up. Or "No I don't want that thanks" Fair enough. Don't tell them off or tell them you are going to hang up... just do it! It is not being rude!

Don't call people back if they call and hang up after one ring. This is also a scam. When you call back you may be calling a premium number that charges you money.

Be careful about who you give your personal information to, especially bank details and contact your Bank immediately if you think that an unauthorised person has got your details.

Be just as vigilant with your computer. Don't give anyone your password or access to your computer (unless you have contacted someone yourself to fix your computer and you are 100% certain who you are dealing with).

It is an unfortunate fact of life that scammers target elderly people who are trusting and may welcome the opportunity for a chat. But the friendly person you imagine yourself talking to may be a liar and a criminal. There are some great legitimate organisations you can ring for a chat.

You can arrange to have a regular friendly caller such as **St Johns Caring Caller** on 0800 000 606.

Age Concern has an accredited visiting scheme - just ask at your local branch.

Spark has a website with scam information. You can check it out spark.co.nz/scams

Antarctic Adventures

From time to time we have people come in and share their experiences, and recently we enjoyed hearing from Photographer Robin Booth about his 2018 adventures in Antarctica.

He was onboard exploration trip MS Expedition which travelled from Montevideo to Ushuaia via Falklands, before heading to South Georgia and then the Antarctic peninsula.

12 naturalists lead the 138 passengers on trips ashore, which they got to using inflatable Zodiacs boats.



OPEN HOME

Don't miss out! Reserve your apartment today!



We are moving with speed on completing our apartments and hope to announce a date shortly where we can invite you all to come and view. Watch out for our information soon.

Meanwhile we are gibbing, painting and installing kitchens and the look of the apartments is really taking shape. Remember it is only \$3,000 to reserve an apartment and the deposit is fully refundable until 15 working days after the occupation licence is signed.



Cheryl's Catch



Anyone who knows her knows that our Operational Support Manager, Cheryl Silich, is a mad keen angler.

Check out this 148.8kg Striped Marlin that she landed recently. Proud husband Squilly was at the helm.

Saving Water



Over the summer months we've all had to be especially careful about conserving water.

Our Head Gardener, Angela Marinkovic, made the call to water our plants by hand and to only water where necessary.

Edible Garden



Paterson residents have been enjoying tending to an edible garden with help from our gardening team.

Seen here - Constance enjoying the fruits of her labour

Diary Dates – Come and join the fun!

QUIZ AFTERNOON

Tue. March 24th – 1pm

In the Social Centre

VIRTUAL REALITY

Tue. March 24th – 2 pm

In the H Murray Room

THE OTHER SIDE OF ANTARCTICA WITH GARTH MATTERSON

Wed. March 25th – 3.15pm

In the Social Centre

KERIKERI HIGH SCHOOL ART EXHIBITION

Thu. March 26th – time and transport to be confirmed

LAW NORTH TALK

Fri. March 27th – 10 am

In the Social Centre

DANCE TO OLD VINYL RECORDS!

Fri. March 27th – 3 pm

In the Social Centre

MOVIE MEAL DEAL

Wed. April 1st – 12:15

At Cafe Cinema

COMMUNITY DINNER

Tue. April 7th 5 pm

In the Social Centre. All welcome.