

Village Times

KERIKERI
RETIREMENT
Village

OCTOBER 2011 | ISSUE 5



Betty Petrie - Village Manager

Welcome to our Spring newsletter. It's great to think about all the warmer days and fun activities coming up and one of things I'm most looking forward to is fulfilling the wishes of those who entered our 'Bucket List' competition.

Welcome... TO OUR SPRING NEWSLETTER

Keep your eye out for reports on these from now until the end of the year... it's going to be lots of fun!

We say goodbye to our Chairman of the Board, Keith Ardern, and our Village Administrator, Adrienne Ardern, who are leaving us at the end of September to move closer to their grandchildren.

Keith and Adrienne have been with us since the beginning and their energy and enthusiasm will be

missed by everyone here at the village.

Welcome to Frances Shaw, our new Village Administrator. I'm sure that you'll all make her feel most welcome.

Our Fundraising efforts continue. We have been very fortunate to receive some funding as well as some very generous personal donations to help us meet our goals, see page 11 for details.

Vitamin D REDUCES INJURY RISK TO ELDERLY

Around two thirds of the elderly living in residential care facilities suffer a fall each year, however it's been proven that Vitamin D supplements can help to reverse the muscle weakness that plays a part in many falls.

Vitamin D can help to maintain bone density by assisting calcium absorption into the bones, reducing the risk of fractures in those who do fall.

Vitamin D has also been proven to reduce the risk of developing many serious chronic illnesses including rheumatoid arthritis, multiple sclerosis, cardiovascular diseases, some cancers and diabetes.

It's estimated that Vitamin D supplements prevent at least a quarter of the falls that happen in residential care facilities.

There are no known side effects and Vitamin D, which can be safely combined with most medications, can be prescribed by a GP.

The DHB and ACC have joined forces to offer residents living in a residential aged care facilities fully funded Vitamin D supplements.

Kerikeri Retirement Village was an eager participant in the programme and to date we have achieved outstanding results, with significantly less falls.



RN Robyn Williams (Programme Coordinator) with two ACC certificates for excellent achievements running the Vit D program.

Introducing FRANCES SHAW



Frances joined us earlier this month and will replace Adrienne Ardern as Village Administrator.

Originally from Wellington, Frances spent many years working as a Lawyer in the UK. On her return to NZ, she took a position in a Northland Law Practice.

Now that her son Oliver is 18 months old, Frances is ready for a new challenge and is excited about her new role here at the village.

Outside of work Frances, who is married to Simon, is an accomplished cellist and in the past has run a full marathon... though she is quick to assure us that her training days are over, for now at least.

Village Support Anniversary

The Village Support Team has been providing home help for a growing number of residents in the village for over a year. They help to prepare meals, clean the house, supervise medications and assist with personal care such as showering and dressing.

The programme is proving to be very worthwhile, allowing residents to stay in their cottage or apartment longer than might otherwise have been possible.

Every team member is provided with training and has access to

Cleaning Services

Kerikeri Village is offering cleaning services for Residents not already having home help.

We can supply you with a cleaner for regular help or 'one off' cleaning at a cost of \$20.00 per hour.

And don't forget our laundry services offer:

Linen, Towels etc	\$20.00
Clothing Package	\$20.00

We can also clean curtains.

Contact Margaret
09 407 0070 ext 720

phone support from the Registered Nurses in the care facility if needed.

By having this service onsite, we have also been able to put in place some extra support initiatives not available through other providers, such as the Friday lunch gatherings where residents meet for a communal lunch and chat.

There are 21 residents making use of the service, either funded through the DHB or by paying privately.

If you would like to discuss your eligibility for funding or want to employ some extra help, please don't hesitate to give us a call at reception and we'll arrange for the Village Support Coordinator, Jo Comely (R.N.) to pay you a visit.

*Left to Right: Caregivers Fiona Ambler, Leanne Tasker, Jodi Ashby, Diane Yelavich and Helen Cumming.
Kneeling in front: Village Support Coordinator RN Jo Comely.*



Bucket List Competition



Our philosophy is that it is not the years in the life but the life in the years that really matters. We recently held a 'Bucket List Competition' to find out what our residents most wanted to tick off their lists.

Joyce Paton told us that she had always wanted to fly in a helicopter.

Our friends at Salt Air were only too happy to make 80 year old Joyce's dream come true and took her on a scenic flight over Russell and the Bay of Islands.

Joyce was accompanied by 90 year old Thelma Burrowes who was visiting from Australia.

Joyce, who holds a Skippers Ticket and is very familiar with the Bay of Islands by water, was amazed at how different everything looked from the air.

The ladies were very impressed with pilot Sarah de Reeper and said "girls can do anything these days!"



Things you always wanted to do ...



Celebrating



Pete & Norma Roffey celebrating their 50th Wedding Anniversary

Welcome to our newest residents



Ruth Veale



Dorothy Smith



A new life in Kerikeri

Diana Townsend shares her story of leaving Christchurch and starting a new life here in Kerikeri.

Christchurch is a beautiful city but the devastation is hard to appreciate unless you have lived through it.

Over a thousand commercial buildings in the CBD have been destroyed. If you adopted a ten year recovery plan to replace them, a new commercial building would have to be completed every three days for the next ten years... mind boggling!

Although I have many fond memories of Christchurch, and of my family and friends there, I am delighted to be in my new home with my youngest son and his family near by.

The staff here have been so welcoming and helpful, as have the other residents, and I am looking forward to getting to know many of you better.



Quality time...

In the twelve years I have worked here at the Kerikeri Retirement Village I have learned heaps, had lots of fun and can honestly say that I have never been bored.

When I first started, I struggled to remember everyone's names so I came up with a system of identifying people by what they wore - like Majorie who almost always wore a lovely sunflower in her hat. The system however was not foolproof and I came unstuck on more than one occasion when the person concerned felt like a change.

But over time I got to know all the residents and there have been some particularly memorable people such as Norah. At 99 Norah was partially blind but knew each of us by our footsteps.

But as much as I will be sad to leave, Keith and I are excited about moving to Tauranga to spend some quality time with our grandchildren, (we are affectionately known as Gammy and Beepa). I am also looking forward to starting my new part time job at Copper Crest Village Estate.

Remember when... GORDON BELL REMEMBERS HIS DAYS IN THE RNZAF



2nd from left - Gordon Bell

My interest in aviation began when I was 8 years old, watching Bert Hiniklar flying over the Otago Harbour. Bert would take anyone that was willing up for a free flight, provided they could stomach his aerobatics.

My fascination with planes continued into my teenage years and I was thrilled, when at the age of 15, I was given 10 minutes with a flying instructor from the Otago Aero Club on the Taiare Air Field.

In May 1942 I was amongst 72 airmen marched into Whenuapai Airforce Base after attaining the rank of AC2, (Aircraftmen Second

Class - the lowest form of life in the Air Force).

I did my initial training wing at Rotorua and was then posted to the RNZAF Taiare. After 10 hours I commenced flying solo in a Corsair, F4U 1G which glided like a brick but had all the speed in the world at sea level and could climb to an impressive 38,200 feet.

I went on to become a Flying Instructor and accumulated 872.10 hours flight time during several postings including a stint at the Operational Training Unit at the Ohakea Base flying P40's, (more

commonly known as a Kittyhawk), and then on to on to RNZAF Whenuapai, before being sent to Jacquinot Bay, New Britain. I arrived just in time to hear about the bombing of Hiroshima and Nagasaki.

My worst prang was when I was flying in formation and accidentally entered the slipstream of the number three aircraft as we came in to land. The plane stopped at 25 feet, rolled over onto its back and sank. I was unconscious for 30 minutes and spent two weeks in hospital. The plane was a write off and I singlehandedly increased the national debt by \$50,000 pounds!



We currently have several two bedroom, single garage cottages available. These are in the process of being redecorated and will have new carpet and fresh paint throughout.

They are all very reasonably priced.

Cottage 36

is in a quiet cul de sac, with a lovely sunny aspect and a spacious lounge.

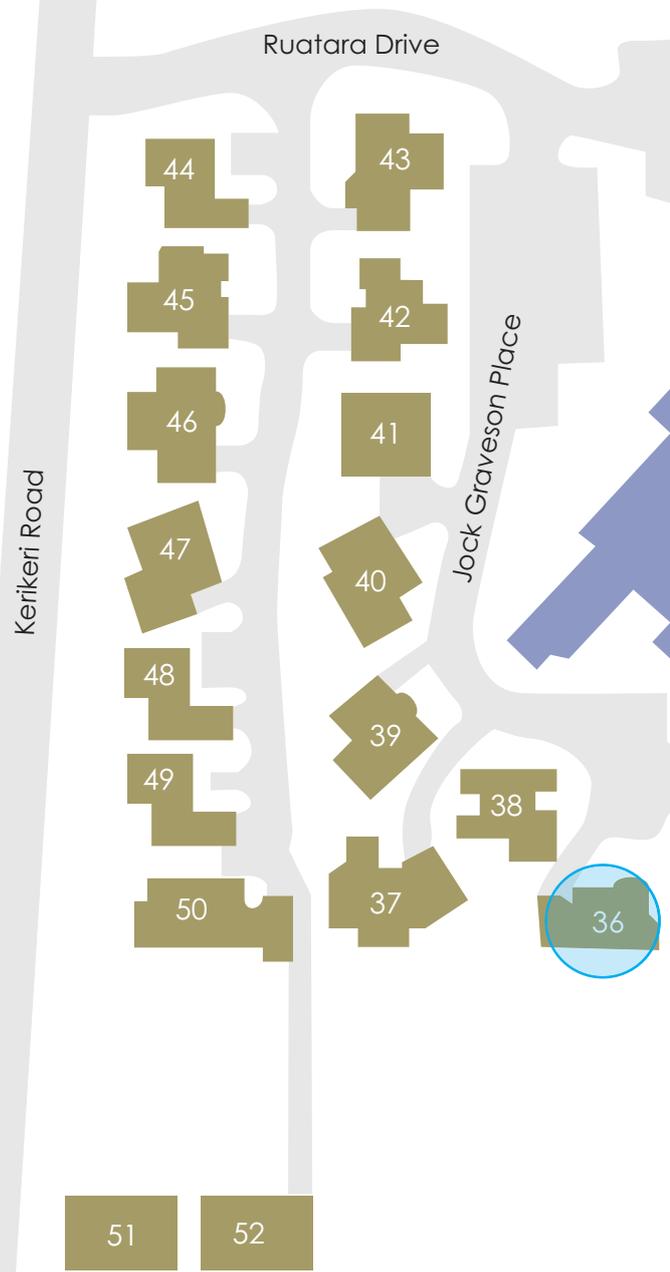


Cottage 1

has a brand new kitchen and bathroom fitted and is in a lovely sunny position with its own private garden.



Cottages



available now!

TO VIEW
call Frances on
09 407 0136



◀ Cottage 21

will have a brand new kitchen and drapes and a redesigned outdoor living area.

Green Team is keen to help!

We have some wonderful staff on the team who are prepared to go the extra mile to help the residents.

As an example of the kinds of things we do to help, we're currently raffling a picnic hamper and after that we plan to organise a Movie Meal Deal.



A few of the team get together to sell raffle tickets.

Proceeds will be used to buy comfortable bed attire for those in the final stages of care.

We have operated as a team, with few changes, since 2008, though most of us have worked here much longer than that. We like to have a laugh, which creates a happy atmosphere for our residents.

Several of our members have completed their National Certificates through the Aged Care Education System and our Registered Nurses are continuing their post graduate studies.

We look forward to meeting our residents' families be it by email, over the phone or in person at our six monthly meetings but we're happy to listen anytime.

To book a meeting please call Reception.

OUR TEAM

Caregivers:

Miriam Apiata, Lois Brandt, Mary Elliot, Belinda Neumann and Sandra Trafford

Registered Nurses:

Jess Caswell and Trish Strang

Physiotherapist:

Laurens Van Baardewijk

Colonial House Motel
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Beautiful garden setting close to Kerikeri Retirement Village, Churches, Stone Store, Town
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Many thanks

Tony Walker of AMP Dynamics Financial Services shows Mandy Marsh how to work the copier his company donated to Kerikeri Retirement Village.



Rugby Kick Off

We were thrilled to receive a visit from the pupils of Oromahoe School to help us kick off to our rugby celebrations.

After a powhiri and a rousing haka, the students entertained us with

speeches and presented us with some posters that they had drawn to commemorate the event. The posters are now displayed around the care facility for everyone to enjoy.



Pets Welcome

Kerikeri Retirement Village has a pet cat, a variety of birds and some fish.



Residents of the Care Facility are welcome to have pets visit by arrangement. Periodically the Cottage residents and staff also bring their pets to visit. Seen above, Alice Coan enjoying a visit from Riley.

Portable oxygen concentrator

Thanks to a donation from Pub Charities, we recently purchased a Portable Oxygen Concentrator.

This machine generates its own supply of oxygen and will be used for call outs to the Cottages & Wendywood apartments. It will also enable those who have health issues, the freedom to leave the Village, for short trips to town.

Digi-Sub frames and fotos	
A4 Black Frame with Mat and Photo Was \$95.00 Now \$55.00	
Start Date: 1st Oct 2011 End Date: 31st Dec 2011	
\$5.00 will be donated back to The Village for purchase of new equipment	Shop 1 - 3 Homestead Road Kerikeri PH 09 4077077
Some conditions apply so check in store at time of purchase	

When the boss says jump Margaret asks “how high?”

Margaret Gamble is known around the Village for her sense of adventure so when General Manager Betty Petrie asked for someone to be a model to help with a fundraising initiative, Margaret was happy to volunteer. And she didn't bat an eyelid when she was told her mod-

eling assignment included a jump suit and parachute!

On hearing there was over a minute of freefall before the parachute opened Margaret grinned and simply said “it sounds like fun”.

While no-one was keen to join her in the air, there were plenty of people keen to support her at ground level. Here's some pictures of our poster girl in action ... and just for the record it was a 16,000 foot jump!



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On target for 10 mattresses

The Kerikeri Retirement Village has been operating for 25 years and this year the Care Facility is 20 years old. When the Care Facility was built in 1991 the furniture and equipment was the best available but after 20 years of use, some of it needs replacing very soon. In particular many of the mattresses no longer offer the support they used to. But at a cost of \$600 each, the not-for-profit charitable trust has been looking for ways to raise money to replace at least 26 of the mattresses. Generous donations made by two of the original Village residents, has enabled the purchase of six new mattresses - leaving a goal of 20 mattresses.

Enter local businessman Gavin Horrell of Skydive Zone who has come up with a novel fundraising concept which he hopes will raise enough money to purchase at least ten new mattresses.

On Saturday 29th of October he's having a 'Go Jump' day and \$50 from each skydive will go to the Village Mattress Fund. As well as the chance to have fun and help a worthy cause, there will be some amazing spot prizes.

Gavin was part of a similar promotion in the UK and says that with seven instructors, four pilots and two planes on rotation "it's possible to do 100 jumps safely in one day, weather permitting of course". He's planning a weather contingency day for Sunday 30th and is happy to run into a second day if there is sufficient demand.

On top of life 25 years on...

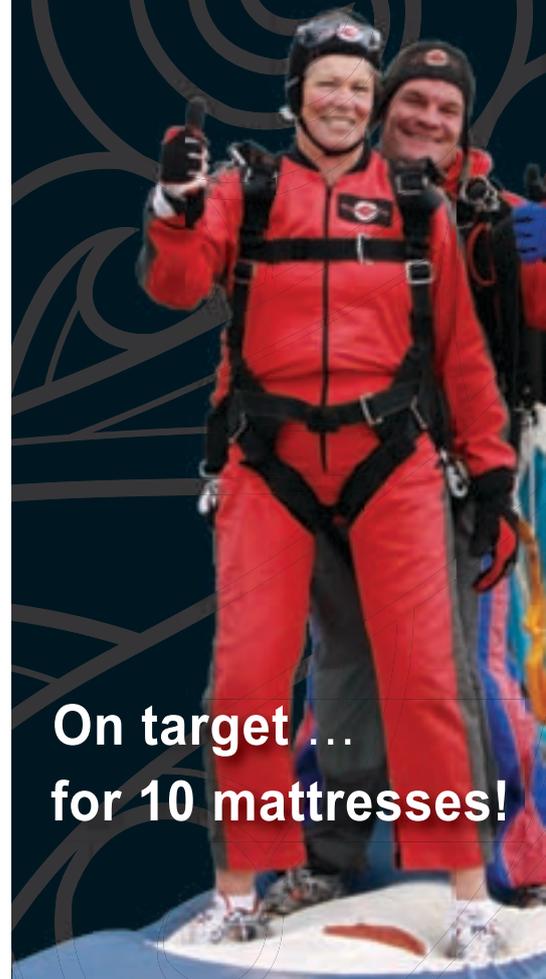


Nell Graveson & Gordon Bell have lived in their respective cottages since the Kerikeri Retirement Village first opened 25 years ago.

Some five years later the Care Facility opened and both have since had friends who have benefitted from Assisted Living.

To celebrate their 25 years in the Village Nell and Gordon donated some money to the Village which has been used to purchase six new mattresses for the care facility. They are seen here testing the new mattresses.

**SKYDIVE
ZONE**
BAY OF ISLANDS, NZ



On target ...
for 10 mattresses!

**we'll donate
\$50 for every
Skydive on
Sat 29th Oct**

Kerikeri Retirement Village needs new mattresses for the elderly residents of their Care Facility.

So jump to it and book today!

**0800 GOJUMP
WWW.GOJUMP.CO.NZ**

Razzle Dazzle Xmas Show

Debbie Dorday & Jim Joll

Voted NZ's best Variety Show 2010



Kerikeri Retirement Village Social Centre

Monday 28th November - 1.30pm

Tickets \$15, available from Reception at the Kerikeri Retirement Village

09 407 0070

Diary Dates

Lunch Boat Cruise

Oct. 14th | 10.45^{am}

To the Haruru Falls with Darryls Cruises. Enjoy a leisurely 2.5hr cruise down the Waitangi river and a delicious lunch. All welcome, special rate of \$40pp. Cash bar available.

Bus leaving from reception at 9.30am, boarding at Paihia Wharf at 10.45am.

A minimum number of 10 diners is required so please book at reception as soon as possible.

Skydive Zone Mattress Fundraiser

Oct. 29st

\$50 from every tandem skydive made on Sat 29 Oct will go to our new mattress fund for the Care Facility. SkyDive Zone is located at 182 Wiroa Rd and bookings can be made on 09 407 7057

Wendywood Bus trip

Nov. 11th | 10^{am}

To Mangonui Fish & Chip shop. Leaving from Wendywood entrance at 10am.

Lions Christmas Parade

Dec. 2nd

Regular Events

Cards 500

9.30am on Mondays & Fridays in the Wendywood Lounge

Over 60s Community Dinner

Held on the first Tuesday of every month in the Social Centre.

Tai Chi

Mondays & Fridays at 11am in the Social Centre.

Fun Fit with Chrissy

Mondays & Fridays at 9.30 in the Social Centre.

Scrabble/Rummikub

Thursdays 1pm in the Social Centre.

Friday Night Social Group

5pm in the Social Centre. BYO bottle and glass.

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