

Village Times

KERIKERI
RETIREMENT
Village

MARCH 2023

Hilary Sumpter - Chief Executive



Welcome...

December was a wonderful month as we were finally able to gather again and celebrate the festive season. It was so much fun and a welcome reprieve after another tough year of battling COVID. Our joy was however dampened by the sudden death of one of our longstanding Healthcare Assistants Waimana Pere, who died just a few days before Christmas. Wai was loved by all and we celebrate his memory on page 3.

The start to 2023 has also been difficult. We have literally weathered some amazing events but were well prepared for both Cyclone Hale in January and Cyclone Gabrielle which followed in February.

A huge thanks to our team, particularly our gardening and maintenance teams, who ensured we were as well prepared as it was possible to be. Whilst it was a rough ride, we got through relatively unscathed. A lot of our staff did not fare so well in their own homes but still managed to make it to work to keep our residents safe. Our thoughts are with everyone who has been adversely affected by Cyclone Gabrielle.

On a happier note, it's exciting to see that our OneTwoSeven Apartments are almost full. There's a real buzz around the building and it's wonderful to have more people becoming a part of our Village.

Spread the word if you know people who are thinking about moving as there aren't many left.

Let's hope the other villages get on with building their care facilities soon as we continue to have a waiting list of well over one hundred people needing care. This creates a huge strain on families, and on our team who are repeatedly faced with having to say no to people in desperate need. We do the very best we can to help however we have to prioritise the needs of those who already live in our Village.

To care for more people we need more staff. If you haven't already seen it, I'd encourage you to take a look at the new 'Care for your

Career' page on our website which features some lovely stories from our staff and the people they care for about what it's like to be part of the Village.

There's also a new 'Stories from the Heart' page featuring videos of some of our residents. We have some very special people in our midst and it's fantastic to learn more about their lives and family histories... our residents are a huge part of what makes our Village so special.

And someone who is very special to us all is Nell Graveson. Nell, who was our very first resident, celebrated her birthday recently. Happy Birthday Nell - you are an inspiration to us all.



Nell Graveson (centre) celebrated her birthday with her family and friends

Pop-up Daycare

By Cheryl Silich

One of the biggest challenges for staff working through the recent state of emergencies was the closure of schools and daycare facilities. Our fabulous team of working parents struggled to get support for their children over Cyclone Gabrielle so we took the unusual step of setting up our own daycare in our Social Centre.

Luckily for us, Sue Woods, who normally drives our bus on social outings is a former teacher and she quickly agreed to step in. She was ably assisted by Jessica and Holly Leigh, (twin daughters of Healthcare Assistant Bronwyn Leigh who were at a loose end after the High School was closed).

The day started at 6:45am for children whose parents were rostered on the morning shift. The group of energetic 3 to 7 year-olds was kept busy reading, watching movies, running around outside, playing games and making 'bliss balls' that they then hand delivered to our residents for afternoon tea.

The day was a huge success with many mums reporting their children wanted to return the next day.



Welcome to our Newest Residents



Beth Wood



Alison Molloy



Dorothy Joyce



Marion Skill

In Remembrance of Waimana Pere

We lost one of our Village family in December. Healthcare Assistant Waimana Pere (Wai) died shortly before Christmas after suffering a heart-attack while kayak-fishing - something he loved to do.

Wai's partner Michelle Ruatoto is also part of the Village family and heads our Household team.

Wai was a big personality who was loved dearly by our team and our residents alike. He worked with us for over 10 years and since his passing Michelle has heard from many about the difference he made to their lives.

One of the most touching stories she's heard was from a resident who told her that Wai gave her the motivation she needed to keep living.

"He was the only one who was able to encourage her to continue with the basics - washing, grooming and dressing," Michelle said. "That was Wai for sure - he just had this way with people and he absolutely loved caring for them."

Care wasn't an obvious career choice for Wai. He transitioned into the field from building - thanks to an eagle-eyed talent spotter at Regent Training.

"Wai was looking around for another field to train in," said Michelle. "He registered for a course in care-giving at Regent and was guided through by a trainer who saw his potential. She introduced him to the Village."

Wai never looked back, quickly becoming a favourite with managers, colleagues and residents.

The grief at his passing is still raw for Michelle but she chuckles as she recalls some of the amusing moments the couple had as workmates.

"I had to pull him into line a few times at work, just like at home, and he used to enjoy telling me to get back into my lane as well. We teased each other," Michelle says.

On one occasion Michelle pretended to a colleague that she had no idea who "that handsome Māori fella" was. And complained that he paid her no attention.

"So then she told me that she was going to get him before I did. So I had to growl at her and let her know that he was actually my man. That little prank could have backfired on me!"

Michelle says Wai's favourite part of the job was the interaction he had with the residents. Sharing their highs and lows. Every day was different. After his death Michelle met the families of some of the residents he looked after.

"That wasn't easy. They loved him for what he did for their whanau and hearing about that just choked me up."

"It made me realise that I often didn't see in Wai what others saw. I knew he was good at his job - but not how good he actually was. He had a real passion for caring for the elderly in our community. He understood that we're all going to get old and had real empathy."

It's ironic, then, that Wai wasn't destined to grow old himself.

Michelle says he loved working here - that for him it was truly a home away from home.

"He felt so comfortable here that he could tell one of his managers about really personal stuff. That amazed me."

Part of the reason Wai loved his mahi was that his colleagues knew how to help him stretch himself and succeed.

"They challenged him in just the right way," Michelle said. "And he delivered. As far as Healthcare Assistants go, I reckon he was one of the best and that wouldn't have happened if people hadn't pushed him to succeed in the way they did."

Wai and Michelle's blended family comprised seven children and he was a much-loved grandfather to nine grandchildren.

He is sorely missed here at the Village. His mana, wairua and aroha remain with us, though, and will help all who knew him deal with their loss.

Kia kaha, Michelle.





Florrie with Shirley Liggett



Cavalli Taotahi-Hohia



Lisa Shepherd and Maera



Summer Gower



Bronwyn Leigh

CARE



for your career

As part of an initiative to attract people to work at the Village we've been running a campaign called Care for Your Career. The campaign profiles real people who work at the Village in a variety of carer roles. We've been introducing them via a series of articles and videos on Facebook and on our website.

Our first clip starred Healthcare Assistant Shirley Liggett. Shirley, who grew up in Fiji, helped to care for her Grandparents and found it so rewarding she went on to make it her life's calling. Shirley is passionate about making a difference and reckons she can see it in the eyes of the people she looks after, especially those with dementia who can struggle to communicate. "They're just glad that there's someone with them who understands; someone who respects them for the lives they've lived and who understands what they need now to make their day-to-day easier".

Our next video featured 17-year-old Cavalli Taotahi-Hohia who works here part time. After learning the ropes, she now plans to study medicine at university. The normally shy teen surprised everyone with her views on what makes a good carer.

"One of the important things you need to work in care is to actually care. It's Important to be able to bond with the residents – they need someone like that. Being a good listener is also important. I really enjoy listening to their stories and hearing about experiences – they've all had such interesting lives and done such cool things."

In her video, Activities Co-ordinator Lisa Shepherd explained that life is never dull in her role. "Every day is different: I never know what I'm going to walk

into! The lives and circumstances of our residents can change overnight – what they were able to do yesterday may not be possible today. And with that comes the need to be adaptable, versatile and imaginative. I love it".

Healthcare Assistant Summer Gower leapt into aged care immediately after leaving school.

"I'd recommend it. Apart from anything else it's a great stepping-stone if you want to go into nursing because a lot of what we do is what someone will do in hospital."

She loves her work so much that she introduced her mother to caring, too. Now the two enjoy working together in the same wards with some of the same people.

Healthcare Assistant Bronwyn Leigh rounded out the series. For Bronwyn, working in healthcare was something she fell into after her kids went to school.

"I was grateful for the opportunity to climb the ladder, improve my wages and mentally challenge myself. And it showed my kids that it doesn't matter how old you are, you can always get into study again!"

Prior to these interviews, none of our 'stars' had any experience in front of a camera but their heartfelt, unpolished stories have proven a hit with our community. There has been strong support for our carers and recognition from the wider community that their contribution is valued. We hope that these stories inspire others to consider a career in care, particularly in the aged care sector.

To watch the videos, go to the Care for your Career page on our website.



CARE for your career

Movie Premier



The movie premier of the 'Care for your Career' played in our Social Centre to an audience of friends, family and staff.

In true Hollywood style, it was an evening of glamour with each of our stars being "seen to be seen" on the red carpet loaned to us by Flooring Xtra. Champers, canapes and a few blushes rounded out the affair as Director Peter Heath played a special screening of bloopers.

All that was missing were the awards for 'Best Actors' and 'Best Supporting Roles' by residents who so generously assisted with this campaign.



Delightful Dahlias

Our residents were very disappointed when the bus trip that was planned to the Dahlia Farm in Kaikohe had to be cancelled due to Cyclone Gabrielle. The stunning displays and warm welcome have made this a favourite destination for our residents however following the devastation to their crops, the farm looks likely to be closed for a while.

Despite their own loss, the 'Dahlia Girls' called in to brighten our day with buckets of beautiful dahlias in an array of colours and varieties. Although the farm is currently open to the public, you can still buy their cut flowers on the side of the road by the Cornerstone Church in Kerikeri on Wednesdays or you can order fresh dahlias online at www.greenfootedkiwi.co.nz

Something that only recently came to light is that the farm used to be owned by Village residents Selwyn and Heather Gubb who donated the land to the Girl Guides. The Gubbs were delighted to hear that the farm is now in use as a Dahlia Farm

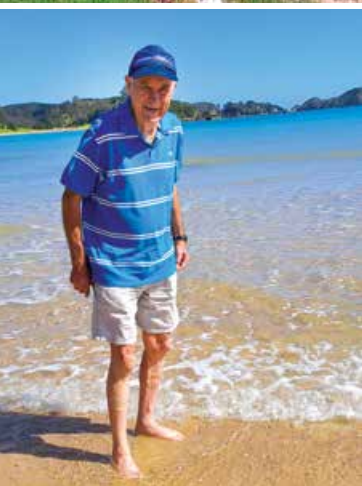


Our Bus Trip Adventures

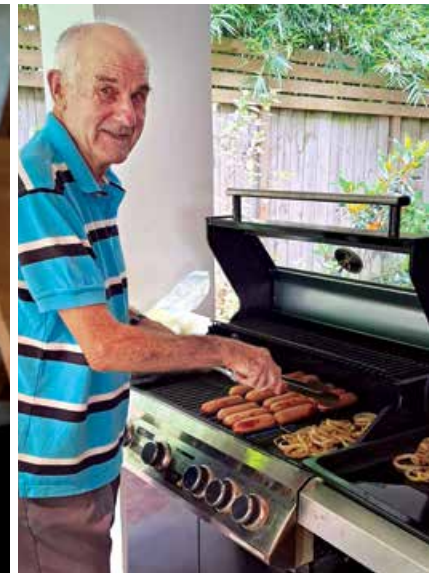
With life opening up, our Care Facility residents requested a new kind of bus trip with the freedom to get off and explore a different destination each week.

Our adventures have included a walk around the Stone Store and the gardens of Kemp House, a visit to Redwoods Garden Centre during Flowers Week and a stroll along the boardwalk at Rainbow Falls.

Our Village Residents enjoyed a paddle at Te Ngaere Bay before heading to the Whangaroa Game Fish Club for a leisurely lunch.







There is always some fun going on in the Village somewhere.

From our Green Group who are often to be found planting something somewhere or admiring local gardens, to a sausage sizzle or completing complex puzzles, you never know what's around the corner.

Plus there is always a visitor or two to keep things interesting. Our 'Drop In' ladies hosted a fundraiser and then used the proceeds to purchase a lifelike baby doll for the Care Facility (see photo at top left).

And one afternoon, we even had a group of Hot Rod enthusiasts drop in and take some lucky residents for a jaunt.



STORIES FROM THE HEART

Each newsletter we'll bring you a short extract from a series of biographies on our residents. Our first article features Pat McClenaghan

Life's little ironies are not lost on former banker Pat McClenaghan. Shoulder-tapped for compulsory military training in 1952, during the Korean War, young McClenaghan sweet-talked a full Colonel into commuting his training from an ordeal spread over several years into a single three-month stint as an orderly in the officers' mess. Years later, as a senior member of the Howick RSA in Auckland he found himself taking salutes during parades from veterans of battles in Europe, North Africa and the Mediterranean.

"There they were, these grand old soldiers, parading past and saluting a bloke who'd washed dishes in the officers mess!" he said. "That was quite something."

He also recalls training on anti-aircraft guns using ammunition that had been made in 1938, during the early days of World War Two. The ammo was nearly 15 years old and would frequently misfire causing a shell to fire some time after it had been detonated.

"As a result, there was a procedure to be followed if a shell didn't fire immediately. On one occasion I fired a gun and there was such a misfire. A young lieutenant ordered the gun to be unloaded. The gunnery sergeant refused the order and insisted that the gun be left for 20 minutes before unloading, which was the procedure."

"Well, the young lieutenant repeated the order and again the gunnery sergeant refused it. Disobedience of this sort simply didn't happen in the army and we were all wondering how it would end when, out of the blue, there was a terrific roar and the gun, at last, fired. If it had been unloaded as ordered that shell would have killed half the gun crew."

"That taught me a lesson I've never forgotten about the value of experience and the importance of procedure."

After returning to civilian life Pat went on to become a banker, joining the BNZ in 1951 with nothing to his name but his school shoes and socks, second-hand trousers, a new shirt and a borrowed sports jacket. By the time he left the bank in 1988 he was the most senior Lending Manager for the Auckland area, controlling the lending activity of 109 branches from Taupo north with a lending limit of \$10 million.

Life was pretty nomadic for a career banker in the 50s and 60s. You went where the bank sent you or your name went to the bottom of the promotion list. Pat had been in BNZ's Hamilton branch for just over a year when he received a letter saying he had to move to the head

office in Wellington by the start of the following month.

"It was alright for me because all I had to do was switch from one office to another.

But it was hell for my wife who had to deal with all the stresses of supervising the move, settling the kids into new schools and all the other things that went with uprooting a family."

Pat had three children with his first wife, Coral, who died in 2001. One daughter now lives near him in Kerikeri, another lives near Christchurch, and he has a son who lives in Russell.

Banking taught Pat even more life lessons than the army did. One of these is the importance of remaining true to himself. He tells the story of arriving at a new branch and being asked by the middle managers if he liked to play golf to which he replied he didn't and couldn't afford the club membership fees anyway

"Oh," said the colleague, "the bank manager won't like that. You'd better pretend that you do."

But when asked, Pat couldn't bring himself to lie. "No, and I can't afford it," he mumbled nervously.

"Quite right!" barked the manager. "And I don't know how those boys downstairs can afford it either, they must have their priorities wrong."

For Pat, the bank was like a family. He left the Hamilton branch in 1969 and when his wife Coral died 32 years later he was astounded to receive a card from his former manager.

Pat's second wife, also Coral, died in May 2019 but some of his fondest memories are of time spent travelling with his wives. He has been 35 tours and cruises through Europe, North Africa, the Mediterranean, Asia and Australia.

"It's been magnificent," he said. "It's expensive but I don't regret spending a cent of it. It was the least I could do for the two magnificent ladies who supported me in my career. Those memories make me feel that they're still with me, somehow."

To read Pat's full story, visit the [Stories from the Heart](#) page on our website.



Pat McClenaghan

Meeting the Neighbours

With only a few apartments left to sell, we held a dinner for our 127 residents, family, and a few supportive Village residents to meet and mingle. The delicious meal was prepared by caterer Adam Young.



The Sunshine Club

A WHOLE NEW WORLD OF DEMENTIA CARE

The Sunshine Club is a wonderful new addition to the activities program and is based on Dementia Care International's 'Spark of Life' principles of humanising care for people with dementia to ensure that they feel valued, loved, and supported.

Part of that process for our Club facilitators, Amanda and Sarah, is to engage with our Club participants on a one-to-one basis to help them find ways to express their thoughts and feelings. This can be challenging at times as people with dementia often lose confidence and withdraw into themselves making it difficult to communicate.

The 90-minute meeting begins with an individual greeting for each person as they are brought into a room decorated to match that day's theme. Entry into the room is a slow gentle process designed to calm and build confidence. When all participants have

arrived at the Club, a group activity begins allowing time for everyone to speak and be heard, with facilitators using a combination of open questions and active listening skills to reassure each speaker.

Our first meeting was themed 'Valentines'; our next 'Flowers' and residents were invited to touch or interact with various props linked to the theme and describe how that made them feel and/or what it reminded them of. Whilst much of the programme is simply about demonstrating patience, courtesy, and respect, the results can be phenomenal.

During our first meeting, a resident who usually remains silent began to converse in whole sentences. However, the real moment of joy for everyone in the room was when she instigated a conversation with the person beside her, something her caregivers have not seen her do in a very long time.



It's time for you!



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Scents Trigger Happy Memories

Debbie Condron our Head Gardener is also a qualified Aromatherapist and so joined forces with the Diversional Therapists Lisa and Sarah to offer our residents an afternoon of relaxing hand massages. Aromatherapy is a simple, but effective technique which uses the powerful positive effect of scent on the body to improve health and wellbeing, coupled with rhythmic strokes of massage and compassionate touch it has a positive effect on a person.

The room was filled with the aromas of lemon, lavender, sweet marjoram, frankincense and bergamot. The residents chose their preferred essential oil and then they were immersed into a deeply relaxing massage, calming their minds and lifting spirits.

The effects that the aromas had on the residents were nothing but astonishing, scent triggers memories and our residents each experienced positive past experiences, Karen recited a long forgotten poem, and Maera told a fabulous story about her garden path being filled with lavender and seeing her son walk to her door to visit. The positive effects of the afternoon was a joy, one we hope to repeat.



Celebrity Visit

Irish Wolfhound Atlas took a 'paws' from his day job as the star of his own children's books to come and see us for a visit. Atlas, together with his equally well-known owner Sean Scully, impressed with his impeccable manners and grand stature. At 55kg and standing one metre high, Atlas definitely knows how to make an arrival and is in no way overshadowed by his predecessor Tsar.

Everybody immediately fell in love with him and agreed that he would be a friend fur-ever!



DIARY DATES

UPCOMING EVENTS

FRI. MARCH 17TH AT 4PM
St. Patrick's Day Village Picnic
on The Green

TUES. MARCH 21ST AT 4PM
Quiz at the Apartments

THUR. MARCH 23RD AT 3PM
Legal clinic with Frances Shaw
in the Social Centre

THUR. MARCH 30TH AT 10.30AM
Robin Booth with unusual plant
knowledge at the Apartments



Our new wall colour and signage looks amazing. Thanks to Geran, Ralph and Earl who have done a great job installing the signage.