

Village Times

KERIKERI
RETIREMENT
Village

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Hilary Sumpter - Chief Executive



Welcome

Welcome to spring everyone. It's hard to believe that we are in September, and have been living with COVID-19 since the end of February. We are in our new normal world now and it still feels very uncertain. After feeling like we'd beaten it, despite the government telling us it would return, I was living in hope, that we were past it. Being at Level 2 for the past while has been very wearying.

On that note, I'd like to extend a huge thank you to everyone for your ongoing support and patience while we have to restrict visiting into the Care Facility. It's a really tough situation for everyone, but it is for the protection of our beautiful people who live in the facility. Please know our staff do an amazing job at keeping people entertained and

occupied. I'm hoping by the time you read this we are back at Level 1 and our doors are fully opened again. However, I think the reality is we may have to be prepared for these partial lockdowns to go on and off for some time.

The apartment block is finally complete and we are very proud of the beautiful homes we have created. It's lovely to have our first residents in with Rev. Patricia Bawden being the very first.

Level 2 has seen a bit of a slow down in sales, but we are confident that they will soon be occupied and bustling with new residents.

I need to acknowledge too, the wonderful work our gardening team has done on the landscaping.

Angela, Deb and Zoff have been doing an amazing job with Angela utilising her extensive design skills. There is still much to do, but they have worked so very hard.

We've had quite a swathe of new residents recently; it's always lovely to meet our new people. Not only are the apartments filling, but we've got some new faces around the Cottages and Wendywood as well. Welcome to the Village everyone.

So, onward to some warm weather, and beating COVID-19 – one day. I'm looking forward to when we can have an event for the staff, our residents both in the Care Facility and in the Village – one huge big Village street party.

Stay safe everyone.

Turtle Brings Joy To Residents

BY AMANDA MILLAR - Social Centre Activities



It was during lockdown that I got to meet Hilary Sumpter's chocolate labrador Turtle. Turtle is one of a few approved companion animals that visits residents in our Care Facility.

Turtle took her job very seriously, and she loved being patted, hugged and talked to. As Turtle's companion on her daily visits, it was great to see residents distracted from the stresses of lockdown as they engaged with their four-legged friend.



Welcome to...

Please keep an eye out for these new faces and make them welcome.



Jill and Murray Cleave.



Rev. Patricia Bawden.



Robin Thorp.



Willi Husmann.

Meet Michelle

Michelle Ruatoto has worked at the Village since 2011 and was recently promoted to Cleaning & Laundry Supervisor.

Born in Whangarei, Michelle moved to her father's hometown of Waiti before returning to Whangarei. She later moved to Te Tii our papakainga before settling in Kerikeri in 2004.

Part of what led her to working at the Village was the experience in caring for her Aunty after she suffered a stroke.

In the past, Michelle worked on an oyster farm and at Te Kohanga Reo,

something she remains passionate about.

During her time here Michelle has achieved numerous qualifications including a NZ Certificate in Cleaning and Caretaking and her Certificate in Cleaning Supervision.

Outside of work, Michelle and her partner Waimana have 3 boys, 2 daughters-in-law, and 4 mokopuna. In her spare time Michelle loves cooking, netball, kapahaka supporting her whanau touch team.

She says her ambition is to enjoy life and to do the best she can for her family and workplace. Her philosophy is to "spread the love".



Michelle Ruatoto on left with some of her Cleaning & Laundry Team. Left to right, Michelle, Aroha Wilson, Daphne Brown & Debbie Milner. Absent – Frances Brosnan & Angela Lemalu.

Staff Achievements

BY HEATHER MAC MILLAN

Supporting and celebrating the achievements of those that work here at Kerikeri Retirement Village is always a highlight.

Last year, we proudly presented Administrator Angela Hawkins with her National Certificate in Business, Level 4 and this year, in July, we celebrated the accomplishments of Receptionist Rochelle Taylor. Rochelle passed her New Zealand Certificate in Business Level 3 which, like Angela, she completed through our workplace-based training provider Careerforce.

Their respective courses covered administrative duties, software and operating systems.

We are so proud of their efforts and appreciate the considerable skills they bring to our admin team.



Rochelle Taylor (left) and Angela Hawkins with Heather Mac Millan (front).

Raizer Lifting Chair

In a bid to stay abreast of the industry, our CE Hilary Sumpter, attends several industry conferences each year.

Pre lockdown, Hillary went to the Aged Care Association Conference in Wellington and whilst there won a Raizer Lifting Chair worth around \$7,500.

It is designed to safely assist someone who has fallen and is assembled around them. There is a small but powerful battery operated motor encased in the seat. Once assembled, the legs pull up under the prone person and it becomes a seat. From there the person can be easily transferred to their feet, a bed or chair. It's also very portable and the whole unit fits in a handy backpack.

One of the major benefits of the Raizer Lifting Chair is that it avoids risk of stain and injuries to both the person who has fallen and the carer assisting them. We have used the chair to great effect in the care facility and also in callouts to the wider village.

Raizer Lifting Chair
Designed to safely assist someone who has fallen.



Seriously good fun!

Staff wellness and wellbeing are among our top priorities here at the Village. As part of that ethos, we love to have theme days which see the team dress up, have a good laugh and enjoy a meal together. Our recent PJ Day was inspired by the thought of rest and relaxation.

Thanks to New World Kerikeri, Briscoes Kerikeri & Hermanas Hair Salon in Waipapa who sponsored spot prizes for those that dressed up and participated.

Thanks also to the cleaning team, Lynne Hopkins and Elaine Irvine, who volunteered time to cook waffles for everyone with a huge selection of condiments!



Drop In Craft Group



Every Monday, from 11am - 2pm, a group of Kerikeri Retirement Village residents and volunteers drop in to the Social Centre to have a cuppa and engage in meaningful activities such as knitting, crocheting, crafts, games and (more recently) singing.

Resident Wilma Sutherland was inspired to start the group based on the Spark of Life philosophy which we embrace throughout the Village.

During lockdown, our residents completed many projects at home which gave them a focus during this difficult time.

A table full of useful aids such as "fiddle-muffs" (designed to keep those with dementia calm) and knee blankets, was gratefully received by the Care Facility.

Looking beyond our own needs, the group is now focussed on making goods that are suitable for

Women's Refuge 'Welcome Packs' and they will be continuing their good works up until Christmas.

They are also making goods for a raffle to purchase other essentials for the packs.

Willing hands are always welcome and we would welcome donations of wool, knitting cotton and buttons.



Tai Chi for health is growing!



Regular exercise is so important whatever our age and fitness.

Tai Chi has been shown through research to support improvements in balance, posture, breathing and circulation. It brings together mindfulness as well as physical exercise, contributing to helping participants relax, manage stress and generally raise overall levels of energy and build a sense of wellbeing.

Steve Lewis, our Chaplain, and Bernadette Waller, Social Centre Coordinator, have been encouraging everyone to give Tai Chi a go.

The Tai Chi for Health programmes upon which classes are based have been designed by Tai Chi and medical experts working together to ensure that the experience is both beneficial and safe. An important element of the learning involves adapting moves to take account of a person's feelings on the day, ability and experience.

Everyone is encouraged to work well within their 'comfort zone' and to 'listen' to what their body is telling them. In this way the lesson becomes tailored to the individual's needs and encourages self-empowerment.

The 'Tai Chi Principles' encourage gentle, smooth and continuous flowing movements which are particularly effective in supporting the strengthening of muscles and increasing flexibility of joints. Another benefit is that it's also great fun!

The classes started during COVID 19 lockdown and after seeing how much the residents were enjoying themselves, staff wanted to know if they could have lessons too. Steve, who possesses a bit of 'missionary zeal' when it comes to Tai Chi, could not resist the opportunity.

Steve is a Tai Chi Instructor with the 'Paul Lam Tai Chi for Health Institute' and is qualified to teach: Tai Chi for Arthritis both Standing



and Seated; Tai Chi for Falls Prevention; Tai Chi for Diabetes; and Tai Chi for Rehabilitation.

Once the restrictions arising from COVID 19 are lifted, he and Bernadette, intend to train to become instructors for Tai Chi for Memory. The programme has been designed to support working with participants experiencing the effects of aging, alzheimers and dementia.

Small Works By A Small Group

BY FRANCES SHAW - Village Manager

The Village Art Group's eagerly anticipated third annual exhibition of their latest works took place on the weekend of 1st and 2nd August. Having had so many events cancelled due to Covid, it was wonderful that the organisers Margaret Lonie and Gillian Preece could make this happen.

The art was an eclectic mix of landscapes, still lifes, and portraits and again showed the talent of our resident artists.

Invited to a select viewing I was treated to a wine and nibbles and a chat with the artists and their inspirational guide Judy Soutar. I was also pleased to add a new piece to my collection.

\$481 was raised from art sales most of which was generously donated back to the Village.

A huge thank you to all involved. The group meets weekly and all village residents are welcome to join in. Just telephone reception for details.



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Times



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- Common lounge and dining spaces - gather your friends for a BBQ
- Each apartment has laundry facilities
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- 2 lifts for easy access
- Internal scooter parks

Wednesday 10-11am

Friday 2-3pm

Saturday 10-11am

To make an appointment to view with Frances Shaw outside of these times call **09 929 5836**



Wish List

Our Diversional Therapists work hard to schedule stimulating, relevant activities to enrich the lives of the residents of our Care Facility.

They have created a 'Wish List' of resources they need to provide new activities and would welcome donations of any of the articles below. These do not have to be new, second hand items in good condition would be welcome.

Small items can be left at reception and we can arrange collection of larger pieces. Call 09 407 0070.



Armchair Travel

In a post-Covid world international travel is something we can only dream about.

Despite our borders remaining closed, Amanda Millar and our team of Diversional Therapists arranged for some virtual travel for residents of our Care Facility who enjoyed marking the Swiss International Day on August 1st.

Celebrations included listening to cuckoo clocks, a virtual train journey through the Swiss Alps and yodelling for Swiss chocolate.



Diary Dates – Come and join the fun!

COMMUNITY DINNER

Tue. October 6th – 5pm

In the Social Centre

PHOTOS OF LORD HOWE ISLAND WITH ROBIN BOOTH

Mon. October 12th – 2.30pm

MOVIE

Wed. October 21st – 2.30pm

BUS TRIP TO TOWAI TAVERN FOR LUNCH AND RUAPEKAPEKA PA

Fri. October 30th – 10am