

Village Times

KERIKERI
RETIREMENT
Village



Hilary Sumpter - Chief Executive

SEPTEMBER 2023

Welcome...

We've got some great news to share. Te Whatu Ora / The Ministry of Health has renewed our care facility certification for a further four years following another excellent audit.

All rest homes in NZ are audited to ensure they provide safe, appropriate care for their residents, and meet the standards set out in the Health and Disability Services (Safety) Act.

Certification can be extended for two, three or four years – depending on the outcome of the audit. Most extensions are for three years and come with a list of improvements that need to be made.

This is the third consecutive four-year extension, so we're very pleased. It's a real credit to our Clinical Nurse Manager, Jarrah Tuoro, and the entire team who helped us to achieve this result.

Certifications of individual rest homes, and the corrective actions they call for, are viewable on the Ministry of Health website, health.govt.nz, by typing 'rest home audits' in the search box.

We know independent, impartial reviews of rest homes is hugely important when it comes to making decisions about where to settle.

Two-year extensions of certification normally indicate some level of concern on the part of inspectors

so if a rest home has had more than one two-year extension over the past six to eight years, it's worth paying attention to the detail and corrective actions required.

Certification audits cover all aspects of a care facility's operation, from the standard of clinical care right through to the quality of the food and cleaning services, documentation and record-keeping. A Care Facility can have its ability to operate removed if it fails audits.

Aged residential care facilities are all struggling at the moment with the shortage of Registered Nurses (RNs) and lack of government funding. At the same time, we face increasing demand for aged residential care. The risk is that the care of our vulnerable elderly becomes compromised. So, keeping an eye on care facility audits is really important.

Our certification audit noted that while we are short of RNs we have put in some effective work-arounds to mitigate risk. We report weekly to Te Whatu Ora on our nursing cover while we continue to recruit.

The summary is that while we face some staffing challenges (like every other rest home in NZ), our Village is well placed to continue providing excellent care - respecting and cherishing those who live here. We're very grateful to all who make this happen on a daily basis.

Arohanui - Hilary

Recycling

More than a passing fashion!

You may know Sue Woods as our resident Bus Driver however she also wears another hat helping as Activities Coordinator.

In a former life, Sue was a teacher and took the recycling program to schools. This remains a passion and her ensemble here displays items that are definitely out of vogue because they cannot be recycled.

At the Village we recycle plastics 1, 2, and 5. Sue and the team encourage our residents to take soft plastic packaging like bread bags to New World and household batteries to Bunnings for recycling.



International Potluck Dinner

Our staff comes from all around the globe and love an excuse to share their various cultures. During a recent potluck dinner everybody dressed in something iconic and bought dishes that related to their family traditions.



Hold onto your hat!

Resident Jenny Bithell explained the history of hatpins and shared her extensive hatpin collection.

Beautiful, intricate, or quirky, every pin in her collection had a unique story.



MOVE IN NOW!

MODERN & SUNNY 1 BEDROOM UNITS - \$260,000

Kerikeri Retirement Village has two newly refurbished modern and sunny one bedroom Pavillion studios with outdoor patios available now.

Each kitchen contains an oven, hob and refrigerator for those who like to cook and the generous size living area is great for entertaining friends and family.

Enjoy plenty of privacy and independence with the added peace of mind that help is at hand should you need it. Just a few minutes' walk to the supermarket, and close to shops, cafes and medical centres, everything you could want is within reach.



To view or for more info call Grant Cochran - 09 929 5836

www.kerikerivillage.co.nz

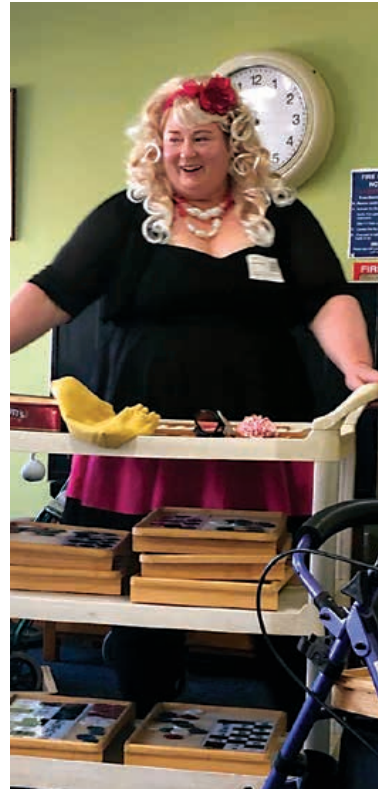
Volunteers Thank You Night

National Volunteer Week ran from the 18th to the 24th of June offering us a great opportunity to officially thank all the wonderful Volunteers who make our lives here at the Village so much better.

To show our appreciation we held a Trivia Quiz evening which was hosted by Bob, one of our regular volunteers. After a welcome from Cheryl, who then took on the role of sommelier for the night, everyone enjoyed the delicious platters created by Rochelle. It's safe to say that a good time was had by all. Go 'The Foxy Ladies' who came first and took out the gold trophy!

We are very grateful to everyone who gives to our residents so freely and joyfully and we can honestly say it wouldn't be the same without them!

We can always do with more Volunteers so, if you have some spare time and would like to give back to the community, come and see us.



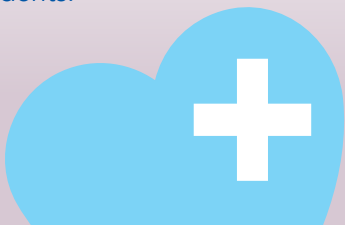
International Nurse's Day

We celebrated our fantastic nursing team on International Nurse's Day; all very special people who provide an essential service.

We thank you all for your constant contribution to the welfare and well-being of our residents.



Pictured left to right Laura (Assistant Clinical Manager), Shy (Registered Nurse), Rachel (Assistant Clinical Manager), Tracy (Registered Nurse) & Tessa (Health Care Assistant - currently on placement with us for Nursing Training).





Staff & residents battled wits in a quiz night in the 127 Lounge



Games Day

Keep active! It's good for our brains and it's fun too! There are a wide variety of activities on offer at Kerikeri Retirement Village, why not go along and try something new?

Yoga, SitFit, Bowls, Rummikub... or even start a new group of your own?



Welcome to our Newest Residents



Robyn Tua



Jan Boobyer



Brian & Laurel Sirl



Noeline Campbell



Mary Bailey



Stuart Bailey

Aromatherapy

Our Head Gardener, Debbie Condron, is also an Aromatherapist. As part of the Staff Wellness Program Debbie held an aromatherapy workshop explaining how essential oils can benefit health and wellbeing before guiding everyone to create a personalised blend to take home and use.



MATARIKI LUNCH

Nau mai nga hua
Nau mai nga pai
Nau mai kia nui kia hawere ai
Manawatia a Matariki

Welcome all things that have grown
Welcome all things that are good
May they be plentiful and abundant
Celebrate Matariki

To celebrate Matariki, residents from all areas of our facility were invited to a Matariki lunch which was a wonderful opportunity for everyone to catch up.

The menu was created by the residents with seafood, frybread and mussels being right at the top of the list. They're still talking about the delicious seafood chowder.

Thank you to Cadence and her team who made this possible and presented the kai so beautifully.





The Potting Shed COME & JOIN THE FUN

The winter months haven't stopped the Potting Shed Group from meeting every Thursday on the Village green – they're a hardy lot! They've been up to all sorts of gardening activities – creating hanging baskets, succulent gardens, propagating house plants, grapevine wreath making, pressing leaves and flowers, the list goes on...

The exciting news from The Potting Shed is that we are going to be hosting 'The Retirement Village Garden Ramble', showcasing several of our residents' gardens. There are so many beautiful gardens in the Village which most people don't see, so it's time to show them off.

The Potting Shed Group will have refreshments available plus a selection of their gardening creations for purchase. Maps will be available so you can choose which gardens to visit, and which routes to take (much like the Garden Safari). The invite is open to all the residents, their families, and our staff.

SAVE THE DATE! The Retirement Village Garden Ramble will take place on Friday 10th November, meeting on the Village Green from 10am.



Music

Music plays an important part in the wellbeing of our residents.

In addition to our weekly Monday Music session at 1.30pm in the Social Centre, we have recently enjoyed performances by the Musical Memory Makers Choir and the Kauri Lodge Singing Group.



STORIES FROM THE HEART

Each newsletter we'll bring you a short extract from a series of biographies on our residents. In this issue we hear about the adventures of George Smallholme.



George Smallholme

George Smallholme was born and raised in a small coal-mining community on the West Coast of the South Island during tough economic times. Those formative years in the 1920s, along with very strict parenting, instilled some firm values and to this day George doesn't smoke or drink.

'Work hard, play hard' is a maxim that seems tailor-made for George. A smile crosses his face as he recalls the fact that he wasn't exactly a stellar student – ironic for someone who would later marry a teacher and whose daughter would become one of Northland's most celebrated educators.

"I only did four years at high school and got out as soon as I could. I was far too busy with sport and Dad's trucks. I left school at 17, got Dad to sweet-talk the driving instructor to give me my heavy truck licence, and set to work in the firm."

"The firm" was Smallholme Motors in Granity, a settlement of just 450 people at the time, 28km north of Westport. The family firm was operated by George's father, mother and brother. It had started as a small general goods carting business, expanded to support the burgeoning coal-mining sector, then added passenger services. By the time George became involved during the height of World War 2, the passenger side of things had ended and the focus was on carting – an essential wartime service supporting the coal industry.

In 1946 the Smallholmes bought their first loader which enabled the firm to break into the earthmoving business. The expensive piece of kit also gave them an unintentional introduction to livestock transportation.

"I was heading home one day after work and was waved down by a local farmer trying to herd a wayward pig towards his farm. He and I snookered that pig good and proper. I dropped the bucket down in front of it and he pushed it in and climbed on top. I scooped them both up and dropped them off at the farm, safe and sound."

The Smallholmes became the first firm to cart livestock out of the Buller. Even in the mid-1950s the essential goods licencing system only allowed local businesses to cart general goods 30 miles in competition with the railways, and perishables and livestock for just 50 miles. But there was a demand from local farmers to transport stock to the freezing works in Nelson, which had no rail service to Westport, so the Smallholmes smelled opportunity.

The brothers designed some steel crates, fitted these to their trucks and started moving 12 cows at a time at two pounds and five shillings a beast. Later, a farming cooperative wanted to freight stock to Christchurch so the Smallholmes applied for a licence to compete against the railways. They supported their application with a photograph of three TK Bedford trucks complete with the crates the brothers had built and – the licence was theirs!

Today, at the age of 95, George still swells with pride as he speaks of the other reason for his lacklustre school career... sport.

Tennis, football, squash, badminton and cricket all soaked up study time. He represented Buller at cricket while still at school, and at rugby. He was a member of the 1949 Buller team, captained by his brother Oliver, remembered for Buller's greatest moment in provincial rugby when it drew 6-6 with the powerful Otago union in the first Ranfurly Shield challenge of the season.

He was also a member of the West Coast Buller team that beat the touring Australian rugby team 17-15 in 1949. The Aussies went on to clean up for the rest of the tour, smashing the mighty All Blacks twice. Small wonder the memory brings a smile of satisfaction to George's face.

He's run the Buller Gorge half-marathon a whopping 15 times – most recently in 2007 at the trifling age of 80!

His memories of growing up in the Buller in the hard days of the 1920s and early 1930s remain vivid.

"Money was scarce but I remember well that Mum and Dad saved on luxuries so we could all do things that we would remember for the rest of our lives. For instance, they took us to Westport to see the Southern Cross aeroplane piloted by aviation legend Charles Kingsford Smith. Dad paid ten shillings each for us all to have a flight. This was an absolutely amazing experience for us because, of course, we'd never flown. I was eight and have never forgotten either the flight or what seemed like the huge sum at the time for the tickets. Dad was investing in memories for his children."

George married Kathleen in 1954 and they went on to have three daughters; Elizabeth, Karen and Debra. The couple moved from the South Island to Kerikeri to be closer to two of their daughters and later moved into the Village in 2015. The decision proved fortunate after Kathleen's health declined.

"I was determined to look after her for as long as I could," he says. "In the end I was desperate as I couldn't give her the support she needed. So I turned to the Village's clinical manager, who was superb. Over the course of a weekend she organised a room for Kathleen in the care facility and she was far more comfortable there."

The short walk to the care facility made it easy for George to spend as much time as possible with Kathleen until she passed away.

Cheryl's Swap Shop

Pick up any newspaper, listen to any radio programme, watch any TV news and current affairs programme and there's likely to be some reference to the spiralling cost of groceries.

Our amazing staff are just as impacted by this as anyone. So, in an effort to help, 'Cheryl's Swap Shop' has set up behind our Staff Room and is already doing a roaring trade – particularly in fruit and vegetables.

Set up by our operations support manager Cheryl Silich, the swap shop makes it easier – and cheaper – for staff to trade produce they have for food items that they need.

Cheryl is quick to point out that staff don't actually need to contribute in order to benefit from the outlet.

"We've been very clear that the swap shop operates on a 'needs' basis – if one of our staff is at the

end of a shift and is stressing about what to feed whānau that evening, and there is something at the swap shop that will help make this less of a challenge, they're welcome to help themselves," she said.

"The idea is that this is a way for those with surplus produce to get it to those who may need it."

Cheryl says the swap shop has been well stocked by both staff and residents - particularly those with gardens - who have been keen to help out with things like eggs, fruit and veggies.

"The level of generosity is amazing," Cheryl said. "One of the Friends of the Village donated a whole lot of groceries and some honey."

With the large number of colds going around, citrus and honey is in great demand. The Village put out a plea on Facebook for honey and Kapai Honey in Ohaeawai responded by donating two kilos.



"We're absolutely stoked by the success of the swap shop," Cheryl said. "Although the shop is aimed at staff we'd be delighted to accept donations from anyone in the community who might have a little extra of something to spare. It will be hugely appreciated and we can guarantee it will go to a deserving family."

Bus Trips

Each month we load up our bus and head off on an adventure. The destination varies and we try to include lunch somewhere nice. Our residents book their seats through reception. Destinations have included local beaches, vineyards, sculptured gardens, waterfalls and bushwalks, as well as some local tourist stops. It is a great way to explore our amazing region and share the day with fellow residents. There was a recent trip to Russell with lunch by the water in Opuā. A great day out.



Wellness Raffle

We had an amazing contribution to our raffle from local businesses, so much so that we were able to raffle 4 gift baskets plus vouchers. All the money raised is used for staff wellness activities and we are grateful for the support from local businesses and generous staff.

Thank you so much to:

- Hermana's Hair Salon, Waipapa
- New World, Kerikeri
- Liquorland Waipapa
- Pure Day Spa, Kerikeri
- Brenda's Beauty Bar, Kerikeri



Pink Shirt Day

Pink Shirt Day was embraced by all of our staff and residents at the Village celebrating diversity and promoting kindness and inclusion.

We do this so well here and we stand behind the values of Korero Mai, Korero Atu, Mauri Tu, Mauri Ora – Speak Up, Stand Together, Stop Bullying!

The prize for the best dressed went to the Household Team with every one of them getting bedecked in pink.

