

Village Times

KERIKERI
RETIREMENT
Village

DECEMBER 2023

Garden Ramble



Grant Cochran and Maera Peters

Kerikeri Retirement Village residents, and their family and guests, enjoyed an organised 'garden ramble' through some of our most picturesque gardens and public spaces. It was a chance for residents to get out and about and enjoy a spot of sunshine and, it must be said, a fairly anti-social rain shower.

At the heart of the ramble, on the Village Green, a collection of plants and crafts were on sale. The plants were propagated, and vegetables grown from seed, by members of our Potting Shed Gardening Group.

Led by head gardener Debbie Condron, this group of about 18 residents meets once a week. Soon they will be able to enjoy their gardening activity in all weather, thanks

to an all-weather shelter to be funded by a grant from Pub Charity Ltd and generous donations from Village residents.

"Gardening is such a therapeutic thing to do and we have a really enthusiastic group of green-thumbed residents who benefit hugely from getting out into our open spaces, nurturing plants and contributing to the beauty of the place," Debbie said.



Karen Hawtin and Misty Gaitens



Ro Lusk



Iris Horner and Biff Taylor



Hilary Sumpter - Chief Executive

Welcome...

Kia Ora and welcome to our final newsletter of 2023, after another whirlwind of a year. Despite all the flus and colds plus Covid around it's been a much happier year in terms of health restrictions lifting and lives returning to 'normal'.

There have been a lot of new and exciting things happening this year, not least welcoming two new board members with a broad array of skills; Paula Baker and Kylie Mooney. We've also welcomed Hannah Hunter as our new part-time Fundraising Manager. Hannah comes with vast experience and passion. We're very lucky to have Hannah as a part of the Village. And wonderfully, throughout the year, we have had nine clinical staff members re-join us, which I think must be the highest compliment for us as an employer.

We've welcomed a lot of fabulous new Village residents over the year and the place is jumping with events and activities that our residents keep creating. Being able to welcome back visitors and friends to participate freely in what we have to offer is making things seem a lot more normal.

Watch this space in 2024 with some serious Village projects going on. The long promised new Community Centre finally has resource consent after 12 months and although it won't be finished by the end of 2024 it will be underway. Then there's the new potting shed cover on the green (thank you to our generous donors including Pub Charities), we'll start creating a path around the green as well so it can be accessed easily with walkers, scooters and wheelchairs.

My thanks to the dedication of all our team, our board and to all our residents who make sure there is never a dull moment.

Festive greetings and happy holidays to you all.

Arohanui - Hilary

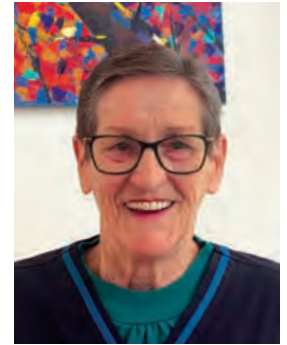
Long Service Awards



Shy Chavez



Liz Spencer



Elaine Irvine

We are privileged to have the most amazing staff here at the Village and we want to acknowledge the hard work, passion and dedication it takes to be on the team.

This month we celebrate three members of staff who have given ten years to Kerikeri Village, Elaine, Liz and Shy, we thank you!

These awards are a testament to the commitment and loyalty that you have demonstrated over the years, contributing significantly to the Village. As we honour their long service, we acknowledge the wealth of experience, expertise and knowledge they bring to the workplace.



Walk The Walk Trails

Walk the Walk Trails was a passion of KKRV Residents Jenny and Lloyd Bithell to get people moving and meeting others.

They have created short, achievable walking trails, all within the Village grounds, including two inside wet weather options. The individual trails are colour-coded and all have been measured for distances.

Feedback from our walkers have said "It's great knowing how far we have walked so having the distances already calculated has been really helpful." Both Jo and Alison have been really surprised at their total kms walked and they are now setting goals for each week. The Village also offers some supported walks so join Sue on Tuesdays, Thursdays and Fridays at Reception 1.30pm.

The best fitness motivator is a friend. They hold you accountable to show up and they support you when you don't.

Intergenerational Play

We have been making new friends with our local Kindergartens; Kerikeri Kindergarten and Oromahoe Kindergarten. First off we went for a visit to Oromohoe...

A lot of fun can be had when you put different ages together. We started with songs for each other and morning tea. Then we were in the wendyhouse, sandpit and racing horses. Eddie found the pink umbrella and lots of friends. What fun!

Next we visited Kerikeri Kindergarten. We roasted sausages, sang songs and were treated to a grand tour. One resident said the highlight of her day was being asked "will you be my friend?".

We couldn't have been more delighted when Kerikeri Kindergarten asked how we can keep our relationship going! Together we came up with a plan...

Over the next month we will be working together on a joint Christmas Parade entry! Each week Kindy will come to the Village to work on the project. The little ones from the Kindergarten bring boundless energy and curiosity, and our residents bring their skills and knowledge.

It's a wonderful way to bridge the generational gap, fostering a sense of community and understanding.



Battle of the Ballroom

We were dazzled by the amazing skills of the Hospice Battle of the Ballroom dancers when they came to give us a VIP performance after their big competition.

Thank you to all the dancers for taking time out to wow us. We have a lot of dancers in residence who loved watching.

Well done to all involved in this fabulous event and a special mention to our very own staff member Shar-nica du Plessis (wearing gold), who not only dances to raise funds, she also works at the village as a Health Care Assistant AND is also undertaking her nursing training!



Stone Store Trip

With the return of the good weather, our residents headed out on a bus trip to the Stone Store for a beautiful walk in the sun.

Everyone soaked up some rays by the water's edge and enjoyed time together with a spot of morning tea. Here's to many more days like these!



Art Group

The Small Art Group, named for their small group doing small artworks, held their final annual exhibition this year. The group would like to thank Judi Souter for her tutoring over the years.

A Burst of Daffodils!

Spring arrived in the Village with a burst of yellow as the staff enthusiastically took part in the Daffodil Day Yellow Outfit Challenge! Each pair of staff members had 45 seconds to don as many yellow items as possible in order to win the grand prize.

Residents decided the winner of each heat by loud applause and our very own judging panel of Judith, Barbara, Maera, Lyn and Florrie unanimously awarded the top prize to Bethany!

The Residents' Prize for best dressed went to the late Judy Doyle for her amazing 'I found my thrill on Daffodil Hill' themed outfit.



Give the Gift of Comfort

We want to replace the mattresses in the care facility with special air-tech mattresses. This is a significant investment for the Village, but we are determined because we know how much difference the change will make to the lives of our care facility residents. Assistant Clinical Nurse Manager, Laura, tells us all about it.

"In Age Care our residents can be at risk from pressure injuries, these are sore areas that build up due to a lack of blood flow that can be very painful and lead to infection. We work hard to prevent pressure injuries and the measures that we take are necessary but can be disruptive to sleep. We need to turn patients regularly, even through the night. The new technology in the air-tech mattresses is incredible, it constantly monitors the patient's position and adjusts the air pressure so that there is no need to move residents. They wake up after a good night's sleep and are refreshed and ready to join in social activities, meals and visits from friends and family.



The mattresses have such a long-reaching impact on our resident's quality of life."

As a non-profit care facility, we need help to make this change happen. Any donations, large or small will make a big difference to the lives of our residents. For more information and to watch Laura explain in further detail please visit the Gift of Comfort webpage.

If you, or your business, make a donation of over \$1700, you will receive one of these gorgeous 'We gave the Gift of Comfort' cushions for you to display with pride.



GIVE THE GIFT OF COMFORT TODAY

We are raising funds to put air-tech mattresses on our care facility beds. Your donation will make the world of difference to the comfort of our residents.

HOW TO DONATE...

You can make a donation through our webpage below or by visiting Kerikeri Retirement Village reception to pay by cash or EFTPOS. You can claim back a 33.33 cents for every dollar you donate at the end of the tax year, from IRD. We will send you a donation receipt so you can make a tax claim.



www.kerikerivillage.co.nz/gift-of-comfort

We are Kerikeri's only non-profit retirement village, built by the community for the community. Registered Charity Number: CC55403



Meet our volunteer

Phil

Phil pictured with longstanding resident Nell Graveson

Phil is a retired teacher and currently volunteers in the Village Care Facility twice a week.

"My neighbour is a volunteer, and he was going away for several months and was looking for someone to fill in. From about March this year, he started asking me if I would fill in and I wasn't keen at first, but eventually, I said 'yes'. I enjoy it so much now that I will carry on even when he is back."

"The beauty of it is that I don't feel bad about going away to visit family or on trips. I don't feel obliged to be there every week, because it's flexible it makes it easy to keep coming."

"The volunteering that I do is quite varied. Sometimes the Wellbeing co-ordinator has activities on, and I just join in with them. We had a lot of fun seeing how many yellow garments we could put on in 30 seconds! Most days though I take residents out for walks in wheelchairs. The walks I do are about 20 minutes so I can take about three residents an hour so about five or six residents in a day. We go for a walk and enjoy a conversation along the way."

"Each time I volunteer one of the residents will say what a nice day they have had. Today someone said to me "It's so nice to have a change of scenery", a small input from us makes a world of difference to the resident's day."

"One of the things for me, as a resident of this area for over 40 years, is that there are often people that we know in common so it's nice to chat to about people that we know. It makes them feel connected. There was one chap that was so interesting I was hoping to take him out again because I had so many questions to ask him about his life and his experiences living in Kent during the battle of Britain. Volunteering here is like life in general, if you are prepared to put in a few moments, you will definitely get something out of it."

Could you spare some time to volunteer at the Village and help our residents feel connected? If you have some spare time and would like to make a difference, our volunteer co-ordinator, Bridget would love to hear from you, call 09 407 0070.

Welcome to...



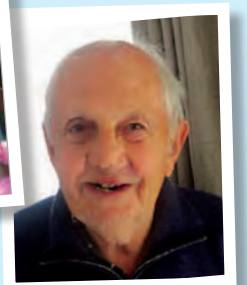
Peter Barton



Norma Duffy



Alison Howell



Claude Lindsay



Neil Hudson



Jan Hudson



Welcome

*Stuart
& Mary*

Stuart and Mary moved to one of our cottages from Hawkes Bay a few months ago. We spoke to them about how they are settling into village life.

"My son lives in Kaikohe and my daughter-in-law had worked at the Village and she said what a lovely atmosphere it has here. Every now and then my son said, "Mum you really should look at retirement places". One day an advert for Kerikeri Retirement Village popped up on my phone. What caught our attention was the fact that it was not run for profit, which was really attractive to us. Some retirement villages keep piling the costs on but not here, we know where we are with the costs here and that's reassuring. As my son said, 'you're not only buying into a lovely place to live you are also getting peace of mind."

"I can't drive anymore because I have problems with my eyesight. So, the fact that I can walk to church, doctors and we are right next to New World, that sealed the deal. I can get everywhere I need to without being reliant on a car. We can even walk to the cinema! Just that fact removed a great deal of anxiety about the future for me," said Mary.

Stuart added, "It is a big adjustment because we have moved away from our community, and we miss our friends and our church, but we are both social and enjoy meeting new people. They have interesting activities such as the climate change exhibition at the Turner Centre, and it was walkable! You really feel you are a part of the community when you are invited to take part in these events and that's important to us. People in the Village are friendly but people in Kerikeri have also been very friendly, courteous and happy to help."

"We had a lot of work keeping up our property in Hawkes Bay, we came here and all the maintenance is done for you and we can just sit back and enjoy. We love how the Village is relaxed but at the same time so well organised and managed. If you want to take part in something, it's there. We go to the Potting Shed Garden Group, Mary does two exercise classes every week and we went to the community dinner last night. Sometimes we don't feel like doing anything and that's fine too!" said Stuart

"Moving from a three-bedroom house to a one-bedroom has been a big challenge, having to part with a lot of our possessions was hard, but we are adjusting, and we are loving Village life."

Considering a change?

If you're contemplating moving into the Village in the next few years, make an appointment to come in for a no obligation chat. We'll let you know what's involved and pop you on our VIP list so that you know of any upcoming listings for studios, cottages and apartments available before they are advertised to the public.

For more info contact grant@kerikerivillage.co.nz or call 09 929 5836



Lunchtime Concerts at The Turner Centre



Wednesday 5th December 12:30pm

Indy Williamson & Matthew Seinafo

Indy (Violin) and Matthew (Piano) are an extraordinary musical duo who have been members of the Specialist Music Program, in conjunction with the University of Canterbury, since 2017 and 2019.



Tuesday 9th April 12:30pm

Josh Layne - Harp Concert

Harpist/composer Josh Layne has been called a 'harp genius' and a 'consummate musician'. He has performed extensively across Canada, the US, Europe and South America and has been praised for both his virtuosity and the sensitivity of his playing.



Wednesday 24th January 12:30pm

NZ Secondary Schools Choir

Selected from full-time secondary school students every two years, the choir has received international attention and critical acclaim from overseas audiences. Their repertoire, although widely varied in style, age and language, specifically emphasise works by New Zealand composers and music from Māori and other Polynesian cultures.



All shows include complimentary tea, coffee and a scones for Village residents.

Health and Wellbeing...

YOGA

"Exercise is an important part of our health and wellbeing. I'd always gone to yoga classes but didn't feel confident to lead a class. However, during lockdown I used YouTube to lead myself so decided to try it with residents. This class is Seated Yoga for Seniors, said Activities co-ordinator, Karen Hawtin. We choose a different teacher each week." Why not join us on Thursdays at 9:30 in the Apartment lounge?

SIT FIT

Residents know that if you don't move it, you lose it. The Group meets Monday at 10am and Friday at 9.30am in the social centre.

Sign up for emails

You can subscribe to our supporter e-newsletter by going to our website and follow the button at the foot of the site.

Kerikeri Retirement Village is a charitable organisation run by the community, for the community. Funds generated from the Village go into our 68-bed care facility, where we offer rest home, hospital and dementia levels of care. Kerikeri Retirement Village is a Registered Charitable Company, Charity #CC55403.

UPCOMING EVENTS

DEC 9TH AT 5PM

Kerikeri Christmas Parade
Kerikeri Domain

DEC 15TH AT 2PM

Village Christmas Party
Pavilion Green
(if wet in Social Centre)

DEC 18TH AT 2PM

Ann Plowright's piano
Christmas concert
Social Centre - all welcome

DEC 20TH

Christmas potluck dinner
Apartments

DIARY DATES

www.kerikerivillage.co.nz

admin@kerikerivillage.co.nz

<https://www.facebook.com/kerikerivillage>

09 407 0070 Registered Charity No. #CC55403

