

Village Times

SOCIAL CONNECTIONS

WINTER 2024

The importance of social connections



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Hilary Sumpter - Chief Executive

Welcome...

So, with the shortest day upon us, it's a downhill slide to the first day of spring and then summer again. Hard to believe we are halfway through the year too.

Here at the Village, we're working on connections, and having a lot of fun with it. Connecting through activities, connecting to each other and creating new connections.

All of us have need of others at times but a lot of us don't necessarily have ways to connect.

We are looking at all the different ways people want to connect too, the variations of which are so different for us all. However, for those experiencing loneliness and isolation we are keen to learn what we can do to support them to make the connections they need. Without pressuring anyone of course.

There are some gorgeous stories about fabulous people in this newsletter. It feels like a place full of vibrancy. There are plenty of activities in the Village and in the Care Facility with a wide variety of things to do.

What's been wonderful to see too is the number of volunteers back in here at the Village again. Our Volunteer Coordinator, Bridget King, reported that we are up to 72 volunteers, which makes our family of residents, staff and volunteers just that much richer. There's a lot of fun to be had within the Village and we are a Village which has a very large heart.

Arohanui - Hilary



Age-Friendly Communities Research

Over the last few months, we have been taking a deep dive into what it means to be a person who is older in the Kerikeri community with a specific interest in social connections. A grant from the Age Friendly Fund at Tari Kaumātua / The Office for Seniors has enabled us to undergo a research process that, when complete, will give us a series of insights that will help us, as a community, to learn how we might respond to help decrease loneliness and isolation in Kerikeri.

We want to take this opportunity to thank everyone who contributed to the project. We are especially grateful for the manaakitanga / generosity of the older people who welcomed us into their homes and shared their stories with such honesty and candor. We are thankful to the groups that spoke to us and the older people who participated in our surveys. We were privileged to hear older people talk to us about their lives, and to discover more about the unique challenges that people face connecting and participating, as they grow older. The words and experiences of older people have shaped the research, and we hope that their insights will help to bring about meaningful change.

This project is a starting point in a journey to make Kerikeri's older people feel more socially included and more able to participate socially. By identifying the barriers, we hope to form a foundation on which to build solutions.

If you would like to see a copy of the report when it is complete, please contact reception on: 09 407 0070

The project has been an opportunity for us to collaborate with other organisations working tirelessly to support older people in our community, to whom we owe huge thanks:

- Ngāti Rēhia, mana whenua of Kerikeri
- Healthy Families Far North
- Age Concern Mid North
- Alzheimer's Northland
- Dignified Minds
- Kerikeri Disability Action Group
- Volunteering Northland
- Te Puna Waiora /Arvida Retirement Village
- Needs Assessments Service
- St John Caring Callers



Pricelist

SHAMPOO & SET	\$45
BLOW WAVE	\$45
LADY'S HAIR CUTS	\$45
CUT & BLOW WAVE	\$60
SHAMPOO, SET & CUT	\$60
FRINGE TRIM	\$10
MEN'S HAIR CUT	\$30
BEARD TRIM	\$10

Village Hair Salon

Here at the Village we are very fortunate to have a hairdressing service based right here in the Social Centre. Wendy and Sue put their clients at the forefront of their service and with a combined total of 26 years at the Village, they know how to make sure nobody misses out on a pampering.

Wendy has been running her hairdressing service for the Village for 18 years and Sue for 8. Their clients come from the Care Facility, the Village, and also from the wider community. Wendy and Sue took a bit of time out from their busy schedule to tell us about hairdressing at the Village...

"We love the interactions we have with all the different people and hearing all their stories. It's so interesting to hear about the history of the community and where we live. Kerikeri has so much history. You become friends with them and become part of the family. It's so special to have one-to-one time, socialising and making them feel

pampered and listened to. If they have a niggling problem or worry we can chat it through with them and offer emotional support," Sue told us.

Wendy added; "this isn't a standard hairdressing job, it's specialist. You need to have a caring nature and be able to read clients. We give more than a standard hairdresser, it's part volunteering, part work. We go and get our clients from the Care Facility and bring them in the wheelchair. We take them back and make sure they are comfy and have their slippers on, little things to make sure they are comfortable. We feel that we are giving back to the community, it's very rewarding."

Did you know anyone can access the hairdressing service? If you have friends or family visiting, why not recommend the Village Salon? We are open to the wider community too. Check out the 2024 pricelist on the left.

For appointments call: 407 9870 or Sue's Mobile: 022 474 4595

OneTwoSeven APARTMENTS

Say goodbye to property upkeep and maintenance of your place, and join us at ours.

Architecturally designed, our spacious apartments have plenty of room to entertain friends and family, ample storage space, and each has their own laundry.

The Village is not just a place to live, it's a community full of great people and opportunities to socialise.

Prices from \$615,000

(Sold under an Occupation Right Agreement)



2 BEDROOM APARTMENTS, AVAILABLE NOW!





Garry Men's Night

Garry is a Village resident and a regular at Men's Night, a group of lads who connect and meet socially every month.

The Men's Night came about because the ladies had their special night and the men decided it seemed like a great idea and caught up.

The men meet at the Pavilion Lounge or, if the weather is good, on the Village Green. The group is organised by residents, for residents. We asked Garry what the group means to him...

"Mike, our fellow resident is really to thank for getting it off the ground – he's such a leader and a worker, he really gets things going.

"If the weather is fair and we set up outside I'll go along with my leaf blower and help set up the space.

"We take along our beers, wines and snacks and it's simply a chance to talk a load of nonsense. There's nothing else going on so we can really relax into it, chatting takes longer than you realise!

"While we chat we come up with other ideas of things we would like to do together. We have found this brilliant darts set-up in the Social Centre and although we don't know much about darts, it seems like a shame not to make the most of it, so now we are planning on tagging a darts session onto the beginning of Men's Night, and bowling too.

"When my wife Maureen and I first moved in about five years ago we had lots of different stuff going on, we weren't at the Village very much because we traveled a lot and Village life felt quite strange to me. Men's group has really helped me to connect with like-minded people and settle in."

Anyone keen to join Men's Night can find out the details from the monthly events listing.



Jess Diversional Therapy

Our Diversional Therapy Team in the Care Facility plays a crucial role in enhancing the quality of life for our residents by providing stimulating recreational activities and social interactions.

They create tailored programs to meet the physical, emotional, and cognitive needs of residents. Through engaging activities such as music sessions, games, discussion groups and outings, they aim to promote mental and physical well-being and reinforce a sense of belonging in their home. The team's compassionate approach contributes significantly to the residents' overall happiness, making them a vital part of the care team. Jessica is the lead Diversional Therapist, we asked her why social connections are so important for our residents and how the team works to support and grow the social connections of our residents.

"Sadly, loneliness can be common in aged care facilities and our team considers connection building throughout our planning, encouraging social connections through various initiatives and strategies. When a person first comes to live in the Care Facility we work closely with their family/whānau to learn as much as we can about them. It is so important to get a good rapport with the residents right from the start. By taking time to listen, learn, and build connections we can help get them settled and help them to know that they belong and that they are wanted.

"We organise group activities such as games, exercise classes and discussion groups that encourage interaction and camaraderie. We also encourage our residents to dine together, sharing conversations and bonding over meals. Recently we have started to take that a step further, and have established a group that goes to Redwood Café once a week for coffee. The coffee mornings promote a sense of belonging to the wider community and the interactions that the residents have on these outings seem to last. When they get back to the Village and take part in the next activity they recognise each other and resume chatting. It seems to build confidence where it might have been lost.

"Our team couldn't function without the incredible support of our volunteers. They support activities, offer companionship, run the after-noon tea trolleys, and take residents out for fresh air and for walks with lots of chatting along the way.

"When volunteers come consistently, they are able to build a bond and our residents look forward to their visits. Many of our residents' family members volunteer too, which makes the Village feel like one big family. It's great for us because we have wonderful empathetic volunteers and the volunteers like it because they are contributing to the Village."





Potting Shed complete

As autumn gives way to winter, wet and cold days hold no more fears for members of the Village potting shed gardening group.

The group, comprising more than 20 Village residents, is now able to hold their weekly meetings in an all-weather shelter on the Village Green thanks to donations from members of the Kerikeri community, Village residents, Laser Electrical Kerikeri, Shadeland Kerikeri (formerly Kerikeri Canvas and Shades), and Pub Charity Ltd.

The group is led by Village Head Gardener Debbie Condron, and Activities Coordinator Karen Hawtin. Members plant seeds and propagate plants for use in the Village's extensive gardens, create

many of the beautiful hanging baskets used around the buildings and, from time to time, create plant-based arts and crafts to raise funds for the group's projects and small items of gardening equipment.

"Gardening is such a therapeutic thing to do and this is 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.

"The social element is so important; having the shelter, and the clears that protect us from wind and rain, really means that we can meet more often during the colder wetter months.

Brazier Night

Bringing the young and the old together in social situations has long been understood to be beneficial for both groups. Conveniently, it's also a conviction shared by our Activities Coordinator, Karen Hawtin, and the Oromahoe Kindergarten Centre Manager, Christiane Riegger.

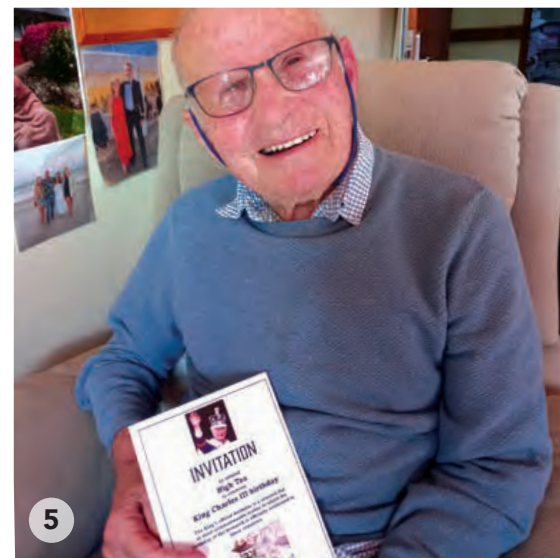
Recently we combined the Kindy's Lantern Festival, where they make and share lights to mark the winter solstice, with our third brazier evening, where our residents gather in the early evening around a fire on our Village Green to connect and socialise around the open fire, with mulled wine in hand and meat on the barbecue.

The children from Oromahoe paraded through the Care Facility, singing and holding their lighted lanterns, before making their way to the Village Green where the braziers stood lit and welcoming.





1. Resident Jan Hudson is proud to have her daughter Tanya's ukulele group visiting the Village
2. Residents enjoy their coffee group at Redwoods Café.
3. Village residents raised \$445 for breast cancer with a pink morning tea and had a marvellous time! Residents baked all kinds of pink treats, knitted, donated to a trading table, and organised a raffle.
4. Flute Salad concert enjoyed by all
5. An invite to a very special High Tea for all our residents



Welcome to...



Iain & Angela Cree



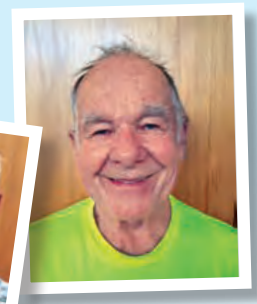
Dulcie Hutton



Kath Williams



Lester & Coralie Moller



Paul Hirzel



SOCIAL CONNECTIONS

DIARY DATES

MEN'S NIGHT

Tuesday July 9th - 4 pm

Pavilion Lounge

PIANO & FLUTE CONCERT

Friday July 12th - 2 pm

Social Centre

MUSICAL MEMORY MAKERS CONCERT

Monday July 15th - 2 pm

Social Centre

2024 Long Service Awards

Our thanks and congratulations go to the following staff for their years of loyal service.

We are incredibly proud of our team, these stars have stuck with us through thick and thin.

The last few years have been challenging for employees in Age Care and we love the chance to celebrate these important milestones.

Thank you

25 YEARS

Belinda Burgess

15 YEARS

*Geran Brewer
Anthony Chalder-Royle*

10 YEARS

*Kelda Betts
Frederika Panapa
Judith Brewer*

5 YEARS

*Awhina Neville
Julie Grelier*



We aim to replace mattresses in our facility to state of the art Pressure Relieving mattresses for the utmost comfort of our residents.

Pressure injuries are painful raw sores that occur due to reduced blood flow in the skin. Pressure injuries can be deep, painful and prone to infection. State-of-the-art mattresses are part of the solution, offering increased comfort and rest. The innovative mattresses help prevent pressure injuries with a special pump that continually monitors movement and then inflates and deflates air to stop pressure building up in one area.



Huge thanks to Kerikeri Rotary and all the incredible individuals, residents and local businesses who have supported our appeal so far.

Watch our video about how the mattresses make a difference at:

<https://www.kerikerivillage.co.nz/gift-of-comfort>

We decided to donate an air tech mattress to Kerikeri village after mum passed away. We very much appreciated how much more comfortable the mattress was for her while she was confined to bed and not having to be turned constantly to relieve pressure. While visiting Mum we also realised how many residents spent a great proportion of their day confined to bed and how an air tech mattress could benefit their wellbeing and comfort. - Appeal supporter

Visit www.kerikerivillage.co.nz to sign up for news by email

admin@kerikerivillage.co.nz

Facebook: /kerikerivillage

09 407 0070 Registered Charity No. #CC55403

