Welcome to Radius Care

Information Pack 2018

radius care

Leaders in Aged Care

radius st helenas

REST HOME & HOSPITAL

radius care

Leaders in Care

welcome

Radius St Helenas is centrally located in the Christchurch City area right on the edge of the CBD; it is close to the main Christchurch arterial routes.

We know that when a loved one can no longer live completely independently, choosing an aged care home can be one of the most emotional and important decisions you need to make.

Our rest home and hospital care facility provides round the clock care for those who can no longer manage safely on their own while also offering a social and stimulating home with great food, activities and staff.

Our Home is Your Home

At Radius St Helenas we put the diverse care needs of our residents first. Our team prides itself on providing the best lifestyle possible, supporting residents' hobbies and interests, and making our home their home.

Bowling championships, baking, woodwork and outings illustrate the variety of activities on offer. Our seven-day activity rosters mean residents continue to enjoy their passions every day.

Recently refreshed, the whole of St Helenas is single-storeyed and easily accessible. All bedrooms have full ensuites attached for the privacy, comfort and independence of our residents.

Two lovely outdoor courtyards with surrounding gardens provide sheltered spots to enjoy the fresh air. These are favourite places for the residents to work on the raised gardens and during summer to enjoy barbecues.

Upon walking in to Radius St Helenas you will often hear the sounds of laughter, chatter and singing. A greatly relaxed, friendly, community atmosphere flourishes among residents, families and the caring staff. It is important that you and your loved ones feel as much at home as possible.

"I wish to thank everyone for caring for Brian so kindly during his nine months at St Helenas. He settled in well and quickly became very fond of you all, as did I, as I was always made to feel very welcome."

Barbara

Levels of Care

AT RADIUS ST HELENAS

Rest Home

People who require rest home care usually have some ability to get about but may require some assistance with personal care and general day-to-day activities.

Hospital

Hospital care is provided for those who have a significant medical concerns.

Respite

Designed to provide short-term breaks for at-home carers, while also providing a positive and stimulating experience.

Palliative

Specialised medical care which is focused on providing patients relief from the symptoms, pain and stress of a serious illness.

Furnishings

We encourage residents to bring items from home to make their room feel more like home. From furniture to the occasional pet, we understand that what is familiar is often comforting.

Meals

Our healthy and tasty menus are designed by a team of chefs with our residents in mind. Approved by a dietician, all meals are cooked daily using fresh ingredients.

Visiting Hours

24-hour visiting enables family and friends to spend as much time with loved ones as possible and remain an integral part of their life.

Staff

All staff are qualified, experienced and ready to help you with any concerns or questions you may have.

Services

Our aim at Radius St Helenas is to make life for each individual as fulfilling as possible. A resident's complete well-being is a priority, which is why we offer more than just medical care.

We encourage residents to remain as active as possible, helping them pursue their hobbies and passions with our activities programme while also providing some little luxuries of life such as on-site hair dressing.

- GP Service
- 24 Hour RN Cover
- Hairdresser
- Chaplaincy Services
- Physiotherapy
- Podiatrist
- In-house Activities Programme
- Regular Outings & Entertainment
- Wifi

ALSO IN CHRISTCHURCH

radius hawthorne

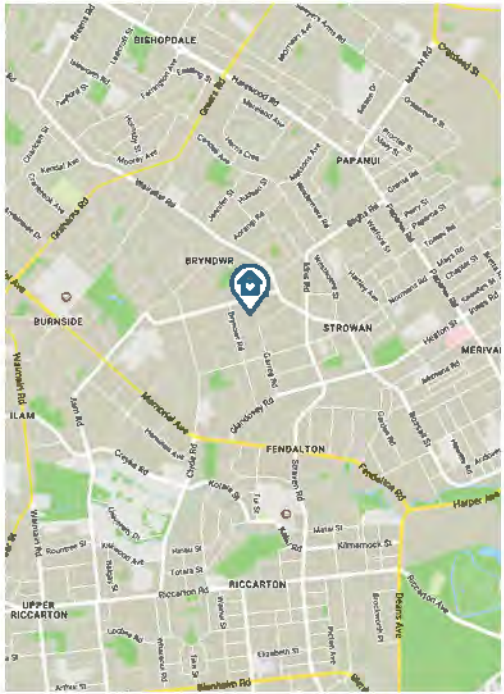
Hospital Dementia Young Disabled
Respite Palliative

Radius Hawthorne is situated on a quiet, tree-lined cul-de-sac bordering Fendalton and Ilam. It offers the best care possible with dignity and respect.

Sun streams in through large windows and doors, producing plenty of natural light as well as providing plenty of access to the award-winning gardens.

A great community atmosphere is fostered among residents, families and the friendly and caring staff. It is important that you and your loved ones feel as much at home as possible.

10 St Winifreds Place, Bryndwr, Christchurch 8052
Ph: 03 351 9346 E: hawthorne@radiuscare.co.nz



Who are Radius Care?

Radius Care are a specialist health and aged care provider for elderly and disabled New Zealanders. New Zealand owned and operated, we are committed to providing quality rest home and private hospital care for those who require help daily.

All our health care assistants and nursing staff are highly qualified and committed to providing the very best in nursing care. Regular in-house training and ongoing skills development ensure our staff are up to speed with modern health care practices.

You can be sure that we take aged care in New Zealand very seriously, and meet the highest standards of care to ensure that all our residents are well looked after at all times.

Radius Care has 22 locations around New Zealand, employing over 1600 staff and providing professional aged care for more than 1700 residents.

We offer:

- Rest home care
- Hospital care
- Dementia care
- Respite care
- Palliative care

If you feel it is time to consider whether a loved one or family member requires closer attention and care, talk with other family members, ask your family doctor for advice and talk to friends who may have had experience with aged residential care.

Call our manager at Radius St Helenas and arrange a time to come and discuss your situation with us, or just drop in for a chat; we can help you make the right decision for your loved one.

Radius St Helenas

Rest Home & Hospital

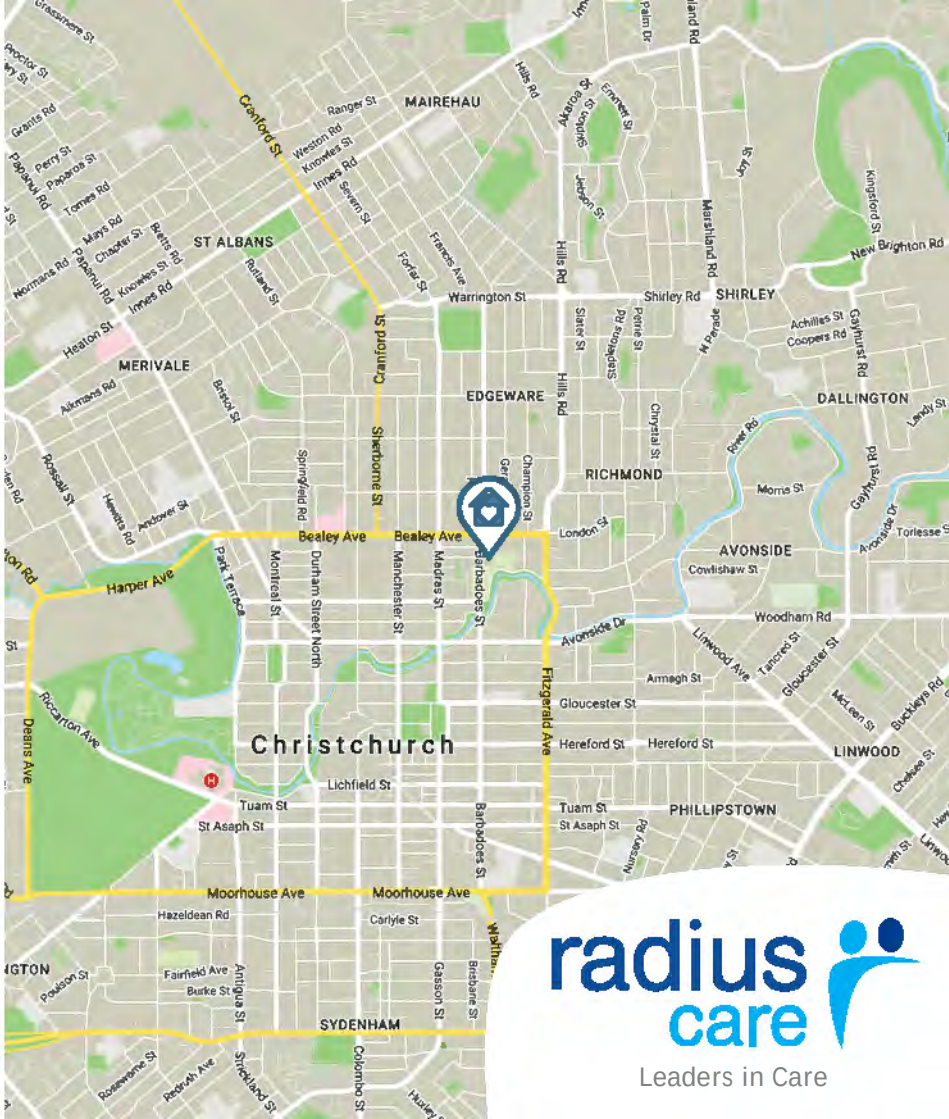
(03) 365 6700

392 Barbadoes Street
Christchurch 8013

sthelenas@radiuscare.co.nz

RadiusCareNZ

www.radiuscare.co.nz



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Recreation Calendar

26th September to 2nd October

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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Morning	Room visits Newspaper and Quiz	Room visits Newspaper and Quiz	Room visits Newspaper and Quiz	Room visits Newspaper and Quiz	Room visits Newspaper and Quiz	Activities in Glenedin	Activities in Glenedin
Late Morning	Quick game of Round the World	Song Quest	Video prep for International Day of the Older Person	Quick round of Boccia	Golden Memories Drinks with lunch		
Early Afternoon	Music Appreciation with Paul Wheeler	Master Art Class & Bowls Challenge Jammin' with Gerry	Combined van ride with Glenedin Rehearsal for Video	Gather in the lounge for YOUR radio show "Rock of Ages"	Top of the house Housie!		
Late Afternoon	Music	3.00 pm Bible reading in Lisburn lounge Individual: Walks	First take for the video Individual: Facials	Individual: Simply craft	Van Outing		

Winter Menu One

BREAKFAST

A selection of cereals, fruit, toast, hot porridge and beverages.

SUPPER

A selection of biscuits, milk and hot drinks.

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MONDAY

Morning Tea
Lemon Curd Muffins

Lunch
Meatloaf with Tomato & Onion Sauce
Honey-Roasted Red Cabbage, Green Beans & Mashed Potato

Dessert
Chocolate Mousse with Mandarin Sauce

Afternoon Tea
Chocolate Crackle Slice

Dinner
Classic White Bean & Bacon Soup
Cold Pickled Pork with Couscous, Roasted Vegetable Salad with Garlic Aioli

TUESDAY

Morning Tea
Damper Scones with Golden Syrup

Lunch
Chicken Stroganoff
Jardinière of Carrots, Peas with Rice or Potato

Dessert
Peach 'n Apricot Cake with Cream

Afternoon Tea
Chocolate Brownie

Dinner
Beef & Barley Soup
Leek & Cheese Quiche with Baked Potato

WEDNESDAY

Morning Tea
Cheesy Chive Scones

Lunch
Classic Roast Pork with Gravy & Apple Sauce
Cauliflower Cheese, Pumpkin & Roast Potatoes

Dessert
Rice Pudding with Caramelised Pineapple

Afternoon Tea
Cream Sponge

Dinner
Smokey Tomato & Pepper Soup
Fish Cakes with Hollandaise Sauce & Poached Egg

THURSDAY

Morning Tea
Vegemite & Cheese Toasties

Lunch
Cordon Bleu Chicken Schnitzel with Plum Sauce
Yams, Garlicky Long Beans, Carrot & Parsnip Mash

Dessert
Lemon Curd Cheesecake

Afternoon Tea
Lolly Cake

Dinner
Cream of Vegetable Soup
Cold Corned Beef with Chow Chow, Pumpkin & Feta Salad

FRIDAY

Morning Tea
Spicy Cinnamon & Apple Scones

Lunch
Fish Goujons with Tartare Sauce
Lettuce Salad, Sliced Beetroot & Chips

Dessert
Apple Sponge & Custard

Afternoon Tea
Shortbread

Dinner
Carrot & Coriander Soup
Southern Style Pulled Pork on a Toasted Muffin with Hickory Sauce

SATURDAY

Morning Tea
Date Loaf

Lunch
Winter Beef Casserole
Sliced Carrots, Pea 'n Swede Mash

Dessert
Lemon & Meringue Slice

Afternoon Tea
Hummingbird Cake

Dinner
Chicken Noodle Soup
Hawaiian Pizza with Corn & Pepper Salad

SUNDAY

Morning Tea
Blueberry Muffins

Lunch
Sunday Lamb Roast With Gravy & Cranberry Jelly
Roast Kumara & Potatoes with Broccoli

Dessert
Self-Saucing Chocolate Sponge

Afternoon Tea
Carrot Cake

Dinner
Potato & Bacon Soup
Scrambled Eggs on Toast with Homemade Baked Beans

Diabetic, vegetarian and puree/soft meals are also available for main dishes & desserts.

Winter Menu Two

BREAKFAST

A selection of cereals, fruit, toast, hot porridge and beverages.

SUPPER

A selection of biscuits, milk and hot drinks.

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MONDAY

Morning Tea
Pumpkin Scones

Lunch
Chicken 'n Leek Pie &
Peas & Mashed Potato with Diced Swede

Dessert
Mandarins in Jelly

Afternoon Tea
Honey & Coconut Muesli Slice

Dinner
Tomato & Coriander Soup
Beef 'n Potato Niçoise Salad with Mustard Sour Cream

TUESDAY

Morning Tea
Chelsea Date Loaf

Lunch
Braised Lamb Chops in Tomatoes & Rosemary
Green Beans, Sliced Carrots & Potato Mash

Dessert
Mango Ice Cream with a Coconut Biscuit

Afternoon Tea
Coffee Walnut Fudge

Dinner
Split Pea 'n Ham Soup
Mushrooms & Bacon on Toast with Sour Cream

WEDNESDAY

Morning Tea
Cheese Toasties

Lunch
Twice Cooked Pork Belly with Soy Gravy
Potato Mash, Diced Pumpkin, Cabbage and Silverbeet

Dessert
Traditional Apple Crumble with Custard

Afternoon Tea
Louise Cake

Dinner
Kumara & Lentil Soup
Sausage Roulade with Tomato Relish, Carrot & Cheese Salad with Balsmic Dressing

THURSDAY

Morning Tea
Apple Bran Muffins

Lunch
Herb & Garlic Crusted Roast Beef with Gravy
Roast Potatoes, Cauliflower Cheese, Carrot 'n Parsnip Mash

Dessert
Vanilla Sponge with Berry Mousse

Afternoon Tea
Tan Slice (Shortcake with caramel filling)

Dinner
Chicken & Sweetcorn Soup
Pasta Bake in Tomato Sauce Topped with Basil Pesto & Bacon

FRIDAY

Morning Tea
Blueberry Friands

Lunch
Baked Hoki Fillets with Onion, Parsley & Chive Sauce
Orange Kumara Mash, Mixed Veggies, Cabbage & Silverbeet

Dessert
Custard Tart with Raspberry Sauce

Afternoon Tea
Chocolate Chip Cookies

Dinner
Roasted Winter Vegetable Soup
Lamb Koftas with Cucumber Garlic Sauce, Beetroot & Feta Salad

SATURDAY

Morning Tea
Craisin Scones

Lunch
Braised Steak with Fried Onions
Jardinière of Carrots, Peas & Whole Potato

Dessert
Plum Bakewell Cake with Ice Cream

Afternoon Tea
Sultana Slice

Dinner
Chicken & Vegetable Soup
Individual Frittatas with Tomato & Basil Sauce, Garlic Bread

SUNDAY

Morning Tea
Berry Nice Blueberry Muffins

Lunch
Sunday Lamb Roast With Gravy & Cranberry Jelly
Sliced Carrots, Pea 'n Swede Mash

Dessert
Self-Saucing Chocolate Sponge

Afternoon Tea
Carrot Cake

Dinner
Potato & Bacon Soup
Scrambled Eggs on Toast with Homemade Baked Beans

Diabetic, vegetarian and puree/soft meals are also available for main dishes & desserts.

Winter Menu Three

BREAKFAST

A selection of cereals, fruit, toast, hot porridge and beverages.

SUPPER

A selection of biscuits, milk and hot drinks.

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Leaders in Care

MONDAY

Morning Tea
Feta Cheese & Spinach Fingers

Lunch
Lightly Curried Meatballs
Sliced Carrots, Peas, & Mashed Potato
or Spaghetti

Dessert
Bananas & Custard

Afternoon Tea
Date Slice

Dinner
Minestrone Soup
Fish & Salmon Pie with Three Bean Salad

TUESDAY

Morning Tea
Mixed Currant Scones

Lunch
Pork 'n Apple Casserole
Diced Pumpkin, Long Green Beans &
Whole Potato

Dessert
Chocolate Cheesecake

Afternoon Tea
Jam 'n Sultana Slice

Dinner
French Onion Soup with Croutons
Hash Browns with Bacon & Simmered Tomatoes

WEDNESDAY

Morning Tea
Cheese 'n Chutney Muffins

Lunch
Hot Corned Silverside with Mustard Sauce
Diced Swede, Peas & Potato Mash

Dessert
Fruity Bread Pudding

Afternoon Tea
Apricot Fudge Slice

Dinner
Chicken 'n Sweetcorn Soup
Ham 'n Cheese Slice with Avocado & Red
Onion Salsa

THURSDAY

Morning Tea
Date Scones

Lunch
Irish Stew
Cabbage & Silverbeet, Mixed Veggies &
Mashed Potato

Dessert
Pumpkin Pie

Afternoon Tea
Cream Sponge

Dinner
Broccoli & Cheese Soup
Savoury Mince Crepes & Tomato Sauce

FRIDAY

Morning Tea
Pizza Fingers

Lunch
Crumbed Fish Fillets with Asparagus
Baton Carrots, Peas & Chips

Dessert
Sticky Date Pudding with Custard

Afternoon Tea
Muesli Slice

Dinner
Sweetcorn Chowder Soup
Chicken & Mushrooms on Turmeric Rice

SATURDAY

Morning Tea
Spinach & Three Cheese Muffins

Lunch
Braised Bangers with Onion Gravy
Sliced Carrots, Beans & Mashed Potato

Dessert
Tub of Ice Cream with Freshly Baked Cookie

Afternoon Tea
Red Velvet Cake

Dinner
Pumpkin & Coconut Soup
Ploughman's Tea: Roast Beef, Sliced Cheese
& Beetroot served with Chow Chow Pickle
on Bread

SUNDAY

Morning Tea
Lemonade Scones

Lunch
Sunday Roast Lamb with Gravy & Mint Sauce
Cauliflower with White Sauce & Roast Potato

Dessert
Ambrosia with a Pink Wafer

Afternoon Tea
Anzac Slice

Dinner
Red Lentil & Tomato Soup
Bacon & Egg Pie with Potato Salad

Diabetic, vegetarian and puree/soft meals are also available for main dishes & desserts.

Winter Menu Four

BREAKFAST

A selection of cereals, fruit, toast, hot porridge and beverages.

SUPPER

A selection of biscuits, milk and hot drinks.

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TUESDAY

Morning Tea
Scones with Strawberry Jam

Lunch
Pickled Pork & Mustard Sauce
Cabbage with Parsley, Sliced Carrots & Mashed Potato

Dessert
Cinnamon Doughnuts with Ice Cream

Afternoon Tea
Lemon Shortbread

Dinner
Sweetcorn Chowder Soup
Fish Fingers on Pea & Potato Mash with Tartare Sauce

THURSDAY

Morning Tea
"Berry Nice" Blueberry Muffins

Lunch
Chunky Beef & Mushroom Pie
Butter Beans, Jardinière of Carrots & Mashed Potato

Dessert
Traditional Trifle

Afternoon Tea
Ginger Crunch

Dinner
Creamy Carrot & Sweet Potato Soup
Sweetcorn Fritters with Tomato Salsa & Poached Egg

SATURDAY

Morning Tea
Walnut & Pear Loaf

Lunch
Chicken Kiev Schnitzel with Plum Sauce
Garlicky Long Green Beans, Cauliflower Cheese, Potato & Carrot Mash

Dessert
Crème Brulee

Afternoon Tea
Banana Cake

Dinner
Classic Leek & Potato Soup
Cauliflower Bake with Bacon Rashers & Diced Pumpkin

MONDAY

Morning Tea
Apple & Bran Muffins

Lunch
Italian Meatballs, Long Green Beans, Carrot & Parsnip Mash with Whole Potato or Spaghetti

Dessert
Apricot Sponge with Whipped Cream

Afternoon Tea
Tan Slice (Shortcake with Caramel filling)

Dinner
Curried Kumara Soup
Scrambled Egg & Sliced Ham Croissant

WEDNESDAY

Morning Tea
Cheesy Sweetcorn Toasties

Lunch
Roast Chicken with Apricot Sage Crumble & Gravy
Broccoli Cheese, Diced Pumpkin & Roast Potatoes

Dessert
Pineapple Sago Pudding

Afternoon Tea
Orange & Rhubarb Semolina Cake

Dinner
Roasted Cauliflower with Garlic Soup
Feta & Cheese Tart with Roast Beetroot Salad

FRIDAY

Morning Tea
Basil & Ricotta Pizza Fingers

Lunch
Battered Tempura Fish with Hand-Cut Potato & Lemon Mayo
Lettuce Salad with Highlander Dressing, Sliced Beetroot & Chips

Dessert
Apple and Rhubarb with Custard

Afternoon Tea
Date Slice

Dinner
Cream of Broccoli Soup
Chilli Con Carne on Potato Rosti

SUNDAY

Morning Tea
Raspberry Friands

Lunch
Classic Roast Pork with Apple Sauce 'n Gravy
Broccoli with White Sauce, Peas & Roast Potato

Dessert
Tiramisu

Afternoon Tea
Nutty Peanut Bikkies

Dinner
Chicken & Mushroom Soup
Fried Baby Bangers with Potato & Spinach Gratin

Diabetic, vegetarian and puree/soft meals are also available for main dishes & desserts.

A RADIUS CARE PUBLICATION

orbiter

SUMMER MEMORIES
AT RADIUS CARE

AUTUMN GARDENING GUIDE
BY TUI PRODUCTS

SO THIS IS INDIA
A JOURNEY BY DOREEN RIDDELL

106 YEARS YOUNG
KATHLEEN MURDOCH CELEBRATES AT RADIUS GLAISDALE

Filled with Facility Events, Puzzles, Recipe, Reviews and Compliments

radius care
Leaders in Aged Care

AUTUMN EDITION 2018

Our Home is Your Home

Rest Home, Private Hospital & Dementia Care

When support is required to continue living life to the full, Radius Care aims to make the transition into aged care as smooth as possible.

New Zealand owned and operated, our Kiwi values ensure residents are important beyond their medical needs. We constantly strive to provide the best lifestyle possible, support their hobbies and interests, and make our home their home.

Bowling championships, baking, woodwork and outings illustrate the variety of activities on offer. The seven-day activity rosters mean our residents continue to enjoy their passions every day, all the while surrounded by family and friends who can spend time with loved ones and remain an integral part of their lives with 24-hour visiting.

If you have any questions or would like to know more, please feel free to visit any of our 22 facilities nationwide. You're always welcome.

Call **0800 737 2273**
or visit **www.radiuscare.co.nz**
for more information.

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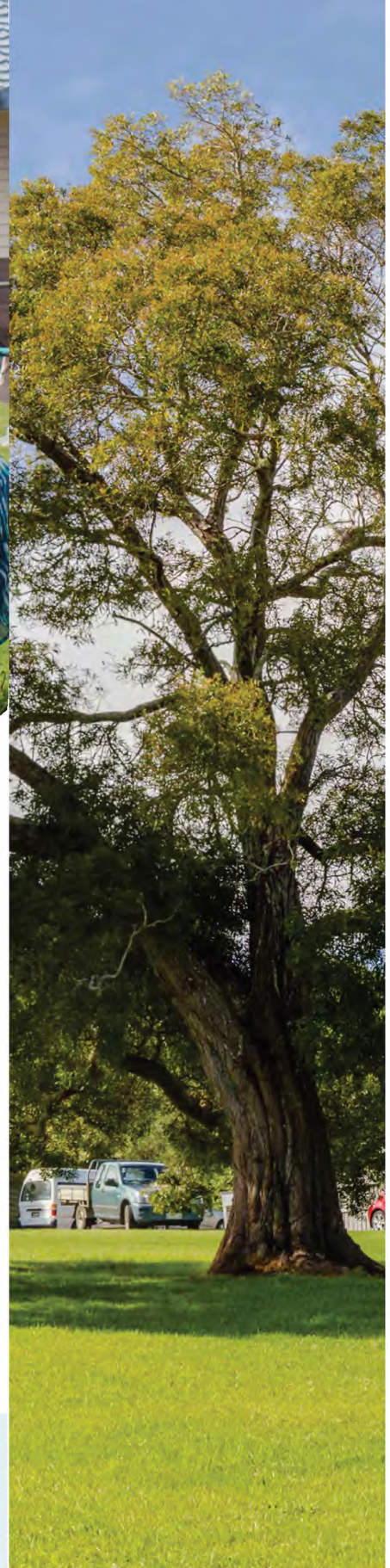
Leaders in Care



A MESSAGE FROM THE MANAGING DIRECTOR OF RADIUS CARE

Welcome everyone to the Autumn Edition of the Orbiter, and what a whirlwind start to 2018 it has been at Radius!

The unusual weather patterns caused flooding at our Fulton Home facility in Dunedin at the beginning of February. Unfortunately the facility sustained a lot of water damage and had to be fully evacuated and closed while remedial work was undertaken. Our staff at Fulton Home, led by Facility Manager Robyn Bowie, did a fantastic job of ensuring all residents were safe and moved to alternate accommodation. The great news is that within four weeks one wing was renovated and residents were moving back in. The other wings are currently being finished and we hope to have all residents home in the not too distant future.

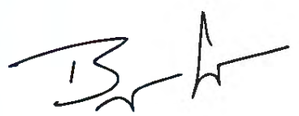
Radius St Joans in Hamilton has started alterations, bringing a renewed look and feel to two wings and bathrooms. The project is expected to be completed in a couple of months.

Elloughton Village in Timaru continues to grow with more villas being built and more happy 'villagers' moving in. The site has come a long way since the development first began with over 40 villas now complete. The development continues to move in stages, with stage three ready to start this year.

With 22 facilities across New Zealand, projects to ensure facilities remain fresh and homely for our residents are continuous. We take great pride in ensuring our facilities are kept to a high standard.

Our residents remain busy and active with many outings, community based activities and lots of visitors. It is important for our residents to feel they are still a part of their community even though they have moved into care. At Radius we welcome and encourage our wider communities to involve our residents in local events. Take a look at what has been going on around the many Radius facilities on the following pages.

Enjoy your read!



Brien Cree
Managing Director
Radius Care

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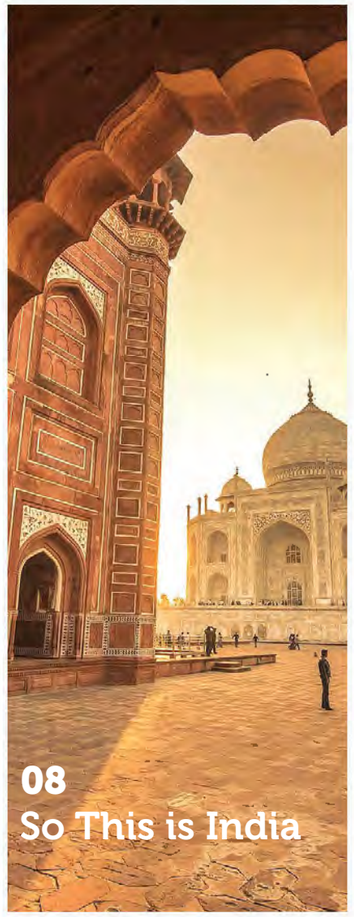

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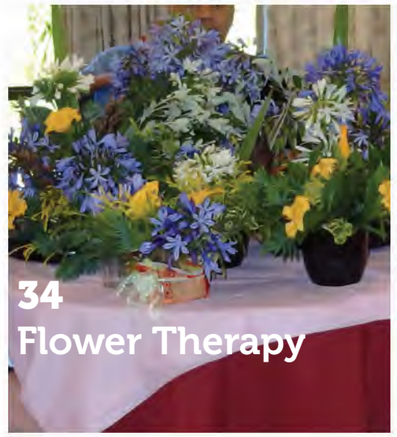

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0800 737 2273
P.O. Box 450, Shortland Street
Auckland, New Zealand
www.radiuscare.co.nz

Compliments

TO THE AMAZING STAFF AT RADIUS FULTON

Marie's whanau would like to express their heartfelt thanks for the wonderful care she received during her time with you.

The respect and love you showed to her and us all during her final few days was so greatly appreciated.

Many thanks,

Family of Marie Bowen

DELICIOUS BANQUET AT BAYCARE

Dear Pam, and all the cooks and kitchen staff,

Just a huge compliment to all those involved in yesterday's perfectly beautiful, artistically presented, delicious lunch banquet. It was a grand effort. Thank you all so much for all the hard work, and thoughtful design. We had a wonderful time eating with appreciation and enjoying our guests.

The best party ever, a tribute to teamwork.

Love,

Sheila

SPECIAL THANK YOU TO PEPPERTREE

Hi Jill,

Just a short note to say a special thank you for the lovely lunch supplied to us on Christmas Day. It was fantastic to have a room to ourselves and the decorations on the table were just perfect. Please thank members of the staff who helped and the kitchen staff for a superb meal. Having the "Boss" as one of the waiters was just the icing on the cake. Once again, thank you for making our Christmas dinner a great experience.

I think Glenys was able to take it in and appreciated the occasion.

Sincere thanks,

From Arty, Andrew, Tanya, Carol & Phil

TO THE FRIENDLY STAFF AT RADIUS POTTER HOME

We would like to extend our heartfelt thanks to all who have been involved in the care of both Shirley and Merv Wiles for more than six years.

You have been there and supported Mum and Dad and ourselves through some tough times, and have helped ease us through the closing chapters of their lives.

I know that there have been many challenges for the staff members of Potter Home. When Mum was alive she was always packing up to go home, and didn't know where she was half the time.

However, I think Dad has been the real challenge, not making it easy for any of the staff to carry out even the basic tasks of caring for him. I know that he felt like Potter Home was his home though, and he had his favourite carers.

I believe this helped him through his last trying years immensely. So thank you all so much for all of your support, and all of your painstaking caring of our parents / grandparents for the last few years of their lives.

Lianne, Vince and Children

SPECIAL GOODBYE AT ALTHORP

Good morning Anita,

I would like you to pass on a message to the staff of the Church Home and the others who called in to say goodbye to Mum as she was dying.

We were amazed at how many staff members called in after their shift had finished to say goodbye, we enjoyed the comments of love, concern, and fun. My brother and I were very touched by the care, respect and love shown to Mum and to us.

I would specially like to thanks those who looked after us as we sat with Mum over her last weekend, you all were wonderful and we enjoyed your company and even the company of the residents who popped in to see us. And Molly, your last comment I will never forget, it still makes me laugh, thank you. You are very special, dedicated people and we thank you for caring for Mum for the last year of her life and making it as enjoyable as you could.

Thank you.

Blessing,

Tessa and Peter

WONDERFUL CARE AT HAMPTON COURT

The staff of Hammpton Court,

Thank you for your sympathy card and kind words and for thinking of us at this sad time.

Thank you also for your wonderful care of Greg its greatly appreciated and will always be remembered.

Warmest Regards,

Karantze Family

CHRISTMAS LUNCH AT HAMPTON COURT

To all the staff: management, nurses, care givers, chef, etc, at Hampton Court,

Thank you for the lovely Christmas lunch you provided for clients and family/ friends on Wednesday.

The atmosphere was warm & friendly, the food delicious, and Father Christmas, and the music made the afternoon most enjoyable.

God Bless you all,

Judy Lark

AMERICARNA DAY AT THORNLEIGH PARK

What an absolute honour to visit your facility for Americarna. You pulled out all the stops and put on such an amazing visit for us all, despite the trials of Gita.

Your hard work was certainly appreciated and all your beautiful residents were such a delight-lovely to see their smiley faces while having their rides.

The very clever 'Survival Kits' were generous of you and I know I speak for Dennis when I say the ear plugs an absolute god send!!!

Thank you once again Thornleigh-you rock.

Regards,

Jenny McElroy-Brown

so this is india

BY Doreen Riddell | ST JOANS Resident

I was a rather shy and somewhat ill-prepared 26-year-old when I arrived in Bombay in November 1959. As our boat nosed into the harbour I was blown away by the sight of this huge city with modern multi-storeyed apartment buildings along Marine Parade. Wow! This is huge, so much bigger than Auckland. I had seen slides of villages with mud houses and hadn't really thought about cities.

Disembarking, my older colleague, Catherine and I, were taken by taxi to one of those modern apartments to stay with American missionaries for a night or two. And then there was this very different food supplied by our hostess. I was prepared for curry and rice, but this was my first experience of American style food - iced tea and coleslaw on the lunch menu.

We went to the markets to look around and buy a few necessities. The sights and smells were bewildering. Fortunately, Catherine spoke Hindi and knew her way around. Most of my luggage had been left on the Sydney wharf due to a strike. It was due to arrive about six weeks later, so I needed to buy a few necessities for the next few weeks. We enjoyed looking through the huge market for some sheets, a very small pillow, light mattress, a shawl and a canvas holdall for the bedding.

The journey north was very interesting, mostly through large expanses of cultivated land with small villages about three miles apart and occasionally larger towns. Finally, after about 24 hours we came to the hustle and bustle of the huge Delhi railway station. What a noise! Huge crowds of people. It was good to be met by an older colleague I had met in New Zealand the previous year. Lorraine joined us for the last seven to eight hours of our journey.

There was something very important to do before we left Delhi station. The train was about to divide into two sections going different ways. We made our way down to the guard's van to make sure that Catherine's luggage was placed in the van of the train going our way. The noise of coolies shouting, trains shunting and whistling, the loudspeaker announcements and the great crowd of people was almost deafening.

Finally, when we were sure that Catherine's bags were in the correct van, we settled in our berths for the last few hours and had a catch up on news.

It did not seem too long until it was time for me to leave the train at another

very busy junction, but Catherine and Lorraine still had another two hours to travel. I was greeted warmly by Lorna, a New Zealand nurse, and the Indian couple under whose guidance I was to work in the villages. They had brought a Land Rover with a trailer to take my luggage but that was still in Sydney.

As we travelled along in the early morning to the town of Jagadhri where I was to be based for the next 34 years, I wondered why so many men were walking on the side of the road carrying little stainless-steel tiffin carriers. Later I came to know they were walking to their work in the large sugar factory or the paper mill in our twin town, probably to join a 5am shift.

It was a relief to finally reach the large brick and concrete bungalow where I was to live along with Lorna and the other nurses who, over the years, worked in our Christian Hospital. It seemed very comfortable and I was happy to see the electric light, the flush toilet in the bathroom and the tap with running cold water. Not so basic after all.

I had arrived and I knew in my heart this new venture would be all right. I tumbled thankfully into bed.

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Thrilled to assist Radius Care's marketing as they continue to be a leader in aged care.

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Residents Back Home After State of Emergency Flooding

For those of you who may not know, Radius Fulton experienced flooding so severe in early February that residents and staff were evacuated as a state of emergency was called in Dunedin.

While Radius Fulton had been through a very similar ordeal back in 2015 and had a robust emergency plan in place, it was still a traumatic time for all.

Of course, primary focus was on the safety and wellbeing of residents and staff and plans were quickly put in place, with the assistance of local DHB, civil defence, emergency services and family members to move residents to safer premises.

Once flooding ceased, contractors moved quickly to get the building repaired and comfortable again and residents have now been transitioned back to Radius Fulton.

We want to take this opportunity to thank everyone involved in the evacuation for their patience, understanding and support.

Radius Care wants to particularly acknowledge the tremendous work of facility manager, Robyn Bowie, who with the able assistance of her team, went above and beyond to ensure all her residents were safe and comfortable during the interim period before the relocation was finalised.

Also, a special thank you to all the families and the local DHB who worked tirelessly with us to rehome our residents quickly and efficiently.

To all the residents at Radius Fulton, we say welcome home!

radius care
Leaders in Care

radius fulton

10 Years with Radius Care

BY Corrie Bronkhorst
FACILITY MANAGER

Big year for the team at Radius St Joans with 17 staff celebrating their 10-year badges with Radius Care! Thank you so much for your service, we are delighted to have such a dedicated, caring and great team.

Irene's Experience With The Self-Checkout

BY Laurel Winwood
FACILITY MANAGER

A quick trip to the local supermarket to pick up some supplies meant that Irene, from Radius Taupaki Gables, could brush up on her checkout skills.

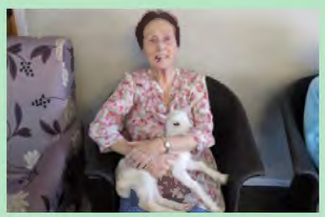
Going through the self-checkout at New World in Kumeu was a first for Irene and when it came to paying the machine with cash, Irene said it "gobbled up the money" and "spat out the change."

It's great seeing our seniors keeping up with new technology!

Animals Visit at Radius Rimu Park

BY Mandy Beazley
FACILITY MANAGER

It was an enjoyable day for residents at Radius Rimu Park as they enjoyed an animal visit with bunnies, guinea pigs, a lizard, dog, bird, cat and even a baby goat. They were so delighted with all of the animals, laughing, reminiscing and stealing lots of cuddles.



Radius Matua Welcomes the New Year

BY Karin de la Rey | ACTIVITIES ASSISTANT

There was laughter and chatting. The main hall was a kaleidoscope of colour – balloons and streamers were hanging from the ceiling and the walls. The windows were blacked out and the white-clothed tables were adorned with folded serviettes, glitter, candles, party poppers and trumpets. The stage was set for yet another jubilant successful New Year's Eve party at Radius Matua.

The early afternoon saw a hive of activities in readiness for the evening ahead. The buzz was contagious. Decorations were prepared accompanied with happy sounds of singing, laughing, blowing up of umpteen balloons and laying the festival tables.

The residents were eager to attend and some of them were peeping in through the doorways, chatting to us and then retreating to the lounge smiling and relaxed.

Suddenly, the long wait was over, and the hall was filling up with walkers and wheelchairs and chit chatter. The party had started. Non-alcoholic cocktails were served and hors d'oeuvres platters were placed on the tables. Then the entertainer arrived with his guitar and mouth organ. Jeremy, a local teacher, has been a participant in the annual New Zealand Gold Guitar Awards held in Gore. He set the tone for the following hour. What a success it was! When he started to yodel, the hall fell silent and he had everyone's attention. From there on the sound of country songs were meandering through the hall. The songs of the late John Denver were a favourite and one of our residents enjoyed the music so much, he couldn't sit still and was making dance moves with his electric wheelchair. Others requested specific songs which he played and sang with a smile. He interacted with the residents by walking through the crowd, stopping often and engaging with them as he made his way slowly towards the back of the hall.

There was clapping, singing and foot tapping wherever one looked. No Radius Matua party is complete without a few dance moves from the Activities team and some willing staff members, to the amusement of all present.

All the while, glasses were filled up and empty platters were replaced with even more delicious nibbles. The kitchen staff were exceeding themselves as per usual and their efforts were acknowledged by all the empty plates that found their way back to the food trolleys. What a jubilant time! Unfortunately, no matter how much fun was being had, all great things must come to an end and as Auld Lang Syne was being sung, the jubilation turned for a short time to quiet contemplation and remembrance of loved ones.

However, nothing could dampen the spirit of the Radius Matua residents for long, not this evening! With a song in many hearts and a smile on many a face, the countdown started from ten to one … and the sound of party poppers and trumpets were echoing through the facility as we all welcomed in 2018.

Chinese New Year

BY Klara Luxford | ACTIVITIES COORDINATOR

We like to have a reason to celebrate here at Radius Matua and Chinese New Year provided us with a colourful and rather tasty excuse.

We were very fortunate to have a group of local Chinese ladies agree to come and perform for us. They treated us to a graceful fan dance, several songs played on the Chinese table harp as well as a few solo singing performances. It was a wonderful experience for us all.

The evening was topped off with a salubrious meal. There were tantalizing smells coming from the kitchen and the main hall was set up and decorated in the style of a Chinese restaurant. Residents were treated to a variety of popular Chinese dishes such as prawn dumplings, spring rolls, sweet and sour pork, chicken chow mein or beef and ginger stir fry.

We finished our evening with a selection of sweets, a cup of Chinese mountain tea and a fortune cookie.

Happy New Year—the Year of the Dog—we hope it will be a good and prosperous one for all of you. Woof woof!

SUMMER MEMORIES

Radius Lexham Park

BY Julie Turnbull
FACILITY MANAGER

The Bay of Plenty is a beautiful part of the country but never more so than in summer. Whether enjoying our scenic beaches and parks, taking part in the various events and activities held by the local region or simply lapping up the sunshine and relaxing in the tranquil and picturesque surroundings of Radius Lexham Park, there is always plenty to keep our residents enjoying themselves and having fun.

New Year's BBQ

We kicked off the New Year with a BBQ for our residents. Due to the weather we had to set up inside, bringing the East and West wings together so everyone could dine together. It was a pleasure to see the residents engaging with each other and having a lot of fun. We had some wonderful volunteers to assist; Sheryn, Heather and Cole, we want to say a big thank you for all your efforts.

Board Games & Cards

Judging by the concentration and smiles on the residents' faces, they were enjoying their games afternoon. We have added a new group activity this year, combining board games and card games so residents have the opportunity to play either kind of game and mix things around. It brings them together to socialise and they have good-hearted competition.

Waitangi Day Crafts

We decided to make some salt dough for our crafts and shape them into Maori designs which we then painted and hung up for our Waitangi Day display.

This year the Katikati College girls Kapa Haka group visited us to share poi and stick songs with our residents.

Kulim Park

With the weather being extremely hot this summer, we took a bus and van load of residents into Tauranga to the beach at Kulim Park.

We had lunch, watched children on the playground, went over to the beach-front and saw boats and a cruise ship come and go. To finish off, one of our residents shouted everyone a Mr Whippy which our residents all said was great.

Thank you, Stephen. They all came home very tired but happy.

Mini Putt, Petanque & Croquet

We have started three new games this summer to get residents outside in the fresh air and soak up some Vitamin D.

We first tried mini putt inside as the weather wasn't so good and even wheelchair-bound residents with the use of their arms can have a try.

Katikati A & P Show

The residents from Radius Lexham Park participated in the annual A & P Show on February 4 at the Uretara Domain.

Our ladies decided to put an entry into the Home Industries section with a floral table arrangement. After judging on the Sunday we came away with a WIN!

Our ladies were so joyous they haven't stopped talking about it.

SUMMER MEMORIES

Radius Hampton Court

BY Tracey Hunter | FACILITY MANAGER
BY Danielle Bradley | ACTIVITIES COORDINATOR

There's always great entertainment in Napier and this is particularly the case during Art Deco Week in February when the whole community comes alive and celebrates the uniqueness of our wonderful region.

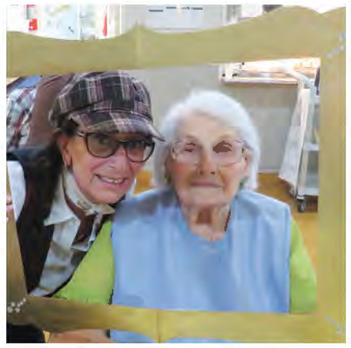
We like to make sure that the residents at Hampton Court join in on the fun and can reminisce on the 1930s when Art Deco was all the rage. Once again this year we went all out by organising a host of different activities throughout the week that catered to every resident. It was a very special week and a lot of fun was had by all.

Art Deco Week

The residents are enjoying drives in our new van, recently having a tour of all the Art Deco happenings in town along with seeing the Huge Celebrity Cruise ship at the port.

Hawke's Bay is celebrating 30 years of Art Deco week. We at Radius Hampton Court got in on the fun, residents helped make head bands and decorations for our Art Deco Party. Our lovely ladies were treated to a nail spa treatment to ensure they were all glamorous for the party.

Trevor brought his vintage Ford so the residents could go for a drive in style. Friday saw us all enjoy dressing up in 1930s style, and boy, did we look dapper. We had more vintage cars giving us plenty of photo opportunities. We also had a wonderful black and gold Art Deco-themed lunch where Warren entertained us with songs from the 30s.



Jack Frost Ice Cream

Residents at Radius Hampton Court enjoyed a visit from Jack Frost with ice cream sundaes all around—a slight relief from the hot humid weather!

Pipe Band

The residents really enjoyed music from the Pipe Band, one resident even commenting that the music "makes my heart sing." It's wonderful to see toes tapping and grins all round, there's just something about bagpipes that gets the heart pumping. The band members joined us for an afternoon tea of club sammies and lamingtons. We look forward to their next visit.

Therapy Dog

Charlie the therapy dog visited us on spa day! Arranged through 'Canine Pets', Charlie makes regular fortnightly visits and the residents just adore him.He brings along his own special ladder to climb up on so that the residents don't have to bend over to give him a cuddle. And Charlie loves cuddles!

Ladies Spa Day

The ladies of Hampton Court enjoyed some pampering with a Spa Day that saw everyone treated to a manicure by a local beauty therapist. It was the first spa day held at Hampton Court but it was such a resounding success that we are thinking of making it a regular activity.

Radius Matua

Fish and Chips for Lavender Court

BY Shaelyn Gutry
ACTIVITIES ASSISTANT

Weekly van drives are the highlight for residents of Lavender Court – our safecare unit. They love driving around Tauranga and The Mount and watching the city grow, the changes of the seasons and sitting by the ocean—depending on the weather. Recently we decided that we will try to also have lunch of fish and chips in Kulim Park, one of our lovely parks overlooking the harbour and port. As you can imagine, this could be a logistical nightmare, but we would not be beaten.

We planned and involved a variety of staff and family members, then finally on Tuesday 30th January we set off for our first picnic-style outing with Lavender Court residents. We packed the car with deck chairs and boxes of drinks and sauces, ordered fish and chips from Grange Road Takeways, and waited for

the sky to clear. Luckily for us it obliged. After boarding the van and the car—11 residents, 1 family member, and 3 staff—we drove from Radius Matua whilst remaining staff cheered.

In Kulim Park we were greeted by a few more family members who decided to join us too. The fish and chips were devoured, there was not much left over for the ever-present seagulls. We watched the two large cruise ships in port and talked about past holidays. All the residents enjoyed their lunch—what a successful outing this was. We are already planning our next picnic on the beach.

Radius Althorp

BY Anne Bruning
ACTIVITIES COORDINATOR

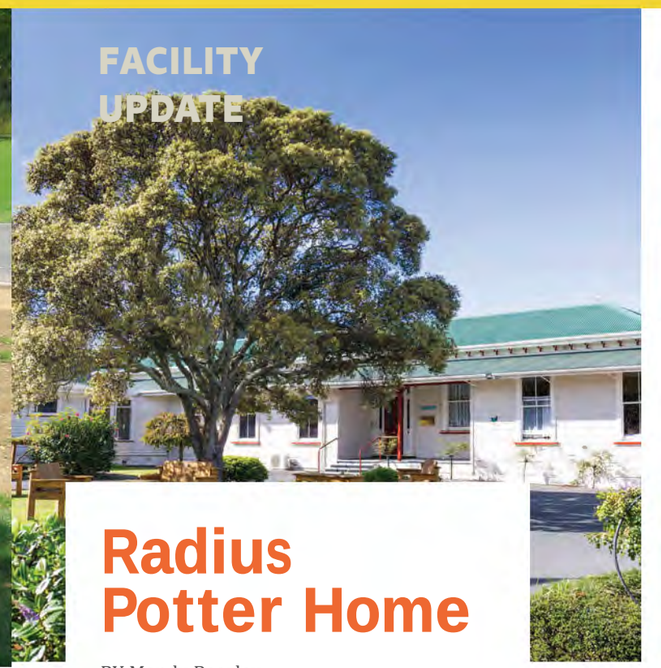
It has been a busy start of the year for Radius Althorp. Trips to the beach, ice-creams on the boardwalk, watching the cruise ships come into port, garden walks, sightseeing and even a spot of cricket have all been on the agenda as we soak up the summer down here in Tauranga.

Celebrity Resident: Pat Randrup

Pat first appeared on the entertainment scene in 1942 when at the age of 15 she won the Dixieland Cabaret's Talent Quest. In the early 1950s, she was one of New Zealand's busiest vocalists in concert and on recordings e.g. Opo the Friendly Dolphin and Blue Bottom Blues.

She also recorded many advertising jingles such as the Geddes Dental Jingle and Taniwha Blue. As part of the New Zealand Concert Party she entertained troops in Korea. Later in life Pat taught tap dancing to many aspiring young dancers.

Pat met her husband Neil while they were members of different bands working in Auckland. Neil also entertained troops during the war as a member of the Kiwi Review Company. Together they have shared a love of music for many years.



Radius Potter Home

BY Mandy Beazley
FACILITY MANAGER

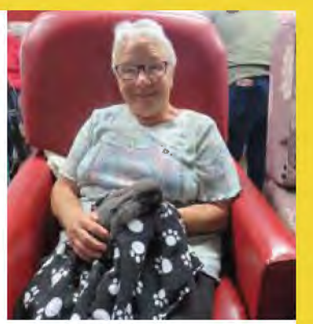
It has been a hot, wet n' windy start to 2018 here in the North as we gear up for another busy year at Potter Home. Our residents have already enjoyed lots of great outings and activities.

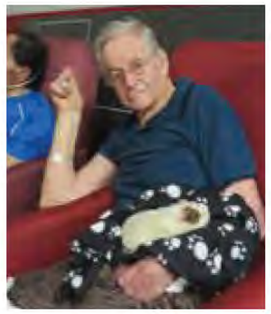
Two of our lovely ladies spend every second morning folding the clothes protectors that come in from Taylors and chatting away to each other as they fold.

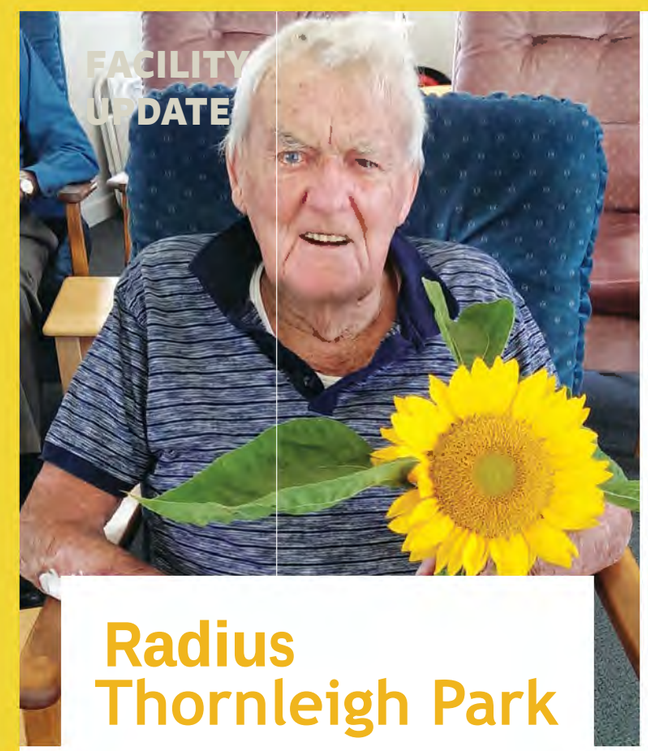
We recently had an animal therapy group come up from Auckland with their wonderful array of furry, feathery and scaly critters and friends. The rabbits and guinea pigs sat on knees of residents while patiently getting stroked. A baby goat that was just a week and a half old really stole the show. It was wonderful to see the interaction and joy between the animals, the residents and staff. Hopefully they will come back regularly to see us.

The men have been out enjoying their weekly afternoon ice cream and a ride in the van, going all around the district checking out the sights. Our weekly group of swimmers is growing, they go down to the therapy pool at our local aquatic centre. It is great to see them enjoying the water and exercising in the pool, and the spa is very popular with some who enjoy the heat and the bubbles.

A local day care "The Gheckos" come in on Wednesday mornings and read stories, sing songs and spend time with our residents. We love these visits, it is so nice to have the children here interacting with our residents. We are very lucky to have this support from our local community and it is beneficial to both the children and residents.







Radius Thornleigh Park

BY Onj Koloamatangi
ACTIVITIES COORDINATOR

Sunflower Competition

This is the third year of running our sunflower competition and it has by far been the best crop we've had. Most of the residents and quite a lot of staff planted seeds. Not all made it to the final planting out and a few were provided with 'substitutes' by Ian, our gardener.

We had a prize for 'The Puniest' and another for the 'Most Resilient' after nearly meeting an untimely death with a lawn mower. Somehow the stem repaired itself enough for a flower to be produced—amazing! It has been lovely to see residents and visitors outside checking out the progress. We have to thank Lynette Boswell (family member) for her help in this. Lynette was there to help with the seed planting and has most ably kept tabs on growth, size, etc. to ensure our judging is as unbiased as possible. A mention must also go to one of our residents, Graeme, who took responsibility for watering the flowers.

Museum Visit

Residents from Radius Thornleigh Park relived what it was like going to the beach through the years, with all the different swimsuits on display at the Puke Ariki museum in New Plymouth.

Residents taking photo in a distortion mirror.

Coastal Walkway

For those of you who don't live in New Plymouth – you don't know what you're missing! We have the most amazing coastal walkway. One of the local Lions Clubs purchased and runs a buggy available for the likes of us to hire at a very reasonable cost. So recently a group of us took to the walkway in style. Whilst there we were treated to a look at the stone carving symposium. A great day out enjoying the sunshine!

Tea & Tunes at the Bowl of Brooklands

Our local council does not overlook the older members of the community in the annual Festival of Lights/Summer Scene programme. In the unbeatable setting of the beautiful Bowl of Brooklands, our residents got to enjoy a delicious afternoon tea and music courtesy of the local council.

Autumn Gardening Guide

By Tui Products

Autumn is a fantastic season in the garden. The air is crisp, with long warm days, perfect for the tasks that need doing following the heat of summer. Autumn is a great time for sowing a new lawn, planting trees and shrubs, and of course planting veges for the months ahead!

In the vegetable garden

Replace the lost nutrients from those heavy growing seasons by adding in compost, blood and bone, and sheep pellets. This will provide a healthy new foundation for your autumn and winter crops.

Keep mounding up celery and leeks.

Harvest beans, beetroot, broccoli, cabbage, capsicums, cauliflower, celery, courgettes, cucumbers, eggplant, lettuce, peas, potatoes, sweetcorn, tomatoes. Harvest pumpkins and dry well before storing.

Autumn is an ideal time to plant beetroot, bok choy, broccoli, cauliflower, celery, lettuce, mesclun, rocket, silverbeet, spinach. Plant lettuce early autumn and you can get a good harvest from most lettuce varieties.

Sow seeds for your winter crops like carrots, swedes, turnips and radish. Use Tui Seed Raising Mix, light and free draining, to ensure your seeds get the best possible start.

Autumn is a busy season for slugs and snails so protect your young vegetable seedlings with Tui Quash slug and snail control.

Aphids and whitefly will be about. Blast off with a hose and spray with warm soapy water.

If early frosts are a concern, protect seedlings with a cloche or growing tunnel.

Choose a spot that is sunny, sheltered from the wind and easy to access for harvesting and watering. The best times to plant are early in the morning or late in the day, so the plants aren't exposed to the hot sun straight away, and be sure to always water plants well before and after planting.

Autumn To-do List

- Autumn is the perfect time for lawn TLC, and to sow a new lawn.
- Harvest seeds from last season's crops for use next season. Label them carefully before storing.
- Plant up pots and containers with autumn potted colour.
- Apply Tui Organic Seaweed Plant Tonic every 2-4 weeks to help prevent transplant shock, promote strong growth and keep your garden thriving.

In the flower garden

Autumn in the flower garden signals a time to change to new season potted colour. Pansies, violas, and polyanthus are more tolerant of the cooler weather.

Plant into Tui Flower Mix for best results and feed with Tui Novatec Premium fertiliser.

It is the best time to plant bulbs for spring flowering — see our Bulb Growing Guide at **tuiproducts.co.nz** for more information.

Basic maintenance in the flower garden requires pruning back flowering plants that have finished for the season.

Support taller flowering plants like dahlias and sweet peas with frames or stakes. Mulch your flower beds to suppress weeds and protect plants from the cooler months ahead.

In the fruit garden

Autumn is a busy time for the home orchardist as new season fruit trees make their way to the garden centre and existing trees are laden with fruit.

Harvest apples, apricots, blueberries, grapes, feijoas, passionfruit, peaches, pears, plums and strawberries in warmer areas. Fertilise citrus trees in early autumn with Tui Citrus Food, unless there is a threat of frost.

It's time to plant the Kiwi favourite of feijoas as this allows the roots to establish over winter in preparation for a growth spurt over spring. Prepare new planting sites for fruit trees with compost and plant into Tui Garden Mix. Protect grape vines with bird netting.

Read more gardening guides and tips at **tuiproducts.co.nz**

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RECIPE

Grandma's Easy Peasy Date & Lemon Loaf

INGREDIENTS

- 1 cup dates, chopped
- 1 teaspoon baking soda
- 1 tablespoon golden syrup
- 2 teaspoon grated lemon zest
- 1 cup sugar
- 1 teaspoon vanilla essence
- 50 g butter chopped into cubes
- 1 cup hot water
- 2 cups plain flour

INSTRUCTIONS

Preheat the oven to 180ºC and lightly grease a medium to large loaf tin.

Place the dates, baking soda, golden syrup, sugar, lemon zest, vanilla and butter into a medium bowl.

Add the hot water and stir until butter is melted and the ingredients are well mixed.

Put the flour, baking powder and walnuts into a large bowl and stir to combine. Make a well in the centre of the flour and pour in the liquid ingredients; stir quickly with a spoon until well mixed and no flour can be seen.

Turn the mixture into the prepared loaf tin and bake for 50–60 minutes or until a cake tester inserted in the centre of the loaf comes out clean.

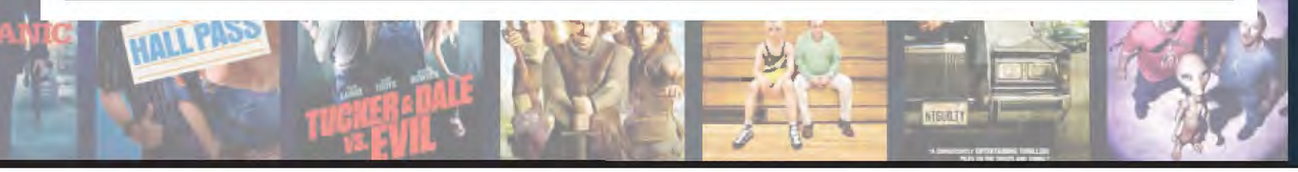
Watching your favourite TV shows and movies has never been easier and, well, it's never been more complicated at the same time. Online streaming networks have taken over regular TV stations and DVD's. So what is it exactly?

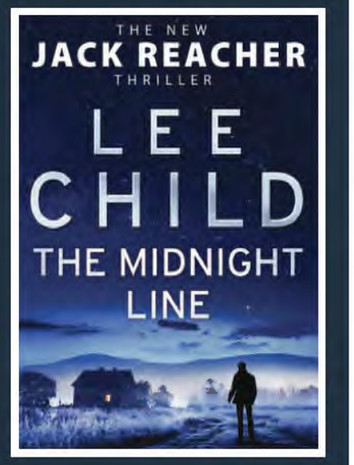
Without going to any depth, streaming hardware all works the same way. Smart TVs, your laptop, Apple TV or various other devices now connect to both the Internet (via Wi-Fi or Ethernet) and your TV (via HDMI), streaming content from various channels for a monthly subscription. You browse through channels directly on your TV screen.

In New Zealand we have three main providers of online TV: Netflix, Neon and Lightbox.

Let's have a look at the differences in content, prices and figure out what is best for you.

	Would suit you if...	Must watch shows:
NETFLIX Starting from $9.99/ month Netflix is the world's leading Internet television network where members enjoy movies, TV shows, documentaries, and stand up comedy as much as they want. Anytime, anywhere, on nearly any Internet-connected screen without commercials.	You are new to online streaming or don't want to spend too much. A good all round platform that is very user friendly.	Dirty Money, Ozark, Making a Murderer, Narcos, any of the stand-up comedy specials!
LIGHTBOX $12.99/ month Lightbox is a New Zealand streaming TV service that lets you watch as much TV as you like, ad-free. The downside is that it's only TV shows on this platform, but in saying that, there are a lot of shows.	You mainly watch TV shows and don't want any movies.	The Good Place, Suits, The Handmaid's Tale, Better Call Saul, 800 Words
NEON $20.00/ month As with Netflix this platform has it all. While it's the least popular streaming network due to the hefty price tag, the content is pretty amazing with some heavy hitting movies and TV shows available.	You want all of the latest and greatest shows and movies. Neon pays big money to provide you with the cream of the crop. The collection isn't as large as the other two however.	Game of Thrones, West World, Twin Peaks, Fargo, Taboo





THE MIDNIGHT LINE

AUTHOR: Lee Child
GENRE: Thriller
REVIEWED BY: M Anderson

"The last chapters have more emotional heft than anything Child has written before."

The New York Times

My family knows thrillers aren't my thing, so I was pretty surprised to receive this twenty-second book in Lee Child's Jack Reacher series as a birthday present. My dad loves this series so despite my initial misgivings, I gave it a go... and was quickly caught up in the story.

If you haven't encountered Jack Reacher before, he's former army military police (and he can pretty much kick butts and take names with both hands tied behind his back). The Midnight Line begins when Reacher wanders past a pawn shop in Nowheresville Midwest America, and his attention is caught by a West Point class ring so small, it could only belong to a woman. Reacher knows first-hand that West Point cadets go through hell during training. Class rings are individually designed and commissioned solely by graduates, and a cadet would only pawn their class ring as a last resort. Intrigued, Reacher buys the ring and resolves to find out what happened to its owner.

For me, The Midnight Line provided an emotionally charged and fascinating insight into both the illegal opioid trade, and the fates of USA military personnel maimed in the line of duty. The West Point cadet at the centre of this story could easily feature on a heart-wrenching 60 Minutes exposé about injured military personnel who have become hopelessly addicted to their pain medications. Highly recommended.

ABOUT THE AUTHOR:

James D. "Jim" Grant (born 29 October 1954), primarily known by his pen name Lee Child, is a British author who writes thriller novels, and is most well-known for his Jack Reacher series. The books follow the adventures of a former American military policeman, Jack Reacher, who wanders the United States. His first novel, Killing Floor, won both the Anthony Award, and the Barry Award for Best First Novel.

SOME MORE BOOKS:

Flower Therapy

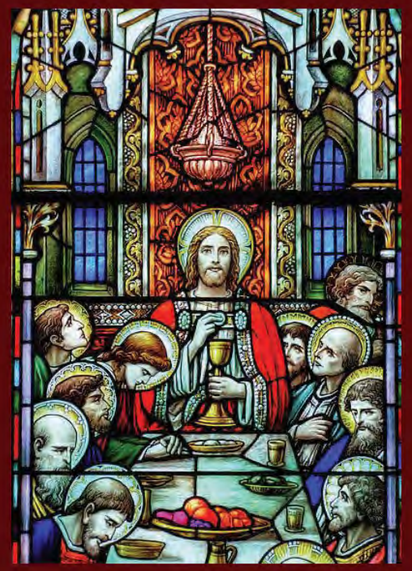
BY Bobby Gerneke
ACTIVITIES COORDINATOR

A chance meeting with the daughter of one of our residents, Raelyn, led to an amazing event at Radius Waipuna. Sharon, Raelyn's daughter, lectures in flower arranging and organised two of her students to come and demonstrate flower arranging for our residents.

Not only did these students bring bunches of flowers and foliage with them, they also brought two long boxes filled with beautiful bouquets which they had made for residents. It was just a mass of flowers and a fantastic demo.

The residents were really inspired, so much so that when it was the International Flower Day in January, residents were keen to put what they had learnt into action and their flower arranging skills into practice.

With freshly picked flowers from our garden, and every vase we could lay our hands on, residents got stuck into making their own masterpieces and surprised us with their lovely flower arrangements.



The Preacher

Once, there was a preacher who was an avid golfer. Every chance he could get, he would be on the golf course swinging away. It was an obsession. One Sunday was a picture-perfect day for golfing. The sun was out, no clouds were in the sky, and the temperature was just right.

The preacher was in a quandary as to what to do, and shortly, the urge to play golf overcame him. He called an assistant to tell him that he was sick and could not do church, packed the car up, and drove three hours to a golf course where no one would recognise him. Happily, he began to play the course.

An angel up above was watching the preacher and was quite perturbed. He went to God and said, "Look at the preacher. He should be punished for what he is doing."

God nodded in agreement. The preacher teed up on the first hole. He swung at the ball, and it sailed effortlessly through the air and landed right in the cup 250 yards away. A picture-perfect hole-in-one. He was amazed and excited.

The angel was a little shocked. He turned to God and said, "I beg your pardon, but I thought you were going to punish him."

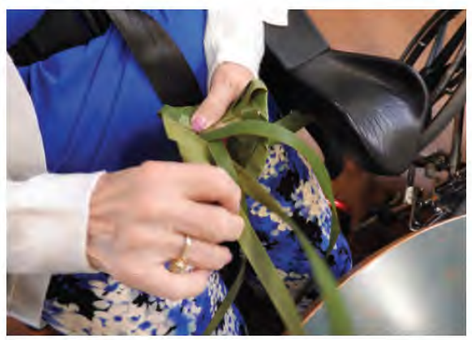
God smiled. "Think about it - who can he tell?"

Waitangi Day Celebration

BY Activities Team | RADIUS MATUA

Our Wednesday craft group has quite a following, and we have several projects on the go. For residents who do not wish to participate in one of the large projects such as mosaic, there are always smaller activities available.

To celebrate Waitangi Day, and as a reminder of the traditional Maori craft, we decided to have a go at flax weaving. Some of the ladies even tried their hand at mat weaving. There was a lot of laughter as one of the ladies commented that she is all thumbs and no fingers and that such a fiddly work is quite hard. A few of us managed in the end and the finished article is now adorning many rooms at Radius Matua. A new skill tackled!!



Our Growing Community

Elloughton Village welcomes Heather and George Davies

George is a Timaruvian while Heather was raised in Lawrence. They met and both worked at the Timaru Hospital.

"We were visiting Elloughton Gardens to see a dear friend and saw the beautiful Villas, some still to be finished. We approached Jesse and it did not take us long to decide number 45 was ours!!"

"We appreciate the way Jesse has made everything so easy for us and our transition to a new home and, we are sure, a wonderful retirement."

More reasons to move to Elloughton Village:

Advanced care facilities available if you need them.
Your family pet is welcome.
Affordable new villas ranging from $380,000 - $400,000.

To find out more, call Jesse on 0800 155 155
1 Pages Road, Marchwiel, Timaru 7910

Rural Retirement Living at its Best

Enjoy being part of an intimate community in Ohaupo

Halfway between Te Awamutu and Hamilton, in the rural settlement of Ohaupo, you will find Radius Windsor Court Lifestyle Village.

Wake up to views of the immaculately maintained rural gardens or Mt Pirongia and the soothing sounds of native birds.

Relax and catch up with friends in nearby cafes or use the bus service to do a spot of shopping in Te Awamutu or Hamilton.

Enjoy open-plan living, indoor-outdoor flow and a large comfortable double bedroom with support from the rest home and hospital if you ever need it.

To find out more, call Paula on (07) 823 6696.
20 Sandes Street, Ohaupo 3803

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radius retirement

The Journey

BY Chris Whitta
RESIDENT AT RADIUS KENSINGTON

On the 10th of January 2018 at the age of 72, my life changed dramatically. I left Wellington, my home city of 48 years, to move to Hamilton. The reason will become obvious, but before I get into that, I should explain how much of a wrench leaving my home city really was.

I suffered a stroke in November 2013 which left me incapacitated on the right side of my body. Through extreme good fortune however, my thought and speech functions returned after about two months. From the moment I was able to recognise people, two of the most wonderful people I have ever known or could have imagined would become inseparable friends, came to see me in hospital.

Obviously, my own children, including my step-daughter, were with me as often as they could. My children have shown me the full extent of their love and care and for that I am eternally grateful. They are my life and always will be. The two who came to see me at the hospital, Jim and Nic, are now a part of my family even though they were 'just colleagues' prior to my stroke. They are now as precious to me as my own family.

I moved to Radius Kensington to be closer to my daughter and her two beautiful girls – to spend quality time with them that would otherwise never have happened. However, my final decision to move here came only after a great deal of contemplation and anxiety plus long discussions with my family and those two blessed warriors of compassion and understanding, Jim and Nic. I knew from the moment my four-year-old granddaughter said 'I love you Grandad' after she first came to see me in my new home, that no matter the trials and tribulations of moving here, I would never regret it.

Notwithstanding that, I must confess that it will be difficult for me to wear the Chiefs colours or Northern Districts in Summer. Black and Gold is in my blood now which is quite an admission for a former one-eyed Cantabrian.

Ka kite.

Ko Chris Whitta ahau

Check it out in our next edition.....

Veteran Dunedin radio broadcaster Lloyd Martin, 94, was honoured in March to receive a lifetime membership badge from Otago Access Radio. Lloyd was also given the award for being New Zealand's "oldest active radio host." What an incredible achievement! The Radius Fulton show on Otago Access Radio has been running for more than 15 years. Read the full story in our next issue.

"We age not by years, but by stories."

Let's celebrate the many stories our residents have to tell, what an incredible achievement to reach these milestone years. Join us in wishing a very Happy Birthday to the following residents:

Radius Hawthorne

BY Leianne Hamilton
ACTIVITIES COORDINATOR

Celebrating 92 years young!

Mac has been at Radius Hawthorne for just over one year. He didn't want any fuss for his birthday, but the team wanted to help him celebrate and organised balloons, cake and chocolates. Mac was overwhelmed with the sentiment and particularly enjoyed the cake and chocolates as he has a real sweet tooth! Happy Birthday Mac.

Radius Glaisdale

BY Ellen Sturzaker
DIVERSIONAL THERAPIST

Kathleen Murdoch turned 106 years old

There was certainly cause for celebration at Radius Glaisdale last month when our dear resident, Kathleen Murdoch, turned 106 years old!

Kathleen was born on the family farm "Glenmorvan" at Papakaio, just north of Oamaru, on the 15th of February 1912. She was the youngest of seven children. Kathleen served as a nurse in Italy in the 13th Reinforcement, and in Egypt, Italy and Japan during World War II. She had done a good deal of private nursing before joining the army in the latter part of the war.

When Kathleen arrived back in New Zealand she worked in the Services Hospital in Rotorua before marrying her late husband, Roy Murdoch, in 1948. Roy was a farmer and they lived in Rotorua for some time before moving to their Waitomo farm between Te Kuiti and Piopio. Kathleen and Roy had three children, Christine, Margaret and Bryce. Bryce unfortunately passed away in 1970 with a brain tumour. When Roy then passed away in 1985, the sisters, Christine and Margaret, took over the running of the farm which they are still doing today, with help at times from Margaret's husband Robin, who is a dry stock farmer.

Kathleen was living on the farm with her family until May last year when she fell and fractured her hip. She needed to spend time in Waikato Hospital before being moved to Radius Glaisdale, where she now resides. She has been staying out at the farm with her daughter since before Christmas and celebrated her birthday there with all her family and friends.

Radius Elloughton Gardens

BY Lee Heron
ACTIVITIES COORDINATOR

Patty Scott celebrated her 90th birthday with family and friends at Radius Elloughton Gardens in January. Everyone had a wonderful time, even singing 'Happy Birthday' twice. Congratulations Patty!

Radius Millstream

BY Lee Heron
ACTIVITIES COORDINATOR

Valentine's Day

Love was in the air at Radius Millstream this Valentine's Day! Everyone was getting into the spirit leading up to the day, with residents making and painting red love heart decorations to cover the facility. Putting them up around the walls was so much fun.

First off, we celebrated with a special morning tea complete with pink cupcakes and fizzy red lemonade. One of our lovely volunteer musicians, Loraine Boyd, came along to accompany our very own Radius Millstream choir on the piano. They sang us a medley of love songs starting with You Are My Sunshine, Daisy, The Girl That I Marry, I Love You Because... and finishing with If You Were The Only Girl In The World.

With roses on all our tables the residents enjoyed recalling memories over lunch.

In the afternoon staff and residents enjoyed a special Valentine's Day game of competitive bowls. It was a very close competition, but the staff were the champions in the end, winning eight points to five.

Classic love songs were enjoyed throughout the day which had us all singing along. After the game of bowls, residents enjoyed a relaxing time doing crosswords and word finds, all Valentine-themed of course.

Lots of friends and family joined us during the day with Valentine's hugs and laughs, and for some lucky residents, presents and chocolates.

My Valentine

You Are My Valentine
You Make Me Happy When
I'm Sad
You Have The Eyes That
Twinkle Like The Stars
You Show Me You Care
Your Lips Are So Soft, I'd
Kiss If I Dare
You Have A Smile That
Melts Me Away
To Love And Cherish To My
Dying Day
My Darling Valentine

-Bill Johnstone-

SUDOKU

The rules of Sudoku are relatively simple.
Place a digit from 1-9 in each empty cell, so every row, every column and every 3x3 box contains the digits 1-9.

MEDIUM

01

		1		7	2	5		
8								1
3				4	5	2		
1			5					7
5			4				6	3
	3			2	8		1	
	8		2		6			
	1		9				5	
	5	6				3		

02

8		1						
			6	1			4	
	3					5		8
3	5				9		8	
4	8		1	7		3		
		6			3		2	
5					4			7
				3		4	9	
7	2	4			1			

03

			2		5	1		
4	1	6						2
			6		9	7		
3	7	4					8	
				3		9		5
5				8	6			
1	8						7	6
				6	1		5	
	3	7		2				

04

9		6				1		
		8	9		1	7		
			6	3		4		9
			8		2		3	
4	8	3						6
					6			1
8	1			6				
					5	3	7	4
	5	7					1	

RIDDLES

Solve the riddles using logical thinking and deduction.

1) Why is the letter a the most like a flower?

2) What do pandas have that no other animal has?

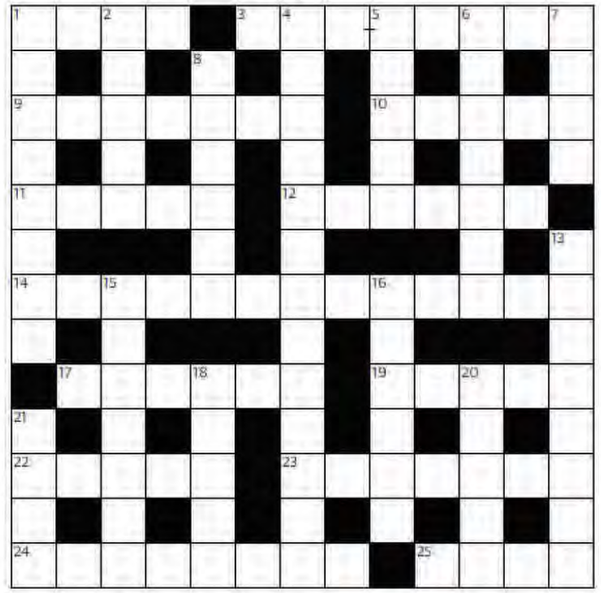
3) Why did St. Patrick drive the snakes out of Ireland?

4) What goes up and never comes down?

5) What comes once in a minute, twice in a moment, but never in a thousand of years?

COMICS

QUICK CROSSWORD

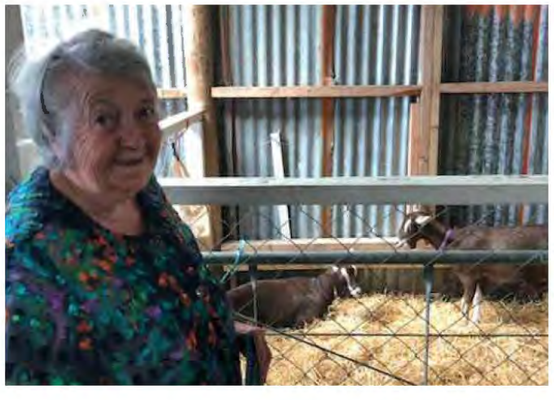


ACROSS

1 Baltic capital (4)
3 Duplicitous (3-5)
9 The Four Seasons composer (7)
10 Clio, Euterpe, Terpsichore etc (5)
11 Radiant (5)
12 Point to shoot at (6)
14 Fizziness (13)
17 Sly (6)
19 Preated frilling (5)
22 Egg-shaped (5)
23 Microsoft operating system (7)
24 Tavern (8)
25 Noggin (4)

DOWN

1 Disclosed (8)
2 Auctioneer's hammer (5)
4 One who exposes wrongdoing (13)
5 Thigh bone (5)
6 Water tank (7)
7 Writing table (4)
8 Not so fast (6)
13 Freed from confinement (8)
15 Very angry (15)
16 Showing compassion (6)
18 Very sweet confection (5)
20 Not far off (5)
21 Teutonic invader of the Roman Empire (4)



Radius Taupaki at the Kumeu Show

BY Laurel Winwood
FACIILITY MANAGER

Radius Taupaki entered our best garden blooms in the Kumeu show for the first time. We won first prize for our cinerarias and first prize for our pink begonias and also champion for our begonias.

Our residents were able to visit the show before the big day to watch the setting up process and see all the entries before judging. Irene attended the show on Sunday and was able to collect our prizes. Irene was a Kumeu landowner herself and enjoyed meeting up with local landowners and looking over farming exhibits.

Elloughton Village Bulletin

February 2018 • Issue No. 37

How time flies!

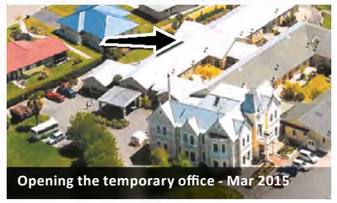
This issue marks the beginning of the fourth year of the publication of our monthly newsletter, the Bulletin. I thought it would be fun to have a review of the major landmarks in the development of Elloughton Village. Enjoy the stroll down memory lane!

Jesse

Artist's renditions - 2014

The beginning - 2014

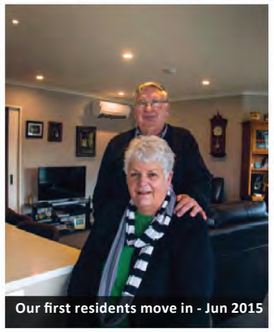
Ground breaking - Oct 2014


Opening the temporary office - Mar 2015

Construction progresses - Apr 2015

Show home opens - Jun 2015

Grand opening of the village - Jun 2015


Our first residents move in - Jun 2015

Construction of the Community Centre - Sep 2015

Inaugural residents' luncheon - Oct 2015

Festival of Roses sponsorship - Dec 2015

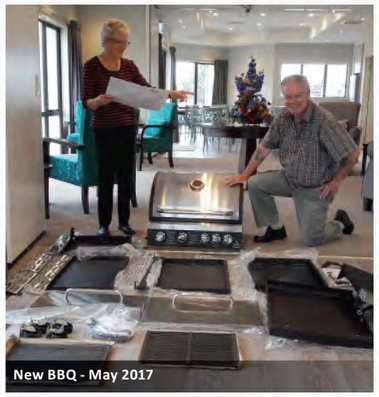
Grand opening of the Community Centre - Mar 2016

Stage 2 construction begins - Apr 2016

Snowy morning - Aug 2016

The 5th Island Masters Games Champions - Nov 2016

Opening of the new hospital wing - Jan 2017


New BBQ - May 2017

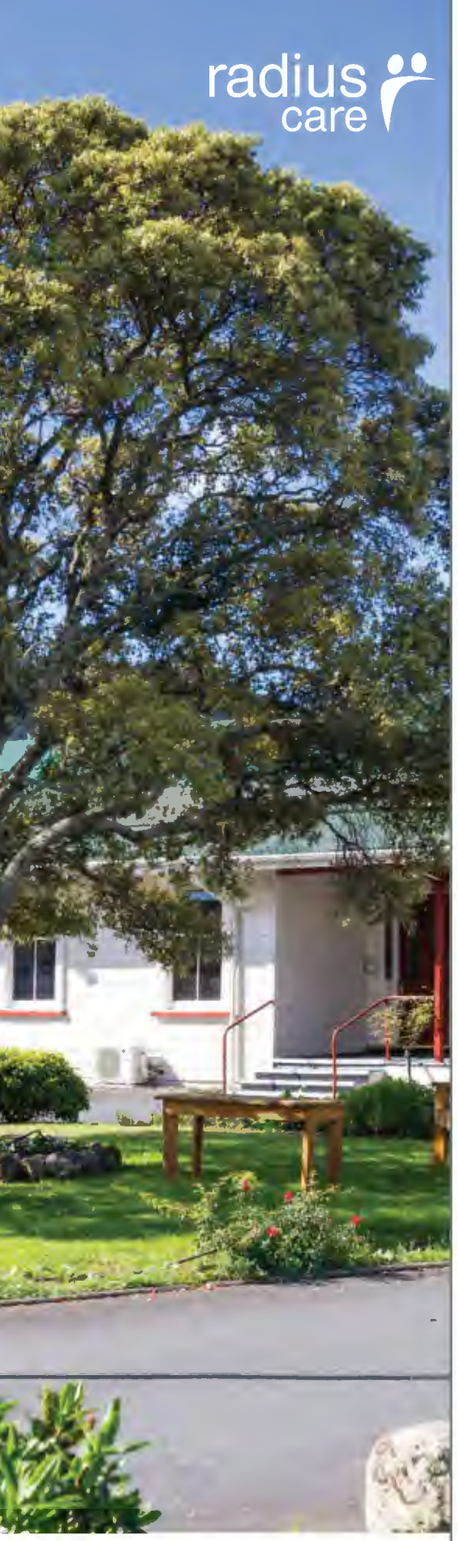
No more mud please! - Aug 2017

First place - Sep 2017

Christmas Feast - Dec 2017

Jesse Schell
Village Development Manager
Phone: 0800 155 155 or Mobile: 027 545 7903
Email: elloughton@radiuscare.co.nz
1 Pages Road, Marchwiel, Timaru 7910

radius retirement



radius
potter home
Whangarei | Northland

PUZZLE ANSWERS FROM AUTUMN 2018 EDITION

SUDOKU

01

6	4	1	8	7	2	5	3	9
8	2	5	3	6	9	7	4	1
3	7	9	1	4	5	2	8	6
1	6	8	5	9	3	4	2	7
5	9	2	4	1	7	8	6	3
7	3	4	6	2	8	9	1	5
9	8	3	2	5	6	1	7	4
2	1	7	9	3	4	6	5	8
4	5	6	7	8	1	3	9	2

02

8	4	1	3	9	5	2	7	6
2	7	5	6	1	8	9	4	3
6	3	9	7	4	2	5	1	8
3	5	7	4	2	9	6	8	1
4	8	2	1	7	6	3	5	9
9	1	6	8	5	3	7	2	4
5	9	3	2	8	4	1	6	7
1	6	8	5	3	7	4	9	2
7	2	4	9	6	1	8	3	5

03

7	9	3	2	4	5	1	6	8
4	1	6	8	7	3	5	9	2
2	5	8	6	1	9	7	3	4
3	7	4	9	5	2	6	8	1
8	6	1	4	3	7	9	2	5
5	2	9	1	8	6	3	4	7
1	8	5	3	9	4	2	7	6
9	4	2	7	6	1	8	5	3
6	3	7	5	2	8	4	1	9

04

9	3	6	2	7	4	1	8	5
2	4	8	9	5	1	7	6	3
5	7	1	6	3	8	4	2	9
1	6	9	8	4	2	5	3	7
4	8	3	5	1	7	2	9	6
7	2	5	3	9	6	8	4	1
8	1	4	7	6	3	9	5	2
6	9	2	1	8	5	3	7	4
3	5	7	4	2	9	6	1	8

CROSSWORD

W	A	R	S	H	I	P	S	■	W	H	I	P
A	■	E	■	O	■	E	■	P	■	A	■	A
V	I	P	E	R	■	T	E	R	R	I	E	R
E	■	U	■	S	■	A	■	E	■	F	■	T
■	A	L	A	D	D	I	N	S	C	A	V	E
A	■	S	■	E	■	N	■	S	■	■	■	R
B	R	E	A	C	H	■	D	R	A	P	E	R
A	■	■	■	O	■	A	■	E	■	I	■	E
T	A	R	A	M	A	S	A	L	A	T	A	■
T	■	A	■	B	■	P	■	E	■	Y	■	M
O	U	T	F	A	C	E	■	A	B	I	D	E
I	■	I	■	T	■	C	■	S	■	N	■	S
R	I	O	T	■	S	T	R	E	N	G	T	H

RIDDLES

1) Because the B is after it.

2) Baby pandas.

3) Because it was too far for them to crawl.

4) Your age!

5) The letter "M".

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Registered Nurse/
Enrolled Nurse

Heathcare Assistant

Activities Coordinator/
Diversional Therapist

Administrator/
Receptionist

Kitchen Hand

Cook

Cleaning/
Laundry

Gardening

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Maintenance

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3 - **$16.00**
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L- **$32.00**
XL- **33.00**

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