

Jean's Register

Jean Sandel Retirement Village

Summer edition 2019



Happy anniversary

Residents and staff gather
for Jean Sandel's 10th
birthday celebrations



Meet
Colin



Piano
recital



Home builder
visit

Greetings from Izak...

Hello, and welcome to the summer edition of *Jean's Register*.

We have had a great start to spring and summer with Father's Day celebrations, movie appreciation month and our fun fine dining event. Thank you to all the residents that dressed up for the steampunk-themed dinner. Again, our catering team did a marvellous job with great food on offer.

In October we have been celebrating with plenty of events, including Oktoberfest and the Rugby World Cup.

Dave and his gardening team are feverishly busy with planting and other spring gardening duties, as we welcome Wendy into that team – welcome Wendy!

Congratulations to the serviced apartment team that passed their annual audit with flying

colours, with great work by Wilma and the team. We would also like to thank the residents for their glowing reviews.

Our charity fundraising goal is \$6,000. Please speak to activities coordinator Hannah Bryan if you have any suggestions on how to support this year's charity, the Breast Cancer Foundation NZ.

As always, please feel free to drop in and see me if you have any queries or suggestions.

Kind regards,



Izak

Izak Luther
Village Manager

Ph: 06 751 4420

A note from Michelle...

Finally, the warmer months are upon us as summer beckons.

I managed to get away for a couple of weeks with my husband Grant, and friends, to enjoy time in Seminyak, Lombok and Gili Air Island in Indonesia.

It's been busy at the village too. The Taranaki Armed Offenders Squad presentation, Vera Lynn tribute by singer Vicki Lee and Doug Wilson's presentation 'Ageing for Beginners' were enjoyed by all.

I hosted the Devon Ladies Friendship Club gardening group, and we were very lucky to have a demonstration by Leisha Scott (pictured) of Simply Blooming Florist & Gifts, followed by afternoon tea.

We have many other events planned, so make sure to keep an eye out for your special invites.



Michelle

Michelle Lord-Roper
Sales Advisor

Ph: 06 751 4504



Celebrating 10 years

We turned 10 on the 24th of July. We were lucky enough to have our lovely first manager Jenny Farrell join us for the celebrations.

Some original staff members Pete Hollins and Megan Knight helped with the unveiling of the 10 year plaque and the cutting of the cake. Everyone had a fantastic time reminiscing.

The village activities team did a fabulous job of decorating and transforming the lounge. The atmosphere was just right for such an important celebration.

A former town mayor, Peter Tennent, was also gracious enough to attend. He officially opened Jean Sandel back on 24th July 2009.

Above: Residents gathered for an event photo.

Inset: Regional operations manager Diana Hanafin and original staff members Pete Hollins and Megan Knight cut the cake.





Gym. Any place for me?

Written by Dr Doug

I've been going to a gym for two years now. I joined when I was 80, which suggests I'm slow to make decisions.

I was very concerned at what I might meet: finely tuned young bodies, massive weights lifted by young giants and Brunhildes, and young mothers dancing to loud rock music. My chaotic ignorance, bigotry, and fantasy was demolished at the door.

Many of the participants were in their 40s, 50s, and older. Recovering from strokes and accidents, they were fighting to get their fitness back. Most appeared to be serious individuals anxious to improve their health. So I joined in, carefully.

I have long had a scientific interest in ageing. I've also been intimately involved in the development of drugs for the treatment of diseases of ageing, such as stroke, heart attacks, high blood pressure,

chronic bronchitis, and hypertrophy of the prostate. I've also been on teams that failed to find a drug for Alzheimer's disease. So anything that helps delay the ageing process is of both scientific and deep personal interest to me.

As part of my campaign to improve my approach to living healthier for longer, I realised exercise is the top player. It's an elixir of life as powerful as its positive impact.

There are two forms of exercise to consider. One is aerobic exercise where you run and jump, get your heart pumping and your lungs struggling for breath.

Multiple studies have confirmed 20 minutes a day, or 150 minutes a week, of serious exercise can reduce your risk of premature death by up to 30%. Not only does it reduce risks such as stroke and heart attacks but it also improves cognitive

function and recent information suggests that the risks of dementia may be reduced.

The other form of exercise – using weights – engages your muscles, to improve strength, and improve your balance. This reduces the risk of falls, which become more common as we age. Falls have serious consequences including breaking hips and serious brain injuries.

At any age, a proper exercise program is like a godfather offer, you win anyway.

My personal trainer, a 60-year-old, slight woman, combines empathy with tough persuasion to follow the plan. Phrases like “you’re rolling your eyes” indicate a serious disdain for any lack of commitment on my part.

My stability was wobbly, so getting me to walk backwards downstairs was terrifying.

“I’ll catch you” she says confidently. I glanced nervously at her slight build. “Don’t worry I’ve been a sheep shearer.” Now I’m the ageing Merino ram being wrestled to the shearing floor a final time!

When I succeeded in going up a stage in a task performance, she says kindly “good boy”, like I’m the sheepdog. *Wuff, wuff.*

Recently I joined a group of fit, bouncy 60 and 70-year-olds who leap about like newborn lambs to music, a transplanted 1980s Jane Fonda class.

I leap and clap my hands above my head, running through in a zigzag as if I was in a sheepdog trial and tossing basket balls at a pace. Very fit women in leotards sometimes call at me; “get a move on man”, with no consideration that I’m 82 years old!

“But surprise, I’m beginning to enjoy it, and feel much better after.”

The gym gives me motivation, guidance, and sometimes guilt when I don’t attend. But as I read the scientific literature, it’s clear. Avoiding exercise carries higher risks of heart attacks, diabetes, stroke, obesity, and dementia.

As I look at this list I want to push them all away from me. *Get away, it’s not time yet.* So, the gym has become more than a place for exercise, it’s become my physical, mental, and social partner, on this positive journey.

It’s never too late, and the words *better late than never*, carries serious implications as we age. Put down the remote, start exercising, find a trainer, but not mine as she’s busy!



About Dr Doug

Dr Doug Wilson has been an academic, physician, pharmaceutical industry research executive, and a medical scientist as well as a writer.

For the past 30 years he has monitored the scientific literature as it relates to ageing, and the conditions that may interrupt your enjoyment of that process. With his background as a physician, a scientist, and a developer of new drugs, he’s well placed to distil clear messages from the huge forests of data that exist and confuse.

Doug’s aim is to cut through the fads and fallacies to concentrate on the core issues and the physiological and psychological reasons behind them.

Armed with this information, we can plan for our older years to be golden years, not tarnished, confused or stressed years.

Doug works as a consultant for Ryman Healthcare.

Book review



Commemorating the Māori Battalions in war

Written by Dr Monty Soutar

I had a difficult time choosing just one book to review, and in the end, I settled on two books.

Gisborne-based Māori military historian Dr Monty Soutar wrote the fascinating *Ngā Tama Toa, The Price of Citizenship*, a historic account of the C Company of the 28th (Māori) Battalion in WWII as well as *Māori in the First World War*.

The well-illustrated books discuss the extremely important Māori participation in both wars.

As the collections manager at the Tairāwhiti Museum, I worked with Monty for 15 years, compiling the lads' records for the first book – which was such a humbling privilege. Whānau members brought in many taonga for safekeeping within the archive. Also, taonga and photos, from Pioneer Battalion (WWI) sources, arrived.

The seeds for the second book were always germinating as work continued on the first.

The Māori Battalion's four WWII companies – A to D – were organised along iwi lines and encompassed the whole country.

The entire battalion was composed completely of volunteers. Ngāti Porou's Sir Āpirana Ngata, 'the father of the battalion', insisted it had to be so, for the coveted 'price of citizenship'. New Zealand's population took a hit as a result of young Māori men proudly going off to war.

C Company, or the 'Cowboys' (Nga Kau Poi) was comprised of men originating from Torere in the Eastern Bay of Plenty through to Muriwai, south of Gisborne. Many were underage and had enlisted under false names. While the compilation was at times difficult, the wonderful veterans' help made it all worthwhile!

Monty knew both books desperately needed to be written, but he intended them to be understandable by us all. I believe the second book, on those who served in WWI's Pioneer Battalion, is even more stunning.

Please be sure to seek both books out.

*Reviewed by Ann Milton-Tee,
Kiri Te Kanawa Retirement Village.*

Hansel & Gretel

THE RYMAN HEALTHCARE SEASON OF

rnzb

ROYAL NEW ZEALAND BALLET

RNZB soloist Shaun James Kelly and artist Kirby Selchow, photograph by Nicola Edmonds



It's time to celebrate our partnership with the Royal New Zealand Ballet with a take on the classic tale of *Hansel & Gretel*.

Faint starlight peeps through the dark forest canopy. It is midnight: the witching hour. Alone and lost, two hungry children stumble towards a glowing vision of warmth and comfort, an enchanting house made of gingerbread. But all is not as it seems...

Follow the breadcrumbs this Christmas, and venture in to the dark, fantastical realm of *Hansel & Gretel* for an unforgettable evening at the ballet.

The ballet will be touring throughout New Zealand opening in Wellington on 06 November and finishing in Auckland 14 December.

Exclusive Ryman discount code:

RYMAN15

Find a performance near you
at rnzb.org.nz/shows/hansel-gretel

15% discount applies to adult and senior tickets purchased through authorised ticketing agencies. Use the Ryman code to book online, on the phone or in person.

Independent resident profile

Meet Colin



“Since arriving at the village, I have set up a low powered FM station called Dove FM.”

Hello, I'm Colin Sampson and I'm a townhouse resident here at the village.

I was born in Waitara in 1940 and grew up on a farm at Sentry Hill. I was educated at schools in Bell Block and Waitara.

After leaving school I worked at the Taranaki Daily News. Jean and I got married in April 1965 and went dairy farming at Ratapiko, Sentry Hill and Toko and had four children. Jean went to work at NZ Post and then Butlers Catering for many years.

Later, I became a sales representative at both Skellerup and Feltex Rubber. Then at the age of 45 I joined the faith-based ministry of Radio Rhema. I was a board member, a sales rep and helped with the installation of a broadcast site at Inglewood. In 1997 we went to Canberra to help set up a Christian community station.

Back in New Zealand in 2000, I became chief executive of shortwave broadcaster HCJB World Radio NZ. After eight years in Auckland we moved to New Plymouth and I became a member of St Andrews Presbyterian Church. Setting up a large OO gauge model railway layout in our home basement was a hobby.

Jean and I have now been married for 54 years and love being part of the village community. Jean now volunteers at the Hospice shop twice a week.

I have set up a station, Dove FM, from our townhouse to broadcast a mix of music.

Piano recital

Our serviced apartment residents were recently treated to piano recitals by visiting musicians, John Van Buskirk and Anni Ren.

John and Anni played pieces by J.S. Bach, Mozart, Liszt and Chopin.

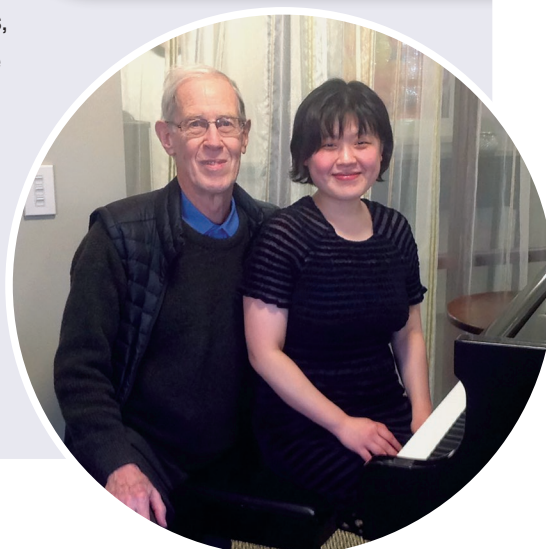
The pair of pianists talked about their musical selections and their career choices. Anni is currently studying towards a Bachelor of Performing Arts degree.

John has played widely in Europe and the United States, and lectures and tutors at the University of Otago.

Our residents loved the performances and getting a chance to meet the musicians.

Pictured: John and Anni.

News from the serviced apartments





Operatunity concert

Our independent and serviced apartment residents had a fabulous time at a musical event, hosted by Operatunity. The residents got a taste of Kiwi hits and many more songs. What a fantastic concert!

Pictured: Alison Fisher, Jo Bowler, Dulcie Denham, Ailsa Sarten and Pat Duggan loved the concert!



Classic movie month

To celebrate Movie Appreciation Month in the resthome, we held a glitzy Hollywood-style party. Everyone dressed up, with fur stoles, hats and jewellery hired from the operatic society. Oscars were given to some who auditioned.

Pictured: Jeanette Looker, left, is dressed for a party.

Staff profile Introducing Tayla



Hi, my name is Tayla Whitehouse and I have been working at Jean Sandel as a housekeeper and evening receptionist since January 2018.

I was born in Perth, Australia and spent a lot of my childhood there.

From the beginning I was welcomed into Jean Sandel. I briefly left the village to move to Palmerston North to pursue my interest in studying psychology.

After a short while I became aware that psychology wasn't the right path for me. When I returned home, Jean Sandel

welcomed me back with open arms and everyone made me feel very valued.

I have since decided to return to my roots and go backpacking around Australia. A friend and I will start the tour in April of next year.

I know that all the values and skills that I have picked up from working here will help me along the way and there's no doubt I'll be returning back to Jean Sandel as this will always be my home away from home.

"I know that all the values and skills that I have picked up from working here will help me."

Puzzles



Word Builder

How many words of three or more letters, including plurals, can you make from the six letters, using each letter only once? No foreign words or words beginning with a capital are allowed. There's at least one six-letter word.

Good 11 Very Good 14 Excellent 19



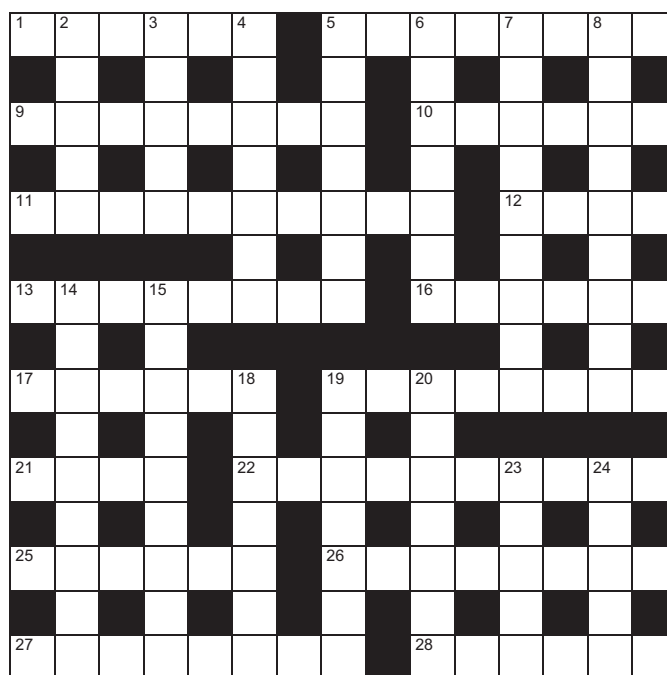
Answers: Ale, ally, ally, ally, are, aryl, aye, ear, early, ell, era, lay, layer, lea, leal, ley, lyre, rale, rally, ray, real, relay, REALLY, rely, rye, yare, yea, year, yell.

Sudoku

Fill the grid so that every row, every column and every 3x3 box contains the digits 1-9.

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

Crossword answers: Across: 11. Spring, 5. Earl Grey, 9. St George, 10. Tanker, 11. Estimation, 12. Ashe, 13. Daffodil, 16. Almond, 17. Stanza, 19. Scorese, 21. Nora, 22. Summertime, 25. Mantle, 26. Shilling, 27. Tennyson, 28. Kansas. **Down:** 2. Potts, 3. Icen, 4. Garland, 5. Ezekiel, 6. Rotunda, 7. Gendarmes, 8. Elephants, 14. Astrolobe, 15. Fendalton, 18. Abscess, 19. Simpson, 20. Obelisk, 23. Talon, 24. Mensa.



Down

- Surname of the dalmatian in Hairy Maclary stories (5)
- Celtic tribe of which Boudica was the queen (5)
- Wreath of flowers and leaves (7)
- Hebrew prophet who foretold the downfall of Jerusalem (7)
- Building with circular interior and plan, especially with a dome (7)
- French police officers (9)
- Animals which were part of Carthage's army in battles against Rome (9)
- Navigational instrument which was used by sailors (9)
- Upmarket Christchurch suburb near the University of Canterbury (9)
- Collection of pus in a cavity, causing inflammation and swelling (7)
- Wallis _____, American socialite who married the Duke of Windsor in 1937 (7)
- Tapering four-sided stone pillar set up as a monument or landmark (7)
- The claw of a bird of prey (5)
- International society for people of high IQ (5)

Across

- _____ is God's way of saying:

'One more time!': Robert Orben (6)

- Smoky flavoured tea with the addition of bergamot orange (4,4)
- Martyr who is a national symbol of England (2,6)
- Ship built to carry bulk liquid (6)
- Rough calculation of an item's value (10)
- First black man to win Wimbledon, Arthur ____ (4)
- National flower of Wales (8)
- Oval shaped nut used in marzipan (6)
- Fixed number of lines forming a unit of a poem (6)
- Martin _____, regarded as one of the greatest film directors of all time (8)
- ____ Batty: character in Last of the Summer Wine (4)
- Song from the musical Porgy and Bess (10)
- Layer between earth's crust and core (6)
- Word which appeared on the 10c coin for two years after New Zealand went decimal (8)
- Victorian poet who wrote The Charge of the Light Brigade (8)
- Home state of Dorothy in The Wizard of Oz (6)

delicious



Lentil soup

Ingredients

1 cup lentils in brine
½ tbsp pureed garlic
½ tbsp pureed ginger
½ tsp chilli flakes
½ tsp turmeric
½ tsp cumin powder
50ml canola oil
800g peeled pumpkin portions
(chop the pumpkin in 2cm pieces)
8 plain poppadoms (2 per person)
100g mango chutney
½ tsp salt

Method

- Drain the lentils.
- Heat oil in a large saucepan, add the garlic, ginger, turmeric, chilli flakes and cumin. Cook for 1 minute, stirring constantly.
- Add the pumpkin and lentils and stir well.
- Pour in 3 cups of water and add the salt. Bring to the boil and cover. Let it simmer over a low heat until the pumpkin and lentils are soft.
- Season with salt and pepper to your taste.
- Serve with poppadoms and chutney.

A note from Ryman chef, Kumar Mekala

Hello, my name is Kumar Mekala and I am the head chef at Bert Sutcliffe Retirement Village. I was born in India and moved to New Zealand 17 years ago after I completed my formal training in hotel management and culinary arts.

I have worked in hotels in Taupo and New Plymouth for a number of years, before the bright lights and busy pace of Auckland lured me here.

For the past 10 years, I have worked in various retirement villages and I started working at Bert Sutcliffe in 2016. I love working here and I am always aiming to give residents an amazing food experience.

In my spare time, I have recorded over 100 episodes of my cooking show *Butter Chicken & Beyond* with my cooking philosophy to “keep it simple”. I am very lucky to have a lovely wife and two beautiful daughters. My family means the world to me.

I chose this lentil soup recipe because it is a light and easy vegetarian option that’s easy to make and does not require a lot of time. I really hope you enjoy it!



Out & About

Residents had a great afternoon visiting Manor Build homes, to look at a wide selection of home designs.

Residents were shown how Manor Build provides pre-fabricated relocatable houses, and told how they rate in terms of being compact and affordable.

The homes are built inside a busy indoor factory, which made it perfect for a visit on a rainy cold day.

The residents were given a tour, and one house was hoisted up so they could look underneath at how the plumbing was done. The manufacturing process was fascinating, especially for a few of our men who were builders before taking retirement.

Pictured: A fascinating afternoon for our residents.



Izak Luther
Village Manager

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Call Izak for general enquiries, or information about resthome, hospital and dementia care.



Michelle Lord-Roper
Sales Advisor

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Talk to Michelle for information about independent apartments, townhouses or serviced apartments.