

# Malvina

## OVERTURES

Malvina Major Retirement Village • Summer edition 2019



**Welcome back!**  
Our Figaro residents return  
to brand new apartments



Meet Nola  
and Gerald



Daffodil  
festival



International  
Month

## Greetings from Lynne...

Hello and welcome to the summer edition of *Malvina's Overtures*.

It is fantastic to have the warmer months with us, with longer days and sunshine. At the village we have been very busy welcoming our new and returning residents as they move into the brand new Figaro apartment building. It is wonderful to see the excitement on the residents faces, it is truly priceless and the views from their windows are breathtaking!

The new Figaro lounge is stunning and oozes real charm and sophistication. If you haven't already done so, I suggest you enjoy a stroll through the corridor and stop off and have a look at the new space.

Most of the construction staff have now left, including Julia and Byron. Jason Browne is

staying on to oversee the completion of the last apartments and the grounds.

We have also been busy celebrating International Month, Wellness Month and Father's Day. It's hard to believe the end of the year is right around the corner, so get ready for a multitude of holiday events.

Please remember, my door is open if you have any queries.

Kind regards,



*Lynne*

**Lynne Peirse**  
**Village Manager**

Ph: 04 478 3754

## A note from Bronwyn...

It is always nice to see the changing of the seasons!

The village has been abuzz with new residents, so if you haven't introduced yourself yet, make sure to do so as you might just meet a new friend.

We are very excited to have so many new lounges to sit in and have a chat with friends with the Figaro apartment building open again.

Currently we have the rare luxury of having a choice of two apartments available in La Scala, one with a harbour view and one on the top floor with lots of afternoon sun!

We also have a one-bedroom serviced apartment available. If you would like to see one of these apartments, please give me a call and I will arrange a tour for you.



*Independent apartment available now!*



*Bronwyn*

**Bronwyn Barry**  
**Sales Advisor**

Ph: 04 478 3422



## A warm welcome!

We are very excited to open our new Figaro apartment building. Project Manager Jason Browne and his team have done a terrific job!

The rebuilt Figaro provides stunning views of the harbour and of Burma Road, with some spectacular gardens to complete the look.

Jason says the biggest challenge he faced during the rebuild was working on a site nestled between two existing buildings. At the peak of construction, Jason had 140 staff on site. Now he has just eight staff remaining on site to support the final few construction tasks.

His proudest moment was to see the first residents move into their new homes. For some, it was the first time back since they were asked to evacuate following the Kaikoura earthquake in November 2016.

*Above: Residents Jenny and Brian Pearl chatting in the Figaro lounge.*

*Inset: Project manager Jason Browne.*





## 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.*

# THE RYMAN HEALTHCARE SEASON OF **Hansel & Gretel**

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](https://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.*

## Meet Nola and Gerald



“Now in the village, I’m looking forward to going for drinks and meeting all of my new neighbours.”

Nola and Gerald Rawson have recently moved into their brand-new Figaro independent apartment.

Nola says the rebuilt Figaro lounge includes a comfortable, light and spacious seating area. “It’s easy enough to sit back with a woollen throw to read a book from the library,” Nola tells us.

The couple lived locally in Khandallah and they keenly watched progress from afar as the building

progressed. Gerald initially made contact with Sales Advisor Bronwyn Barry to discuss village living options, but there was nothing available at that time except the new Figaro building apartment plans.

Nola and Gerald then came to lunch at the village. “I felt that downsizing into an apartment would be a good stepping stone as part of our retirement plans,” Gerald says.

“After consulting with the family – the decision was made to sell our home and purchase a brand new harbourside apartment in Figaro.”

Before they moved in, they were lucky enough to be able to spend time in the sunny Bay of Plenty and more recently up the Kapiti Coast in Raumati.

“We thought we did a good job in downsizing, and we were pleased with how the move went,” says Gerald.

“Now in the village, I’m looking forward to going for drinks and meeting all of my new neighbours,” says Nola.

“I’m keen to explore options around what the village has to offer in the way of arts and crafts and to engage with our new Concierge Jo-Anne to consider entertainment options.”

## Daffodil festival

Recently our independent and serviced apartment residents went to the annual daffodil festival at Middlerun Farm. This year’s visit offered up beautiful weather for our bus trip to Carterton.

Our first stop was for a delicious lunch at Wild Oats café and then we headed out to the farm. We were welcomed by a sea of

yellow flowers. Armed with bags and buckets we waded in to pick the best ones.

It was a very successful day and with huge smiles, we eventually made our way back to the bus with arms full of daffodils. What more could you ask for?

*Inset: Resident Margaret Torode with her flowers.*

## Village news



## News from our care centre residents



### Father's Day

Father's Day weekend saw a special tribute to our care centre dads, who were joined in the atrium by their families. The celebration began with a presentation to each individual father in order of the year they were born. Later, Ainslie Allen, the New Zealand Entertainer of the Year 2018, performed, much to everyone's adoration.

*Above: Resident Norrie Lewis with Ainslie Allen.*



### Te Reo Māori week

One of our independent residents, Colin Bassett, shared his knowledge of Te Reo Māori, which he partially learned more than 62 years ago. Our hospital residents appreciated it and we all learned more about the Māori language and culture.

*Above: Resident Colin Bassett during one of his talks.*

## Staff profile Introducing Vanessa



*“I enjoy interacting with my residents during activities and especially love making a difference in their lives.”*

Hello, my name is Vanessa Papa and I am an activities and lifestyle coordinator in the care centre. I joined the Malvina Major family in March this year.

I was born in Manila in the Philippines, the fifth child of seven children! We have all spread across the world. I moved to New Zealand in 2015 and enrolled in an 18 month long Diversional Therapy Certificate before getting work experience.

I was very pleased to start working at Ryman Healthcare and have not looked back!

I love working in this stunning environment and the fantastic opportunities that my job with Ryman Healthcare provides.

I enjoy interacting with my residents during activities and especially love making a difference in their lives.

Outside of work, my hobbies include being outdoors! I like running and watching sport, while my favourite food option is fish and chips.

# 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, are, aryl, eye, 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. Icenl, 4. Garland, 5. Ezekiel, 6. Rotunda, 7. Gendarmes, 8. Elephants, 14. Astrofabe, 15. Fendalton, 18. Abscess, 19. Simpson, 20. Obelisk, 23. Talon, 24. Mensa.

1	2		3		4		5		6		7		8	
9									10					
11											12			
13	14		15							16				
17					18			19		20				
21					22						23		24	
25								26						
27										28				

### Down

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

### Across

1. \_\_\_\_\_ is God's way of saying:

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

5. Smoky flavoured tea with the addition of bergamot orange (4,4)
9. Martyr who is a national symbol of England (2,6)
10. Ship built to carry bulk liquid (6)
11. Rough calculation of an item's value (10)
12. First black man to win Wimbledon, Arthur \_\_\_\_ (4)
13. National flower of Wales (8)
16. Oval shaped nut used in marzipan (6)
17. Fixed number of lines forming a unit of a poem (6)
19. Martin \_\_\_\_\_, regarded as one of the greatest film directors of all time (8)
21. \_\_\_\_\_ Batty: character in Last of the Summer Wine (4)
22. Song from the musical Porgy and Bess (10)
25. Layer between earth's crust and core (6)
26. Word which appeared on the 10c coin for two years after New Zealand went decimal (8)
27. Victorian poet who wrote The Charge of the Light Brigade (8)
28. 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!



## International Month

Our village was awash with the colours of national costumes, as we celebrated International Month with a cultural showcase.

Residents and their families saw an afternoon of performances as our staff dressed to reflect their cultural heritage.

There were some very talented performances from our staff, and the showcase was definitely a highlight of the year for us.

The performers were vibrant, loud and passionate. It was fantastic to see our residents tapping their fingers and toes to the beat. Given the hard work that went we were very proud of everyone involved.



**Lynne Peirse**  
Village Manager

Ph: 04 478 3754  
Call Lynne for general enquiries, or information about resthome and hospital care.



**Bronwyn Barry**  
Sales Advisor

Ph: 04 478 3422  
Talk to Bronwyn for information about independent or serviced apartments.