Diana's Journal

Diana Isaac Retirement Village • Summer edition 2019

Village choir

The sweet sound of a musical ensemble

Meet Allister and Margaret

International Month

All Blacks supporters

Greetings from Tracey...

Hello everyone and welcome to the summer edition of *Diana's Journal*.

I feel very honoured to be writing my first column as village manager, I'd like to start by thanking everyone for the very warm welcome I've received. I've already met so many wonderful people and for those of you I'm yet to meet, please pop in and say hello.

I've had such a fantastic time to date. The support from Ryman Healthcare and the Diana Isaac team members has quite simply made me feel like part of the family.

What a beautiful village we have. It's wonderful to see all the colours coming to life after some lovely spring weather.

For those that would like to know a little more about me, I was born and bred in Christchurch and I'm the youngest of three girls. I have a loving partner John, and a cat Buttons. Outside of work I have a love for marching, gardening, interior design and Christmas.

I look forward to seeing you at the village soon.

Kindest regards,

Tracey

Tracey McCullough
Village Manager
Ph: 03 386 3018

A note from Lynne and Adrienne...

We hope the year is going well for you and that you are enjoying the warmer months.

Life here at Diana Isaac has certainly been busy with great events; ANZ representatives Matt, Nick and Rebecca educated us on how to keep ourselves safe from financial scams, and the Two's Company musical duo were an absolute hit.

Coming up, we are hosting an art expo with Arts Canterbury in October, plus the team from helloworld Travel Avonhead will let us know about some wonderful holiday destinations to consider. Keep an eye out for your invites in the post.

We currently have a two-bedroom townhouse available. If you are passing by the village make sure you pop in for a cuppa and a chat about this beautiful home.

Townhouse *available now!*

Lynne Adrienne

Lynne Bretherton & Adrienne Todd
Sales Advisors
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Choir harmonies

Choral music has been in the air. Our village choir always gives ensemble performances that raise the spirits and reflect the beautiful community of our village.

The choir, made up of 40 talented residents, looks and sounds fantastic. Sandra Norquay conducts the group, accompanied by Jean Rutherford on the piano.

Some of the recent performances have included a wonderful rendition of The Rainbow Connection, that of course was first introduced in The Muppet Movie by Kermit the Frog. We know that the choir puts hours of practice into their current repertoire. The harmonies and solo pieces delivered are truly wonderful.

Residents of the village say they are now looking forward to the choir's carolling this Christmas.

Pictured above: The Diana Isaac village choir. Inset: The choir performs to residents.

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 the *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 Tairawhiti Museum, I worked with Monty for 15 years, compiling the lads' records for the first book – which was such a humbling privilege. Whanau 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. Ngati 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.

rnzb
ROYAL NEW ZEALAND BALLET

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:

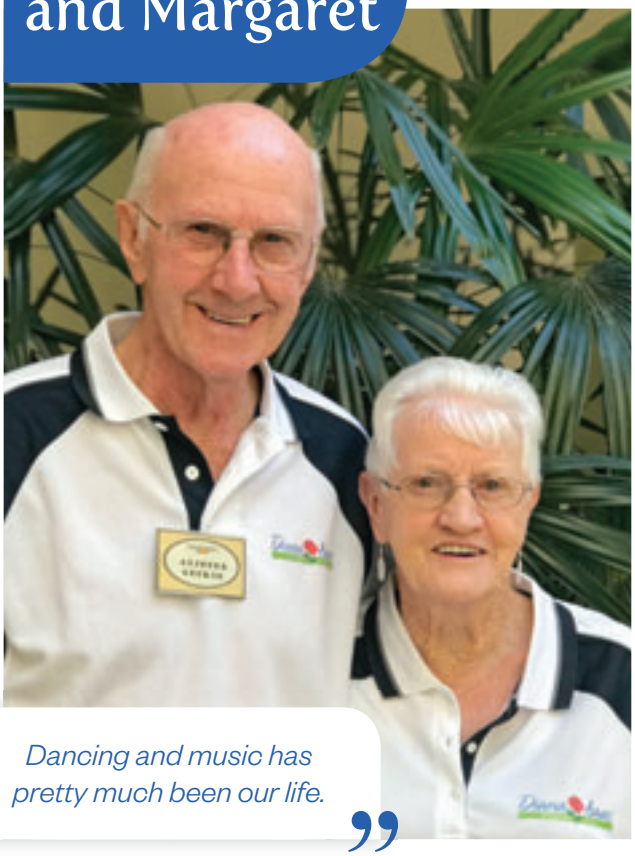
RYMAN15

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

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 residents profile

Meet Alister and Margaret



> *Dancing and music has pretty much been our life.*

The phrase "80 odd years of happy", is a good way to describe our life together, say townhouse residents, Alister and Margaret Leckie.

They met whilst working at H.E. Melhop LTD Invercargill. It was just a matter of plucking up the courage to ask Margaret out for a date, Alister says.

The result has been 61 years of marriage, three children, six grandchildren and nine great grandchildren.

We've had a busy life and we love trying to 'get away' to travel whenever we can, Margaret says. There have been trips every year including regular visits to Coolangatta, and South Island camping trips, with family and friends, to Cromwell, Wanaka, Nelson or Picton.

Whilst camping, we would often enjoy trail biking and wallowing in the sea, she says.

We love to dance and have done for over 35 years! Margaret says. "Dancing and music has pretty much been our life." The Leckies still attend dance classes every week.

Alister says the pair moved to Christchurch 20 years ago, and into Diana Isaac six years ago. "Now we love village life," Alister says. "It's all about the wonderful staff as they are all so friendly and so good to us."

Now we're busy with choir singing, Triple A exercise classes, and walks. One recent village highlight was being part of the 80-odd-years-of-happy video, Alister says. It attracted over 8.5 million views on YouTube! Life sure isn't slowing down for the busy couple.

News from the serviced apartments

International month

Our serviced apartment residents were thrilled to experience some wonderful aspects of Scottish and Indian culture as part of our International Month celebrations.

We were very lucky to have St Andrew's College Scottish dancers and pipers demonstrate their skills, including a sword dance!

Later in the month we had the lovely Garima Shrivastava, accompanied by her family, give a demonstration of Indian clothing and fashion. She discussed the history of different designs and how to dress in a sari.

Pictured: Garima came armed with outfits to try on.

Message for All Blacks

Our residents gathered to send a message of support to the mighty All Blacks. They were captured on a video showing they are right behind the national team as it prepares for the Rugby World Cup 2019. Silver fern flags were held aloft and the cheers shouted towards Japan ahead of the start of the cup games.

Pictured: Residents Olwyn and Ken Hyde.

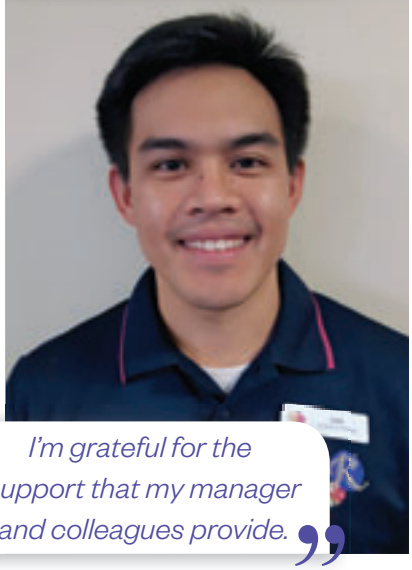
Singing is a celebration

A group of our care residents were treated to some wonderful steps from a visiting dance troupe. The youngsters gave their all on the village floor and their performance was very well received. Members of our appreciative care centre audience had smiles on their faces after the show and everyone enjoyed a snack and cuppa to celebrate.

Pictured: Southern Cross Irish Dance performing.

Staff profile

Introducing Luis



"I'm grateful for the support that my manager and colleagues provide."

Hi, my name is Luis Leh. I started working at Diana Isaac back in April 2015 as a part time student, and then commenced full time work as a caregiver in the special care centre.

I was recently promoted to the Activities and Lifestyle Co-ordinator for the resthome and I am loving this role now.

I am also a fire safety officer for the village.

I was born and raised in the Philippines and moved to New Zealand in February 2015 with my wife Rose and we love exploring the country. Outside of work I keep fit by mountain biking or going to the gym.

I've really enjoyed my four years with Ryman Healthcare and the career and growth opportunities I've been given.

The residents have a wealth of knowledge and have taught me so much about New Zealand culture.

I'm grateful for the support that my manager and colleagues provide, and love coming into work each day.

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**

A	Y	L
L	E	R

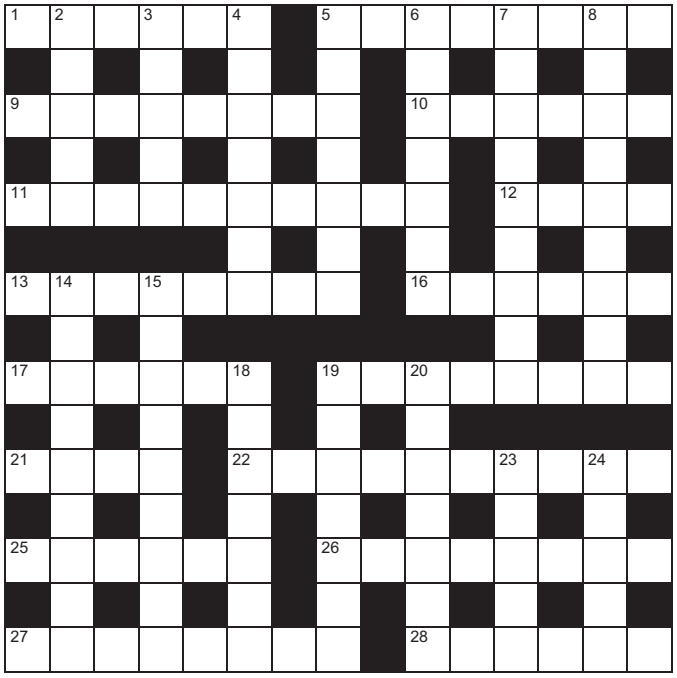
Answers: *Ale, all, alley, ally, are, aryl, aye, ear, earl, early, ell, era, lay, layer, lea, leal, ley, lye, lyre, rale, rally, ray, real, relay, REALLY, rely, rye, yare, yea, year, yell.*

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. Scorsese, 21. Nora, 22. Summertime, 25. Mantle, 26. Shilling, 27. Tennyson, 28. Kansas.* ***Down:*** *2. Potts, 3. Ieoni, 4. Garland, 5. Ezekiel, 6. Rotunda, 7. Gendarmes, 8. Elephants, 14. Astrolabe, 15. Fendalton, 18. Abscess, 19. Simpson, 20. Obelisk, 23. Talon, 24. Mensa.*



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!

Father's Day

This year we celebrated Father's Day in true Diana Isaac style.

Heartened by a stunning day, a large group of deserving Dads showed up at the village centre. We did all we could to make them feel special.

We started with a lovely cooked breakfast served in our village lounge. The dining tables were decorated in keeping with the Father's Day theme and looked fantastic.

After breakfast four beautifully restored classic cars were brought in by their owners, to take some keen residents on a cruise around Christchurch. What an absolute treat!

Pictured: Residents Jack Harliwich, Jack Blyth, Graeme Giblett, Ken Waller.

Diana Isaac RETIREMENT VILLAGE | RYMAN HEALTHCARE

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

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