



Kiri's Arias

Kiri Te Kanawa Retirement Village • Winter edition 2019



Right at home
Having time to re-read
much loved books is
heaven for Vivienne



**Anzac Day
commemorations**



**Knit
World**



**Caring for
our residents**

Greetings from Neville...

Hello and welcome to our winter edition of *Kiri's Arias*.

We have been very involved with the wider community in recent months with a Cancer Society charity walk.

We also had a guest speaker from Alzheimer's Gisborne come to the village to provide advice for carers and supporters of family members with dementia. These events help us connect more with our local community.

Recently we surveyed residents in our care centre and I am thrilled to report that we received the best results in five years. Residents ranked us amongst the best of Ryman's villages for our building and grounds, housekeeping and laundry services, and

communication. We are delighted our team has been recognised for their hard work.

We were also thrilled to have Alice Twigley, one of our graduate registered nurses, named as winner of the young achiever of the year category for the Ryman Healthcare annual awards. Well done!

Please remember, my door is always open so please pop in and say hello.

Kind regards,



Neville

Neville Parkinson
Village Manager

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A note from Pip...

We've had so many good events in the last few months! Singer Rebecca Nelson once again visited to great applause, and author Andrea Caughey shared her husband's dementia journey with us.

Our Pink Ribbon Breakfast was incredible — thank you for everyone's support. We also had the Stroke Foundation NZ van team call in to check our blood pressure. I was pleased with my result, must be doing something right!

We had more than 80 people attend Grant Sidaway's 'Embracing Technology' presentation recently. He had plenty of advice on keeping in touch, and how your phone's a fun thing to use rather than a challenge.

If you would like to join our village, we have a serviced apartment currently available. Please give me a call if you would like a tour.



Serviced apartment available now!



Pip

Pip Griffin
Sales Advisor

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Anzac service

A very special Anzac Day service was held at our village with contributions from both those in the village and wider community.

We had guest speakers including Maria and Adele, the children of a veteran Rutene Irwin who was a past resident of the village. They talked about the military lineage of their family.

One of our Activities Coordinators, Carol Bothamley, talked about her father Albert Poulson who lied about his age to join the forces. Albert fought in Gallipoli as part of the World War I Dardanelles campaign. She said when he was wounded and sent back to New Zealand he was given a medical discharge, but he healed, and re-enlisted!

The Tairawhiti Hospice Songsters sang and we had a touching performance from townhouse resident Alan Mackintosh playing *The Last Post*.

Above: Our village residents were front and centre for the service.

Inset: Resident Alan Mackintosh.





Forgetfulness: Normal Ageing or early Dementia?

A few months back I visited someone in Mangakino, a small New Zealand central North Island town, originally built for the workers who were constructing the huge hydro dam of the same name.

I had visited there as a kid to see the massive building works.

When I returned home, a drive of around 40 minutes, my wife enquired where I had been.

I knew where I had been in crisp detail, but not the name of the town. Whakamaru was the next town and that I remembered well from my schoolboy visit more than 60 years ago.

But Mangakino had taken fright and raced away from my finely tuned neurones. “Come back” I wanted to shout. But I could only bleat: “It’s slipped my mind. I’ll remember later.”

Simple solution: I’ll Google it, or at least the neighbouring dam: Whakamaru. Sure enough, there on the map nearby was Mangakino. Problem solved.

Nope. Not solved at all. After I closed the screen I called out to my wife: “It was XXXX?”

The pesky word remained absent, absent without leave I might add, and the Google jog had gone with it. I began to think that I’d better check in to a dementia unit as I was losing it, and what did I need to take with me?

Common sense prevailed as I felt on top of stuff otherwise. So, I wrote the word Mangakino on a card and placed it beside the phone and computer.

It took three days for that pesky neurone either to wake up or pass the name to an underworked neighbour. And it did, and now I am Mangakino educated and friendly.



I don't have dementia!!

So occasional, or even common trouble with memory recall is a feature of normal ageing.

When dementia arrives, at first with isolated episodes of abnormal or even bizarre behaviour, sudden mood changes, or increasing patches of forgetfulness or lack of recognition of people they know well, or increasing confusion, then it is time for action.

Daily skills begin to fade; individuals can struggle with conversation; judgement becomes unreliable; they may wander without knowing where they are, and their personality can alter materially.

It is time for a proper medical assessment, to be sure that the issue is dementia, as in many instances it is something else.

You don't want to get it wrong!

Self-diagnosis is a wobbly area and can prematurely label a spouse or loved one with a disturbing diagnosis that is not the case.

Sometimes the individual is reacting adversely to medication; drug doses for older subjects are commonly too high.

Or their thyroid gland is out of kilter, or there are disturbances of their liver or kidney.

Type II diabetes can induce changes suggestive of dementia, as can mini strokes.

Too much alcohol in the elderly is a common disrupter of behaviour and memory.

Depression and anxiety can overrun the governors of normal behaviour.

A bladder, or even deep skin infection may tip behaviours off balance and individuals can appear confused.

Low levels of vitamin B12 are a common cause of abnormal behaviour and personality in older people.

So, don't rush to judgment.

Find the disorders that are not dementia and get them treated.

Missing a masquerading condition that is readily identified and treated is a major lost opportunity to discard the dementia label and return life to its rightful path.

About Dr Doug

Dr Doug Wilson is an academic, a physician, a pharmaceutical industry researcher 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 his aim is to cut through the fads and fallacies to concentrate on the core issues and the physiological and psychological reasons behind them.

Book review



The Secret Diary of Charlotte Gatland

Written by Patricia Charlotte Dennis.

This is an extraordinary story of a woman who carved out a future in the pioneering days of New Zealand.

Charlotte was the ancestral aunt to British and Irish Lions Rugby Coach and former Waikato rugby player, Warren Gatland. Charlotte's story from 1847-1884, starts when she was aged 19.

Charlotte was born in England, the daughter of a British officer and her mother Catherine. She was the eldest daughter with three siblings.

“I enjoyed reading it from start to finish, as it was such a good read. I think it would appeal to both men and women.”

Charlotte's mother spent time teaching her daughters every facet of housekeeping. At nineteen, Charlotte enjoyed parties and was just beginning her social life within London society. Her sisters gifted her a diary for her 19th birthday and she was determined to write in it every day of her life.

As England was experiencing a depression, her father, who was a sergeant major near retirement age, decided to take a posting in New Zealand. The family was not pleased, however, they had to go along with the decision.

Leaving London on the *Sir George Seymour*, the family arrived four months later in Auckland, New Zealand.

Upon arrival, the promise of a house and land did not pan out. Instead they lived in Onehunga, which was a “tent city” and very different from where they had come from.

In New Zealand, Charlotte faced many challenges, adventures and hardship. It was the start of a very different life.

I found the book very interesting and informative and very hard to put down. I enjoyed reading it from start to finish and I would like think it would appeal to both men and women.

*Reviewed by Valerie Brady,
Hilda Ross Retirement Village.*



We've done it again... Fabulous five as Most Trusted Brand

Ryman Healthcare has been named the most trusted brand in the retirement industry for the fifth time.

We've taken the top award in the aged care and retirement village category in the Reader's Digest 2019 Most Trusted Brands awards. Ryman also won in 2014, 2015, 2016, and 2018.

The aim of the awards is to identify the brands Kiwis recognise and trust the most. The winners are chosen from a survey of 1,500 New Zealanders across 65 categories. Catalyst Marketing & Research surveyed respondents on which products they recognised and used, and which held their trust in each category.

“To win this award five times shows that we're consistently delivering, and we will continue to do so.”

Ryman was singled out for praise for having helpful and friendly staff, residents who love living in Ryman villages, and for providing care that is “good enough for Mum”.

Chief Executive Gordon MacLeod said it was humbling to win the award for the fifth time.

“Deciding to move into a retirement village is one of the biggest decisions people make in their retirement,” he said.

“Our residents trust us to look after their care and their security, and to care for them into the future. It's a privilege to look after them.

“To win this award five times shows that we're consistently delivering, and we will continue to do so.

“It is always nice to win awards, but the best reward is the feedback we get from our residents and their families each day.”

Ryman Healthcare has also won the Reader's Digest Quality Service Award in the aged care and retirement village category four times.



Serviced apartment resident profile

Meet Vivienne



“ I now have time to re-read my treasured books. ”

Hello, I'm Vivienne Quigley, I'm a serviced apartment resident and I recently moved into Kiri Te Kanawa. My family and I made the decision during my 90th year.

I've lived in Gisborne my whole life. My mother was an artist and pianist, and my father was a shipping manager in town, and chairman of the Gisborne Harbour Board. I was one of four children.

Books have played a big part of my life.

I spent a total of 36 years working at the iconic Muirs Bookshop in Gladstone Road. From 1953 I worked as an assistant and manager then as owner from 1983 to 1986.

Music is my other big love. From the mid-1940s I played violin, piano and viola in orchestras, and sang in church choirs.

With the Gisborne Operatic Society, I remember playing in the old opera house musical pit. We provided the music to *Trial by Jury*, *Yeomen of the Guard*, *The Mikado*, *Fiddler on the Roof* and many other productions.

I'm a life member of the society and Musical Theatre Gisborne. I'm also an elder at St Andrews Church where I have stored a lot of my music to be accessed by the musical community.

At Kiri Te Kanawa, I enjoy not needing to cook and the meals are excellent. I'm happy here, settled amongst friendly people and good staff, and live in a beautiful apartment with lovely garden views.

I now have time to re-read my treasured books. Some, including my poetry books and special editions, might be of interest to booksellers.

When I recover from a wrist injury I'm looking forward to playing the baby grand piano here at the village.

Knit World project

Knit World recently issued a challenge for Kiwis to knit security blankets, called 'loveys', for young children, and of course we had to join in. They provided us with a pattern for a peggy square with an embroidered face on one corner.

Then we went to work. A group of village ladies, including some night owls, knitted away. We've

been told each "lovey", can make a positive contribution to a child's healthy emotional development, particularly in times of stress or change.

Pictured: Resthome resident Lilla Boulter, townhouse resident Frances Bailey and independent apartment resident Rochelle Taylor donated more than 130 loveys.

Village news





Nola's knitting

Nola Holmberg – and her knitting - is a familiar sight to everybody who visits, works or resides in our hospital wing. From first thing in the morning, Nola is at her knitting needles creating vibrant scarves and squares. A project is underway to join Nola's colourful pieces to make bright and quirky knee rugs.

Pictured: Care resident Nola Holmberg is busy on a knitting project.



Well trained in caring!

Our residents get only the best! Ngaire Ria was one of the 18 Kiri Te Kanawa caregivers who last year studied for a New Zealand Certificate in Health and Wellbeing L4 Advanced Support. It is always lovely to see our carers and residents share jokes and laughter!

Pictured: Resident Judy Funnell and caregiver Ngaire Ria.

Staff profile Introducing Shelly



“Years ago, I used to co-drive for my brother and we competed in the Gisborne rally.”



Hi, my name is Shelly Ferguson and I am a housekeeper here at the village.

This is my first paid job after caring for my mother for many years.

Here I have had multiple roles. But I enjoy housekeeping the most, meeting new people and hearing their life stories as I clean.

I love putting smiles on people's faces and like to set up rooms with animal towel creations. I make penguins, elephants,

cats, rabbits, and have even made a dachshund.

I enjoy crafts such as knitting, sewing, crochet, and I used to make and upholster wooden chairs for children. I love creating children's birthday cakes and my long-term dream is to own a cake shop. For fun, I fix computers!

Years ago, I used to co-drive for my brother and we competed in the Gisborne rally. I held a special licence for that, but now I'm sitting for a normal licence.

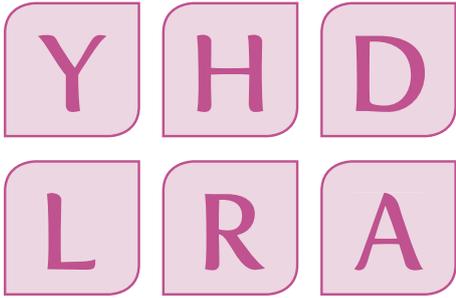
Puzzles



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



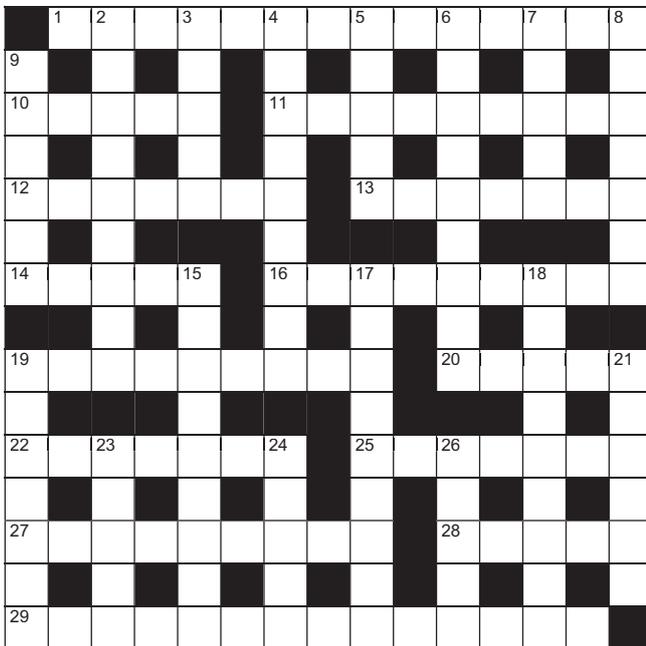
Answers: Ayl, dah, day, dhal, dray, dry, had, hard, hardy, HARPLY, hay, hydra, lad, lady, lah, lard, lardy, lay, ray, yah, yard.

Sudoku

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

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

Crossword



Across

- Shakespeare play with a season in the title (3,7,4)
- French sculptor who created The Thinker (5)
- Nickname of the Australian rugby team (9)
- Door in a castle wall that leads to a harbour (3,4)
- Relating to weddings (7)
- Part of eggs surrounded by albumen (5)
- Island famous for its annual motorbike races (4,2,3)
- The personification of cold weather (4,5)
- Playing pieces in the game of mahjong (5)
- Insects which were a food source for Maori (7)
- Paua, to non New Zealanders (7)
- Extremely painful (9)
- Slow-moving river boat (5)
- Area of London's Hyde Park (8,6)

Down

- Engineering term meaning 'moved or operated by liquid' (9)
- 1988 John Cleese film: A Fish Called __ (5)
- US state, capital Santa Fe (3,6)
- The host of a US daytime talk show, also the name of the show (5)
- Eradicates, does away with (6,3)
- Legal defence (5)
- Fifth letter of the Greek alphabet (7)
- Name of the snowman in a 1950 song (6)
- Any non alcoholic beverage (4,5)
- Sluggish, listless (9)
- City which held the 1956 Summer Olympics (9)
- African wild dogs which hunt in packs (7)
- Metal meat pin (6)
- Identical copy of a person (5)
- Winter sports enthusiast (5)
- Brownish-yellow colour (5)

Across: 1. The Winter's Tale, 10. Rodin, 11. Wallabies, 12. Sea Gate, 13. Nuptial, 14. Yolks, 16. Isle of Man, 19. Jack Frost, 20. Tiles, 22. Cicadas, 25. Abalone, 27. Agonising, 28. Barge, 29. Speakers Corner.
Down: 2. Hydraulic, 3. Wanda, 4. New Mexico, 5. Ellen, 6. Stamps out, 7. Alibi, 8. Epsilon, 9. Frosty, 15. Soft drink, 17. Lethargic, 18. Melbourne, 19. Jackals, 21. Skewer, 23. Clone, 24. Skier, 26. Amber.

delicious



Chocolate and Walnut Brownies

Ingredients

275g Dark chocolate
200g Butter
50g Plain flour
50g Cocoa powder
2.5g Baking powder
160g Chopped walnuts
200g Caster sugar
5 Eggs

Method

- Melt the chocolate and butter together, keep separate in a bowl.
- Sift dry ingredients together in another bowl.
- In a third bowl, whisk eggs and sugar until doubled in volume. Fold the dry ingredients into egg mix, then fold in the chocolate and add the walnuts.
- Pour the mixture into a lined tray.
- Bake at 170°C for 30-35 minutes.

A note from Ryman chef, Fiona Le Gros

Hello, my name is Fiona and I am a chef at Hilda Ross. I have been a chef for 12 years, and before that I was a second language English teacher.

My mother was a home economics teacher, so we learnt to bake from a young age! I love working at Hilda Ross Retirement Village (I have been here for nearly two years) – the residents and staff are fabulous people.

My chocolate and walnut brownie recipe can be served warm or at room temperature. It can also be frozen – if you can resist the urge to eat it!

This recipe is very versatile, I have taken it on family picnics, road trips, given it as gifts and served it at fine dining functions. You can swap out the walnuts for macadamia nuts or anything else that you'd like.

This recipe is such a crowd pleaser and very easy to make. I first encountered it when I was a trainee chef at a restaurant and I have loved it ever since.



Pink Ribbon Breakfast

In May, many of our independent residents came out to support a great cause, rallying together at a Pink Ribbon Breakfast fundraiser. We were served delicious food and enjoyed socialising and talking about breast cancer awareness.

Of the 65 attending the breakfast, there were 40 independent residents and a few from our serviced apartments. They were joined by 14 friends and family.

Amazing gifts and goodies were kindly given by local businesses, including local pharmacies, our hairdresser, beautician and florist. We had some raffles, and we raised close to \$1,800.

Pictured: Residents fully supported the village Pink Ribbon Breakfast.



Neville Parkinson
Village Manager

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



Pip Griffin
Sales Advisor

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



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