

Evelyn's Portraits

Evelyn Page Retirement Village • Summer edition 2019



Rebecca Nelson
A performance to remember for residents and staff



Meet Ron and Gwen



Fresh juice delights



International month showcase

Greetings from Jill...

Welcome to the summer edition of *Evelyn's Portraits*.

I'm glad we are heading towards warmer weather because when it turned cold so suddenly over the winter period, we all started to feel it!

I cannot believe it has been a year since I started as village manager. So much has happened in that time and I never knew we would celebrate so many things. I love the way staff and residents join together to make significant events so much fun.

It has been a busy few months and one of the highlights was the hosting of the Ryman annual meeting. It was great to have the board of directors at the village to talk about and salute the success of Ryman.

Recently we celebrated International Month to

highlight the diversity within the village with a range of activities and events. Staff and residents represent many ethnicities, and I was very proud to watch the team celebrate what their culture means to them.

I hope you're enjoying the warmer days and are taking time to smell the flowers, they are certainly filling our gardens with colour.

I wish you a fantastic Christmas season.

Kind regards,



Jill

Jill Clark
Village Manager

Ph: 09 421 1915

A note from Jo

Whatever the weather over recent months, life inside Evelyn Page has been cosy, warm and lots of fun!

Amongst recent events was a performance by the New Zealand Royal Artillery Band, enjoyed by more than 150 residents and guests.

We also had a fashion show by Annah Stretton and the always popular Rebecca Nelson shared her singing talents with us.

Our beautiful grounds are bursting with colour and the word has spread that our gardens are something special to enjoy both for residents and local groups who visit.

We have a two-bedroom independent apartment available now, please feel free to join me anytime for morning tea and a village tour.



Independent apartment *available now!*



Jo

Jo Seed
Sales Advisor

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Rebecca Nelson performs

We were pleased to welcome back Rebecca Nelson to Evelyn Page. Residents enjoyed a variety of songs including war time favourites and classics.

Through her performance she spoke about her travels and singing the New Zealand national anthem for the All Blacks in the UK.

She finished her show with Vera Lynn's *We'll Meet Again* with all the residents singing along.

They just loved Rebecca's show.

Rebecca performs regularly at Ryman villages, and has also crossed the Tasman a few times to appear at our Melbourne villages including Weary Dunlop and Nellie Melba.

She has also travelled abroad and performed at Gallipoli in honour of those who have served.

Pictured: Rebecca Nelson relaxes with the Evelyn Page residents.

Inset: Rebecca has sung on the world stage.





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 Tairāwhiti 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. 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:

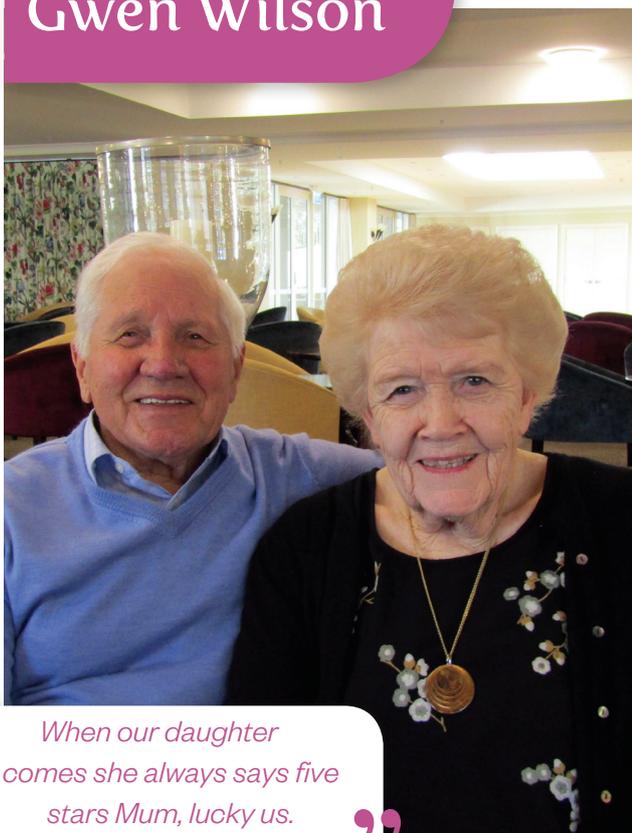
RYMAN15

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

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 Ron and Gwen Wilson



“When our daughter comes she always says five stars Mum, lucky us.”

Hello, we're Ron and Gwen Wilson and we're independent apartment residents here at Evelyn Page. When we came to New Zealand it was from a small village in North Wales.

We met when Ron returned to the United Kingdom

having spent two years overseas doing his national service, Gwen says.

We married in April 1956 and have two daughters.

When we immigrated here, in 1967, we first lived in Mount Albert then in Blockhouse Bay,

Ron worked for R&W Hellaby in the company's meat export department until he retired. We then travelled overseas for many years until we settled in Orewa.

One day, Ron came home after work and said he had looked at a very nice apartment in Evelyn Page. I was a little apprehensive, Gwen says.

“But when I came to have a look around the village that was it!”

Within the village we've now made lots of new friends, they say.

With any health concerns, on press of the button, staff will come to help and sort everything.

Highlights of the week can include a trip to the hairdresser followed by coffee and cake, and a chat with some of the residents, Gwen says. Ron says he loves the books from the library and the lack of commitments. “When I get up in the morning, I look at the lovely garden and say ‘no lawn to mow.’”

Gwen adds: “When our daughter comes she always says five stars Mum, lucky us.”

Fruit juice delights

Our serviced apartment residents have enjoyed making a variety of fresh fruit juice combos.

Some made brave attempts, and created different flavours from a selection of fresh fruit. A cucumber, pear and spinach juice resulted in mixed reviews!

The favourite combination was a mix of orange, apple and carrot.

Residents were surprised at just how much fruit you need to make a glass and how different it looks to the juice from the supermarket.

Inset: Elizabeth Vandenberg and Ann Matheson.

Serviced apartments news



News from our care centre residents



Indoor basketball

The care centre residents love participating in activities including games of indoor basketball. They often keep their activity coordinators on their toes whilst demonstrating their hand/eye coordination skills.

Above: Joan Cashmore shows a knack for hoops.



Classic movies

Resthome residents have been enjoying our movie month with the classic films prompting fond memories and plenty of laughs. They particularly enjoyed comedy-drama *A Dog's Purpose*, and everyone wanted to discuss the movie afterwards.

Pictured: Our residents love a popcorn and movie combo.

Staff profile Introducing Julie Marie



I love the energy of the team and the fast pace.

Hello, my name is Julie Marie Ritchie, and I work in the hospital as a senior caregiver. I love the energy of the team and the fast pace at which we work.

I have been working at Evelyn Page for just over seven years, taking on roles in many parts of the village. Nothing is more fulfilling than helping our residents.

I, along with my two sons Zain and Collin, moved to Orewa nine years ago from Dallas, Texas.

We have really settled into the Kiwi way of life and are very happy here.

I have a sweet and wonderful partner and during our free time we enjoy trying new things, wine tasting, and traveling. We are currently looking forward to a trip to Australia at the end of the month.

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, 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. 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 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

In July we celebrated cultural diversity at Evelyn Page by hosting many interesting events and activities. Our men's club enjoyed an afternoon of German beer tasting and snacks including pretzels, Frankfurters and sauerkraut canapés.

Our serviced apartment residents had great fun making sushi. Some were initially hesitant to try wasabi and seaweed, but the food proved very tempting.

Then residents came together for a joint Happy Hour. We had food stalls representing cuisines from around the world. We were entertained by Manuel Gomez, and all had a wonderful evening.

Pictured: Abe and Arlene Crossley.



Jill Clark
Village Manager

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



Jo Seed
Sales Advisor

Ph: 09 421 1815
Talk to Jo for information about independent apartments, townhouses or serviced apartments.

