

Hilda's Highlights

Hilda Ross Retirement Village • Summer edition 2019



Pacific airforce band

Residents enthralled by
American troupe of musicians



Meet
Gladys



Scrabble
tournament



Vintage cars
on show

Greetings from Wendy...

Hello and welcome to the summer edition of *Hilda's Highlights*.

It's been great to see the evenings lengthen since the introduction of daylight saving at the end of September.

Our village fundraising is going extremely well thanks to our supportive residents. This year's worthy charity is the Breast Cancer Foundation NZ, and we recently held an information session to raise awareness of this disease.

Independent residents will be seeing the benefits of a major makeover of their swimming pool. Thank you for your patience during this work, and we will celebrate with a pool party!

Congratulations to Sam Manson on her recent appointment as the special care unit coordinator.

Sam is an experienced registered nurse and is looking forward to getting to know the residents, their families and working with the wonderful care centre team.

Last but not least, Rugby World Cup 2019 fever is well and truly in the village, good luck to the teams and "go the All Blacks!"

Please feel free to pop in to see me if you have any questions or concerns, my door is always open.

Kind regards,



Wendy

Wendy Taylor
Village Manager

Ph: 07 855 9542

A note from Trish...

Our gardens are looking great. It is always so pleasing to enter our village to see the tall standing irises, then walk around the gardens knowing that we can enjoy these warmer days.

We've recently helped support croquet and bowling events and hosted a Kiwi Scrabblers Tournament here at Hilda Ross. We also helped out at an amazing bridge congress, run by New Zealand Bridge.

If you would like to hear the latest village updates, feel free to give me a call, and we can have a cuppa and a chat.

Enjoy the longer days.

Pictured: Ryman was a sponsor of the New Zealand Bridge national congress.



Trish

Trish de Jong
Sales Advisor

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Band of the Pacific

Our village was treated to an afternoon of entertainment by a very smart and talented American troupe of musicians.

The United States Airforce Band of the Pacific, who had travelled all the way from Hawaii, gave us a wonderful performance before they returned home.

They had played at a number of Ryman villages and the five-piece band ran through a selection of jazz, rock 'n' roll, country and pop favourites, including Footloose by Kenny Loggins and Proud Mary by CCR, which left the residents beaming with delight.

The concert was very well attended by residents, incoming residents, family and friends, and was voted as one of our village highlights so far this year.

*Pictured: Residents boogie to the American band.
Inset: Top brass played with style.*





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

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.

Serviced apartment resident profile

Meet Gladys



“ *This move has been the best I could have made.* ”

Hello, my name is Gladys Mead and I've loved village life since moving into a Hilda Ross serviced apartment in June last year.

This move has been the best I could have made. I am still able to live an independent life, and take part in a variety of activities both within the village and the wider community.

Just over 90 years ago I was born in Hamilton at Tirohia maternity hospital in Hill St. My parents began farming at Eureka in 1919 after my father returned from the Great War. I was their fourth child.

I attended Eureka primary school and then Hamilton Technical High School. From there I went to Auckland Teachers Training College before working in Hamilton schools.

Teaching enabled me to work and travel. I went with a friend to England where we flatted and worked in London, exploring at the weekend. Purchasing a Vespa scooter enabled us to travel around the British Isles and later Europe.

My love of travelling continued after my marriage to Ted, a maths and science teacher. He was appointed principal at Dannevirke High School where our two young sons enjoyed the freedom of a small country town. I became involved in local activities such as spinning and weaving and church-based women's groups.

When Ted was ready to retire, we moved to Napier to live by the sea. This was a lovely period, but with our boys living and working in Auckland we decided to return north. My time in Hamilton and at Hilda Ross has been very satisfying.

Scrabble tournament

Hilda Ross and our residents were proud to host a national Kiwi Scrabblers Tournament recently at Hilda Ross. Scrabble players travelled from as far as Whangarei in the north and Dunedin in the south.

The two day tournament saw players, divided into grades, playing up to seven games a day.

Tournament players and residents then participated in a friendly quiz evening on the Saturday night, with one of our Hilda Ross team coming third.

It was a wonderful weekend of scrabble and a quiz with some good prizes.

Pictured: Townhouse resident Fay Wright who attended the two day tournament.



Village news

News from our care centre residents



Vintage cars on show

Some 'everyday' classics and some rarer cars were on show for resthome residents to enjoy.

The men were transported back in time when they viewed the vintage car collection. Rototuna High School students helped host the occasion.

Pictured: Students and residents enjoy the cars on show.



International Month

Care centre residents recently had a sensory treat during a wine and cheese tasting in celebration of International Month.

Residents tasted wines from Australia, France and Italy. Cheese boards and fruits were also available to further satisfy our palates.

Pictured: The tastings reminded residents of eateries and vineyards they had visited.

Staff profile Introducing Cherie



I enjoy providing excellent customer service in my role

Hello, my name is Cherie Williams and I work as a receptionist and administrator at Hilda Ross.

I have been married to Colin for 19 years, but we have been together 30. Colin is a full time musician and plays guitar and sings. You may have seen him perform around the North Island at some stage and maybe he might just perform for you right here one day! He is originally from Australia.

We have two fur babies called Saki and Neko. Our cats keep us constantly entertained

and we love them as part of our family.

My interests are catching up with friends and family, the beach, music, concerts, movies, travel and I love eating different food.

Throughout my career I have held numerous administration roles and I worked in Sydney for 12 years.

I enjoy providing excellent customer service in my role and being a caring and friendly face to the residents and their families.

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, earl, early, ell, era, lay, layer, lea, leal, ley, lyre, 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!



Huntly café outing

A group of our townhouse residents went out for lunch at an eatery in Huntly.

They stopped at the township's River Haven Cafe and were able to take in an amazing view of the Huntly Power Station.

The residents and activities coordinators agreed the food, including club sandwiches, homemade pies, Louise cakes, custard squares and hot chips with salad, was fabulous. Some said it reminded them of the good old days when they were travelling by bus or train and they stopped for a cuppa at the cafeteria.

On the way home we travelled along River Road to view the new Ryman village named Linda Jones.

Pictured: Our residents made several stops during the outing.



Wendy Taylor
Village Manager

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



Trish de Jong
Sales Advisor

Ph: 07 853 6148

Talk to Trish for information about townhouses or serviced apartments.