

Hodgkins Happenings

Frances Hodgkins Retirement Village • Autumn edition 2019



Children's Party

Magical moments are shared by residents and children at our summer event



Meet Beckie



Farm visit



Knitting for a cause

Greetings from Joy...

Hello and welcome to our autumn edition of *Hodgkins Happenings*.

In December we celebrated the graduation of two of our caregivers, as the pair received their Bachelor of Nursing degree.

Astrid Haanen had worked at Frances Hodgkins for four years and Manurere Kiriona-Devonshire for two years. They are now both working for the Southern District Health Board, and we are very proud of their achievements.

We all enjoyed the Children's Party in January and the village summer barbeque in February. Despite the lovely summer weather there was some rain for these occasions, and we had to move the events indoors.

We have all enjoyed watching the progress on the bank as retaining walls and landscaping takes place and we look forward to the end result which includes an extension to the resthome deck.

Our recent events with guest speakers on enduring power of attorney, estate planning and family trusts have been well attended. Residents have also enjoyed first class entertainers such as pianist Carl Doy and the Dunedin Red Cross Choir.

Kind regards,



Joy

Joy Notman
Village Manager

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A note from Kate...

Welcome to our autumn newsletter.

We've been gathering items from our Frances Hodgkins residents and friends to help out those in the greater Dunedin community.

We were approached by a Red Cross representative, who was looking for sewing items for refugee women that have recently arrived in Dunedin, and are eager to learn how to sew.

As soon as the word went out, all kinds of sewing items turned up in my office! Local company Active Furnishings supplied off cuts of fabric.

Our residents love getting together for meals, exercise classes, or events like happy hour. We have a no-obligation waitlist if you're considering village living. I'm always open for a cuppa and a chat.

Pictured: Kate with residents and Red Cross staff.



Kate.

Kate Morgan
Sales Advisor

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Children's Party!

We held our annual Children's Party on a summer's day in January and what a fun-filled event it was.

The day started out with perfect weather and some fun activities for the younger and older party participants.

On offer inside for the children was face painting and a giant connect-four puzzle, which was very popular.

We also had a magician, Jonathan Usher, perform his amazing magic tricks.

'Flick the fire engine' was busy taking nearly every child for a ride. Even with a bit of rain, we had an amazing day. The party was nicely rounded out with hot dogs and chips, bubble wands and lollies.

Pictured: Resident Roy Holmes and his family share time together at our annual event.

Inset: Children visiting the party enjoyed face painting time.





Long Road Home brings team together

Ryman supports veterans' charity event

A memorial service to celebrate the end of The Long Road Home charity trek brought a tear to the eye for many involved in the walk.

The walk was organised to raise awareness for post-traumatic stress injury (PTSI), and was sponsored by Ryman Healthcare.

The early new year trek from St Arnaud along 110km of high-country station roads ended in Hanmer, on January 12, with a memorial service at Soldier's Block in the South Island township.

Dozens of onlookers gathered at the block to hear accounts from the New Zealand Mounted Rifles Charitable Trust (NZMRT) team that took part in the horse-ride and walk.

They had followed the route taken by soldiers returning from World War 1, 100 years ago, but with the benefit of blue-sky days and a support team.

Organisers Bernard Shapiro, Murray Hill and Mark Appleton, president of the NZMRT, said the group was raising funds for people suffering from PTSI as a result of traumatic events.

There were wreaths laid at the memorial on behalf of Ryman, a sponsor of the trust and its work.

The event remembered that soldiers returning from WW1 were often left to make their own way home. Many felt abandoned, hopeless and segregated from their fellow Kiwis after witnessing the horrors of war.

The walk was a success and Ryman has signed on to support the trek next year, and the plan is to make it an annual event.

The trust was also in contact with overseas groups, to help spread the idea of supporting those with PTSI.

PTSI continues to impact the lives of soldiers that have served in arenas such as Korea, Malaya, Vietnam, Timor and Afghanistan.

"I think 800 people a year are exiting our current armed forces ... some of those will definitely be suffering from PTSI," Mark said.

The walk was a success and Ryman has signed on to support the trek next year, and the plan is to make it an annual event.

Above: NZMRT members, Ryan Haigh and Anna Keehan, with their horses.

Book review



Dust to Gold

The compelling story of Bendigo station, home of Shrek.

Written by John Perriam and photographed by Stephen Jaquiery.

This fascinating history of Central Otago's iconic Bendigo Station is illustrated with stunning photographs of a wild and rugged landscape. It also showcases the farms owners, the Perriam Family as well as stockmen, animals, wildlife and memorable characters including the legendary Shrek, filling the pages with vibrant colour.

Shrek was the woolly hermit merino, whose story captivated the world when he was discovered high in a mountain cave after avoiding muster for six years. Read about his famous discovery and his subsequent travels throughout the country as an ambassador for Cure Kids. Incidentally, all profits from the sale of Dust to Gold will also go to Cure Kids, a worthy charity for sick children.

As you read, you begin to feel part of this resilient family, joining them in their struggles and setbacks as they nurture the land in their care while also promoting their merino breed of sheep from "fleece to fashion".

I felt their pain as they watched their family's original farm, brimming with memories and dreams, sink below the waters of Lake Dunstan: the trigger

for the eventual purchase of Bendigo Station. From droughts, weeds, gorse and rabbits to indifferent bureaucrats and meddling politicians, many battles were fought and not always won. The Perriam family story is a compelling one.

"For me it was a nostalgic reminder of my roots in the nearby North Otago high country."

This is a book for rural and urban dwellers alike. For me it was a nostalgic reminder of my roots in the nearby North Otago high country.

It is also an insight into the lives of those who work with and care for our land and country, a blue print on diversifying and a connection with the past for us all.

John Perriam's prose is easy and uncluttered, with the pages full of accurately drawn high country characters and the sometimes cruel events impacting on the lives of his family.

*Reviewed by Phyllis Thorby
Edmund Hillary Retirement Village.*



Melbourne bowls challenge

Ryman supports trans-Tasman bowls excursion

A group of Charles Upham village lawn bowls enthusiasts have made the most of a trip across the Tasman making friends and enjoying some Ryman hospitality in Melbourne.

The group of bowlers and supporters from the Canterbury-based village took on some of the best from Australia at Melbourne greens located at the Glen Waverley Bowls Club, not too far from where Ryman's Weary Dunlop and Nellie Melba villages are based.

They won the right to represent Ryman having topped a South Island Ryman village competition held at Charles Upham village in November.

The bowlers Barbara McJarrow, Bruce McCorkindale, Alan Pegley and Frances McDowell plus supporters Trevor McJarrow, Anna Armstrong and Gill Small flew out on Boxing Day and stayed in Australia until New Year's Day.

Ryman is a major sponsor of the Glen Waverley club and bowls carnival.

Alan says the team competed on four of the five days in the open competition.

"The calibre of competition was of a very high standard with many of the locals having represented Victoria and Australia," Barbara says.



"We won a few and lost more than we won," Alan adds.

Two days saw temperatures in the mid-30s, with more than 150 players at the club to contend with the sweltering conditions. The thermometer reached 36.4 degrees on the first day.

Between them the group members have been bowling for a considerable number of years and have watched changes in the game including more modern bowls running on a 'tighter draw', meaning they don't have to be played so wide.

Nowadays the events are social, colourful and regularly held at most Ryman villages.



Gemma wins the Cashin Scholarship

Gemma Ballantyne's year has got off to the best start possible thanks to the 2019 Cashin Scholarship.

Gemma, 18, will use the scholarship to fund her pharmacy studies at the University of Otago in Dunedin.

She was thrilled to get the news.

“I'm thrilled to win and I'm honoured that the Cashin family selected me.”

“It's awesome to win. It means that it will ease the financial stress this year and allow me to focus on my studies so that I can be the best that I can be.”

Gemma has been part of the Ryman family since 2016, when she was a part-time receptionist at Anthony Wilding Retirement Village in Christchurch.

She says she loved the job from the very start.

“I was 16 and it was my first job and I couldn't have had a better place to work. I loved talking to the residents, they were always interested in what I was studying and it was like having 200 grandparents.”

In 2018 she began her first year at university, studying health sciences at Otago University. She worked at Yvette Williams Retirement Village in Dunedin part-time to support herself.

Gemma has opted for a pharmacy degree after her first year, which adds another four years at university followed by an internship.

Gemma's looking forward to starting back at university and says the scholarship will be a big help with a busy year of learning ahead.

“I'm thrilled to win and I'm honoured that the Cashin family selected me,” Gemma says.

“I'm really grateful.”

Blair Cashin, Mike Cashin's son, said the family wished Gemma all the best with her studies.

There were 100 applicants this year, a record for the scholarship.

The Cashin Scholarship

The Cashin Scholarship was established to honour the memory of former Ryman director Mike Cashin. Mike was a strong believer in the power of education to change lives and was a great advocate for Ryman Healthcare and its staff. The scholarship is designed to provide a helping hand to members of the Ryman family who are taking on tertiary study. Each year the Cashin family help select the winner of the \$5,000 grant, which is intended to help with study costs.

Independent resident profile

Meet Beckie



“ I gained a New Zealand Academy Diploma in Highland Dancing and later a teachers and judges certificate for the sport. ”

My name is Beckie Rout, and I was born in Invercargill in December 1931.

Most of my primary school days were during World War II. I started secondary school the year the war finished.

My extra high school classes included dancing, speech, music and sport. Dance lessons became a favourite, and I continued them for fifteen years.

I gained a New Zealand Academy Diploma in Highland Dancing and later a teachers & judges

certificate for the sport. As a competitor I won provincial, South & North Island and New Zealand championships.

For 11 years I was president of the academy and was given life membership on retiring. I am now the patron.

I also passed Trinity College of London speech exams and gained the college's ATCL teaching certificate for the speech and drama syllabus.

In 1957 my late husband and I spent time in the United Kingdom, where we taught at schools in North London. We toured Europe, Scandinavia, Ireland, Wales and Scotland. In our retirement we continued to enjoy travelling.

I have lived in St Clair for 50 years. I was a member of St Clair Women's Club, where I was club president and treasurer for 22 years. I attended literary, arts & crafts and travel circles.

I have a son and daughter, five granddaughters and five great-grandsons.

My move to Frances Hodgkins has kept me in the St Clair area which I love.

I enjoy my view over Dunedin from my independent apartment and have settled in very comfortably.

Teddy bear friends

Children at Dunedin Hospital were thrilled to receive teddy bears knitted by our talented serviced apartment ladies. The village knitting group has been supplying the soft toy bears for children that are in hospital.

The cuddly bears are given to the youngsters who are spending any amount of time in care.

Of course, our ladies really enjoy the knitting challenge, and feel they are doing a craft that has a real purpose. One member of the group has already knitted 10 bears in one month!

Pictured: Our serviced apartment ladies enjoyed making these teddy bears.



Village news

News from our independent residents



Farm visit

Our independent residents recently travelled to Southland to enjoy a rural experience at Jeff Farm, where The Salvation Army helps train young people for an agricultural career.

Pictured: Stock Manager Matt Lane was happy to share some of the workings of a large farm.

News from our care centre residents



Flower arrangements

Our care centre ladies enjoyed combining colourful flowers and creativity during a floral art class. They loved being able to provide a personal touch, while making arrangements as gifts for family members and friends.

Pictured: Our care centre ladies created some fine floral displays.

Staff profile Introducing Gina



Caring for older people has always been my passion.

My name is Gina Reid and I'm the new activities coordinator for the resthome at Frances Hodgkins.

I have a 15-year-old daughter Danielle, a nine-year-old stepson Lachie and an eight-year-old stepdaughter Olivia.

I have also recently become engaged to my partner Steve. We are planning to get married in the Catlins, in March 2020, and are both very much looking forward to the event.

I have just completed my three-year occupational therapy degree at Otago Polytechnic and graduated in March.

Caring for older people has always been my passion, so I am thrilled to have the opportunity to work at Frances Hodgkins.

Outside of family and work, my interests include reading, playing netball, touch rugby and using my weekends to visit my family in Alexandra.

delicious



Savoury or sweet profiteroles

Ingredients

¾ cup water
125g butter
1 cup high grade flour

Savoury filling

150g middle rindless bacon
(diced)
500g smoked chicken breast
(diced)
125g sour cream
125g mayonnaise
½ cup spring onions

Pinch of salt
4 eggs

Sweet filling

200g fresh or frozen raspberries
3 tbsp icing sugar
2 tbsp lemon juice
200ml double cream
150g white chocolate
50g shelled pistachio
(finely chopped)

A note from Ryman chef, Timothy Garlick

This makes a delicious finger food as it's small and easy to eat. It's always a big hit with everyone and you can change it up and serve it as an entrée or dessert.

This is on the menu at Jane Mander Retirement Village and the residents absolutely love it!

Profiterole method

- Preheat oven to 180 ° C.
- Bring water to the boil in saucepan, add butter and stir until melted. Sift in flour and salt, and mix with a wooden spoon over a low heat until the paste starts to dry out. Allow to cool.
- Place paste in a bowl and beat in eggs, one at a time, mixing really well after each egg is added.
- Place tablespoonfuls of mixture onto a tray lined with baking paper. Bake for 20 minutes. Cool profiteroles on a wire rack.

Savoury filling

- Fry the diced bacon and place in a bowl to cool. Add the diced chicken with the sour cream, mayonnaise and spring onions. Slice the top off the puff, add the filling and put the lid back on top.
- Serve with your favourite chutney.

Sweet filling

- Put the raspberries, icing sugar and lemon juice into a food processor or mini blender and blitz until smooth. Press through a sieve into a bowl.
- Whip the cream until stiff, then fold in 4tbsp of the raspberry sauce. Spoon the filling into a piping bag and make a hole in each profiterole. Make sure the profiteroles are cool before piping in the filling.
- Break up the chocolate into a small bowl and melt in the microwave on low for 1½-2 mins. Leave to cool briefly until slightly thickened.
- Carefully spoon the melted chocolate over each filled profiterole and sprinkle with pistachios. Leave to set. To serve, drizzle the remaining raspberry sauce over the profiteroles.



Summer BBQ

Our February barbeque saw residents and their families take delight in a late summer get-together.

Food and entertainment was provided, and a great time was had by all. The event was a big success thanks to the preparation put in by our staff.

Our residents loved having time with their children, grandchildren and great-grandchildren. The visitors were thrilled with the views from our stunning village location.

Pictured: Neale Brash, second from the right, enjoys time with his family at our summer BBQ.



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Village Manager

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