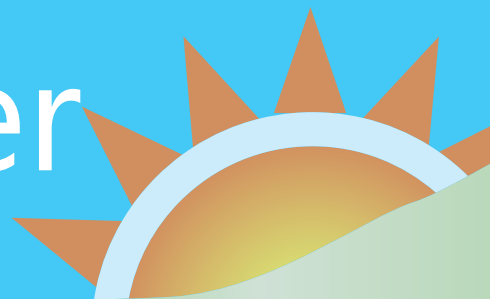


Bob's Register

Bob Owens Retirement Village • Summer edition 2019



Pacific band performance

A US Airforce group
wow the crowd



Meet
Ian



Celebrating
International Month



The
RAW Truth

Greetings from Brian...

Hello and welcome to the summer edition of *Bob's Register*.

It has been a great 2019, full of memorable events bringing in fun, laughter and joy to residents, visitors and staff. I am excited to reflect on and share some of the highlights of the year that we have celebrated at the village.

We started off with a bang with our annual Children's Party, which was a delight for everyone involved. Last summer included our beach themed barbeque, Valentine's Day and Easter celebrations. In April we held our Anzac Day service and later in May we celebrated Mother's Day.

Winter saw us celebrate with a delicious mid-winter solstice dinner – the décor and food were superb! After catching our breath

we celebrated International Month where we explored different cultures. Then we've had a tremendous forces band concert, loved our wellness week and celebrated Father's Day. To top it off we will soon enjoy the Melbourne Cup and the New Zealand Trotting cup events.

I wish you and your family a very festive season as we look forward to Christmas and New Year events and a fantastic year at the village in 2020.

Kind regards,



Brian

Brian Bark
Village Manager

Ph: 07 579 3041

A note from Jan...

Can you believe I have been at the village for more than two years! It has been an amazing experience and I love making a difference in people's lives.

We have seen many new residents moving in and I am pleased to say that they are settling in well.

We've also been very busy with events such as a fabulous Annah Stretton presentation. We've had a Vera Lynn tribute concert, talks by the Breast Cancer Foundation and the Neurological Foundation, a fabulous Lisa Lorell concert and we've enjoyed hosting community events.

Remember if you belong to a club or group, we are always more than happy to host a meeting at the village and provide our generous hospitality.

Pictured: Jan, Max and Annah Stretton.



Jan

Jan Corbett
Sales Advisor

Ph: 07 579 2519



Forces entertain

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, all the way from Hawaii, gave us a wonderful last performance before they left for 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, family and friends, and was voted as one of our village highlights so far this year.

Pictured: The band proved to be very popular with residents.

Inset: The band vocalist put on a rousing performance.





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.

Hansel & Gretel

THE RYMAN HEALTHCARE SEASON OF

rnzb

ROYAL NEW ZEALAND BALLET

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.

Meet Ian



“I like the staff, they’re always friendly and considerate... I am looked after well.”

Ian Snell is the first to admit that getting through the first year since his darling wife passed away has been tough.

Beverley was diagnosed with vascular dementia and admitted to the special care unit

at Bob Owens. Once a vacancy in the resthome came up, Ian was relieved to be closer to Beverley. Ian would spend all day with Beverley, and he got to know all the staff really well.

The couple met in a remote village in Ethiopia. Ian, originally from Nottingham, England, had been an engineer for Rolls Royce working on jet engines before signing up for a stint with Voluntary Service Overseas (VSO) at 21.

He was posted to Ethiopia to wire up the village with electric lights. He soon fell in love with Beverley, a young Kiwi nurse. Ian and Beverley were married in Nottingham before moving to Beverley’s home town of New Plymouth. Ian started what would be a 28-year career as a police officer. A few years later he specialised as a youth aid officer.

Ian has also used his voice for good. As an Anglican lay minister and marriage celebrant he would often take services and deliver sermons so has many years of public speaking under his belt.

Ian says he works with staff, for example when they ask him to bless a room. “I like the staff, they’re always friendly and considerate. I’m looked after well but remain independant which is important to me.”

Celebrating International Month

The independent and serviced apartment residents had a fantastic celebration for International Month tasting a variety of dishes from around the world, which included Sri Lanka, Indonesia, Tonga, Japan, Nepal and Thailand!

Everyone enjoyed experiencing the amazing range of cultures

that were present there. Some tried dishes they had never tasted before, and they were delighted with the delectable flavours. A wonderful afternoon was enjoyed by all the residents.

Pictured: Our staff representing their culture at the event.



Village news

News from our care centre residents



Sensory delight

Our resthome residents love our pottery lessons once a month. This time round everyone got involved and some of the latent talents shown were spectacular. They could also paint the finished designs and take it to their rooms as a keep sake.

Pictured: Resident Yvonne Scheuber shows off her clay creations.

News from serviced apartment residents



Spring time fun

Our serviced apartment residents enjoyed a weekly walk around our beautiful gardens and in the afternoon they arranged their gorgeous flowers while chatting away and giving their best gardening tips. The fresh flowers were placed on the tables for everyone to enjoy!

Pictured: Beryl Brereton, Shirley Neeley, Ailsa Buchanan and Catherine Henry take time out.

Staff profile Introducing Dina



Hello, my name is Dina Reid and I am an Activity and Lifestyle Assistant at Bob Owens.

I was born in South Africa and emigrated to the UK in 1982. More than a decade later, in 1999 I decided to emigrate to New Zealand.

I have two sons, Alistair and Jonathan. Alistair is the eldest and he is a teacher, while Jonathan is self-employed – an investor.

I am also blessed with four grandchildren, Cassie (aged nine), Declan (aged five), and MacKenzie and Mikayla who are a year old.

I joined the Bob Owens team in 2016 and I work mostly in the hospital in the care centre.

It is a huge privilege to work at the village and be a part of the residents' lives.

There is so much joy and happiness and it is such an honour to take care of them.

I love coming to work and greeting all my residents.

It is a huge privilege to work at the village and be a part of the residents' lives.

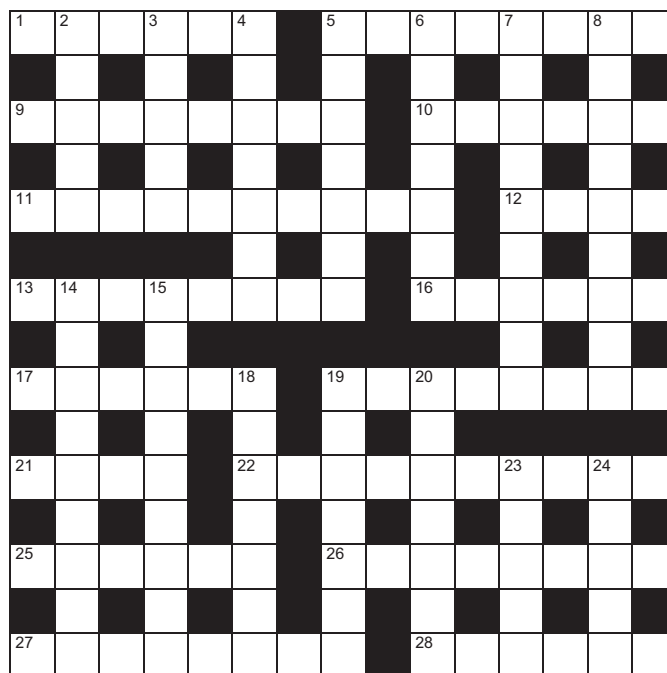
How many words of three or more letters, including plurals, can you make from the six letters, using each letter only once? No foreign words or words beginning with a capital are allowed. There's at least one six-letter word.

A Y L
L E R

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
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7			6			9		5
8						3		9
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1							2	4

9 St George, 10 Tanker, 11 Estimation, 12 Ashe, 13
Crossword answers: Across: 11 Spring, 6 Earl Grey,
 22 Summertime, 25 Mantle, 26 Shilling, 27 Tennyson,
 Daffodil, 16 Almond, 17 Stanza, 19 Scoresse, 21 Nora,
 28 Kansas, **Down:** 2 Potts, 3 Iceni, 4 Garland, 5 Ezekiel,
 6 Rotunda, 7 Gendarmes, 8 Elephants, 14 Astroblabe,
 15 Fendalton, 18 Abscess, 19 Simpson, 20 Obelisk, 23
 Talon, 24 Mensa.



1. ___ is God's way of saying:

Bob's Register | IO

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!



The RAW Truth

We had a huge turnout at the village for a presentation by Annah Stretton.

Annah is a well-known fashion designer and social entrepreneur who has been travelling to our villages, talking to residents about her charity RAW (Reclaim Another Woman).

Annah also introduced Max to the residents to talk about how RAW has helped her turn her life around. To date, RAW has helped 35 women.

The afternoon ended on a lighter note with some of the residents strutting the catwalk in a few of Annah's beautiful dresses.

Pictured: Sales Advisor Jan, Max and Annah.



Brian Bark
Village Manager

Ph: 07 579 3041
Call Brian for general enquiries, or information about resthome, hospital and dementia care.



Jan Corbett
Sales Advisor

Ph: 07 579 2519
Talk to Jan for information about independent apartments, townhouses or serviced apartments.