

Wilding's Rallies

Anthony Wilding Retirement Village • Summer edition 2019



Movie magic
Residents and staff dress up to celebrate our movie month



Meet
Leicester



Celebrating
our village



The RAW
Truth

Greetings from Sharon...

Hello and welcome to the spring edition of *Wilding's Rallies*.

It has been a joy to see the gardens breaking into full colour with an abundance of tulips, daffodils, camellias and rhododendrons. The village is looking spectacular just in time for summer.

We have been very busy over the last few months with some fantastic events, including performances by the New Zealand Symphony Orchestra, Rebecca Nelson and a local kapa haka group!

Our activities team has also been busy creating memorable events such as our Father's Day celebrations, spring activities and our fantastic wearable arts showcase.

In the months ahead we are looking forward to dusting off our hats and fascinators to celebrate

Cup & Show Week. It's always a fun-filled week of events and activities at the village.

Finally, we will have an action-packed Christmas season and we hope to see you at one of our many events.

Please remember my door is always open if you have a query.

Kind regards,



Sharon

Sharon Armstrong
Village Manager

Ph: 03 338 5820

A note from Susie...

Hello everyone, I hope you enjoy reading about the latest happenings at our fantastic village.

The year has flown by and I have loved welcoming new residents to the village. We've also been busy with many great events, including a superb concert by Rebecca Nelson in August.

I love getting out in the community and I am pleased to say that we are now sponsoring the Lincoln Golf Club. I am looking forward to heading out there more and meeting the members.

We have a bright sunny townhouse available now, priced at \$475,000. If you'd like to view this home or our show unit, please give me a call and I can arrange for a tour.

Enjoy the warmer months and I look forward to seeing you soon!



Townhouse available now!



Susie

Susie Alayne
Sales Advisor

Ph: 03 338 7696



Hollywood glamour

Characters from classic movies hit the red carpet at Anthony Wilding.

The Friday evening get-together was organised as part of movie appreciation month and saw residents put on their finest in honour of heroes and heroines of the silver screen.

To add to the festive feel within the village centre there was a musical duo playing tunes to suit the occasion, and those attending a Happy Hour got to watch some fun red carpet antics.

Residents also voted for who they felt had recreated the best movie legend, with the winners being Anne Lester and Lily Hogg. There were fine attempts at portraying actors and actresses including Helen Mirren, John Wayne, Mary Poppins and some from the silent screen era.

It was a recreation of a golden age of Hollywood which delighted everyone!

Pictured: It was a glamorous red carpet for our movie night!

Pictured: Henry Wicken and Gloria Davis.





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:

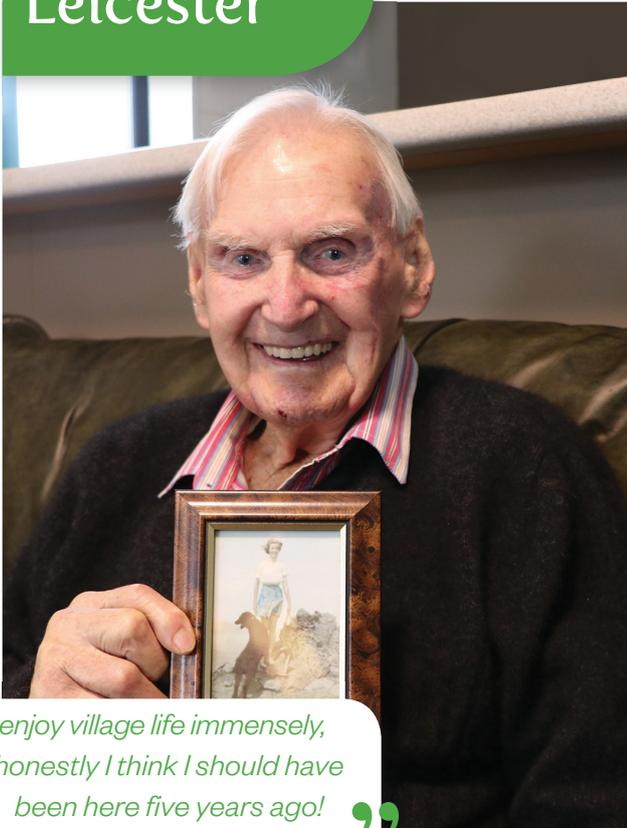
RYMAN15

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 resident profile

Meet Leicester



“I enjoy village life immensely, honestly I think I should have been here five years ago!”

Leicester ‘Jock’ Burney, 90, loves nature.

So much so, that when he saw the Port Hills from the window of the showhome, he decided to buy the townhouse immediately. A month later he moved in.

Jock comes from a farming background. He was born in Darfield, but his father lost the farm during the depression years.

“We ended up in Christchurch, and my father became a salesman,” says Jock.

But farming was in his blood. After leaving school, Jock bought his grandfather’s old farm. He married a wonderful girl from the back country and Jock settled into the farming life.

Together with his wife, Velma, they had two daughters; Judith and Kaye.

“After my wife passed away, I battled on, and my daughter helped me out where she could.”

However, after a few medical experiences cropped up, Kaye became concerned about her father living alone, even if it was only a few minutes away from her.

So, Jock made the decision to start looking at retirement options and the whole experience for Jock has been stress-free.

“I enjoy village life immensely, honestly I think I should have been here five years ago! I am very comfortable, very happy and very relaxed.”

Pictured: Jock with a picture of his late wife Velma.

Village news

Celebrating our family

Every year we hold our annual Ryman Healthcare Awards. This year several of our team were nominated and Jeannie Sales, our clinical manager, won Ryman Leader of the Year!

So naturally we celebrated with a village-wide ‘glam’ night! The nominations are a

testament to our commitment to the village and residents and we loved celebrating with our favourite people.

Staff and residents enjoyed the fabulous night in style with great music and food.

Pictured: Our staff had a fantastic time celebrating.



News from our care centre residents



Afternoon crafting

Our resthome residents enjoyed an afternoon crafting cats out of old fizzy drink bottles. There was great fun and laughter while showing off their individual creativity. It was a wonderful afternoon spent in great company.

Pictured: Residents donned their creative hats for an afternoon of crafting.



Bean's visit

Our care centre residents were delighted to meet Bean the lamb. He was so adorable that everyone wanted to meet him to give pats or cuddles. The residents love interacting with animals so they really enjoyed meeting this wee guy.

Pictured: Hospital resident Teresa Wong meets Bean the lamb.

Staff profile Introducing Jeannie



I was very humbled to win the Leader of the Year award...

Hello, my name is Jeannie Sales and I am the Clinical Manager at Anthony Wilding Retirement Village.

I am married to Chris and we have four adult sons. We have also been blessed with five beautiful grandchildren.

I grew up on the West Coast. As a child we didn't have easy access to doctors, so I would help mum to sponge down the younger kids when they were ill. I was curious about why people would get sick and the reasons behind it.

So, nursing became my passion. I completed my nursing education at the Grey Base Hospital.

Recently, I was very humbled to win the Leader of the Year award at the Ryman Healthcare Annual Awards. It means a lot to me and the team here at Anthony Wilding.

When I am not working, I enjoy the outdoors, especially walking and spending time with my family and friends. I also love travelling, reading and wine tasting.

My favourite place to rest and unwind is Tata Beach in the beautiful Golden Bay.

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, all, alley, ally, are, aryl, aye, ear, earl, 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!



The RAW Truth

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

Annah is a fashion designer and social entrepreneur who has been travelling to our Ryman 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, including Max.

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

Pictured: Max and Annah with her book, which tells the stories of women who have been helped by RAW.



Sharon Armstrong
Village Manager

Ph: 03 338 5820
Call Sharon for general enquiries, or information about resthome, hospital and dementia care.



Susie Alayne
Sales Advisor

Ph: 03 338 7696
Talk to Susie for information about independent townhouses or serviced apartments.