

Possum's POST

Possum Bourne Retirement Village • Summer edition 2019



Spectacular Showcase

The village's art expo wows the crowds



Meet Doreen and David



Supporting the All Blacks



A vintage train trip

Greetings from Annie...

Hello and welcome to the summer edition of *Possum's Post*.

It was with sadness that we said goodbye to our previous village manager Phillip Hanson who capably steered the village from our first days. We wish Phillip all the best.

I am excited to take on the role of village manager following three years as Possum Bourne's clinical manager. I have been heartened by the support that I have received from residents, their relatives and staff. I look forward to getting to know you all.

There are plenty of activities keeping us busy in the lead up to the holiday season. We especially look forward to our very own Bourne Singers performing *A night at the Proms* to entertain residents and guests in November.

Our activities team have a special Christmas display planned during December and plenty of other fun activities.

It's fantastic to watch the residents work together to make our community so great. Thank you for making this your home, and for helping ensure it is a great place to live and work.

Wishing you a wonderful summer and a very Merry Christmas.



Annie Bruce
Village Manager
Ph: 09 238 0370

A note from Jo...

This year has flown by and I've had so much fun. We've held wonderful events and we have many more to look forward to.

I recently represented New Zealand as an official at the Australian State Teams Swimming Championships, my first such appointment. I am honoured and grateful to give back to the sport that my girls love being involved with.

We have a strong demand for our wonderful townhouses and apartments. I am always happy to arrange a time to sit and chat about our village or to take you on a tour. Please let me know if you would like to be added to our no obligation wait list – just give me a call.



Independent townhouse available now!



Jo Clare
Sales Advisor
Ph: 09 238 0808



Spectacular showcase

The beautiful artworks on display at Possum Bourne have proved to be a great drawcard for both residents and guests alike.

Art aficionados got the chance to see mouth artists in action including quadriplegic Steve Nimmo painting flowers in a vase. Fellow mouth artist Toni Leefe told an audience how she came to join the Mouth and Foot Painting Artists organisation.

Toni was paralysed after a trampoline accident at the age of 14 and says she had no inclination to paint before then. Toni has donated a painting to be displayed at the village, which is also the home of her grandparents Eddie and Joyce Fox. Then two more paintings were donated by MFPA, which were raffled off.

Above: Steve Nimmo shows his skills with residents Carrie Haak and Yvonne Peachey looking on.

Cover: Toni Leefe with her grandmother Joyce Fox.





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.

Independent resident profile

Meet Doreen and David Harper



“ We have made lots of friends here and enjoy the many activities in the village. ”

Hello, our names are Doreen and David Harper. We are originally from St Helens in England (the birthplace of former Prime Minister of New Zealand Richard Seddon).

We emigrated to Australia in 1967 with two children aged three and six months old. It was quite a

journey - 36 hours with only one hour stops at each of the four stopover airports. We lived in Melbourne for seven years and our third child was born there. David worked in the knitwear industry and I stayed at home looking after the children.

In 1974, we moved to New Zealand for David's work. We settled in Cockle Bay and lived in the same house for 42 years. During that time David was dedicated to the coaching of school rugby league and was also involved in the Lions and Probus clubs. I worked as a doctor's receptionist, as well as a secretary at the Pakuranga Children's Camp, and was also involved in guiding and PTAs.

After the knitwear industry went in decline, we bought a children's bookshop called Jabberwocky. We operated the bookshop for 16 years before we retired at 70. It was a wonderful experience helping parents choose books for their children. We met many top authors, both local and international.

We researched retirement villages for six years and signed up for Possum Bourne in 2015 as soon as we saw the plans. We have made lots of friends here and enjoy the many activities in the village. It has been such a good move!

Supporting the AllBlacks

Serviced apartment residents enjoyed dressing up for a themed Happy Hour celebrating the launch of the Rugby World Cup.

Residents loved the sporting attire, and many chose an all black outfit to support the world champions. During the evening there were spot prizes for the

best dressed and staff also got together with the residents to create a short video in support of our national rugby team.

It was a lovely afternoon, filled with laughter.

Pictured: Bev Laurent, Annie Bruce and Ina Jolly.

News from the serviced apartments





Father's Day

The special care centre's Men's Club celebrated Father's Day together with their families and friends. They enjoyed a sausage sizzle afternoon with some drinks and special gift bags, which were made by some arty residents.

Pictured: Residents Ken and Joy James.



International month

Our resthome and hospital residents celebrated International Month with an afternoon of fun and festivities. Residents enjoyed traditional food from different cultures, while being entertained by acts representing many countries!

Pictured: Resident Agnes Wright accompanied by a Scottish bagpiper.

Staff profile Introducing Donna



I continue to meet inspirational residents.

Hello, my name is Donna Barnes and I am an activities coordinator here at the village.

I am the second eldest of nine children. Growing up in Papakura, I attended St Mary's Convent and completed secondary schooling at Papakura High School. An interest in fashion led to a Trade Certificate in Hairdressing. This was followed by a rewarding ten years in the industry.

I married a born and bred Pukekohe local, Barry Barnes. Our interest in sport meant

our two sons were destined to support our local sports clubs. They're still actively involved.

I moved into the retirement sector as head of the housekeeping team at a resthome, I could see that residents loved to be inspired with activities. So I trained in diversional therapy.

I jumped at an opportunity to join the team at Possum Bourne. Three years later, I continue to meet inspirational residents and work with many kind, hardworking, wonderful people.

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, 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, 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!



A vintage train trip

Independent residents celebrated Father's Day with an outing to Glenbrook Vintage Railway.

The residents boarded the quietly chuffing steam train and were asked to help crew the engine room. They helped the driver and stoker and pulled the cord to sound the whistle as they approached crossings.

The train stopped at Waiuku terminal and the residents witnessed the engine being disconnected and reattached to the carriages.

When they reached Glenbrook workshop the residents saw progress on a rebuild of a main line steam locomotive. It was a very special afternoon.

Pictured: Noel White and Brian Bell relax at the Glenbrook workshop.



Annie Bruce
Village Manager

Ph: 09 238 0370
Call Annie for general enquiries, or information about resthome, hospital and dementia care.



Jo Clare
Sales Advisor

Ph: 09 230 0808
Talk to Jo for information about independent apartments, townhouses or serviced apartments.