

Wallace's Words

Julia Wallace Retirement Village • Summer edition 2019



Men's Shed

Our Men's Shed members did their bit for Conservation Week at Ashhurst Library



Meet
Elaine



Cherry blossom
tour



Support
dogs

Greetings from Christina...

Hello and welcome to the summer edition of *Wallace's Words*.

It is a delight to see the beautiful spring gardens at Julia Wallace right now. This warmer weather brings the promise of flowers and growth and the chance to remain active.

The village always looks wonderful in spring and we hope you enjoy visiting us to see the colours.

There have been so many wonderful events in recent weeks for our residents and visitors.

In this edition you will meet Dilum, one of our activities and lifestyle coordinators. With the activities team, Dilum is always looking for opportunities to bring fun and adventure to the lives of village residents.

One of the most recent events, which was very much enjoyed, was 'Dancing with the Staff' (based on *Dancing with the Stars*). There was lots of practice, a variety of dancing, and everyone had such fun!

I suspect it will become an annual event and will be bigger and brighter next year.

Always happy to see you in the village. So please drop in, and I'll see you soon.

Kind regards,



Christina

Christina Brenton
Village Manager

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A note from Chrissy...

The spring and summer months are so enjoyable, prompting smiles all round as we prepare for and then participate in more outdoor activities.

The bowls season is starting up and I am looking forward to my sponsorships with local clubs. It's always a delight to meet new people and to present prizes for winning teams.

Our Men's Shed blokes participated in Conservation Week by making some oversized games for the Department of Conservation to use. The games were set up at Ashhurst Library to help local children learn more about their environment. The library session proved that learning is not just done by the kids!

Rebecca Nelson gave us a standout performance and Vicki Lee will perform soon. Please do call me for more information on the date and tickets.

Above: The Men's Shed resident Roger Crowley.



Chrissy

Chrissy Thompson
Sales Advisor

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Two's Company concert

Two's Company turned on a fun-filled concert providing good vibrations for village residents and guests.

The village venue was set up for talented husband and wife entertainers Peter and Jacquie. Both sing and play different instruments, and the pair have been touring around Ryman Healthcare villages.

For this occasion, they mostly played guitar and the electric piano. But they offered musical diversity, offering a range of genres including folk, Latin and classical along with their own compositions.

There was a lot of audience participation, and everybody had a fabulous time. Two's Company had the residents dancing and singing.

The afternoon finished with a lovely afternoon tea shared by friends.

Above and inset: Peter and Jacquie, of Two's Company, wowed the audience.





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 Elaine



“ *The staff and residents have already become friends.* ”

Hello, my name is Elaine Hopkins and I'm a serviced apartment resident here at the village.

I was born in Hawera, and brought up in Hamilton, where I met John. My future husband had come out to New Zealand as an assisted immigrant from the United Kingdom in 1957.

John's father was the Methodist minister at our church, where young people would often go to local dances. We became great friends and married.

John's dream was to be a farmer and we became sharemilkers with 100 cows in Kaitaia. I enjoyed working with my husband and raising the calves.

We later moved to Dargaville, then onto the Manawatu where we had a busy life dairy farming and raising a family.

We now have four children, 13 grandchildren and five great grandchildren. Before I met and married my husband, I was a florist and worked in retail. As a farmer's wife and mother, I kept house and cooked for family, farm workers and contractors.

My hobbies have been sewing, gardening, crafts and music. In recent years I have been looking after John, who now has dementia. I will be very pleased when he can join me here at Julia Wallace.

I chose a serviced apartment at the village as I have owned many houses and I wanted a rest from their upkeep. I also enjoy swimming and Julia Wallace offers a great swimming pool.

Coming to Julia Wallace has been a huge change for me, and I am really enjoying my life here. The staff and residents have already become friends.

Cherry blossom season

Our serviced apartment residents love the season of spring. It always provides them the opportunity to look around the city to see the new growth including the beautiful cherry blossoms.

This year they went for a long drive covering some of the city parks, enabling them to see the beautiful gardens full of people.

The weather was a bit fickle but everybody was very enthusiastic and some took the opportunity to take photos of the beautiful blossoms along Victoria Esplanade.

Pictured: The cherry blossoms were spectacular!

News from serviced apartment residents





Making maracas

When a group of care centre residents took on a project of making maracas, they knew the craft work would take several weeks. The papier mache process was messy but fun, as was the painting and varnishing. Now the maracas are brought out for musical moments.

Above: A great selection of maracas ready to play!



Dancing with the staff

The care centre residents thoroughly enjoyed a Dancing With the Staff competition. The main prize went to a combined effort by the hospital staff and residents. They jived to the Jackson 5's Blame It on the Boogie.

Pictured: Staff members Sylvia Mead and Dilum Jayasuriya get ready to boogie.

Staff profile Introducing Dilum



I'm looking forward to joining a local cricket club over the summer.

My name is Dilum Jayasuriya and I'm one of the activities and lifestyle coordinators for the village.

I moved to New Zealand in 2014 and I love living here. I was born in Sri Lanka and have a financial background including in the banking industry. I was a trainee financial auditor and I did a couple of accountancy roles back in Sri Lanka.

In my role here in the village, I work very closely with our townhouse residents. But I do a lot of different activities with the

residents who live in other areas of the village.

I've been working in the healthcare sector for more than five years, and have been a team leader helping manage people with both physical and intellectual disabilities.

I live with my wife and we both love travelling and hiking. I'm looking forward to joining a local cricket club over the summer and aim to play some good games.

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



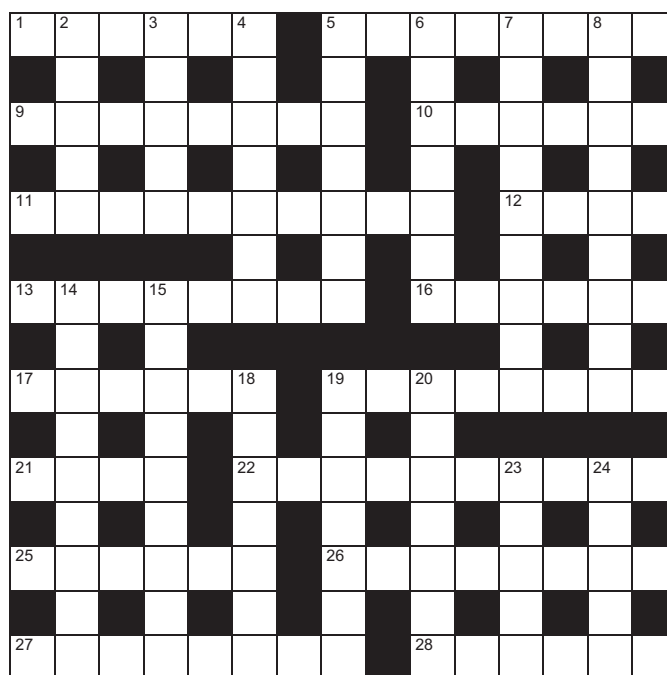
Answers: Ale, ally, ally, ally, are, aryl, aye, ear, early, early, era, lay, layer, lea, leal, ley, lye, lyre, rale, rally, ray, real, relay, REALLY, rely, rye, yare, yea, year, yell.

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. Icen, 4. Garland, 5. Ezekiel, 6. Rotunda, 7. Gendarmes, 8. Elephants, 14. Astroblabe, 15. Fendalton, 18. Abscess, 19. Simpson, 20. Obelisk, 23. Talon, 24. Mensa.



Down

- Surname of the dalmatian in Hairy Maclary stories (5)
- Celtic tribe of which Boudica was the queen (5)
- Wreath of flowers and leaves (7)
- Hebrew prophet who foretold the downfall of Jerusalem (7)
- Building with circular interior and plan, especially with a dome (7)
- French police officers (9)
- Animals which were part of Carthage's army in battles against Rome (9)
- Navigational instrument which was used by sailors (9)
- Upmarket Christchurch suburb near the University of Canterbury (9)
- Collection of pus in a cavity, causing inflammation and swelling (7)
- Wallis _____, American socialite who married the Duke of Windsor in 1937 (7)
- Tapering four-sided stone pillar set up as a monument or landmark (7)
- The claw of a bird of prey (5)
- International society for people of high IQ (5)

Across

- _____ is God's way of saying:

'One more time!': Robert Orben (6)

- Smoky flavoured tea with the addition of bergamot orange (4,4)
- Martyr who is a national symbol of England (2,6)
- Ship built to carry bulk liquid (6)
- Rough calculation of an item's value (10)
- First black man to win Wimbledon, Arthur ____ (4)
- National flower of Wales (8)
- Oval shaped nut used in marzipan (6)
- Fixed number of lines forming a unit of a poem (6)
- Martin _____, regarded as one of the greatest film directors of all time (8)
- ____ Batty: character in Last of the Summer Wine (4)
- Song from the musical Porgy and Bess (10)
- Layer between earth's crust and core (6)
- Word which appeared on the 10c coin for two years after New Zealand went decimal (8)
- Victorian poet who wrote The Charge of the Light Brigade (8)
- 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!



Support dogs

Who let the dogs out? Well the New Zealand Defence Force did, and we had a great time!

We had a visit from Infantry Support Dog Section, Reconnaissance and Surveillance Platoon and residents loved hearing how the dogs and their handlers work. The dogs are not only deployed as part of their reconnaissance and surveillance unit, they also assist with search and rescue.

German Shepherds and Belgian Malinois are used as they are stubborn, hardworking and watchful. The trainers used verbal and nonverbal commands. In some situations silence is essential. The residents thoroughly enjoyed patting the dogs.

Caption: Resident Gail Dymond meets one of the dogs.



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Village Manager

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



Chrissy Thompson
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Talk to Chrissy for information about townhouses or serviced apartments.