

# Yvette's Accolades

Yvette Williams Retirement Village • Summer edition 2019



## Rebecca Nelson performance

Charming singer draws  
in her audience.



Meet  
Noelene



Father's  
Day



Moon  
landing

## Greetings from Gail...

Hello and welcome to the summer edition of *Yvette's Accolades*. It is great to finally see that spring has arrived here at the village. The colours from the blossoms and polyanthas are spectacular.

We've had our share of exceptional entertainers visit. Rebecca Nelson performed her new show, and we had a group of musicians perform alongside the New Zealand Symphony Orchestra. We have also had visits from local high school musicians.

Poet's corner has proven very popular with residents and we have had a second visit to the village by poetry performance troupe, The Tight Lines.

The Ryman Healthcare charity this year is the Breast Cancer Foundation New Zealand, and

fundraising has already begun. We have had a village market day where residents and staff were able to purchase a variety of goods including baking preserves, art work and second hand goods.

Finally, it was fun to watch the village in full 'fan' mode for the 2019 Rugby World Cup, with some great support from our residents and staff.

Kind regards,



*gail*

**Gail Miller**  
**Village Manager**

Ph: 03 464 0390

## A note from Kate...

I hope you are enjoying the warmer weather and longer days in our wonderful city.

I recently had a lovely conversation with a gentleman living in a serviced apartment who reflected on just how much his wife staying at Yvette Williams, in hospital care, has meant to him. Having his wife within the same village has enabled him to make numerous short visits during the day and helped improve their quality of life.

At Ryman villages we develop great community relationships. Here I am (pictured with Ryman friend Kelly Baird) at an Otago Art Society awards evening sponsored by Ryman Healthcare. It was a great event.

If you'd like to find out more about the Ryman difference please call me. We can make a time to have a cuppa at the village.



*Kate.*

**Kate Morgan**  
**Sales Advisor**

Ph: 03 455 7936



## Rebecca's intimate concert

Rebecca Nelson recently visited to perform some new as well as some of her best known songs in a wonderful intimate concert.

Rebecca also told some interesting stories about her life experiences. She told us how she began busking, then graduated to performances at Prince Charles' 70th birthday and at Gallipoli.

Her concert was enjoyed by serviced apartment and care centre residents, who then relaxed and caught up over afternoon tea.

Some of her recent Ryman performances have included versions of Elvis Presley's *Can't Help Falling in Love*, John Lennon's *Imagine* as well as Vera Lynn classics like *The White Cliffs of Dover* and *We'll Meet Again*.

*Pictured: Rebecca performs to our residents.  
Inset: Rebecca at Gallipoli.*





## 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](https://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.*

## Serviced apartment resident profile

### Meet Noelene



“ *I worked on our farms and returned to nursing at Cherry Farm Hospital.* ”

Hello, my name is Noelene Dempster and I'm a serviced apartment resident here at Yvette Williams.

I was born on New Year's Eve, in Invercargill and am the youngest of three children.

We were raised on a farm, up the Rees Valley which is 2.5 miles from Glenorchy. We shifted to Central Otago for our high school education where we were able to learn musical instruments, join youth clubs and play outdoor sport.

When I was 12 years old I got my first paid job, picking strawberries. This led into holiday work on orchards and at the local Roxdale Jam factory.

I started my career as a hospital aide at Roxburgh Hospital. I trained in Dunedin as a general and maternity nurse, studied midwifery in Christchurch and trained as a Plunket nurse at Karitane Hospital.

I worked in many hospitals and regions, eventually arriving in East Otago, where I met my husband John at a smallbore rifle club. We married and had two children, Andrew and Helen.

I worked on our farms and returned to nursing at Cherry Farm Hospital for 12 years. Deciding on a change, I became the East Otago district nurse.

Over the years I was also a youth leader, looking after Brownies, Cubs and Girl Guides. Gardening was another passion of mine.

Sewing, patchwork, knitting, letter writing and most importantly, friends and family, also keep me busy.

## Piano recital

Serviced apartment residents were treated to a visit by two fine pianists – John Van Buskirt and Anni Ren.

John, who has played widely overseas and lectures and tutors at the University of Otago, played some wonderful pieces.

Anni came to play a selection of music from composers J.S. Bach, Mozart, Liszt and Chopin.

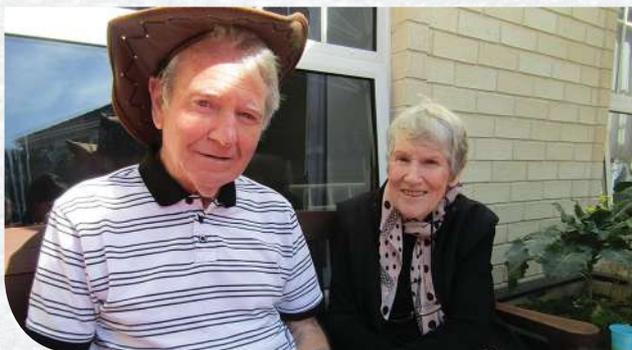
Anni is studying for a Bachelor of Performing Arts at the University of Otago.

She told our residents she is also passionate about teaching and enjoys passing on her knowledge to young students.

*Pictured: Anni Ren at the end of the performance.*

## News from the serviced apartments





## Father's Day

Care centre residents and their families gathered in anticipation of a special Father's Day celebration. We started with a classic Kiwi barbeque, followed by a delicious dessert. The weather was fantastic, and everyone chatted away in the sunshine.

*Pictured: Resident Claude Chettleburgh enjoyed the company of his wife Marilyn.*



## Daffodil Day

Residents in our care centre took time out to support the Cancer Society of New Zealand's Daffodil Day. Residents marked the awareness day with a high tea. They shared the time with friends and remembered those we have lost.

*Above: Norma Tilleyshort enjoys a cup of tea and some scones prepared by the kitchen staff.*

## Staff profile Introducing Kristin



*I might be silent sometimes, but I am just practising mindfulness.*

Hi there! My name is Kristin Cadavis-Khiathani.

I was born in Tacloban City, in the Philippines. I am married and blessed with a lovely daughter and have been happily working at Yvette Williams since February 2018.

We immigrated to New Zealand three years ago and I was captured by the beauty of the country.

I love music, and when I listen to my favourite songs I like to sing along. Music lifts my mood and heals the soul.

I love listening to Michael Bublé, Sarah Bareilles, Adele, and many more.

I might be silent sometimes, but I am just practising mindfulness. I take my time to acknowledge my thoughts and stop to reflect on them. But I always remain attentive.

Residents here are a joy to be with. I love spending quality time with them.

# 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, aye, 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)

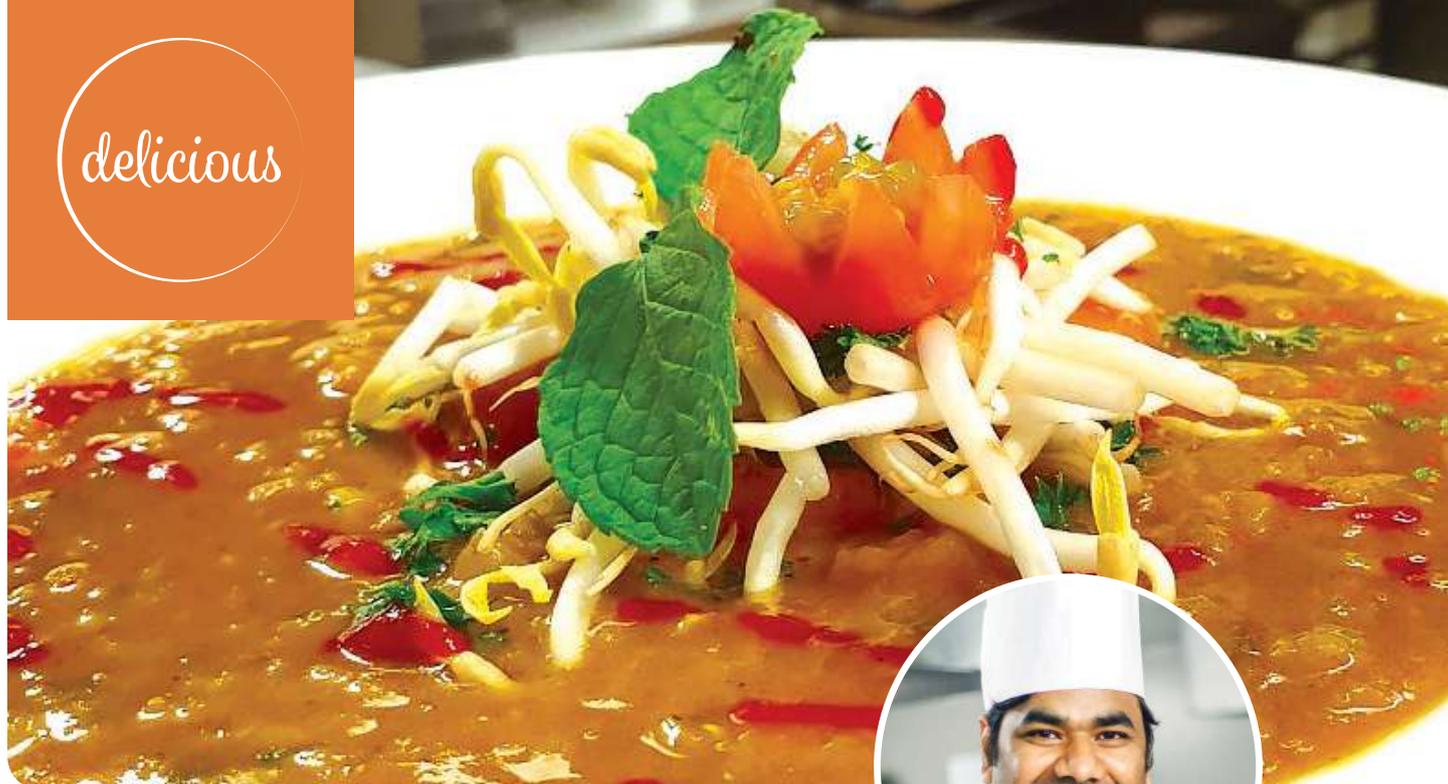
### Across

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!



## Moon landing memories

To celebrate the 50th anniversary of the first moon landing, staff and residents took time to remember what they were doing all those years ago. Residents remain fascinated by the exploits of the team behind United States' Apollo 11 flight.

Many of our residents knew exactly what they were doing on the day of July 20, 1969. Some sat in excitement listening to the radio coverage with their families, while others continued with everyday tasks such as hanging out the washing!

*Above: Staff also dressed up for the occasion; Georgia Smaill, Tracey Webster, Maria McNeilly, and Nicola Tarleton.*



**Gail Miller**  
Village Manager

Ph: 03 464 0390  
Call Gail for general enquiries, or information about hospital or dementia care.



**Kate Morgan**  
Sales Advisor

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Talk to Kate for information about serviced apartments.