

# Graceful Lines

Grace Joel Retirement Village • Summer edition 2019



## Classic Warbirds

A Men's Club outing to Ardmore Airport proves to be a treat



Meet  
Flora Rose



High  
tea



Cultures  
galore

## Greetings from Murray...

Hello and welcome to the summer edition of *Graceful Lines*.

Our Father's Day BBQ was well attended by Dads from across the village. Our guest speaker this year was Jack Gow, a care centre resident and a former mayor of Whakatane.

The last few months have been particularly busy around the village with various maintenance projects underway including painting of parts of the care areas, and replanting the atrium gardens with a nice selection of potted plants. We are working on upgrading the call bell system and will start on the replacement of lounge furniture soon.

In the serviced apartment area, we are installing ultrafast broadband along with an upgraded call bell system. Externally, we have commenced work on the new rear entrance off Summerhill

Place and the replanting of gardens around Eastmed medical centre.

In August, we held a book fair and raised \$700 for our charity for 2019/20, the Breast Cancer Foundation NZ. We also hosted a presentation by fashion designer and philanthropist Annah Stretton.

As always, I look forward to seeing you around the village.

Kind regards,



*Murray*

**Murray Parkes**  
**Village Manager**

Ph: 09 575 1572

## A note from Bronwen...

Our residents had fun modelling Annah Stretton's designer clothing at her recent presentation. It was so much fun that Annah's team are coming back to present 'how to dress for your shape'.

With the warmer spring weather upon us it is a great time to think about a move.

Our apartments have had a total refurbishment. They have beautiful kitchens with soft close cupboard doors and high gloss stone bench tops. All the fixtures and fittings are high quality and the décor is tasteful.

If you're quick enough you can choose your drapes and carpets so give me a call. I can give you all the details and show you our beautiful village.



**Independent apartment *available now!***



*Bronwen*

**Bronwen Steere**  
**Sales Advisor**

Ph: 09 575 1563



## Warbirds delights

What a day the Men's Club had at a NZ Warbirds-hosted event at Ardmore Airport! Many of the gentlemen were very impressed with the displays, the information and some interesting talks. One of the residents was an experienced pilot and a couple of the others admitted they like to dream about flying an aircraft!

The weather and flying conditions were good enough on the day to allow the men to watch an experienced pilot fly one of the old planes in and park it up in the hangar.

Everyone entered into a draw to win an adventure flight on a Spitfire plane. Wouldn't it be lovely to see one of them take a flight on one of the iconic planes of World War II.

*Main picture: Resident Gordon Johnson.  
Inset: The original SE5 first flew in November 1916 and entered operations over the Western Front with No. 56 Squadron RFC in April 1917.*





## 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 Selahow, 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 Flora



“Moving is no longer a ‘nightmare’, thanks to my dear family and the good people at Grace Joel.”

Hello, my name is Flora Rose and I’m a serviced apartment resident here at Grace Joel.

For me moving home has always presented a challenge but of course I’ve moved many times in my life and now I’m happy to be in the village.

I’ve been in the homes of my childhood, of marriage, keeping up with my husband’s career

moves, retirement and finally changes during my time as a widow.

I came to nest very happily in an independent apartment at Grace Joel in 2004. When facing health issues, including broken bones, Bronwen had invited me to view a vacant serviced apartment.

“No” I said stubbornly until one bright morning I consented. From the moment the apartment door was opened I was hooked.

The sunshine streamed into a spacious room and from the bedroom I saw a view as good as the one in my independent apartment. I went home to think, and then contacted my three sons.

A date was set, and we opted for the assistance of a removal firm. Then I had to declutter and with several grandchildren either flattening and buying their first house that was easy.

Move in day was very busy but all proceeded to plan.

Grace Joel staff have been so helpful with utilities like heat pumps, underfloor heating and the telephone! In the dining room I now sit with people I know and appreciate the menu choices. My friendly neighbours have come to introduce themselves. Moving is no longer a ‘nightmare’, thanks to my dear family and the good people at Grace Joel.

## Walking Group

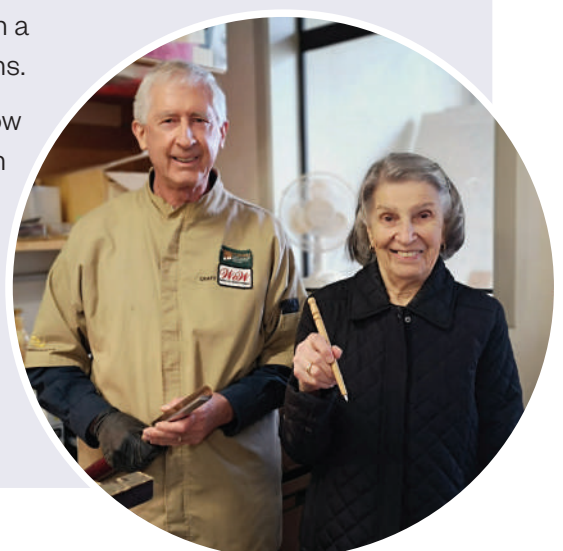
Our serviced apartment residents are really enjoying a walking group that sets out from the village at least once a week.

A recent walk included a stopover at the village workshop, where Tom Pearson was waiting to take the residents on a special tour.

He’d noticed them walk by on a number of previous occasions.

Tom showed the residents how to make a wooden writing pen and each resident received one to take home.

*Pictured: Tom Pearson and Phyllis Barbarich.*



## Village news





## High tea

Residents recently enjoyed a high tea to celebrate village life and all that is good about our community. The special tea sets were brought out and our village kitchen team prepared all sorts of sweets and delights. The residents loved sitting in the sunlit atrium for the afternoon get together.

*Pictured: Rena Devine enjoys a cuppa in the company of fellow residents.*



## Cultures galore

Our village residents thoroughly enjoy events that celebrate the diverse cultures, customs and traditions that are within this country. Earlier in the year we provided entertainment to reflect festivities including the Fourth of July Independence Day, Bastille Day, and Hawaiian, Kiwiana and Asian festivals.

*Pictured: Ross Somervell and John Stewart.*

## Staff profile Introducing Rohan



*I love my job at Grace Joel because we all share the same vision.*

Hello, my name is Rohan Natekar and I'm an activities coordinator here at Grace Joel.

I am originally from a place near Mumbai, India. I hold a bachelor's degree in physical therapy and shortly after graduating in 2012, I moved to New Zealand for the first time to pursue higher studies.

I completed my post-graduate diploma in Sports and Exercise Science at AUT. I am also a certified aqua aerobics instructor.

After joining Grace Joel, I initiated the aqua exercise

programme where residents got the opportunity to learn about water therapy. I believe all activities should be fun and exciting but with safety as a priority.

I love my job at Grace Joel because we all share the same vision. In this family environment everybody supports each other.

In my spare time I like interacting with people, watching travel documentaries, listening to music and playing tennis with my friends.

# 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!



## Crystals galore!

A group of residents had a lovely time at Crystal Mountain museum and café, based in Swanson, west of Auckland.

Many of them went down the lift into the 'mine' and the main museum exhibition space. The museum specialises in crystals, minerals and fossils and the space also provides plenty of fun activities to do.

Residents enjoyed having a tasty lunch at the on-site café, with a few birds asking if they could share in some crumbs. Some residents viewed the outside areas where animals, from pigs to peacocks, roam.

Pictured: Resident Dorothy Keightley loved the outing.



**Murray Parkes**  
Village Manager

Ph: 09 575 1572  
Call Murray for general enquiries, or information about resthome and hospital care.



**Bronwen Steere**  
Sales Advisor

Ph: 09 575 1563  
Talk Bronwen for information about independent apartments, townhouses or serviced apartments.