

Bert's Innings

Bert Sutcliffe Retirement Village • Summer edition 2019



Knitting group

Craft and colour combine
in charitable work



Meet
Ray and Lorna



Glee
club



School
visit

Greetings from Marika...

Bonjour et bienvenue to our summer edition of *Bert's Innings*.

We have been very busy over the last few months with a range of activities and events. In June, we had our mid-winter competition where all areas of the village decorated their spaces. Our big winner was our special care centre. Congratulations!

July was all about celebrating the different cultures in the village and we held a French market in our café for Bastille Day.

In August, to support our new charity for 2019/2020, we welcomed the Breast Cancer Foundation for a talk and hosted a charity bingo event to raise money for the cause. It was a huge success!

We also introduced two new services at the village. We now offer a Ryman E-Cab taxi and companion

service and an E-Rental car is available for our residents to hire for the day. See reception for more information.

We are already planning our Christmas celebrations! It will probably be a warm and sunny one in New Zealand for me this year, I can't imagine going back to Quebec again in -30 degrees!

Please feel free to come and see me if you would like to know more about our wonderful village.

Kind regards,



Marika

Marika Laflamme
Village Manager

Ph: 09 482 1777

A note from Leanne & Rosalind...

Hello, we hope you are well and enjoying the warmer weather.

We have had some great events at the village including a glaucoma health presentation and a Dame Vera Lynn tribute show by singer Vicki Lee.

We have brand new two and three-bedroom independent apartments available which are proving to be popular and priced from \$790,000.

We also have some beautiful one-bedroom serviced apartments, with lovely outlooks, available now and priced from \$460,000. You can still maintain your independence with a little extra assistance with housekeeping and meals.

If you would like to view our show apartments or pop in for a coffee and a chat about village life, please give us a call.



Independent apartment *available now!*



Leanne Rosalind

Leanne O'Meara & Rosalind Hayhoe

Sales Advisors

Ph: 09 483 2226



Knitters' incredible success

Ryman's recent partnership with the 'Peggy & friends' knitting network is already having an amazing ripple effect at Bert Sutcliffe, which was the first village to set up a group.

The craft and chat group, that started up in February, now has 32 members.

It's a lovely, social occasion where everyone chats, knits or crochets together.

Max is the first man to join the group and he has taken on the task of producing pom poms for all the bobble hats. He has persuaded his wife Val to get involved too.

Sue Harvey is the group's convenor, a role she shares with Jill Muir (main picture), and the pair marvel at the group's success.

Founder Lynn Dawson's idea of the network was one to encourage groups of knitters to make blankets for vulnerable children in their local community.

Inset top: Residents Sue Harvey, Alison Yearbury and Beryl Hay.

Inset bottom: Resident Max McPhail.





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.

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.

Independent residents profile

Meet Ray & Lorna



“The decision to move in all happened quite quickly but it's been really fabulous at the village.”

The decision to move into Bert Sutcliffe Retirement Village was made relatively quickly for Ray and Lorna Tomes.

Considerable maintenance issues were looming for their Birkenhead house and Ray noticed a trend happening at the bowls club.

“I play bowls at Birkenhead and Northcote and had heard that about 20 club members had moved in, so I said we better go and have a look!” Ray says.

They both liked what they saw but there was one condition, says Lorna. “I wanted to have a three-bedroom apartment so I could set up one room for my crafts.”

A former teacher at Rangitoto College, Lorna enjoys watercolour painting, tapestry, stitch and slash sewing, South American Mochila crochet, fabric painting and free motion quilting.

They moved in just before Christmas 2018 and there have been lots of activities to get involved in.

Ray has set up a walking group in the village for keen walkers; he loves board games and has represented New Zealand three times playing a Chinese game called Go; and he is a practitioner of Vipassana meditation.

“The decision to move in all happened quite quickly but it's been really fabulous at the village,” Lorna says.

“The staff are great, the people are really welcoming and the craft group invited me to come out and join them which I have really enjoyed.”

Glee club

Every fortnight, Bert Sutcliffe's very own glee singing club get together and practice songs for their upcoming performances in the care centre.

They've been inspired by both older musicals and the resurgence of the North American glee clubs, which have featured heavily

in popular culture and social media in recent times.

This month they have been practising famous songs from well-known movies such as *The Sound of Music* and *The King and I*.

Pictured: Residents enjoy their practice sessions.



Village news



School visit

Birkdale Primary School students came to the village to read books to the residents. It was magical to watch the children engaging with the residents. There were smiles and chuckles aplenty as the youngsters gave their spin on the stories.

Above: Shalom, the daughter of Shuvayi Mbewe, our registered nurse, with resident John Tate.

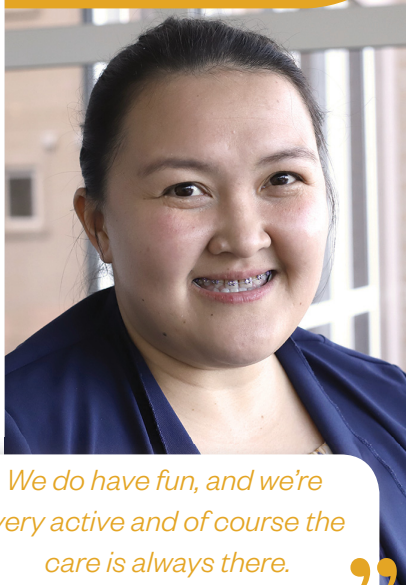


Indian cuisine

Our caregiver Lovely Chauhan was thrilled to teach resident Shirley how to make Halwa, an Indian sweet dish, during International Month. The residents and staff enjoyed learning about different cultures and tasting different cuisines throughout the month.

Above: Lovely and Shirley spend some special time together.

Staff profile Introducing Snap



“We do have fun, and we’re very active and of course the care is always there.”

Singing, dancing and laughter are all part of a typical day in the life at Bert Sutcliffe’s special care centre.

Unit Coordinator Snap Venturanza says that while singing talent isn’t a requirement when choosing who works in the team, having the aptitude certainly makes for a lighter, more welcoming environment.

“We’re a happy and caring team – there’s a lot of singing, and a lot of laughing, especially when the residents tell us we

should stick to our day job!” says Snap, laughing herself.

“We do have fun, and we’re very active and of course the care is always there.”

Members of the community, including singing groups, are regularly invited into the village too, says Snap.

“We do have pet therapy visits as well but we always encourage family members to bring their pets along because pets are A1 in this unit!” she adds.

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1. "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!



Reading roster

The wonderful serviced apartment and independent residents at Bert Sutcliffe have volunteered to read to residents in the care centre.

The reading club is recruiting for a few more volunteers to read for half an hour in either the resthome, hospital or the special care centre. Recently, we saw a great residents' response to a reading by volunteer John Dwyer.

The residents who attended were transfixed by his words. They were delighted by the performance and look forward to many more readings to come.

Above: John Dwyer reads to special care residents.



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bertsutcliffe.co.nz



Marika Laflamme
Village Manager

Ph: 09 482 1777

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



Leanne O'Meara & Rosalind Hayhoe
Sales Advisors

Ph: 09 483 2226

Talk to Leanne or Rosalind for information about independent or serviced apartments.