

# Jane's Journal

Jane Mander Retirement Village • Summer edition 2019

**RYMAN**  
ANNUAL AWARDS  
2019

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2019



**Village of the Year**  
A huge team effort by Jane Mander



Jack Morgan  
Museum



Meet  
Jack



Movie  
madness



## Greetings from Wendy...

Hello and welcome to the summer edition of *Jane's Journal*, it is always exciting for me to reflect over recent months when I write my column for the newsletter.

One event of significance was Jane Mander being awarded Village of the Year at the Ryman Healthcare Annual Awards! It is lovely to think that the northern most village provides strong resident and staff engagement and satisfaction, so well done to us all.

Father's Day this year was a real blast. Celebrity Ray Wolfe put on a special concert for our dads and followed up by attending and speaking at our Blue Ribbon Breakfast in support of prostate cancer awareness.

In the lead up to Christmas there is always so many exciting things happening at the village.

I am really looking forward to some of the great activities we have planned for Wellness Month and of course we've been immersing ourselves in the 2019 Rugby World Cup.

As always, my door is open if you would like to chat.

Kind regards,



*Wendy*

**Wendy Turner**  
Village Manager  
Ph: 09 435 3850

## A note from Fiona...

Hello, I hope you are enjoying the spring weather, I recently had a winter break in Rarotonga so I'm really looking forward to summer!

We continue to have lots of great events at our village. Recently, we had Vicki Lee perform her tribute concert to Vera Lynn. It was a fantastic event and Vicki took time to speak with residents and village friends after the show.

I also had 21 people from Kaitaia Friendship Group travel two hours to visit our village. They enjoyed a delicious lunch and were shown around the village and spoke with some of our residents.

We continue to sponsor bowling and croquet tournaments including the Waipu Club's tartan tournament, which was very enjoyable.

There continues to be plenty of interest in the village, and I love showing people what Jane Mander has to offer. Please get in touch if you would like to find out more.

*Above: Vicki Lee talks with resident Dorothy West.*



*Fiona*

**Fiona Scotland**  
Sales Advisor  
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## Village of the year!

Jane Mander won the Village of the Year award for 2019 at the Ryman Healthcare Awards in June. Chief Executive Gordon MacLeod presented the award and praised village manager, Wendy Turner, for “achieving great things with her team”.

The village was commended for high survey ratings, meaning that residents, staff, and their families are happy with life at Jane Mander.

This was the first time the Kamo village had won since opening its doors in 2009.

Village Manager Wendy Turner went on stage to accept the award along with Sales Advisor Fiona Scotland and Clinical Manager Shalimar Bawayan.

Shalimar was also nominated for the prestigious Kevin Hickman award, which is given to those exemplifying excellence in care and leadership.

*Above: Fiona Scotland, Wendy Turner, Gordon MacLeod and Shalimar Bawayan on the big night.  
Inset: Jane Mander residents love the bowling green and other well kept village facilities.*







## 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**

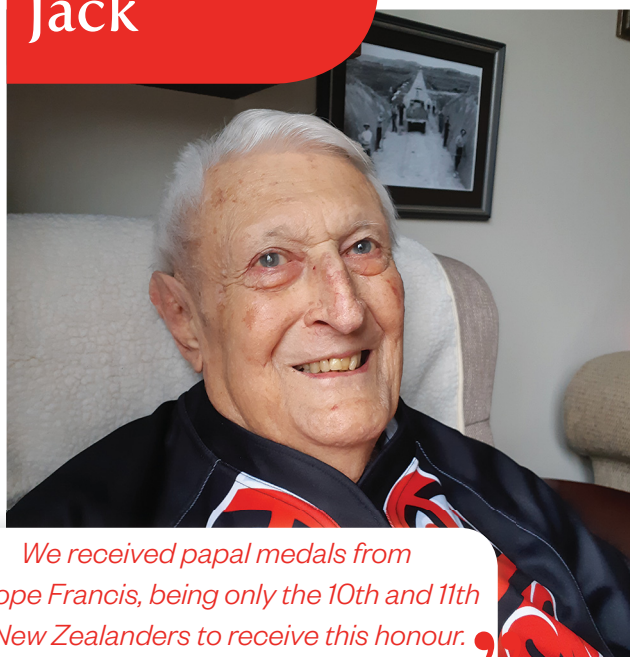
Find a performance near you  
at [rnzb.org.nz/shows/hansel-gretel](https://rnzb.org.nz/shows/hansel-gretel)

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.



## Independent resident profile

### Meet Jack



“ We received papal medals from Pope Francis, being only the 10th and 11th New Zealanders to receive this honour. ”

Hi, my name is Jack Katavich and I live in a serviced apartment.

I was born in Auckland in 1928, my father and mother were hard working Dalmatians who immigrated from Yugoslavia in 1908 and 1926. They were early pioneering gum diggers and farmers.

By 1932 during the depression we moved to the far north settlement of Waiharara,

24 kilometres north of Kaitaia. It was remote. We lived in a tent on the gum fields for five years, with my bed made of sacking and filled with corn husks.

I moved to Auckland in 1952 and worked for Fletchers and the Kiwi Bacon Company. I was a very keen rugby player belonging to the Ponsonby Rugby Club and fondly remember friends like club player and All Black Bob Scott. My enthusiasm for rugby has not changed and to this day I still support the Aupouri team.

I first met my wonderful wife Vera in Waiharara, and we married in 1953. In 1965 we moved to Kaitaia, where I worked for 25 years at the concrete works in many different roles. I was also very involved with the local council and rotary club.

Vera and I have been devoted to the Catholic Church and community in Kaitaia. We received papal medals from Pope Francis, being only the 10th and 11th New Zealanders to receive this honour.

Vera and I have had a busy life devoting ourselves to three children, three grandsons and four great grandchildren. We moved into Jane Mander in 2012, and sadly Vera passed away this year after many wonderful years together. I continue to enjoy my golden years here.

## Jack Morgan Museum

Residents were fascinated by a visit to the Jack Morgan Museum, dedicated to telling the story of early settlers in the once remote area of Hukerenui, Northland.

Jack Morgan was born in 1916 and his passion for collecting memorabilia from the early pioneering days began 35 years ago. Jack gifted the museum

contents to the community in 2008.

It was certainly a great outing for our residents, who fondly remembered having used many of the items on show. The outing was thoroughly enjoyed by all.

*Pictured: Resident Harold Stronach takes in a beautiful day outside the museum.*

### Village news







### Pet therapy

We are so fortunate in our special care centre to have these furry friends visit. Sonia, the proud owner of Cassie and Loki, visits often and the joy the animals bring to the residents is priceless. They evoke many memories.

*Pictured: Cassie and Loki were the focus of attention for our wonderful care centre residents.*



### Movie madness

The care centre was filled with stars and film characters for a Movie Appreciation Month event. Some of our staff dressed as stars of the big screen. Dolly Parton and Marilyn Monroe were just two of those that came out to show off to our residents.

*Pictured: Residents helped honour the movie stars with golden globes.*

### Staff profile Introducing Maaimoa



“I take pride in my work  
and enjoy what I do.”



Hi, my name is Maaimoa. I was born on the tropical Pacific island of Tonga, and I'm the second youngest of a large family.

I have four sisters and two brothers and we've had a lot of fun together. One of my favourite things to do while growing up was to play netball.

In 2004, I moved to New Zealand, where I met my husband. I lived in Auckland for six years before moving to Whangarei for a

quieter lifestyle. I love spending my weekends with my family and looking after my home.

I started working at Jane Mander in 2017, and I take pride in my work and enjoy what I do.

The staff and residents are nice and like to chat. I have plenty of opportunities to improve my English. Most of all I feel appreciated here at Jane Mander; it is such a great place.



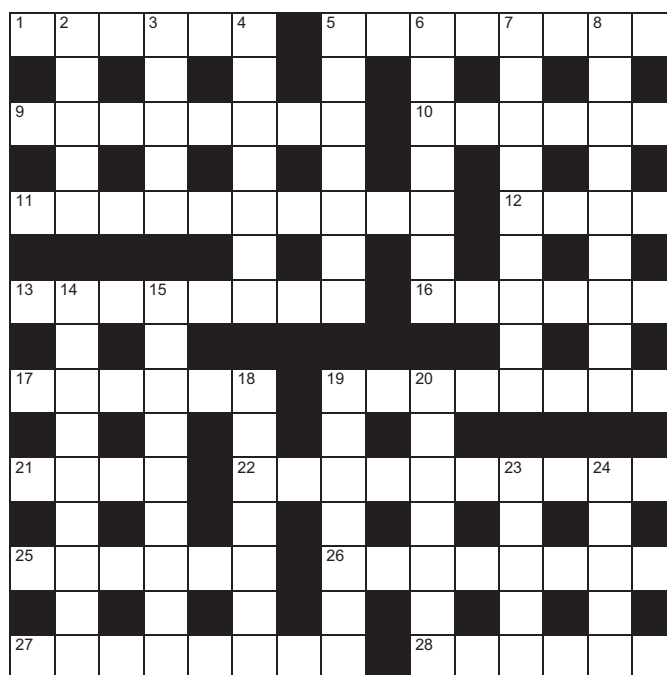
How many words of three or more letters, including plurals, can you make from the six letters, using each letter only once? No foreign words or words beginning with a capital are allowed. There's at least one six-letter word.

ALYLER

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

9 St George, 10 Tanker, 11 Estimation, 12 Ashe, 13  
**Crossword answers: Across:** 11 Spring, 6 Earl Grey,  
 22 Summertime, 25 Mantle, 26 Shilling, 27 Tennyson,  
 Daffodil, 16 Almond, 17 Stanza, 19 Scoresse, 21 Nora,  
 28 Kansas, **Down:** 2 Potts, 3 Iceni, 4 Garland, 5 Ezekiel,  
 6 Rotunda, 7 Gendarmes, 8 Elephants, 14 Astroblabe,  
 15 Fendalton, 18 Abscess, 19 Simpson, 20 Obelisk, 23  
 Talon, 24 Mensa.



1. \_\_\_ is God's way of saying:

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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!





## The Parrot Place

Our independent residents had a wonderful trip to Kerikeri, one hour north of Whangarei, to visit The Parrot Place.

Referred to as being in the winterless north Kerikeri is well known for growing citrus fruit and vegetables.

Residents enjoyed a picnic lunch in the gorgeous tropical garden setting.

We had blue skies and sunshine as we wandered through the aviary. Residents loved the many different varieties of exotic birds from the cheeky back chatting parrots to the colourful macaws.

*Pictured: Residents Jean Bruerton, Jill Cunningham and Betty Page (inset) were able to purchase food and feed many of the colourful birds.*



**Wendy Turner**  
Village Manager

Ph: 09 435 3850  
Call Wendy for general enquiries or for information about resthome, hospital and dementia care.



**Fiona Scotland**  
Sales Advisor

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Talk to Fiona for information about independent apartments, townhouses or serviced apartments.