

Jane's Flyer

Jane Winstone Retirement Village • Summer edition 2019



Knit & natter gifts

Dolls given to children in
Whanganui hospital



Meet
June



Tea
party



Blue Ribbon
Breakfast

Greetings from Kim...

Hello, and welcome to the summer edition of *Jane's Flyer*.

This is my first message as your new village manager and I can say that it's been a busy time! After two weeks induction at Ryman Christchurch, it's been wonderful to arrive in this beautiful village and meet everyone.

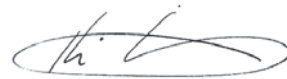
I must acknowledge the great work that Assistant Manager Pauline Groves and the team have done over the last few months. It's good to know that I'm joining such a team of skilled, knowledgeable and caring people. I'm hoping they're also tolerant as I will be asking a lot of questions for a wee while!

It was wonderful to meet many of you at a welcoming afternoon tea and in the next few months, I hope to meet all of you.

Finally, I want to express my excitement at joining Ryman and becoming part of the Jane Winstone community. It's my vision to make this a happy, healthy village and to ensure that everything we do, both with and for you, demonstrates both Ryman's and my own values.

So, until next time — be happy, be healthy, keep smiling and remember that my door is always open if you have a query.

Kind regards,



Kim Eland
Village Manager
Ph: 06 345 6783

A note from Louise...

Hi, I'm Louise Caudwell, and I am very excited about my new sales advisor role here at Jane Winstone.

A little bit about me... when I returned from overseas in the mid 90's I started working at a pharmacy, soon moving into the dispensary.

A career change saw me go into banking, first as sales officer and then in branch manager roles.

I have spent the last 12 years helping Kiwis into their homes and here, at Jane Winstone, I am still enjoying helping everyone into their new homes.

There are also great events like supporting the Alzheimer's memory walk. I am looking forward to getting to know you all over the months ahead.

Pictured: Our memory walk hydration station.



Louise Caudwell
Sales Advisor
Ph: 06 348 9564



Knit & natter mission

Members of one of our village craft groups decided to go out on a special delivery mission. Three of our wonderful ladies presented a collection of knitted dolls to the children's ward at Whanganui Hospital.

The dolls have a sad face on one side and a happy face on the other to help the children communicate their feelings. The hospital staff were thrilled with the dolls that the children get to keep.

Other local organisations are now asking if we can make the dolls to order! It's fantastic to see the knitting group energized knowing that the dolls, clothing and blankets they provide are of a real help to the community.

Above and inset: Charmaine Staines, Marlene Steele, Margaret Connors and Barbara Cromarty are set to deliver the dolls.

Cover: Barbara Cromarty, Carole Gibbard and Delia Moriarty loved making the knitted dolls.





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.

Serviced apartment resident profile

Meet June



Colin knew that I would be very happy living here at Jane Winstone.

Hello, my name is June Whitlock and I'm a serviced apartment resident here at Jane Winstone.

I moved to the village in March 2019. I was born in Taumarunui in 1941. I was brought up in National Park with my parents, a brother, sister and my grandparents. The primary school I attended was just across the road from where I lived.

I then went to Raurimu District High School for three years on a red and cream school bus, which travelled down the Raurimu spiral on a gravel road.

Mount Ruapehu was not far away, so I spent a lot of time skiing during my weekends.

After I left school, I went nursing in Taumarunui for a few years.

When my family moved to Whanganui, I also decided to make the change. Here in the river town I played a lot of tennis and squash.

I soon met my future husband Colin and we were married at the Aramoho Methodist Church which is located near the banks of the river and about 5km above the main township. Colin was a member of the family behind F. Whitlock & Sons, the famous sauce and pickle manufacturer.

Together we brought up two children and I now have four grandchildren.

We did a lot of travelling overseas and have walked the Milford Track.

Colin was chief executive at the Whanganui District Council and sadly passed away in January of this year.

Colin knew that I would be very happy living here at Jane Winstone.

Orange tea party

Recently we held our first ever Orange Tea Party to raise money towards helping those with arthritis. Everyone who attended was treated to a glass of bubbles and enjoyed a scrumptious spread of 'orange' food.

They took part in a quiz about the disease and a prize was

given to townhouse resident Julie Sharpe for the best orange outfit. It was a lovely way to spend the afternoon and a very worthwhile cause to support.

Inset: Delia Moriarty, Mardel Cosgrove and Shirley Wilson enjoy the tea party.



Village news



Community food shed

Our residents spotted a great community project on a country outing to the district of Fordell, east of Whanganui. They were supportive of the idea of a community shed for spare food. The shed allows food to be dropped off or taken away.

Above: Our residents enjoy being out and about.



Stray seal spotted

This seal was spotted taking a rest in a beachside lifeguard tower. Our residents loved being able to take a cheeky photo. The seal wasn't too worried by our presence, content to just to look around while his picture was taken.

Pictured: This seal provided a first time closeup view of a marine mammal for some of our residents.

Staff profile Introducing Mohini



“ I enjoy coming to work every day and interacting with our wonderful residents. ”

Hi, my name is Mohini Lata and I'm a caregiver here at the village.

I'm from Fiji and I immigrated to New Zealand in 2008. My ancestors are originally from India and they moved to Fiji to work on sugar cane farms.

I am married with two children; a son who is 33-years-old and a daughter who is 22.

I started working at Jane Winstone in August 2012 and love my role here. This village is clean and tidy and I feel valued here and everyone appreciates what I do for them.

I enjoy coming to work every day and interacting with our wonderful residents.

The staff here are always friendly, helpful and they always work as a team.

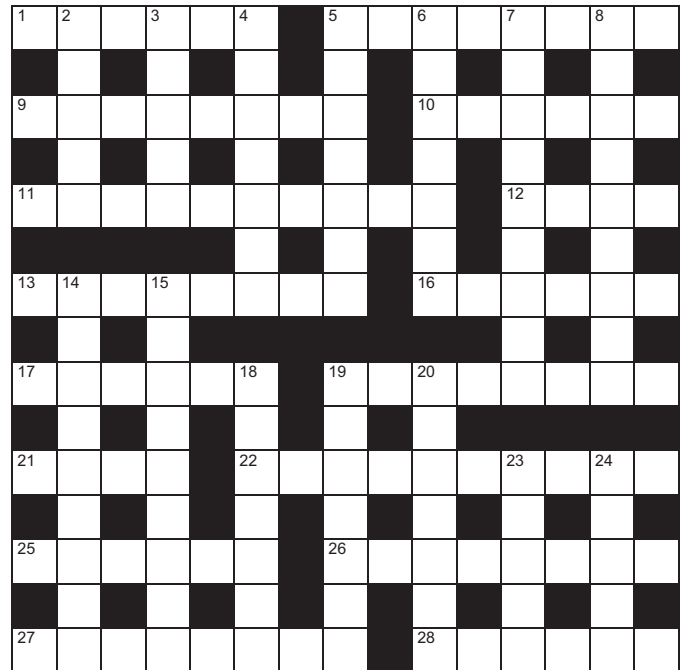
In my spare time I work as a volunteer at Women's Refuge. I enjoy helping those families and anyone who is in need at this very worthy organisation.



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

9	7							3
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4		5						2
3		9			4			1
				1				
7			6			9		5
8						3		9
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1							2	4

Crossword answers: Across: 11. Spring, 12. Earl Grey, 13. St George, 10. Tanker, 11. Estimation, 12. Ash, 13. Daffodil, 16. Almond, 17. Stanza, 19. Scoreless, 21. Nora, 22. Summertime, 25. Mantle, 26. Shilling, 27. Tennyson, 28. Kansas. Down: 2. Potts, 3. Icon, 4. Garland, 5. Ezekiel, 6. Potendia, 7. Gendarmes, 8. Elephants, 14. Astralabe, 15. Fendula, 18. Abbesse, 19. Simpson, 20. Obelisk, 23. Talon, 24. Mensa.



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:

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!



Blue Ribbon breakfast

We recently hosted a Blue Ribbon Breakfast to raise money and awareness for prostate cancer. We had an impressive turnout of more than 50 people, and together we raised an amazing \$1,390!

This is the third Blue Ribbon Breakfast Jane Winstone has held and each time the amount raised by our residents increases. The kitchen team once again wowed attendees with a delicious array of cooked and continental-styled foods. The breakfast saw guest speaker Brian Deadman, a support group coordinator from the Prostate Cancer Foundation NZ, and one of our serviced apartment residents share his story about battling against the disease. His account was very touching. *Pictured: Our residents were happy to support the worthy cause.*



Kim Eland
Village Manager

Ph: 06 345 6783
Call Kim for general enquiries, or information about resthome, hospital and dementia care.



Louise Caudwell
Sales Advisor

Ph: 06 348 9564
Talk to Louise for information about townhouses or serviced apartments.