

The Hillary *Herald*

Edmund Hillary Retirement Village

Autumn edition 2020

Minion invasion!

A fabulous start to
the year with our
Children's Party.



Meet
Philip



Summer days
in the garden



Dancing to
the beat!

Greetings from Dean...

Hello and welcome to the autumn edition of *The Hillary Herald*.

Last year ended with some amazing events to celebrate the festive season. The highlight for me was the wonderful concert performed by the Beat Girls. Care centre residents and their families also enjoyed a three-course meal with fantastic entertainment. I hope everyone enjoyed time with their families during the break.

The new year started off with a bang as we celebrated the annual Children's Party. It was a fantastic day, and you can read more about it on page 3.

Our focus for this year will be to improve the services that we provide, and the team will also look into additional events and activities for residents to enjoy. Maintenance and ground

work will continue during the year as we will be reviewing our irrigation needs and replanting where needed. If you have anything you would like us to look at in the care centre, please let us know.

I look forward to seeing you here in the village and if you want to call in and see me or another member of the team, please feel free, our doors are always open.

Kind regards



Dean

Dean Jackson
Village Manager
Ph: 09 570 0070

A note from Becky...

Happy New Year! I trust that you had a wonderful festive season surrounded by friends and family.

I was lucky enough to have a great three week break to enjoy one of my passions, travel. My partner and I headed to Peru, and I ticked one thing off my bucket list – Machu Picchu. It was absolutely amazing. I'm back refreshed and ready for another year of sales.

Last year I was involved in many community groups and events, with morning teas, sponsorships, and participation. I've tried my hand at bowls, croquet and pétanque! If you're part of a group looking for support give me a call, I'd be happy to visit or host you here at the village.

As always, do pop in for a cuppa and a chat, and I can show you our show homes.



Becky

Becky Gillanders
Sales Advisor
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Minions' invasion!

The Edmund Hillary team dressed up as Minions for the annual village Children's Party and the bold yellow and blue colours made the perfect choice for a bright, cheery theme.

The village was buzzing with residents, their children, grandchildren and great-grandchildren, all mingling with staff and their families.

The action was held in the atrium and included face painting, balloon twisting, egg and spoon races, musical statues and even a Minion-themed pinata! There was plenty to eat and drink while everyone took a break from the games. However, the delicious ice creams were the perfect way to cool off on a very hot afternoon.

Well done team, a great effort and some very happy kids!

Above: Fun and games in the village centre

Inset: Deenah and Josef Joshua Madriaga.





Walking back to happiness

Written by Dr Doug Wilson

Take a walk. What a difference a word can make, or even three words or ten letters.

They can mean one thing, or the reverse – an overbearing boss berating a nervous employee, or a bullying sports opponent, dissing the opponents by yelling ‘take a walk’!

In contrast, a doctor, giving quiet advice to an overweight patient, might say ‘take a walk’, any walk, but just do it. It will get you going.

So, it really depends on the emphasis put on the words.

Multiple short and long-term studies have analysed the health benefits and impact of regular exercise.

The largest of these were done by the National Cancer Institute, Harvard Medical School and other tertiary bodies. It also showed that the greatest risk of death occurred for those who did no exercise at all.

For those who completed around 150 minutes of moderate exercise each week,

the risk of premature death was reduced by 30%. Where exercise was milder, premature death was still reduced to about 20%.

In this case the more you do, the healthier you’ll be. The positive results are still achievable even if you start an exercise programme in your 70s.

The LIFE study, run by the US National Institute of Aging, followed more than 1,600 participants aged between 70-89. All the participants were quite sedentary prior to the start of the study.

The exercise programme included brisk walks totalling 150 minutes a week, weights for strength, flexibility and balance training twice a week.

Over the course of 3.5 years, compared with the control group who received health education, the active individuals showed a 30% reduction in developing physical limitations or disabilities.

The study summarised their view to; “people who engage in regular physical activity have a



lower risk of cardiovascular disease, diabetes, some forms of cancer, depression, cognitive impairment and functional decline”.

So, what about walking? Isn't this too mild to help?

No! More and more studies show that walking for aerobic exercise has many benefits.

A recent book *In Praise of Walking* by a Dublin neuroscientist, Shane O'Mara, waxes political on the personal gains of walking, alone or with friends, and especially outdoors. He emphasises the boost that this gives brain cognition and creativity.

Bear in mind that not all exercise needs to be formal. Many domestic activities, including gardening, preparing meals, ironing and general housekeeping, can collectively constitute a significant and regular exercise activity, with the same benefits as a formal structured programme.

The killer for older people is a sedentary lifestyle. This can be upended rapidly by adopting one or more physical activities. Moderate exercise is associated with an improvement in cognition and a reduction in depression.

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 distill 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.



Walking is not the only lifestyle change that can positively impact your health. But it is one that has the broadest impact.

Your entire lifestyle improves your long-term health, both physical and mental, and slows your march towards loss of independence and the associated isolation. But exercise remains the most immediate beneficial activity, with walking being the easiest to do and the most convenient.

Exercising also loosens your joints, improves cognition and mood, and facilitates social relationships.

All of this is good for you. At the very least you'll be healthier and happier – and that will do!



The Butterfly Room

Written by Lucinda Riley

The Butterfly Room is a popular fiction novel which follows a family saga covering the years 1943 to the present day and is set in the glorious countryside of Suffolk, England.

It is the story of a young girl, Posy, growing up in a loving home and beautiful environment during the latter years of World War II. She has a devoted father, who is an RAF pilot, and a self-indulgent mother who loves nothing better than to be surrounded by the party set of the time.

The family's lovely home, Admiral House, is set in a beautiful garden and her father encourages, in her, a love of nature and in particular species of butterflies.

Posy, however, is not aware that her father is collecting the butterflies and housing them in the Tower Room, which is separate to the house and to which she is denied access. Therein lies the beginning of the mystery...

The decades roll by as Posy lives on into her late 60s and she is still living in her family home. Around the home she has created and tended an exquisite garden. The house, however,

is crumbling around her. She is hampered by a lack of funds for maintenance and by her age.

Decisions have to be made. But then Freddie, Posy's old beau and first love who left her fifty years ago, reappears! He brings with him a devastating secret regarding Admiral House...

The story is skilfully written and is full of unforgettable characters and heartbreaking secrets.

It is a multi-generational story reflecting the life and times of family members over seven decades. It is a real page turner, the story is atmospheric, fast-paced and suspenseful.

I have placed my copy in our Essie Summers library for our residents to enjoy this complex and fascinating story of our times.

Lucinda Riley was born in Ireland and had an early career in film, theatre and television before becoming a best-selling author.

*Reviewed by Shirley Wilson,
Essie Summers Retirement Village.*

Emma wins the Cashin Scholarship

It's a great start of the year for Emma Battrick, the winner of the 2020 Cashin Scholarship.

Emma, who is married to Ryman IT system support specialist Andre Battrick, is two-thirds of the way through a Bachelor of Arts degree in education and educational psychology to help those with complex learning needs. She is looking forward to using the funds from the scholarship to help her study plans this year.

Emma and Andre have three lovely boys aged 14, 10 and six, and Emma says it is her role as a mother of three children with intellectual challenges that propelled her into studying her degree.

“Family life is not always easy, but we’ve already seen huge and positive changes because of my training so far,”

Emma is the ninth winner of the scholarship, which was established in honour of former Ryman director Mike Cashin.

Mike, who passed away in 2010, was a strong believer in the power of education to change lives.

Emma hopes to better understand how to help those with special needs.

“Educational psychology is really where I want to go... I feel with the real-life experience I have as a parent, along with my qualifications, I will be able help children with complex learning needs thrive and learn new skills,” Emma says.

Blair Cashin, Mike's son, said that it is always difficult to choose a winner; “there are so many deserving applicants. Emma showed real empathy and passion for her kids and also for her education. Dad always saw the benefit of tertiary education and the way Emma wants to use her studies to help others with disabilities was inspiring!”



The Cashin
SCHOLARSHIP

The Cashin Scholarship was established to honour the memory of former Ryman director Mike Cashin. Mike was a strong believer in the power of education to change lives and was a great advocate for Ryman Healthcare and its staff. The scholarship is designed to provide a helping hand to members of the Ryman family who are taking on tertiary study. Each year the Cashin family help select the winner of the \$5,000 grant, which is intended to help with study costs.

Meet Philip



This country has so much opportunity. It is all up to you if you take it or not..

We are proud to introduce Philip Chen.

Philip was already a veterinarian and scientist in animal vaccine development in his native Taiwan, before coming to New Zealand in 1967, with his wife who was pregnant with twins, two young daughters, and very little else.

He originally worked under contract to Manning Vaccine Laboratory before working as a scientist for the Auckland Regional Authority, and later as senior scientist and microbiologist in the Dairy Division of the Ministry of Agriculture.

As well as enjoying a highly successful career, Philip has always been passionate about learning. During his time in New Zealand, he finished two degrees, learned eight foreign languages – including Māori – and six modalities of natural healing therapies including yoga, aromatherapy, Chinese herbal medicine, acupuncture, sports injury massage and naturopathy. He has also been a Rotarian for over 20 years.

He is also inordinately proud of his grown-up children, all of whom have successfully followed different professions.

Philip has recently left his Remuera home and is settling in well into his serviced apartment. He loves talking with fellow residents – often in different languages, enjoys the spa pool after a game of bowls and is impressed with the food.

Philip is convinced the village way of life – with its wide range of activities – gives everyone the perfect opportunity to make the very best of their retirement years.

Magnificent Muriwai

On a spectacular summer's day a group of residents headed north-west to Muriwai.

We previously headed to Muriwai to see the gannets nesting, and this time we got to see the chicks practicing their flying!

Residents also headed up the paths to several stunning

viewpoints, and as always, we were struck by the beauty of the birds and the stunning wild west coast.

In the end all of us were happy to cool down with an ice cream before heading back

Pictured: Van driver Robbie with residents Margaret Honeybone and Fay Payne.

Village news





Pet therapy

Judging by the smiling faces, our rehome residents thoroughly enjoyed the pet therapy session. Charlotte brought her menagerie which included baby rabbits, a cockatiel, two black dogs, some ducklings and a baby hedgehog. We're all looking forward to her next visit!

Pictured: Resident Tony Van der pyl meeting Charlotte's cockatiel.



Celebrating summer

Our village is set in expansive, resort-like grounds featuring glorious gardens, numerous ponds with fountains, a bowling green, pétanque court and putting green. Picture perfect summer days show it at its absolute best and our residents love to get out and make the most of it.

Pictured: Residents Frances Petrovic, Cecily Simeti and Natalie Worth.

Staff profile Introducing Varun



“The friendliness and acceptance of New Zealanders drew me especially.”

Hello, my name is Varun Dayal and I am a chef at the village.

I am responsible for turning food into happiness and I believe that food is really and truly the most effective medicine.

I was born in New Delhi, India and I decided to come to New Zealand in 2008 because of what a beautiful country it is. The friendliness and acceptance of New Zealanders drew me especially.

Before I came to New Zealand, I obtained my degree in cookery from the National Institute of Hotel

Management in India and worked with the best and top chefs across India, Emirates and Singapore.

In Christchurch I started as a line chef in a Japanese restaurant and was quickly promoted to senior chef. While there I opened a restaurant in Christchurch, before heading to Auckland to work at Sky City, initially as kitchen manager and then as manufacturing manager. I started my job with Ryman in 2018.

It has been great working here so far, with so many different nationalities and a great team.

delicious



Leftover frittata

Serves 1

Ingredients

- 1 tbsp olive oil
- ½ cup diced onion
- 2 eggs
- 1 tbsp cream
- 2 tbsp grated cheese
- 1 tbsp chopped chives
- ½ cup leftover vegetables
- 100g leftover meat (optional)
- Salt & pepper

Method

- Preheat oven to 160°C. Preheat a frying pan on high and add the olive oil and sauté the diced onion till translucent.
- Crack the eggs and cream into a bowl and whisk to blend thoroughly. Add the leftover veg, meat (optional), chives, salt and pepper.
- Pour the egg mixture over the filling and top with grated cheese.
- Bake in the oven for approx. 20–30 minutes or until cooked through.
- Serve with a simple green salad and chutney.

A note from Ryman Food Service Specialist, Scott McGregor

Hello, my name is Scott and I work as a Food Service Specialist at Ryman. I have worked for Ryman since May 2017.

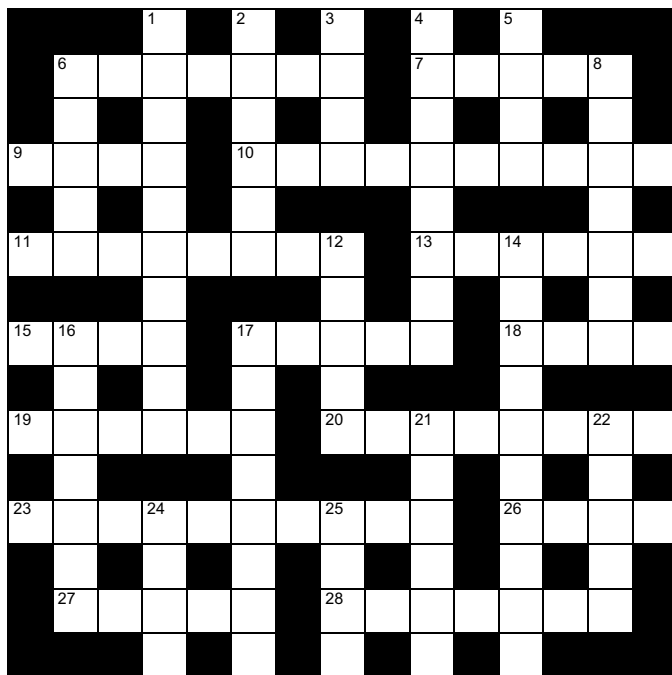
My food journey started early. I wanted to be a waiter, but it wasn't really a profession. So, I ended up in the kitchen and someone took me on board in their restaurant. I studied at Polytechnic for three years before going on to various chef jobs.

When you're a chef you learn everything you can and then you move on to another place. Food is fashion, so you would follow one cuisine and then switch to another. I found my cuisine to be unfussy.

I just like food that's nicely cooked and well presented. It's simplicity, it took a long time to learn but I learned to cook with real ingredients and to cook from the heart.

I chose a frittata because I think it's nutritious, healthy and extremely easy to do. All it is, is eggs, cream, seasoning and whatever vegetables and meat you have left over. It's great for leftovers and all you need to do is heat it up the next day.

Crossword



Down

1. Devices which predict the weather (10)
2. Mythical Scottish monster (6)
3. Apparatus used by women gymnasts (4)
4. Demote (8)
5. Common name for sodium chloride (4)
6. Hard-wearing twilled wool or worsted fabric, used mainly for clothing (5)
8. African country, capital Mogadishu (7)
12. Waterbirds which traditionally belong to England's king or queen (5)
14. Person who predicts the future based on the stars (10)
16. Selwyn ____, host of *It's In The Bag* (7)
17. Magician (8)
21. Volcanic mountain where Noah's Ark came to rest (6)
22. Thin strips of wood under a mattress (5)
24. Sparsely populated US state between Nevada and Colorado (4)
25. Biblically, the first man (4)

Across

6. Breed of the two bad cats in *Lady and the Tramp* (7)
7. Fourth most common Welsh surname (5)
9. Group of three (4)
10. "____, and the livin' is easy, fish are jumpin' and the cotton is high": Porgy and Bess (10)
11. Young hares (8)
13. Land suitable for cultivation (6)
15. Infection of the eyelid (4)
17. Long-legged wading bird (5)
18. Snare (4)
19. Governor who organised signing of Treaty of Waitangi in 1840 (6)
20. Small fish of the genus *Hippocampus*, found in NZ waters (8)
23. New Zealand tree whose bright blossom is associated with early summer (10)
26. Stewart Island town (4)
27. Male duck (5)
28. 1984 film about Mozart which won Best Picture Oscar (7)

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 10 Very Good 15 Excellent 21+



Answers: Arm, art, ham, harm, hart, hat, haw, mar, mart, mat, math, maw, ram, rat, raw, tam, tar, taw, tram, war, warm, WARMTH, wart, wham, what, wrath.

Sudoku

Fill the grid so that every row, every column and every 3x3 box contains the digits 1-9.

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

Crossword answers: Across: 6. Siamese, 7. Evans, 9. Trio, 10. Summertime, 11. Leversets, 13. Arable, 15. Sisy, 17. Crane, 18. Trap, 19. Hobson, 20. Seahorse, 23. Pohutukawa, 26. Oban, 27. Drake, 28. Amadeus. Down: 1. Barometers, 2. Nessie, 3. Beam, 4. Relegate, 5. Salt, 6. Serge, 8. Somalia, 12. Swans, 14. Astrologer, 16. Toogood, 17. Conjuror, 21. Ararat, 22. Slats, 24. Utah, 25. Adam.



Dancing to the beat!

During December the village celebrated the festive season with a spectacular performance by the fabulous The Beat Girls.

The Wellington group performed a range of hits from the 40s, 50s and 60s. The group, who describe themselves as 'adrenaline on high heels' sang their beautiful versions of hits like *Da Do Ron Ron*, *It's My Party* and *Then He Kissed Me*.

For the residents, it meant they had the opportunity to dress up, dust off the dance shoes, hit the dance floor and boogie the night away.

The Beat Girls loved every moment and said that they felt so moved by the interaction with our residents. They can't wait to come back!



Dean Jackson
Village Manager

Ph: 09 570 0070
Call Dean for general enquiries, or information about resthome, hospital and dementia care.



Becky Gillanders
Sales Advisor

Ph: 09 570 6432
Talk to Becky for information about apartments, townhouses or serviced apartments.