



Welcome to the
TAMAHERE VISTA
June 2019



May was a busy month on the staffing front when we welcomed Karen Bridewell to the village as our new Activity Organiser.

Our exercise sessions have also restarted with the arrival of Kiran Kaushik into the role of Rehab Therapist.

You may also have noticed a new face in reception on Mondays – this is Sandy Dillon. Sandy will be working in the accounts area, as well as in reception on Mondays to cover for Lynne, as she reduces her weekly working hours.

We also have a new Head Chef, Ritesh Lal, working in the Home and the Cherry Blossom Café. Our best wishes go to all four of them. (More information further in this newsletter).

I have noticed an increasing number of scam phone calls lately – one myself which had me ringing the Police. In the past these callers have usually said something like “your internet access will be cancelled today unless etc.” This particular call had a different tone and approach, saying that she was ringing from Spark to tell me that my internet would be cancelled unless I pressed “1” to talk to a technician. At this stage I hung up.

I attempted to contact Spark to make sure they knew their name was being used in this way – without success – as I had to go through a series of recorded messages. Exasperated, I rang the Police instead. They were extremely helpful and said that the scammers were getting more and more aggressive and changing their approach to appear to be more realistic. Their advice to me was to contact NetSafe, which I did, and passed over all the information I had to them.



If any of you experience this type of situation, I would strongly advise you to contact NetSafe yourself, or talk to the Police. **Don't press any extension number that the caller may give you.** There is a toll-free number you can call (0508 630 723) or email help@netsafe.org.nz.

Please note that on Tuesday 11th June at 3.00 pm in the Community Centre a representative from the NZTA will be here to talk to us about the traffic switch, which is planned to take place on or about the week beginning 1st July. This is your opportunity to find out more and ask any questions you may have.

Jean Robertson, Editor

INTRODUCING OUR NEW ACTIVITY ORGANISER



Hi, my name is Karen Bridewell. My partner and I have recently moved down from Whangarei to be closer to our family.

I have three sons, all living in New Zealand, and three grandchildren. My partner works for Civil Defence.

I have worked in aged care for around eight years and always really enjoyed it. I have met a lot of people along the way who I still keep in touch with.

My hobbies include rugby, fishing and spending time with my family.

I look forward to popping in and meeting you all in the village. I also look forward to a challenging game of bowls. Don't hesitate to contact me for a chat.

Outings and Events for June:

Tuesday 11 th	At 3.00pm there will be a presentation by NZTA regarding the Traffic Switch in the Community Centre
Thursday 13 th	At 2.00pm Caroline Eve Fashion Show in the Community Centre
Wednesday 19 th	Tamahere Village Quiz at 2.30pm in the Community Centre
Monday 24 th	Operatunity, The Dancing Years, van leaving reception at 10.30
Friday 28 th	Happy Hour at 3.30pm in the Community Centre

You are also welcome to join the Sit & Be Fit class in the Rest Home at 10.30 on a Wednesday morning.

I hope you enjoy your month and manage to keep warm. I will leave you with these words: "The truly rich are those who enjoy what they have".

Karen

Residents' Committee News May 2019

Hello to all the Tamahere Village residents, this is my first monthly letter that I am writing to you.

The committee met after the AGM to select the office bearers or leaders; it was my name that was selected. I shared my dream that this committee would become a 'team'. Some days were spent exploring how the committee would work in the coming year. There was an urgent need for a secretary as the past secretary, me, was now the chairperson.



The first challenge seemed to be how could some of the previous roles which I had overseen be incorporated between committee members. I am happy to write that there has been real progress as we work together as the *Residents Committee Team*.

I circulated a memo to the residents explaining that Mariette Poortman will now be the Treasurer and Minute Secretary. Jean Robertson is the Vice Chairperson; she is a busy person as editor of the monthly Vista newsletter.

I am delighted that each of the team have specific roles which they chose themselves. Amanda Bradley started her role by arranging the first 'afternoon tea' gathering for new residents who have moved here in recent months. This was a great success, Thank You Amanda.

Joan Myles will be responsible for sending the sympathy cards. As she is recovering from hip surgery Margaret Blair is covering this necessary position until Joan is ready to take up the reins again. Margaret already makes sure that biscuit jars are well filled in the community lounge.

Joan has agreed to assist Mariette when the hand book for the AGM is collated - from my experience this will be a great help.

Not to miss the men members - Colin Neal will to continue to oversee the lists for the newspaper and mail delivery volunteers. Thank you, Colin. When I was faced with a query, I had NO idea of the process.

The new man in the team is Keith Jones. Keith is the person who, day by day, delivers your magazines; this can be a big job. Keith enjoys meeting people, so what a role for him.

The social group had chosen to retire in February. Jean Robertson and I have met with Debbie, the Village Co-ordinator/Nurse, and Karen, the Village Activity Organiser. The purpose was to explore what activities are being planned by the staff and to share the ideas from you all. This included the brainstorming time which the committee enjoyed recently. This will become a regular monthly meeting. We hope to be able to give you interesting opportunities for social activities.

When you have a 'bright idea' for a social happening, please write it down for us so that we get the intent of the suggestion.



We are thankful for the offers of help from residents. Many have said 'we are happy to help but NOT be on a committee or group'. We will be following these offers up in the coming weeks/months.

Just a reminder that if you have a complaint or better still a compliment, that you give it in writing to any member of the team, then we have a paper trail and we will reply. Until next month – try to keep well and warm

Mary West, Chairperson

**At an Irish wedding reception someone yelled "Would all the married men please stand next to the one person who has made your life worth living".
The bartender was almost crushed to death!**

FROM THE CHAPLAINS' DESK



Whilst calling around the village visiting residents, I was talking to one person who is an avid reader and that person was telling me that when they find a reading, a piece of poetry or a paragraph in a book, newspaper, or even something they have read on their tablet or computer, they write it down so that they can reflect on it at a later date.



I have been following this practice and what I have found is that these little pieces of wisdom come back to me at the most unexpected times and places. I have found this little exercise most rewarding and refreshing in that I can then reflect on them and not lose them in the vast amount of knowledge that I carry around in my head every day. I carry my phone and if I am somewhere without a pen and paper I can, like a modern older person, take a photo of it and the record is then kept on my phone. Not that I recite them regularly but I know they are there when I need refreshing and reminding.

At our Holy Communion Service during May we read the 23rd Psalm. By nature, the Psalms are a personal conversation with God, and so comforting when we are feeling aggrieved, in pain or lonely. They are an ancient way of humbly asking for help and for saying thank you for that which we cannot do ourselves.

Psalm 23 encourages us to trust in God; to humble ourselves and accept God as “my shepherd”. The calming description of “green pastures” and “still waters” where we’re encouraged to rest, echo the great world traditions of quiet meditation and contemplation in nature.

We are promised protection as “we walk through the Valley of the Shadow of Death,” and then are sustained in the “table prepared for us”. We are also promised that our “cup runs over”. These phrases encourage us, despite our troubled world, to trust that we will have what we need, when we need it, and that our faithfulness keeps God close.

At times we will, however, endure uncertainty, pain, or loss that feels like it will harm us. We may experience financial hardship that brings us to an awareness of our vulnerability. We may exhaust our emotional and mental resources to the point of breaking. But we can stay connected to God through these challenges, and to our ancestors who wrote and found strength and encouragement in these healing words. Our openness to this divine connection, our seeking and respect of its necessity in our lives, grants us peace in the chaos if we will trust in it, taking a chance that God cares what happens to us, that Love is more powerful than our problems.

Let us continue, strengthen and comfort us each and every day.

My thought for today: “*Spread love everywhere you go.*”

Let no one ever come without leaving happier”.

Carol

Question: “what is a dentist’s favourite hymn”
Answer: “Crown him with many crowns”

VISION IMPAIRED SUPPORT GROUP



At our last meeting we had a very interesting talk by Jackie Iseli from the Deaf-Blind Organisation which was established in 2004 by the Blind Institute. Jackie visits clients and instructs them in the use of vibrating smoke alarms and other aids, also teaching tactile movements for those with dual sensory loss.

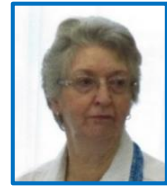
Our next meeting will be held at 1.30pm on June 25th in the library at the Community Centre. We are looking forward to hearing our guest speaker, Erika Werekon, who has lived in Sri Lanka.

All welcome. For more information ring Kath Nielsen (846 2324).

CHOIR REPORT

Hello to all our happy singers.

Choir Practices for our concerts in the spring time began on Monday 27th May. Practice time is **2.50pm in the chapel on a MONDAY.** Yes, we do practice on the Monday of Queen's Birthday weekend.



HAPPY SINGING!

Ann Bunney (Co-ordinator)

The monthly offering from our
Lord of the Limericks – aka Len Schroeder!

The autumn is ripe with feijoas,
All thanks to our green-fingered
growers;
Just a pity they've been
So late on the scene
They would have been snapped up by
moas!

(And maybe the moa would not be extinct?)

A tribute to Len, a scribe without pere,
Who has entertained us for many a
year.

He does not need to pretend or trick
With great skill he writes his limerick.
Each month I enjoy with chuckle and
glee

As I read, and what's more it's free!

(Anon)

BOWLS REPORT

Bowls has been going well except for declining numbers. So please get yourselves organised and join us on a Tuesday or Thursday for some fun and laughter.



Names in by 9.00am for the first round. Morning tea is at about 10.00am. Names in at morning tea time for the second round. HAPPY BOWLING!

Helen Periam (Co-ordinator)



PETANQUE

With the change of season, petanque has gone into recess for a while until the weather becomes more suitable. We will let you know later in the year when we will start again.

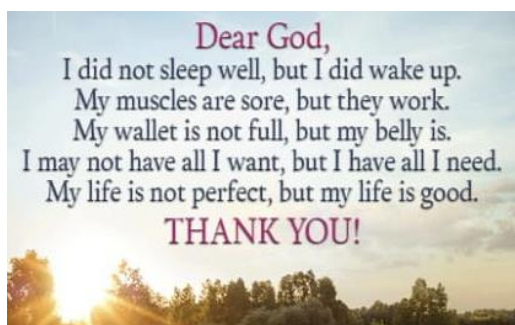
Mollie Lear

JUSTICE OF THE PEACE SERVICES

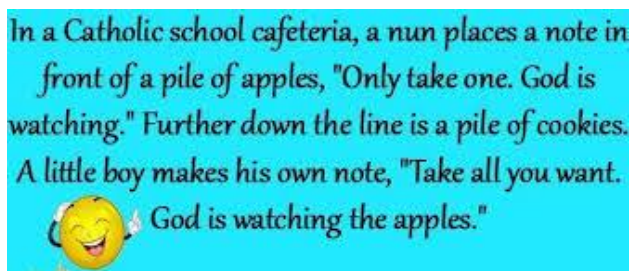
Amanda Bradley (Villa 1) is happy to offer free Justice of the Peace services, but please phone to make an appointment first (07 856 7379). Leave your name and number on the answer phone if I am not there and I will ring you back as soon as I can to negotiate a mutually convenient time.

Please do not sign anything before you come and bring something for an ID (driving licence, passport or OVER 18 licence!) This is a legal requirement.

ID is not necessary for a simple copy of a document.



Thank you to Gladys & John Lambert for this



VILLAGE MANAGER'S COLUMN

Quote of the Month: "The two most important days in your life are the day you were born and the day that you found out why" (Mark Twain)



Villas:	41	David & Heather Scanlon	Moving in 1 st June
	67	Don Campbell & Reina Mellar	Moving in 21 st June
	73	Rudley and Isa Castle	Moving in 3 rd July

Gardening & Maintenance:

Planting the bund on the main road is underway. This is not the final planting but we will be working hard to get this done during the autumn.

John Mackintosh is working from 9.00 am – 1.00 pm five days a week on maintenance here at Tamahere and reports to Andrew, our Property Manager. John's work requests need to go through reception in the usual way.

The roofs will be cleaned this month with No Fuss coming through the village. The contractors will ensure that they talk to you about closing doors and windows when they come to your villa.

Community Centre & Café:

Just a reminder that the cost of running the Community Centre is half borne by your monthly fees and the other half by the revenue from the café.

Costs of food ingredients, staffing and utility items have gone up over the past 18 months and this has necessitated a correction in our sales prices. We believe that you are still getting good value compared to cafes in the city, and our chefs are working hard to improve the quality of the offerings through the café.

David McGeorge

A contribution from Moira Neal

There was a young lady called Menzies
Who asked "Do you know what this
thenzies?"

Her aunt with a gasp
Replied - "It's a wasp
And you're holding the end where the
stenzies."

(Note: Things become clearer when you remember that this Scottish surname is properly pronounced 'MENGIS' never 'MENZIES')

Old man Casey and old man
Sullivan were contemplating life
when Casey asked, "If you had to
get one or the other, would you
rather get Parkinson's or
Alzheimer's", "Sure, I'd rather
have Parkinson's", replied Sullivan.
"Tis better to spill a couple of
ounces of Jameson whiskey than
to forget where you keep the
bottle!"

WE WELCOME OUR NEW HEAD CHEF RITESH LAL



It was my pleasure to meet and talk with Ritesh recently in order to find out more about him.

Firstly, he likes to be known as "Ritesh" but apparently some of us in the village are finding this difficult to pronounce so he will settle with "Lal". (Personally I don't find this difficult to pronounce so, if you are willing to give it a go too, why don't we call him "Ritesh"!)

Ritesh and his family came to New Zealand from Fiji ten years ago looking for a better life. Ritesh had worked in a number of large hotels in Fiji, but his work was mainly night shifts, which meant that their time together as a family was rather limited.

Ritesh and his wife have two daughters, who were born in Fiji, as well as a "Kiwi" son born in Rotorua. The family love the life here and Ritesh is happy working with us at Tamahere. The family love to play volleyball together with the kids and friends and Ritesh enjoys a game of pool.



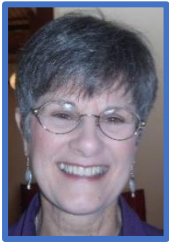
Since his arrival at Tamahere Ritesh has introduced a number of new dishes to the Café menu and received some very positive feedback from residents. He wants to be able to change the food quality and introduce different menus and more variety to the food on offer. He also makes his own sauces.

We talked about the possibility of putting together a “Cherry Blossom Recipe Book” which could begin with the inclusion of some of the more popular dishes. Maybe each month we could include the recipe for one of the feature dishes in the Vista. (*I would appreciate your comments on this – Editor*).

Ritesh is grateful for the support he is getting, especially from Kay, our Hospitality Manager and we are very pleased he has joined us at Tamahere. He is looking forward to getting to know everyone better.

Jean Robertson, Editor

SOME NEWS FROM ASSISI



The comic strip figure, Charlie Brown, once said, “Happiness is a pile of leaves.” Of course, if you’re free to indulge in jumping in said piles and tossing them all over the place as the young folk love to do, then, yes, a pile of leaves does equal happiness. However, having lived in Cambridge, the Town of Trees, for some years, I have learnt just how much time and effort is required to even create those piles, let alone clear them from footpaths, gutterings and roadside drains. Like so many things in life, there’s the good and the not so good all mixed in together.

We have known for a long time that trees have very important roles to play in our world and in our lives. They provide fruit, shelter and shade. Their roots provide stability for land in steep places, and their branches, trunks and root systems provide homes for countless other creatures and living organisms. Over more recent time we have learned to value the part they play in rain patterns as well as the very air we breathe.

In 2008 Kauri Die Back Disease was formally identified as a distinct and previously unknown species of the same family of water moulds which caused the Irish Potato famine in the 1840’s. Huge efforts are being made to contain the spread of this disease by limiting movement of people, plants, soil and water.

However, along with the discovery of this particular mould, scientists are also realising that trees do not live in isolation even from one another. Unbeknown to us, trees have something being referred to as the “Wood wide web”. It’s a kind of communication service which is provided by fungal networks. In fact, most of the plants we can see are connected below ground; not directly through their roots, but by these mycelial connections.



They share life with one another in ways we have never imagined possible. Just as with other living systems, however, Kauri Die Back Disease shows us sharing can gift us with life and health, or take them from us.

Today’s reading reflects a similar if more mystical connection when Jesus tells us his greatest desire. “As you, Father, are in me and I am in you, may they also be in us.” His prayer is that we may come to know and share, the same life and love of God in which he abides. The relationships we share with God, with Christ, and the world around us are meant to bring life and health to us all.

As with Kauri Die Back Disease, if we become aware what we have to share may be life-taking or damaging we, too, need to take action. Addressing those things at the root and eradicating them as promptly as possible ensures both our own health and well-being, and the life of those around us.

We are all part of the same human race, but also a unique being, a particular individual, never to be repeated. Just as with bio-diversity, our very uniqueness is part of the gift we have to offer. Like the trees around us, we are created to share life and health with one another. And just like the trees, what we are able to share with others is dependent on what is feeding our hearts and minds and bodies and souls. So, let us choose to feed on God's love and life and blessing, this day and always.

Rev Sandy Neal, Chaplain

SOME GOOD ADVICE FROM KIRAN – OUR NEW REHAB THERAPIST

A healthy and strong body can better fight off infection and makes recovery from illness faster.

We all know that exercise is good for us, but some people think that with each passing year they should try to do less and take it easy. **Wrong.** BUT Regular exercise for the elderly offers great benefits, including extending lifespan.



DOOR AND STAIRCASE



NOTE: IF YOU DO NOT HAVE A STAIRCASE AT YOUR PLACE USE AN APPROPRIATE HEIGHT STEP OR FOOT REST TO DO STEP UP AND DOWN.

Falls are the number one injury among seniors, and regular exercise can help prevent them by improving the functional reach and balance. Exercises improve muscle strength and bone density. Moreover, exercises not only improve physical fitness but they have some psychological benefits as well. They can help alleviate symptoms of depression and improve the mood in general. Regardless of your age, I hope this will motivate you to incorporate exercise into your life.

If you need any help with your exercise routine come and see me and we will arrange an exercise programme for you.

Stay Fit And Healthy 😊

Kiran Kaushik, Rehab Therapist

Paddy's walking down the street struggling to carry a wardrobe by himself.
Seamus sees him and says
"BEJEESUS!!! Paddy, what on earth are ya doing?"
"Carrying this here wardrobe Seamus" he replies.
"Well blow me, why isn't your pal Mick helping ye?"
"He is Seamus He's inside holding up the coat hangers".

VILLAGE BOOK GROUP

As usual we will be meeting on the last Thursday of the month at 3.00 pm in the library at the Community Centre. To anyone who has read a good book lately – we would love to have you join us so we can talk about it.



If you would like any further information please contact **Beatrice Hughes on 838 8973.**

If you marry an Irish girl



There were three men: The first man married a woman from Italy. He told her that she was to do the dishes and house cleaning. It took a couple of days, but on the third day he came home to see a clean house and dishes washed and put away.

The second man married a woman from Poland. He gave his wife orders that she was to do all the cleaning, dishes and the cooking. The first day he didn't see any results, but the next day he saw it was better. By the third day, he saw his house was clean, the dishes were done and there was a huge dinner on the table.

The third man married a girl from Ireland. He ordered her to keep the house clean, dishes washed, lawns mowed, laundry washed and hot meals on the table for every meal. He said the first day he didn't see anything, the second day he didn't see anything but by the third day some of the swelling had gone down and he could see a little out of his left eye, and his arm was healed enough that he could fix himself a sandwich and load the dish washer. But he still had some difficulty when he went to the bathroom....!!!

THE BATHROOM TEST

During a visit to the mental asylum, I asked the director:
"how do you determine whether or not a patient should be institutionalised?"
"Well", said the director, "we fill up a bathtub then we offer a teaspoon, a teacup and a bucket to the patient and ask him or her to empty the bathtub..."

"Oh, I understand," I said. "A normal person would use the bucket because it's bigger than the spoon or the teacup".

"No," said the director, "A normal person would pull the plug.
Would you like a bed near the window?"

LADIES - HAVE YOU EVER WISHED YOU HAD LEARNED BALLET?
WELL, STRANGE AS IT SEEMS - IT'S NOT TOO LATE!

There is a class in Hillcrest being run for Seniors 60+ which is:

Low impact, high benefit
Gentle stretch and tone
Exercise for body and mind, and
No prior dance experience is necessary

It is a fun class which runs for an hour from 10.30-11.30am on a Wednesday or Thursday morning. If you would like further information, please ring me on 856 9269 (Jean Robertson).



FOR YOUR INFORMATION
CONTACT DETAILS FOR 2019 RESIDENTS' ASSOCIATION MEMBERS

Chairperson:	Mary West	856 2973
Deputy Chair:	Jean Robertson	856 9269
Treasurer/Minute Secretary:	Mariette Poortman	838 3068
Immediate Past Chairperson:	Colin Neal	856 7122
Committee Members:	Joan Myles	856 9254
	Margaret Blair	856 8151
	Amanda Bradley	856 7379
	Keith Jones	021 263 1226

Tamahere Retirement Village – Calendar of Events for June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
C=Chapel, CC=Community Centre, cc=Small Lounge in CC, SW=Susanna Wesley Room, ACR=Activities Room, AC=Assisi Chapel, CwC=Coffee & chat with Chaplains, MC&C= Men’s Coffee & Chat. All items in green are arranged by the Home and village residents are welcome to attend.						1 6.30 Movie in RH Lounge
2 <u>SUNDAY ROAST</u> 4.00 Chapel Service led by Rev Carol Hancock	3 <u>QUEENS BIRTHDAY</u> 1.00 Games etc/CC 2.50 Choir Practice/C	4 9.00 Lawn Bowls 10.30 Chartwell 11.00 Bible Conv/SW	5 9.15 Sit & Be Fit/CC 10.30 New World 10.30 MensC&C/cc 1.30 Margaret Love/C	6 9.00 Lawn Bowls 1.30 Bingo/cc	7 9.15 Tai Chi/CC 10.00 Knit & Knatter/cc 10.30 Catholic Mass/C 1.30 Vocal Duo/C	8 2.00 Scooter Club 6.30 Movie in RH Lounge
9 <u>SUNDAY ROAST</u> 4.00 Chapel Service led by Rev Tony Westcott	10 9.15 Balance Class/CC 1.00 Games etc/CC 1.30 Danny Savage/C 2.50 Choir Practice/C	11 9.00 Lawn Bowls 10.30 Chartwell 11.00 Bible Conv/SW 3.00 Roothing Talk/CC	12 9.15 Sit & Be Fit/CC 10.30 New World 10.30 C&CwC/cc	13 9.00 Lawn Bowls 2.00 Fashion Parade/CC	14 9.15 Tai Chi/CC 10.00 Knit & Knatter/cc 10.30 Peter King/C	15 1.30 Phoenix Players/C 6.30 Movie in RH Lounge
16 <u>SUNDAY ROAST</u> 4.00 Chapel Service led by Rev Dr Susan Thompson	17 9.15 Balance Class/CC 1.00 Games etc/CC 2.50 Choir Practice/C	18 9.00 Lawn Bowls 10.30 Chartwell 11.00 Bible Conv/SW 1.30 Glen Carley/C	19 9.15 Sit & Be Fit/CC 10.30 New World 11.00 Holy Commun/C 2.30 Village Quiz/CC	20 9.00 Lawn Bowls 1.30 Bingo/cc	21 <u>PODIATRIST HERE</u> 9.15 Tai Chi/CC 10.00 Knit & Knatter/cc 1.30 Geoff Walker/C	22 10.30 Catholic Commn/C 6.30 Movie in RH Lounge
23 <u>SUNDAY ROAST</u> 4.00 Chapel Service led by Rev Gillian Woodward	24 9.15 Balance Class/CC 10.30 Operatunity 1.00 Games etc/CC 1.30 Big John/C 2.50 Choir Practice/C	25 9.00 Lawn Bowls 10.30 Chartwell 11.00 Bible Conv/SW 1.30 Carol/Glenda/Bev/C 1.30 Vision Impaired/cc	26 9.15 Sit & Be Fit/CC 10.30 New World 10.30 C&CwC/cc	27 9.00 Lawn Bowls 1.30 Cantamus Choir/C 1.00 Bingo/cc	28 9.15 Tai Chi/CC 10.00 Knit & Knatter/cc 1.30 Laurie & Piri/C 3.30 Happy Hour/CC	29 6.30 Movie in RH Lounge
30 <u>SUNDAY ROAST</u> 4.00 Chapel Service led by Rev Metui Tafuna						