



## Welcome to the TAMAHERE VISTA July 2019



There is no doubt that winter is upon us, but what glorious sunny days we have been blessed with recently – long may these last!



Have you noted in your diaries or on your calendars that there will be a power outage on 11<sup>th</sup> July between 9.30 am and 3.00 pm for Waipa Networks to carry out maintenance work. Should circumstances prevent this going ahead on that day, the work will be done on the following day.

Some people find it difficult to be out and about early in the mornings – perhaps those who have carers looking after them and maybe people like me who just hate getting up at the crack of dawn! So, why am I mentioning this, you may ask? Well, the village exercise classes currently take place at 9.15 am three days a week, which does make it difficult for people who can't get out at that time.

Our new Rehab Therapist, Kiran, is happy to introduce an exercise class at 10.30 am on a Tuesday morning if there are enough people interested in taking part at this time. It could be a class of our choice, eg balance, sit and be fit or strengthening etc. If anyone would like to be part of a class at this time, please contact me on 856 9269 by Friday 12<sup>th</sup> July and we will see if the response is worthwhile to go ahead with this.



There are still occasional problems with some residents' dogs in the village – namely them not being on a lead while out of their villa or enclosed area (see David's column on page 6 regarding this). In order to assist dog owners who are unable to exercise their dogs and pick up their droppings, we are looking at seeing if we can put together a group of volunteers from within the village who would be prepared to help. Some of our villagers already help other residents in this way.

Initially we would ask residents who would like assistance (whether for a short period while they are sick or on a regular basis because of mobility issues) to contact me and I will compile a list. On the other hand, if you would like to assist others in this way (whether as a "one off" emergency situation or regularly for an owner with a disability), please let me know by Friday 12<sup>th</sup> July and we will see where we go from there. My contact details are: Villa 54, phone 856 9269 or email at [jeanzemail@gmail.com](mailto:jeanzemail@gmail.com).

**AND AN IMPORTANT REMINDER:** Please do not park on the grass. All grass areas are communal spaces. In summer hot tyres kill the grass and in winter the weight of a vehicle on the soft earth makes the surface uneven and damages the lawn mower.

**Jean Robertson, Editor**



### **NEWS FROM OUR ACTIVITIES ORGANISER**

Our walking group around Tamahere has been very enjoyable and the weather has been good to us so far. This group meets every Thursday at 9.40.

We had a great outing to the car museum in June. The cars were amazing, and the morning tea was excellent. We also had a great photo with Elvis and Betty Boop (see below).

#### **Dates for your Diary:**

- |                       |                                                                    |
|-----------------------|--------------------------------------------------------------------|
| July 10 <sup>th</sup> | Mid-winter Xmas Lunch at 12.30 pm in the CC                        |
| July 12 <sup>th</sup> | Murray's Mobile Shoes will be in the CC from 10.00 am-1.00 pm      |
| July 17 <sup>th</sup> | Walking Group Outing 10.15 am (van)                                |
| July 19 <sup>th</sup> | Kmart Shopping Trip 10.30                                          |
| July 20 <sup>th</sup> | Soup & Rolls at 6.00pm followed by "Getting to know you" in the CC |
| July 22 <sup>nd</sup> | Ear Cleaning in the Community Centre lounge 9.00 am-3.00 pm        |
| July 26 <sup>th</sup> | Happy Hour at 3.30 pm                                              |
| July 30 <sup>th</sup> | Speaker from St John 2.30 pm the Community Centre                  |

**Don't forget:** Bingo every Thursday at 1.30 in the library at the CC and, Walking Group every Thursday at 9.40 am



*Where are all the men? I thought they were the car enthusiasts!! Ed.*

**Karen**

### **Residents' Committee News**



Many trees are looking bare, however the beautiful yellow ginka trees still have some leaves. The lush golden carpet of fallen leaves surrounding the roots give a sense that winter does not have to be all dull and cold.

The Residents' Committee/team met as planned and were able to share the ideas from Debbie and Karen for the coming weeks. This gives us 'space' to add ideas that you have given to us, and others we have dreamed up.

This month has kept many residents interested, especially with the plans for the future access to Hamilton and Cambridge. The café was packed and included some of the staff; this was much appreciated. Now we will have to see how easily we can follow the directions.



PLEASE be careful and do as the NZTA presenter recommended. To be as safe as possible we should not turn right out of Bollard Road, but follow the directions. This will take traffic to the off ramp under the Tamahere interchange and then back towards Hamilton via the new part of the road.

The information about contents insurance was very helpful to those of us who were still insured as we were before moving into this village. Thank you, David, for making us aware that the majority of Insurance companies do not understand about village life!

The Friday flier on 21<sup>st</sup> June had 3 important comments and by the time that you receive this newsletter our heat pumps will have been checked.

We will need to be aware of the dates when road work is planned and the access overnight will involve detours through Matangi. What a good excuse for us to stay at home and keep warm.

The committee team decided that we would like to be able to help people in the Hamilton community who struggle with many issues. These can result in either the need for care in the Women's Refuge or the Women's Night Shelter.

**Sharing  
Is  
Caring**

Often women and their children arrive at the refuge with NOTHING. This is why we are inviting residents to contribute either unneeded gifts of soap etc or perhaps, when you go to the supermarket, to put one or two extra items in your trolley. We will give you until early July to contribute and then have the boxes taken to the centres. In the future, maybe August, we will arrange something for the mens' night shelter too.

Who likes hot soup? In July there will be a soup and rolls evening followed by 'getting to know you'. This will not involve a late night.

Other plans will include a film evening in the community library - no date set as yet. Mr Gary Salmon will be the guest speaker on Tuesday 30<sup>th</sup> July at 3.00 pm telling us about the history and current activities of the St. John Ambulance Service.



Yes, there will be a banquet in September - planning is about to commence - with 2 of the committee meeting with Kay,, the catering manager, to discuss the menu and the cost per person. This will not be Oriental - wait and see!! **(breaking news! – the date will be Friday 13<sup>th</sup> September and the cost will be \$25 per person, but more news later on).**

The 'team' enjoy the opportunities to be your representatives and look forward to hearing from you.

***Mary West, Chairperson***

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**Question:** What does a builder say to himself when he hears the good news that he has been successful with his tender for a big job?

**Answer:** "What the heck have I forgotten to allow for?"

### **CHOIR REPORT**

Although our numbers may vary from week to week in the winter, our Choir practices have been going really well. We still have seven weeks until our concerts so, those members who have been late starting, you still have time.



We meet in the Chapel on MONDAYS at 2.50pm.

**Ann Bunney (Co-ordinator)**

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### **BOWLS REPORT**



June has been a bumper birthday month. With all the birthday shouts, our numbers around morning tea time got to twenty on one occasion!

It has been great to have some different village members coming along this month and competition has been very fierce!! It is a lot of fun, so do come and join us.

In the last week the green has had its annual grooming and spraying for moss. The expert said we are looking after our green well, which is a credit to Peter and David.

**Helen Periam (Co-ordinator)**

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A private school had a problem with its 12-year-old girls starting to use lipstick. They would put it on in the bathroom then press their lips to the mirror, leaving dozens of little lip prints. Every night the cleaner would remove them and the next day the girls would put them back.

The head teacher and the cleaner called the girls to the bathroom. The teacher explained that the lip prints had to be cleaned off every night. To show how difficult it was to clean the mirrors, she asked the cleaner to show the girls how much effort was required.

She took out a squeegee, **DIPPED IT IN THE TOILET**, and cleaned the mirror with it. Since then, there have been no lip prints on the mirror!!!

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### **VISION IMPAIRED SUPPORT GROUP**

This month's meeting will be held on Tuesday 30<sup>th</sup> July at 1.30 pm in the library at the Community Centre. All are welcome and if you would like to know more about this please phone **Kath Nielsen on 846 2324**.



If you answer the phone with "Hello, you're on the air!" most telemarketers will quickly hang up!!!



### **FROM THE CHAPLAINS' DESK**



I recently had the privilege of taking an Australian visitor around to see some of our local sights. Although the weather wasn't the best (it is, after all, winter!), I had the opportunity to see our country through new eyes.

As my guest continued to remark on the natural beauty that we may sometimes take for granted, I was reminded anew of the blessings that God pours into our lives so abundantly. Even in the cold and greyness of winter, we see God's design of the seasons.

Winter is surely an opportunity to step back - a time of reflection. A time to slow down a fraction; a time when fields lie fallow, awaiting the next season of planting and growth; a time when many may spend more time indoors, waiting for warmer days.

Winter can also be a metaphor for those times when life can seem bleak and tough; when resources seem to be scarce and difficulties are encountered around every corner. Times when even the presence of God may feel far away. Seen from this perspective, it's not surprising that winter is not everyone's favourite season.

The theologian, Samuel Rutherford, had an interesting take on winter when he wrote: "I see grace growth (*sic*) best in winter." If winter refers to our time of greatest need and weakness, then it is also the time when God's mercy and grace is the strongest. A time when his grace carries us through - when "grace grows best."

Even in the midst of our winters, if we look out for it, we can find the gift of grace that will sustain us until the spring: those blessings that come when our lives may seem especially hard or dreary. God comes to console and encourage us on the bleakest of days - his grace grows best in winter.

The Old Testament Song of Songs (2:11,12) has this wonderful verse that reminds us that winter will pass: *See! The winter is past; the rains are over and gone. Flowers appear on the earth; the season of singing has come.*



As I finished writing this, glorious winter sunshine burst out from behind a bank of grey cloud, transforming the day - another example of God's grace and blessing to us all. May the Lord bless you all this winter.

**Clive**

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In the middle of a foggy night in the North-West Atlantic two lights are heading directly for one another and on the radio an American voice is heard saying "We suggest YOU alter course by 10 degrees to port!"

Back comes the reply "We suggest YOU alter course by 10 degrees to port!"



Then the American voice says "This is the battleship USS Missouri leading the American battle fleet. You had better alter course by 10 degrees to port".

Back comes the reply "This is the Outer Hebrides lighthouse, but it's your call, Jimmy".

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## **VILLAGE MANAGER'S COLUMN**



### **Quote of the Month:**

"If we don't plant the right things, we will reap the wrong things. It goes without saying. And you don't have to be, you know, a brilliant biochemist and you don't have to have an IQ of 150. Just Be kind." *(Maya Angelou)*

### **Villas:**

73	Rudley & Isa Castle	Moving in 3 <sup>rd</sup> July
31	Jim and Caroline Higby	Moving in 16 <sup>th</sup> July

### **Pendants:**

Replacement pendants and watches will be available at the beginning of July. Debbie and I will call on you and swap your old pendant for a new one as soon as they are available. Just a reminder that the pendants and watches are water resistant so can be used in the shower. These units have a longer battery life than the existing ones and are more robust and reliable.

At the same time, the software that runs the call bell system is being upgraded and should make the whole system more reliable.

### **Maintenance Issues:**



I would like to remind the village residents that we receive about 160 maintenance requests a month for gardening and our various buildings on each site. It is becoming increasingly difficult to receive requests while we are doing other work.

The most practical thing that people can do is to contact the front desk and talk to Lynne so that the request can be included in our computer system. This means that jobs will not be missed and work can be easily prioritised on a daily basis by our maintenance and gardening staff.

### **A Timely Reminder:**

Having a dog in a retirement village is a privilege and the main concern that we have is that dogs do not impact on other residents. The village rule states that "all dogs must be on a lead if they are outside your villa or enclosed utility area".

If you are having difficulty with this rule please contact myself or Debbie to discuss your issues and we may be able to make suggestions to assist you. The last thing I want to do would be to enforce the removal of an animal that was causing distress to other residents.

**David McGeorge**

### **Are you looking for a reliable and honest cleaner/gardener?**

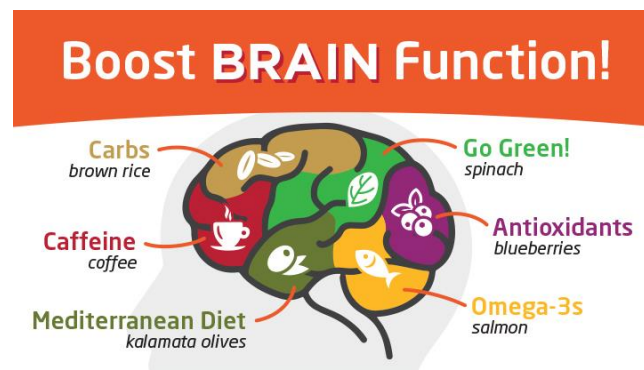
If so, you might like to contact Vicky on 021 0767 436  
She comes highly recommended

## ADVICE FROM KIRAN, OUR REHAB THERAPIST

### Improving Memory

Everyone has moments of forgetfulness from time to time as life gets busy, which can be really frustrating sometimes.

#### Some key elements of a good brain-boosting activity



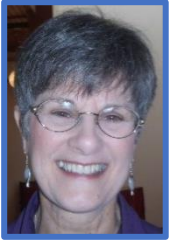
- Eat Less Added Sugar: Eating too much [added sugar](#) has been linked to many health issues and chronic diseases, including cognitive decline.
- Make Time for Meditation: Meditation isn't just good for your body, it's also good for your brain. The practice of [meditation](#) affects positively on your health in many ways. It has been found to reduce stress and pain, lower blood pressure and even improve memory in individuals who are doing meditation.
- Maintain a Healthy Weight: Maintaining a [healthy body weight](#) and healthy body mass index within the normal range may help you avoid a host of issues associated with obesity, including a poorer memory.
- Get Enough Sleep: Lack of proper [sleep](#) has been associated with poor memory for quite some time. Sleep plays an important role in memory consolidation, a process in which short-term memories are strengthened and transformed into long-lasting memories.
- Train Your Brain: Exercising your cognitive skills by playing brain games is an effective way to boost your memory. For example - Crosswords, word-recall games, Tetris and even mobile apps dedicated to memory training are excellent ways to strengthen memory. Games that challenge your brain may help you strengthen your memory and may even reduce the risk of dementia.
- Get Your Vitamin D Levels Tested: Vitamin-D deficiency is very common, especially in colder climates, and has been associated with age-related cognitive decline and dementia. If you think you might have low levels of [vitamin D](#), ask your doctor for a blood test.
- Exercise More: Exercise is important for overall physical and mental health. [Exercise](#) brings incredible benefits for your whole body, including your brain. Even moderate exercise for short periods could help improve cognitive performance, including memory.
- Try a Fish Oil Supplement: Fish oil is rich in the [omega-3](#) fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) which are vital to the health and functioning of the brain.

Kiran Kaushik, Rehab Therapist

Interviewer: So, tell me about yourself.

Me: I'd rather not because I really want this job.

### FROM THE CHAPLAIN AT ASSISI



Matariki is the Maori name for the group of seven stars known in other parts of the world as the Pleiades star cluster. Known as the seven sisters, or the Matariki, they signal the coming of the Maori New Year when they begin to rise in the last few days of May. Celebrations can last for up to three days, with stories and events rich with tradition. This year Matariki is officially celebrated on the 25<sup>th</sup> June.

The disappearance of Matariki in autumn signals the time to gather and preserve crops. The seven sisters disappear from view in April and reappear again in late May/early June. This is an important marker in the harvest calendar. After filling the storehouses with traditional crops such as kumara, pikopiko and karaka berries, Maori would celebrate the harvest at a time which coincided with the reappearance of Matariki.

Maori used Matariki as a signal for when to plant their crops after the long winter. If the stars were clear and bright, it was a sign that a favourable and productive season lay ahead, and planting would begin in September. If the stars appeared hazy and closely bunched together, a cold winter was in store and planting was put off until October.

Nowadays, Matariki is still seen as an important time to celebrate the earth, and show respect for the land to which we belong. Pope Francis said, "Let us be "Protectors" of creation, protectors of God's plan inscribed in nature, protectors of one another and of the environment." Around the world people from all cultures and ethnic backgrounds, people from all walks of life, are recognising not only our reliance upon nature for life, but also the roles we have to play in caring for God's creation.



Our reading from the Scriptures reflects the ongoing sense of awe human beings have experienced throughout history and continue to experience today simply by looking upon the world in which we live. The beauty and wonder of creation not only reveal something of the one who created all we are and all we experience; they also cause us to stop and consider the very question raised by the psalmist. "What are human beings that God is mindful of us, that God cares for us?"

When we contemplate the majesty of the universe we might be tempted to feel overwhelmed, lost, or of no significance. But we are told, again and again, in countless ways, that we are created by love, to be loved, and to share love with God, with others and with the world around us.

As Max Lucado once said, "You weren't an accident. You weren't mass produced. You aren't an assembly-line product. You were deliberately planned, specifically gifted, and lovingly positioned on the Earth by the Master Craftsman." Matariki is creation's gift to us of a new season of light. This winter season is a time for planting, for hoping and waiting, for opening our hearts and minds to receive all God wishes to share with us, and through us. God's love and light are eternal and cannot be quenched. Matariki reminds us to share these gifts with one another throughout the winter months and beyond.

*Rev Sandy Neal Chaplain*

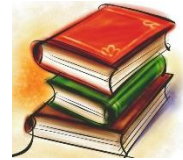
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**When I say "the other day", I could be referring to any time between  
yesterday and 15 years ago**



## THE BOOK GROUP



This afternoon I had the pleasure of “gate crashing” the Book Group monthly meeting in the library at the Community Centre, just to see what it was all about.

If you enjoy reading books, I would thoroughly recommend this group to you. It is a great opportunity to talk about what you have read/are reading and why a particular story was worthwhile getting into.

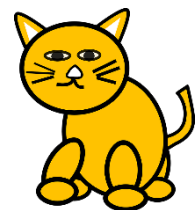
The members of the group are passionate about what they have enjoyed and frank about any disappointments they have come across. They spoke about what they would recommend to other readers, bearing in mind that their particular interests differ. Being a very spasmodic reader, I was almost tempted to start reading in a big way again!

Some of the books recommended this month were:

- “The Last Act of Harriet Hoffman” by Mindy Mejia, a psychological thriller
- “Star of the North” by D B John, who lived in South Korea for some time
- “The Clock Makers Daughter” by Kate Morton
- “Ammonites & Leaping Fish” by Penelope Lively, about growing older

It was good to talk about the stories themselves, as well as a host of other things. New members are always welcome – so give it a try. If you would like any further information please give Beatrice Hughes a ring on 838 8793.

**Jean Robertson, Editor**



If you  
like cats,  
you  
might  
just like  
these!

I don't mean to interrupt people, I just randomly remember things and get really excited.

## Tamahere Retirement Village – Calendar of Events for July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9.15 Balance Class/CC 1.00 Games etc/CC 1.30 Eleanor(music)/C 2.50 Choir Practice	2 9.00 Lawn Bowls 10.30 Chartwell 11.00 Bible Conv/SW	3 9.15 Strengthening/CC 10.30 New World 10.30 Mens C&Cw/cc 1.30 Lorene Elliot/C 7.00 Snooker /CC	4 9.00 Lawn Bowls 9.40 Walking Group 10.00 Hydrotherapy 1.30 Bingo/cc	5 9.15 Tai Chi /CC 10.00 Knit & Knatter/cc 10.30 CatholicLiturgy 1.30 Vocal Duo/C	6 6.30 Movie in RH Lounge
7 SUNDAY ROAST 4.00 Chapel Service led by Rev Clive Thomson	8 9.15 Balance Class/CC 1.00 Games etc/CC 1.30 Danny Savage/C 2.50 Choir Practice/C	9 9.00 Lawn Bowls 10.30 Chartwell 11.00 Bible Conv/SW 1.30 Eastside Singers/C	10 9.15 Strengthening/CC 10.30 New World 12.30 Mid Winter Xmas Lunch/CC 1.30 Margaret Love/C 7.00 Snooker/CC	11 9.00 Lawn Bowls 9.40 Walking Group 10.00 Hydrotherapy 1.30 Bingo/cc	12 <u>PODIATRIST HERE</u> 9.15 Tai Chi /CC 10.00 Knit & Knatter/cc 10-1 Mobile Shoes/CC	13 10.30 Catholic Commn/C 2.00 Scooter Club 6.30 Movie in RH Lounge
14 SUNDAY ROAST 4.00 Chapel Service led by Liz Lightfoot	15 9.15 Balance Class /CC 10.30 I-Pad Class 1.00 Games etc/CC 1.30 Louise Henry/C 2.50 Choir Practice/C	16 9.00 Lawn Bowls 10.30 Chartwell 11.00 Bible Conv/SW 1.30 Carol/Glenda/Bev/C	17 9.15 Strengthening/CC 10.30 New World 10.30 Holy Commn/C 7.00 Snooker/CC	18 9.00 Lawn Bowls 9.40 Walking Group 10.00 Hydrotherapy 1.30 Bingo/cc	19 9.15 Tai Chi /CC 10.00 Knit & Knatter/cc 10.30 Peter King/C 10.30 Kmart Shopping	20 1.30 Phoenix Players/C 6.30 Movie in RH Lounge 6.00 Soup & Rolls plus 'Getting to know you"/ CC
21 SUNDAY ROAST 4.00 Chapel Service led by Rev Metui Tafuna	22 9-3 Ear Cleaning Nurse/cc 9.15 Balance Class/CC 1.00 Games etc/CC 2.50 Choir Practice/C	23 9.00 Lawn Bowls 10.30 Chartwell 11.00 Bible Conv/SW 1.30 Glen Carley/C	24 9.15 Strengthening/CC 10.30 New World 10.30 C&CwC/cc 7.00 Snooker/CC	25 9.00 Lawn Bowls 9.40 Walking Group 10.00 Hydrotherapy 1.30 Bingo/cc 1.30 Tunes by Trish/C 3.00 Book Group/cc	26 9.15 Tai Chi /CC 10.00 Knit & Knatter/cc 1.30 Laurie & Piri/C 3.30 Happy Hour/CC	27 10.30 Catholic Commn/C 6.30 Movie in RH Lounge
28 SUNDAY ROAST 4.00 Chapel Service led by Alisa Lasi	29 9.15 Balance Class/CC 1.00 Games etc/CC 2.50 Choir Practice/C	30 9.00 Lawn Bowls 10.30 Chartwell 11.00 Bible Conv/SW 11.00 Assisi Service/AC 1.30 Vision Impaired/cc 2.30 S Johns Speaker/CC	31 9.15 Strengthening/CC 10.30 New World 10.30 C&CwC/cc 7.00 Snooker/CC	C=Chapel, CC=Community Centre, cc=small lounge in CC, SW= Susanna Wesley Room (Opposite Chapel), ACR=Activities Room, AC = Assisi Chapel, CwCCoffee and Chat with Chaplains, MC&C=Men's Coffee and Chat. All items in green are arranged by the Rest Home and Village residents are welcome to attend.		