



Welcome to the
TAMAHERE VISTA
November 2019



Welcome to spring and the wonder of nature all around us bursting with new growth. What a fabulous time of year this is ~ at least now, before temperatures get too high and we start complaining about the heat!

We have received a letter from Dorothy Gilson of the “Achieving Change for Children Charitable Trust” (previously “Save the Children Fund”) thanking us for raising \$1,547 towards their cause. A big thank you goes to everyone here who supported their work and especially to the residents who ran and assisted with the stall.



I have what I think might be a good idea, but I need to run it past you first to see whether you think it could work in our village. So, here goes, and it's all about cleaning cars: ~

Many people, like me, hate cleaning cars (in fact, I can't reach over the top of mine!). I have heard that there are also people who actually enjoy doing this. So, wouldn't it be good if we could bring these people together? My car usually gets washed at the garage, and is very seldom vacuumed inside. I take it for a valet about once a year to a firm that used to have a special rate for retirement village residents but, unfortunately, they aren't doing this any more and their full rate is horrendous.

If we could find out if there are people here who would be prepared to wash and vacuum other residents' cars for say \$25.00, do you think this might be helpful? I realise that there may be some people who could be offended by being offered money, but if this was the case then it could be treated as a donation to any charity of their choice.



I know that there would be much more information to gather before we could give it a go, but I would really appreciate your thoughts on this idea and whether you think it's worth trying. I am willing to organise a trial if you agree. Please let me know on 856 9269 or drop a note in my letterbox ~ villa 54.

The emergency driver list has now been updated, with Jocelyn Ingle as the co-ordinator. This service is designed to be used only when all other options have been exhausted, as follows:

- For next day and future medical appointments contact St John's Health Shuttle (through CAB on 827 7307). This is a free service but a koha is requested at the time of use.
- For same day appointments, check with reception (856 5162) to see whether the van is available to take you. There will usually be a charge for this.
- Check whether family members or friends take you.
- Finally, contact Jocelyn on 854 3644. Volunteer drivers will need to be compensated for their costs (usually \$10.00).

Another possible option I am pursuing is the use of Uber taxis, but more about this later on.

A request has been made to advise residents of the dates of our upcoming Residents' Committee meetings. The next one is scheduled for Wednesday 6th November at 9.30 am.

And finally, I have in my possession an Oricom Phone which has kindly been donated to us. This phone features six large one touch memory buttons, an amplified receiver and an extra loud ringer, it is hearing aid compatible and has lots of other features suitable for a person who has failing eyesight and hearing difficulties. Please contact me if you know someone who might benefit from a phone like this (856 9269). Thanks.



Jean Robertson, Editor

NEWS FROM THE RESIDENTS' COMMITTEE

At our October meeting we were very happy to welcome Joan Myles back after a period of ill health. This meant that we had 100% attendance.

During the weeks which followed the resignation of Debbie Crouch (nurse), the members of the committee have been ensuring that social events that were planned continued. We look forward to working with Karen, the Activities Co-ordinator, now that she is working full time.



Jean and Mary will meet with Karen fortnightly, as together we aim to offer a variety of social opportunities to the village residents. Karen assisted with the arrangements for the fashion show. This was a fun afternoon, for which Jean did much of the planning. **Thank you** to Eileen V20, Tineke V19, Vivienne V29, Vanessa V96, Claire V 62 and Sal V50 and we realised that some of you were right out of your comfort zone!

As I write this, the AGM has been held today for the Occupational Rights Agreement Holders at Tamahere Retirement Village. There was a good attendance of residents and this is an important annual meeting as we are all stake holders. Thank you to Malcom Gray for the careful and caring way in which the meeting was conducted.

What do we have planned for the coming months?



- The Inter-village quiz will be hosted here on November 13th. This is a great opportunity for the participants from other retirement villages to experience our facilities and hospitality. The committee will be needing help from residents who have offered to assist on a one-off basis.
- We have started a conversation with the catering staff re the opportunity for residents to enjoy a midday Christmas meal in the café. This is in its early stages. As we have experienced in recent months, any such meal needs careful budgeting. This is work in progress.
- Bus trip 2020. I have made contact with the bus company for a day trip to Raglan in February. The committee will further discuss the quote at the next meeting; same bus company, same comfortable seats!



To assist the future planning of activities, we would like suggestions from YOU please.

Unless you let us know your ideas of what you feel we may be overlooking, we can't be mind readers even when we try! I invite you to let me know before our next committee meeting so that they can be discussed. I would like your suggestions **by Monday November 4th** to enable ideas to be incorporated into the next agenda as we dream for 2020. I prefer email **maryw@west.net.nz** or else a note in my letter box - **Villa 22**.

Mary, Chairperson

VILLAGE MANAGER'S COLUMN

Quote of the Month:

"Normality is a paved road: it's comfortable to walk but no flowers grow on it." (*Vincent van Gogh*)



Men's Shed:

Last month's column featured the procedures to be followed when using the men's shed. Please note that if you are using the shed there are some further guidelines to be observed, which are on the back of the shed door. The new sign in book is in place and we ask that all users fill this in for safety and statistical purposes.

Radio Advertising:

We have started an advertising campaign for the new apartments and will be playing ads on the radio over the next month or two leading up to the opening of the new apartments. For your information the one-bedroom apartments are being sold for

\$320,000 under the same occupation right agreement as the villas. The apartments come with all white ware supplied including a washer dryer combination, fridge etc.

Pe'tanque:

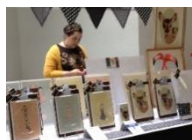
In November when the weather is more settled the Pe'tanque area will be excavated and replaced with new material, which will make it easier for playing on. The shelter will be opened up to provide seating and cover from the weather. Please speak to Molly Lear for any further information (854 0778).

David McGeorge

If you would like to receive your **Vista** by email please let me know and I will arrange this, jeanzemail@gmail.com.

Jean Robertson

ARTS & CRAFTS FAIR



**Wednesday 6th November in the Community Centre
Between 11.00 am to 2.00 pm**

This is an opportunity for residents to sell and buy craft work - so why not come along and buy your Christmas presents early.

Residents wishing to sell items can book a table space by leaving a message on the answer-phone of Villa 85. Further details will be given to those who register their interest.

FROM KAREN, OUR ACTIVITIES CO-ORDINATOR

It is so nice to be back and to be amongst the village people. I look forward to us doing more activities together and getting to know each other better. Some of the activities planned for November, include the following:



Tuesday 5th @ 4.00pm

Melbourne Cup Day. Includes prizes for the best hats (both men and women), sweepstake. \$2 door charge.

Wednesday 6th 11-2pm

Arts & Crafts Fair in the Community Centre.

Wednesday 13th @ 2.00

Inter-Village Quiz. Two of our teams will be competing with several other retirement villages in the area.

Friday 15th 10-2pm

Murray's Shoes will be here in the Community Centre.

Friday 22nd @ 10.00am Van trip to Zender's Café for morning tea.



The long walking group will start up again in the near future and details will be advised. I am also planning a "Coffee, Cupcake and Chat" in the café - again, more details later.

If you need to get in touch with me my contact details are: 0274 374 634, and email village@tamahere.co.nz.

Karen Bridewell



Len's Limerick for
November

Last week as I dozed by
the stream
I had an incredible
dream:
The road works were
buzzin'
With CONES by the
dozen
All topped up with luscious
ice cream!

An 80 year old woman was arrested for shop
lifting.

When she went before the judge he asked her,
"What did you steal"?

She replied, "A can of peaches".

The judge asked her why she had stolen them
and she told him that she was hungry.

The judge then asked her how many peaches
were in the can.

She replied, "6".

The judge then said, "I will give you 6 days in
jail".

Before the judge could actually pronounce the
punishment, the woman's husband spoke up and
asked the judge if he could say something.

The judge said, "What is it?"

The husband said, "She also stole a can of peas"!



FROM THE CHAPLAINS' DESK

Some of you may be aware that I recently returned from a
visit to South Africa. It was a wonderful time of being
reunited with family and friends of many years.
Accompanied, of course, by far too much eating (including
a barbie every couple of days)!



With a lot of travelling, these trips can also be tiring. My wife and I split our time between
parts of the coast and some of the cities near Johannesburg, which is far inland.

Throughout our journey, we encountered a lot of different weather and scenery. Along the
coast, with its long golden beaches, forests and lakes, we experienced a number of sunny days
with the temperature hovering around the twenties. Very pleasant. But we also had a few
days when the wind howled, as it only seems to do along the coast, as well as a day of
torrential rain. Up near Johannesburg, it was hot and dry, with everyday up in the mid-thirties
– way too hot for comfort!

You may wonder why I'm rambling on about my all-too-short holiday? Well, in both South
Africa and back here in New Zealand, the beauty of God's creation is evident everywhere. We
live in a wonderfully diverse world. Along with some truly beautiful surroundings are the
relationships of the special people that the Lord has made part of our lives. Once again, I was
reminded of the abundance of his blessings. May we not be found guilty of taking life's special
joys for granted but praise the Lord each day for all the good things he gives us.

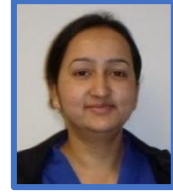
May the Lord richly bless you.

Clive

Some Helpful Breathing Advice from Kiran our Rehab Specialist

1. Waking Up

When you wake up in the morning, your first instinct is to stretch and take a deep breath. Morning breathing can help you relieve feelings of muscle stiffness. So, first thing in the morning is BREATHE IN and BREATHE OUT.



2. Focused Breathing, with Imagery (For relaxing the brain)

- Sit or lie down comfortably.
- Close your eyes.
- Take a normal breath and exhale.
- Take a deeper breath, slowly allowing it to fill your belly. Slowly exhale.
- Continue, and concentrate on each breath, noticing sensations in the body and how each breath calms your mind. Try to do this for at least five minutes every day.



3. Pursed Lip Breathing

This way of breathing can also be helpful if you have breathing difficulties caused by a condition like chronic obstructive pulmonary disease (COPD), or if you are feeling particularly anxious. Pursed-lip breathing slows down your breathing and makes it easier to breathe overall.

- Breathe in normally through your nose.
- Purse your lips as if you are going to whistle or blow out a candle.
- Breathe out gently through your mouth, keeping your lips pursed.



4. Breathing When You Have Pain

If you are experiencing pain, try some deep breathing and relaxation exercises to relieve some of that pain.

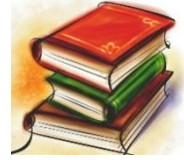
- Get as comfortable as your pain will allow.
- Take a slow, deep breath, focusing on the breathing.
- Allow the breath to fill your abdomen. Concentrate on the sensation.
- Slowly exhale, concentrating on allowing the air to slowly leave your body.
- Repeat.



Paddy is ploughing his field with a steam roller.
Seamus says to him, "you don't plough a field with a steamroller, you idiot".
Paddy says, "but I'm growing mashed potatoes"

THE BOOK GROUP

These were the books we reviewed during October



The Desert Vet by Alex Tinson: (From Beatrice Hughes)

This is a story of a Sydney born vet literally plucked from the outback to become chief vet in charge of the President of the United Arab Emirates' racing camels and to make them the best in all Arabia. Thirty years later he is still there, having become the world's leading camel vet as well as also caring for a menagerie of unusual animals along the way. It is about crossing boundaries of race and religion to create a life full of possibilities and being introduced to the reclusive life of Gulf Royal families.

By entering the world of breeding, he was able to satisfy the President's wish and demand to be an owner of hugely successful racing camels. There is much information about life of the Royals in Arabia and the techniques of interbreeding in camel life.

4 Mums and a Boat by the 4 Mums - Helen Butters, Niki Doeg, Frances Davies and Janette Benddi: (From Gladys Button)

Four middle aged women enter the Talisker Whisky Challenge to row 3,000 miles across the Atlantic Ocean, which took them approximately 3 months. They flew to the Canary Islands to commence their row to Antigua. The book follows all their preparations and journey in 2015. Each of them lost an average of 2 stone while on the challenge.

An Irish Country Practice by Patrick Taylor: (From Colleen Potter)

A gentle relaxing read about a practice of doctors operating in Irish villages.

When it all went to Custard by Danielle Hawkins: (From Nina Curran)

Danielle is a New Zealand authoress living close to Otorohanga. She also works part-time as a large animal vet. This is the story of the year after Jenny's old life falls apart. A story of family and farming, pet lambs and geriatric dogs, choko bearing tenants and Springsteen-esque neighbours. Also, perhaps a second chance at happiness. It is a really delightful story, fast witty dialogue and lots of humour. A good holiday read.

During our discussions a member told us she had read an article on Joy Cowley, well-known New Zealand authoress, disclosing that she is battling macular degeneration.

If you are interested in books and would like to come along and join us, you will be most welcome. We meet on the third Thursday of the month at 3.00 pm in the library at the Community Centre.

Nina Curran, 856 4446

Gardening in November

What to Plant Now –

Summer is coming – despite the constant winds and squally showers of late. It's time to keep on top of those weeds, and get the garden ready now, so that you have masses of veggies and flowers over the coming season.

VEGETABLES

Veggie Seedlings

- Stagger your planting to help spread out your harvest.
- Plant beans, tomatoes, chillies, capsicums, egg plant, courgettes, cucumbers, kumara and many more.
- Plant basil with your tomatoes – it helps with the control of bugs.



Herb Garden

- Rocket and parsley in shade or part shade (to reduce the chance of them bolting).
- Basil in part to full sun.
- Thyme, rosemary and oregano in full sun.

FRUIT

Rhubarb

- So easy to grow and utterly delicious.
- Best planted in part shade.
- Dig in lots of sheep pellets and compost when planting.

Citrus

- Short of space?? Dwarf citrus only grow 1.5 -2m tall.
- They will produce masses of fruit when they mature.
- Can even be grown in pots.



SHRUBS

Roses

It's not too late to plant new roses – most are in flower in the garden centres, and look truly stunning.

Hydrangeas

- Both dwarf and full-size varieties make a stunning show.
- They are best planted in part shade. Improve the soil before planting by mixing in compost and sheep pellets.



Hibiscus

- Add a spectacular tropical touch to your garden with some of the eye-catching hibiscus.
- Other ideas to try – are planting gardenia, or climbers like banksia roses, star jasmine, bougainvillea or mandevilla.

FLOWERS AND PERENNIALS

Instant Colour

- Transform your garden with the addition of some instant colour.
- There are loads of plants to choose from, including asters, alyssum, petunias, cornflowers, dianthus, dahlias, salvia, zinnias, snapdragons, and verbenas.



Perennials

- There are lots of perennials to plant out – bold and delightful! Think about nemesias, lavenders, petunias, calibrachoa, fuchsias, verbena, osteospermums, and geraniums.

One more thing – don't overlook

- Water, weed, feed and mulch.
- Make sure you stay on top of the weeds before they take over.
- Feed plants regularly to keep them happy and healthy.
- Natural fertilisers help improve soil health and feed your plants.
- Mulch to suppress weeds and reduce watering needs.

Happy gardening!!

Atawhai Assisi Chaplain's Reflection November 2019

As we continue our journey towards summer the seasonal changes continue here at Atawhai Assisi. The daffodils have been replaced with tree blossoms, some still holding bravely to branches, many creating a beautiful, fragile blanket across lawns and around buildings. The tuis have been hanging upside down to enjoy the kowhai and our resident plover pair are the proud parents of triplets! If the slowly warming temperatures were not enough indication of the changing seasons, then the creation around us ensures we cannot remain unaware.



Families and friends are beginning to ponder and plan for the Christmas and holiday period which will also soon be upon us. Our staff and volunteers are working together to ensure lots of opportunities for residents to enjoy quality time with loved ones with everyone looking forward to sharing fun and food and celebrations.



I had the privilege and pleasure of joining a group who enjoyed a van trip to see the changes which are taking place in and around the city. The company and conversations were full of stories and laughter. The 'icing on the cake' was actually an ice cream each before we made our way home, pleasantly tired and with sticky hands and faces.

Staff and residents have worked together to create displays for spring and also for the Rugby World Cup extravaganza. The creativity reflected in the various kinds of artwork displayed on tables and walls and noticeboards lifts our spirits and reminds us of the different kinds of joys which fill our lives.

At present the Pastoral Care Team are preparing for the Annual Memorial Service which is to be held in the Assisi Chapel at 7:30pm on Wednesday 13th November 2019. This is a very special service for the families and friends of those we remember. Filled with music, candles and flowers we are reminded of the beauty of our lives, and the joy we bring to others by our living and loving. May the same sense of hope and anticipation which fill our days as we journey towards Advent and Christmas fill our hearts and minds, words and actions throughout the month ahead.

Rev Sandy Neal TSSF

Vision Impaired Group Notes



We held our October meeting in the Activity Room at the Rest Home as our usual venue in the library at the Community Centre was unavailable. We enjoyed a very pleasant afternoon chatting and comparing notes.

Gladys Button read an article from the Cambridge News about Judy Hale, author of autobiography entitled "Bright Sunlight, Dark Shadow".

We discussed "Charles Bonnet Syndrome", which some people experience when they are losing their sight. It is quite common for people who are losing their sight to have hallucinations. The hallucinations themselves may not be scary but the fact that you are experiencing them can be disconcerting. While there is no reason to be frightened it is important to be aware that they can happen. If you would like to know more about this you are welcome to join the group at the next meeting or coffee morning.

Jill read a poem entitled "I Met a Man Who Wasn't There" written by American writer William Hughes Mearns in 1899. This poem, although it wasn't written about Charles Bonnet Syndrome it did "ring some bells" for those members who have experienced the symptoms.

I Met a Man Who Wasn't There

Yesterday upon the stair
I met a man who wasn't there
He wasn't there again today
Oh, how I wish he'd go away it did
When I came home last night at three
The man was waiting there for me
But when I looked around the hall
I couldn't see him there at all!
Go away, go away, don't you come back
anymore!
Go away, go away, and please don't slam
the door

Last night I saw upon the stair
A little man who wasn't there
He wasn't there again today
Oh, how I wish he'd go away

Written by William Hughes Mearns

- Next Meeting: Tuesday 12th November at 2.00pm, in the library at the Community Centre.
- Next Coffee Morning: Thursday 28th November at 10.30am in the café.

Jill Wilson (Group Supporter)

CHOIR REPORT

Just a reminder that we have two Christmas Concerts coming up, with guest performers, so put these dates in your diaries:



Thursday 28th November in the Chapel at 1:30pm
Tuesday 3rd December in the Cafe at 2:00pm

The choir will also be performing at Assisi on Friday 6th December at 1:30pm

Ann Bunney

PE'TANQUE

As there has been no improvement to the Pe'tanque area and shelter for this coming season, I find that I cannot continue with the participation in running the game.



I apologise to the residents who enjoyed the pe'tanque last season and thank you all very much for supporting me.

Mollie Lear

I was driving with my three young children one warm summer evening, when a woman in the convertible ahead of us stood up and waved. She was stark naked! As I was reeling from the shock, I heard my 5-year-old shout from the back seat, "Mummy! That lady isn't wearing a seatbelt!"

The President is walking out of the White House and heading toward his limo, when a possible assassin steps forward and aims a gun. A secret service agent, new on the job, shouts "Mickey Mouse!" This startles the would-be assassin and he is captured. Later, the secret service agent's supervisor takes him aside and asks, "What in the hell made you shout 'Mickey Mouse'?". Blushing, the agent replies, "I got nervous. I meant to shout..... "Donald, duck!"

My 4-year-old son came out of the bathroom to tell me he'd dropped his toothbrush in the toilet. So I fished it out and threw it in the garbage. He stood there, thinking for a moment, then ran to my bathroom and came out with my toothbrush. He held it up and said, with a charming little smile, "We better throw this one out too then, 'cause it fell in the toilet a few days ago."

Paddy was selling his pet python on ebay. A bloke rang and asked, "is it big?" Paddy said, "massive". The bloke said, "How many feet?". Paddy said, "None, it's a snake you eeijit".

Tamahere Retirement Village – Calendar of Events for November 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 activities shown in green are arranged by the Rest Home and Village residents are welcome to attend					1 9.15 Back Strength/CC 10.00 Knit & Natter/cc 11.00 Catholic Liturgy	2 6.30 Movie in RH Lounge
3 <u>SUNDAY ROAST</u> 1.30 Baptist Church Singalong/C 4.00 Chapel Service led Rev Clive Thomson	4 9.15 Balance Class/CC 1.00 Games etc/CC 1.30 Danny Savage/C 2.50 Choir Practice/c	5 9.00 Lawn Bowls 10.30 Chartwell 10.30 Exercises/Gym 11.00 Bible Conversn/SW 1.10 Vocal Duo/C 4.00 Melbourne Cup/CC	6 9.15 Strengthening/CC 9.30 ResComMtg/cc 10.30 New World 10.30 MC&CwC/cc 11-2 Arts & Crafts/CC 1.10 Margaret Love/C 5.30 Evening Meal/CC 7.00 Snooker/CC	7 9.00 Lawn Bowls 10.00 Swimming 1.30 Bingo/cc	8 9.15 Back Strength/CC 10.00 Knit & Natter/cc 1.30 Lorene Elliot/C	9 11.00 Catholic Commn//C 1.30 Mosaic Choir/C 2.00 Scooter Club 6.30 Movie in RH Lounge
9 <u>SUNDAY ROAST</u> 4.00 Chapel Service led Rev Tony Westcott	11 9.15 Balance Class/CC 1.00 Games etc/CC 2.50 Choir Practice/c	12 9.00 Lawn Bowls 10.30 Chartwell 10.30 Exercises/Gym 11.00 Bible Conversn/SW 1.30 Rosetown Choir/C 2.00 Vision Impaired/cc	13 9.15 Strength Exs/CC 10.30 New World 10.30 C&CwC/cc 1.30 Assisi Choir/C 2.00 Int-Village Quiz/CC 5.30 Evening Meal/CC 7.00 Snooker/CC	14 9.00 Lawn Bowls 10.00 Swimming 1.30 Bingo/cc 3.00 Book Club/cc	15 <u>PODIATRIST HERE</u> 9.15 Back Strength/CC 10.00 Knit & Natter/cc 10-2 Murrays ShoesCC 10.30 Peter King/C	16 1.30 Phoenix Players/C 6.30 Movie in RH Lounge
17 <u>SUNDAY ROAST</u> 4.00 Chapel Service led by Lyn Pinkerton	18 9.15 Balance Class/CC 10.30 I-Pad Class/cc 1.00 Games etc/CC 1.30 Big John/C 2.50 Choir Practice/c	19 9.00 Lawn Bowls 10.30 Chartwell 10.30 Exercises/Gym 11.00 Bible Conversn/SW 1.30 Carol/Glenda/Bev/C	20 9.15 Strengthening/CC 10.30 New World 11.00 Holy Commn/C 5.30 Evening Meal/CC 7.00 Snooker/CC	21 9.00 Lawn Bowls 10.00 Swimming 1.30 Bingo/cc	22 9.15 Back Strength/CC 10.00 Knit & Natter/cc 10.00 Zenders Trip 1.30 Laurie & Piri/C	23 11.00 Catholic Commn/C 6.30 Movie in RH Lounge
24 <u>SUNDAY ROAST</u> 4.00 Chapel Service led by Rev Carol Hancock	25 9.15 Balance Class/CC 1.00 Games etc/CC 1.30 Glen Carley/C 2.50 Choir Practice/c	26 9.00 Lawn Bowls 10.30 Chartwell 10.30 Exercises/Gym 11.00 Bible Conversn/SW	27 9.15 Strengthening/CC 10.30 New World 10.30 C&CwC/cc 5.30 Evening Meal/CC 7.00 Snooker/CC	28 9.00 Lawn Bowls 10.00 Swimming 10.30 VIG am tea/CC 1.30 Bingo/cc 1.30 Tamahere Choir/C	29 9.15 Back Strength/CC 10.00 Knit & Natter/cc 3.30 Happy Hour/CC	30 6.30 Movie in RH Lounge