



# RETIREMENT LIFE

ISSUE 5: SEPTEMBER 2024



## Welcome message from Michelle Palmer

Dear residents,

**Welcome to the spring issue of Retirement Life.**

This is my first message as executive director of RVA and I feel privileged to have been entrusted with this role in an organisation which plays an increasingly important part in the lives of so many older New Zealanders.

I'm excited to be part of the next stage of the sector's journey and proud to be building on the work of John Collins, who steered the RVA with such dedication for the last 17 years.

It was a pleasure to work alongside John for a time prior to his retirement at the end of August.

The RVA's recent Annual Conference was a great opportunity to meet so many people from across the sector. While it was largely aimed at retirement village providers, there were many insights into how the sector works to benefit residents.

I was very interested to hear the views of UK and Australian presenters who hold New Zealand's regulatory framework for retirement villages in very high regard.

They highlighted aspects such as statutory supervisors, memorials on titles, compulsory public disclosure, compulsory legal advice and the Code of Practice and Code of Resident Rights, which they said were far more comprehensive than regulation in their countries.

The RVA recognises that further change is needed and has been very active in advocating for and acting on that with our members, through our Blueprint for Improvement launched in 2021.

A programme of initiatives and changes is well underway.

We are also supportive of a number of the areas for improvement raised by Retirement Commissioner Jane Wrightson, where they make sense for residents and villages.

About 53,000 New Zealanders live in retirement villages, with around 130 new residents choosing to make the move into one each week. We have the highest rate of village living for the over 75-year group in the world.

It is important that we have a regulatory environment where villagers can continue to enjoy the many benefits of retirement village living and providers, large and small, can continue to operate, sustain and develop villages to meet this need.

I am very much looking forward to getting out to visit retirement villages around the country and hearing the views of residents, staff and owners. Hopefully I will get to meet some of you – and, in the meantime, you can read a little more about me on page 8.

Kind regards,



**Michelle Palmer**

Executive Director  
Retirement Villages Association

## Message from the Minister



Associate Minister of Housing Hon Tama Potaka has praised the Retirement Villages Association's continuous drive for improvement.

In his presentation to the RVA's Annual Conference, the Minister said RVA initiatives such as the Blueprint for New

Zealand's retirement village industry and the Te Ara Institute, are why retirement living has become such a popular option.

"These initiatives have upskilled and professionalised the industry, and residents have enjoyed the benefits of this."

Minister Potaka said he and his officials would be continuing to engage with key stakeholders as the review of the Retirement Villages Act progressed.

"It is because of the vital role of retirement villages in New Zealand's housing system that this government has committed to continuing with the review of the Retirement Villages Act.

"The review aims to ensure that the Act, its regulations and its codes are fit for purpose to support the retirement village industry for at least another 20 years.

"This includes ensuring adequate consumer protections for residents, striking a balance between the rights and responsibilities of residents and operators, and ensuring the ongoing viability of the retirement village sector to provide a range of housing options and consumer choice."

The Minister told the conference there had been 11,000 submissions in response to the 2023 consultation on the discussion paper *Review of the Retirement Villages Act 2003: Options for change*.

These came from retirement village operators, residents, legal professionals, academics, friends and family members, and other individuals and groups with an interest in this industry.

"This huge and diverse range of stakeholders shared with us an equally diverse range of views, experiences and suggestions for improvement."

Having met with key stakeholders, the Minister said he was aware of the differing views on issues such as capital sum repayments and the complaints and disputes scheme.

"However, I will be interested to see where the consultation reveals alignment across stakeholder groups.

*"The challenge of the next stage of this review will be to balance these competing priorities and perspectives, while finding solutions that achieve the objectives of the review."*

The Minister also expressed his thanks to retired RVA executive director John Collyns, for his "huge contribution to this organisation and to the retirement village industry" and to Deb Hart, for her work as inaugural independent Chair of the Retirement Villages' Residents' Council.

# Retirement Villages' Residents' Council

The Retirement Villages' Residents' Council had clear messages for operators at RVA's annual conference.

Independent Chair Deborah Hart and Council spokesperson Carol Shepherd shared that the Council does not always agree with either the Retirement Villages Residents' Association (RVResidents) or with the RVA and is working to strike a balance to ensure the viability of all villages to the benefit of residents while ensuring better consumer protections.

"There is so much these two groups have as common interests that can be, and should be, agreed," said Deborah. "The Council wants to work with RVA on that, as well as other stakeholders, including RVResidents."

The Council was created to give voice to residents. It is funded by the RVA but is fully independent. Deborah was appointed by RVA with free range to select the 11 members, chosen to be a diverse group in terms of types of villages, geographic spread and residents.

**Its vision and mission is to contribute to a fair and sustainable retirement village sector that meets the needs of residents and to act as an independent body representing the interests of retirement village residents.**

"Our council members are very keyed in with residents – they are residents," said Deborah.

"Council members have have been visiting villages throughout the country and have been welcomed. Some residents question the Council's independence but most like the idea of an alternative voice to RVResidents' so residents with different views are represented."

Work to date has included meeting with the RVA, RVResidents, residents and stakeholders, facilitating meetings between these and a submission to the review of the Retirement Villages Act.



## Retirement Villages' Residents' Council

"The Council seeks to be evidence-led," said Deborah. "In making its submission, it reviewed material from RVResidents, RVA, the Retirement Commissioner, the Ministry of Housing and Urban Development, statutory supervisors and internationally, as well as using Council member expertise and networks."

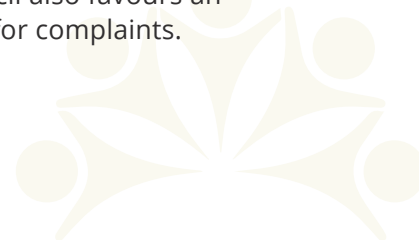
"The Council knows that the expertise on retirement villages is retirement village operators and retirement village residents. They are best placed to help the Government make the best decisions. If we leave it to the Government to decide, that might not be good for residents or operators."

Deborah said that while most residents they have met are happy with village life, they want change in a number of areas.

This includes better assurances around when capital will be repaid and interest paid on this within three to six months after a unit is vacated.

While most initially say capital should be repaid within 28 days, once they talk further about the sustainability of the sector, most agree that this is too short a time frame. The Council suggests nine to 12 months – or sooner if the unit sells earlier.

Residents want Occupation Rights Agreements to be easier to understand, to have the ability to compare villages and for the complaints system to be simplified. The Council also favours an ombudsman-type service for complaints.







L-R: RVA Conference MC Guyon Espiner with RVRC's representative Carol Shepherd and Chair, Deborah Hart.

They also want operators to pay for maintenance of operator-owned fixtures and fittings and for cessation of outgoings and fees once a unit is vacated.

Deborah told the conference: "Residents don't agree on everything, but there are some things most agree on and some of what residents want will be hard for you as operators.

"We want to work with you and residents to help ensure the best options are implemented. That should work well for you and residents as well – a symbiotic relationship between residents and operators."

You can find more information about the Council [here](#).

## Sustainability Awards winners

**Environmental and community projects by retirement villages in Christchurch and Marlborough have been recognised as winners at the RVA's Sustainability Awards**

Arvida Park Lane in Christchurch was the winner of the APL Operator-led Sustainability Award for its electric vehicles and solar charging project and Oceania Healthcare's Marina Cove in Picton won the Resene Resident-Led Sustainability Award for a worm farm.

The Bunnings Trade Resident-Led Gardening and Landscaping Award went to Arvida Park Lane in Christchurch for its residents' garden project.

These awards celebrate the outstanding achievements in sustainability across building, design, landscaping, grounds, and activities.

We are proud to recognise the dedication and hard work of retirement villages and residents who are committed to creating a sustainable future for their communities.

The quality of the finalists was exceptionally high, and our judges faced a challenging task in selecting the winners. The remarkable efforts of all involved deserve this recognition.

# Strengthening Residents' Voices



## Meet Our Independent Member: Hon Jo Goodhew

We are delighted to have Hon Jo Goodhew as our current Independent Member, appointed in 2022.

### The Role of the Independent Member

In May 2021, the RVA's Executive Committee recognised the need for a more inclusive approach to addressing residents' interests and concerns at the Board table. This led to the appointment of an Independent Member to the Executive Committee. The first appointment was made in August 2021, with the term held until the next RVA Annual General Meeting.

The Independent Member plays a crucial role in our organisation, attending all Executive Committee meetings, receiving all Executive papers, and having the right to speak on any topic they wish.

### Qualities of the Independent Member

When appointing an Independent Member, the Executive Committee looks for the following qualities:

- **Empathy with older people:** Understanding the issues likely to affect the RVA's Executive Committee and RVA members' decisions.

- **Communication skills:** Ability to convey residents' concerns to the Executive Committee effectively.
- **Mana within the NZ community:** Recognised authority and respect.
- **Political understanding:** Insight into political systems and processes.

The RVA Executive Committee highly values the role of the Independent Member. This role, in addition to the Retirement Villages' Residents' Council, further strengthens the voice of retirement village residents, ensuring their interests and concerns are heard and addressed.

We are grateful for the dedication and contributions of our Independent Members, past and present, in advocating for the well-being of retirement village residents.

## Why do retirement villages have so many knockers?

*Denis Edwards, a retired award-winning journalist, author of ten published books and a resident of a retirement village in the Bay of Plenty, believes critics often miss the point about retirement village living.*

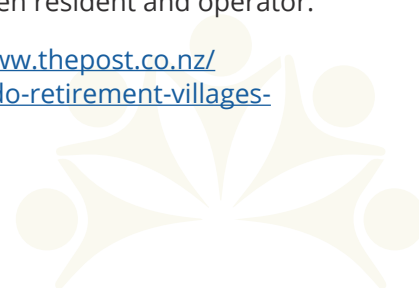
The ongoing debate about retirement village living from commentators like Janine Starks suggests village residents like me might well be among the 'fed up'.

I'm not, but I do think a deeper and wider discussion is worth having.

Buying into a retirement village is well past a standard real estate transaction, with its 'there's your dwelling, wish you the best, and see you around.'

This is a partnership, with ongoing contracts and a lifetime relationship between resident and operator.

Read more here: <https://www.thepost.co.nz/business/350391603/why-do-retirement-villages-have-so-many-knockers?>





## RESIDENTS' SPOTLIGHT

### From rock and roll to retirement: Sir Geoffrey's journey to retirement village life

Sir Geoffrey Palmer and his wife Margaret moved to their newly built townhouse at Village at the Park in Wellington in late 2023. Sir Geoffrey says, "It was an easy transition – and you'll need to talk with Margaret about it because I was busy working, and she was the one who made it happen." That partnership has characterised their long life together.

They first met in Standard 1 at Nelson Central School. At secondary school their educational paths diverged a little; Margaret was at Nelson College for Girls and Geoffrey at Nelson College. In their last year at school, with Margaret Deputy Head Girl and Geoffrey a prefect, they both attended dance lessons (actually rock and roll lessons) taught by the gym teachers. Geoffrey found himself dancing with Margaret, asked her out, and on their second date told her he was going to marry her. Margaret remembers: "I laughed at him, went on laughing for the next four years, and then married him."

Their married life began in Wellington, where Geoffrey was a newly graduated lawyer ("Mother said I had the gift of the gab, so I should become a lawyer, and I did."). He then took up a British Commonwealth Fellowship to the University of Chicago, graduating JD cum laude in 1967. There he met Sir Owen Woodhouse, author of the Woodhouse Report on worker compensation, and was persuaded by Sir Owen to work with him on the Australian equivalent. Geoffrey then worked as an academic overseas until he and Margaret returned to New Zealand in 1974, finding the country in the grip of Muldoonism. He joined the Citizens for Rowling campaign in the 1975 general election, becoming increasingly convinced that being in Government was the key to making effective change – "It's better to be a Minister than a



ministerial adviser'. When the opportunity of a safe Labour seat came via a by-election in 1979, Geoffrey leapt at it. He was selected to stand as the MP for Christchurch Central on the day his book "Unbridled Power" was launched, and he was duly elected. He says wryly that, by an accident of timing, "I had more time in Government than in Opposition, and that was very unusual in the Labour Party".

From 1979 to 1984 Geoffrey served his apprenticeship in the House in Opposition. In 1984 the Labour Party won the snap election, and Geoffrey became Deputy Prime Minister. The incoming Labour Government first had to weather severe economic and political challenges. The country's economy was almost on the rocks, and devaluation was urgently needed. However, the new Government couldn't be sworn in until the



writs were in, and outgoing PM Robert Muldoon refused to agree to devalue until eventually he was persuaded of the necessity by his senior ministers. This strengthened Geoffrey's determination to reframe some of our political settings. He set up a Royal Commission to investigate the political system and propose changes; this eventually led to the introduction of MMP.

In the next few years Sir Geoffrey and other Labour ministers focused on changing NZ's economic policy, aiming to create a modern economy more in step with other Western economies.

Supplementary Minimum Prices (in effect farming subsidies) introduced in 1978 were removed, as was import licensing. The Government also focused on honouring the Treaty of Waitangi. This major economic and social change was inevitably unpopular with some citizens. During this first term in Government Geoffrey carried a heavy workload; he had a multitude of portfolios, was Leader of the House, and acted for the Prime Minister David Lange, who was also Minister of Foreign Affairs, when he was travelling. This meant he often didn't leave Parliament till midnight.

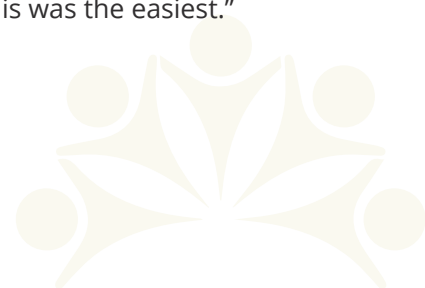
In Labour's second term Geoffrey was Prime Minister, and Minister for the Environment, a portfolio he relished. Highlights of his term as PM include the passage of the NZ Bill of Rights Act and the work that led to the passage of the Resource Management Act. He also set up the Law Commission, which he later chaired. Retiring from politics at the 1990 election, he returned to teaching at Victoria University of Wellington and the University of Iowa, and, with his teaching colleague Mai Chen, established Chen Palmer Partners, New Zealand's first public law practice. He remembers, "I'd learned that this type of law practice could be done and done successfully. I had a great interest in how government, politics and the law work, separately and together. And I knew how to run the system. You've got to understand that politics is a team game. You need the cooperation of other people to get anything done. Politicians need to understand that."

Geoffrey's political career began with the launch of his book "Unbridled Power"; more recently, with his granddaughter Gwendoline, he has written "Democracy in Aotearoa New Zealand – A Survival Guide" to help people understand how the political system works, in the absence of formal civics education. These two books sit alongside his large output of academic books and papers.

Sir Geoffrey still maintains an office at Victoria University of Wellington, commuting there from Village at the Park by bus most days. That brings us back to that "easy transition" to their retirement community.

The couple had become increasingly aware of the impact and cost of maintaining their home and wanted to make their own decisions about what was next and not "land that on our children". Margaret had friends living at Village at the Park; they knew it well and it met all their needs. They settled on a new-build townhouse with expansive views of the city and hills. Both enjoy hearing the children playing at the co-located childcare centre, and value the partnership with the Wellington Tenth's Trust which brings a bicultural aspect to the village. At present they're both still very actively involved in the wider community, but there's also plenty to do within the village – Margaret enjoys her regular tai chi sessions, and occasional concerts.

Sir Geoffrey tells me, "I can walk round the green belt and the playing fields, it's ten minutes' walk to my golf club, and I can get to the Law School in twenty minutes. We came here because we wanted a simple, easy lifestyle without ongoing maintenance issues. Our single biggest difficulty was deciding which books to keep, that really was a challenge." Sitting in their comfortable living room, it's easy to see they've settled very happily. Sir Geoffrey has the last word: "We've had a lot of different moves – 28 in our 61 years of married life together, across four different countries – and this was the easiest."



## John Collyns enjoying village life



John Collyns outlined the key benefits of retirement village life many times during 17 years as RVA's executive director. Now he's enjoying the benefits of those himself.

"The promises are warm, dry, age-appropriate housing, friendship and activities, financial security and a pathway to care," says John, who together with his wife Janet Brown, moved into the Arvida Waimea Plains village in Richmond, Nelson, in June.

"We have a stand-alone two bedroom unit with a garage. It's very warm and dry with double glazing and a good heat pump and good sun. After many years living in a draughty 1931 bungalow in the Hutt Valley near Wellington, that's life-changing.

"We have fixed weekly fees and our operator is responsible for fixing any chattels they own. Our energy bills are lower, and rates and property insurance increases are history for us. We know to the last dollar what our outgoings will be.

"In just a few months, we have made a number of friends and are very much looking forward to contributing to the life of the village.

"We're enjoying cycling, pool, yoga and a huge range of other activities. The village even has a 'glamping tent' they set up in motor camps around the region and you can book it for a few nights at a very reasonable price. With Arvida building a wellness and care centre on site, we know we have a pathway to care when we need it."

John retired from the RVA in August, following a career which began with New Zealand Railways, including marketing manager for part of the freight business and a spell as Railways Private Secretary to Minister Richard Prebble. He then led the NZ Bus and Coach Association and then the RVA until his retirement in August.

Janet held senior public sector policy roles in education sector agencies, and her last role before setting up her own consultancy was as General Manager Operations at Careers. She also served as vice president of the Public Services Association (PSA) and on the executive of the NZ Council of Trade Unions (NZCTU).

Having visited many villages for work, John says they had "tucked away" ideas about many they liked but Waimea Plains stood out for them.

That did give them a head start before they began their own journey of selecting a village, making visits, talking to residents and seeking advice from their lawyer. They found the information they needed was all easily accessed.

"I think, in the end, the choice of village comes down to a heart decision as much as a head one," he says. "I grew up in Nelson, it is a great lifestyle place with good weather and a good hospital and health system. The village also feels very private, despite having around 170 units.

"We wanted to have like-minded people around us. Waimea is a fairly new village – the last stage of villas was completed in March - the average age is just over 76. At 73 and almost 73, we are the 'juniors'. It also has a 60-40 female to male population.

"I had also read about the village when it was a winner in the RVA's Sustainability Awards. It is very much resident-led and focused on the sustainability of residents' wellbeing."

John and Janet visited Waimea Plains several times before making their decision and John was delighted to reconnect with several former schoolfriends who now live there too.

Then they then went through the Arvida occupation rights agreement (ORA) with their lawyer.

"He went through everything and talked about all the points we needed to know and we asked some questions. It was very straightforward," says John.

"We have found there are a mixture of views in the village around the retirement villages model, but everyone we've met is very aware of the model and feel the benefits they get outweigh any other issues."



## Say hello to Michelle Palmer

Michelle Palmer, the new executive director of the Retirement Villages Association (RVA), has worked in wide-ranging roles across the public and private sectors.

However, she says all have been connected by common threads of people leadership and strategic thinking, delivering and adding value as an organisation.

"I have a deep understanding of how membership organisations work and the people that we serve," says Michelle.

"For the RVA, that is two-fold, both the operators and managers of villages and the people who live in the villages."

Those roles have ranged from city councils to the Ministry of Health, where she led the implementation of the large-scale Healthy Families NZ initiative.

They also include director of partnerships at the Department of Conservation, chief executive of Marlborough Winegrowers Association/Wine Marlborough Ltd and executive director of Natural Products New Zealand.

Michelle has had a keen interest in retirement villages since her late mother moved into one 20 years ago.

"I am passionate about retirement villages because I saw the difference it made for her," she says.

"It was quite an old school one, and if it had the facilities villages have now, I think she would have made the move earlier – especially a bowling green – but the quality of life and security that she enjoyed there was amazing."

Stepping into the role with the outcomes of the review of the Retirement Villages Act expected shortly means Michelle will soon be helping steer the sector through some potential changes.

"The retirement villages sector has undertaken huge transformation as it has grown and reflected and it will continue to do so," she says.



"We are very keen to get on with making further changes but we need to wait for the outcomes of the review and that will be the priority for the year.

"My immediate focus is to continue to build on the huge body of work achieved by John Collins and the team along with updating processes and continuing with our programme of supporting and upskilling our members.

"A personal priority for me is to soak up as much information as possible and I'm tapping into the wisdom and knowledge of people around me who have been in the sector for a long time."

"We organise regional forums where we encourage operators and managers to get together and connect around best practice and to share ideas and carry those back to their villages and ultimately continue to provide a better and better experience for residents."

Michelle is also looking forward to visiting villages countrywide.

# Honouring a namesake's legacy

## New portrait of aviation pioneer Jane Winstone unveiled at retirement village

In early August, a special new portrait of Whanganui aviation pioneer Jane Winstone was unveiled in the historic Sacred Heart chapel, now part of Jane Winstone Village, to honour the legacy of the village's namesake.

The event celebrated Jane Winstone's remarkable achievements, including becoming New Zealand's youngest female pilot to fly solo, and then serving as a second officer in the Air Transport Auxiliary during World War II. Her life was tragically cut short at the age of 31 when her Spitfire aircraft malfunctioned.

The portrait, created by renowned Kiwi artist Craig Primrose QSM, was unveiled by then Ryman Healthcare NZ Chief Executive Cheyne Chalmers, alongside resident and fellow aviatrix Frances Barnes. "This portrait, showing Jane surrounded by a Hurricane aircraft and two Spitfires, is a fitting

tribute to her incredible legacy and contributions to both aviation and our nation's history," said Cheyne.

Special guests who spoke at the ceremony included Whanganui District Mayor Andrew Tripe and Wing Commander Hayden Sheard, Commanding Officer of Flying Training Wing at Ohakea. Cheyne expressed her gratitude, stating, "It was an honour to have such distinguished guests join us in celebrating a true New Zealand pioneer."

The event concluded with performances of Fly Me To The Moon and Sailing by the Jane Winstone Village Choir. Resident Gordon Keelty also delivered a compelling speech, highlighting the many great things about life at Jane Winstone Village. Cheyne extended her thanks to Village Manager Lisa Puklowski, the residents, and the choir for their contributions to this memorable occasion. The celebration then continued with morning tea in the Village Centre.



# Community spirit shines

## Nelson Tasman retirement villages rally for NBS Hands Up for Hospice Campaign

In a heartwarming display of community spirit and generosity, a group of retirement villages in the Nelson Tasman region came together to support the NBS Hands Up for Hospice campaign, which raised an incredible \$115,000 for the Nelson Tasman Hospice. This biannual campaign encourages the community to put their “hands up” in support of hospice services, and the retirement villages truly embraced this call to action along with many other local businesses, organisations and individuals across Nelson and Tasman.

The campaign, which asks the community to contribute in any way they can, saw remarkable contributions from the following retirement villages:

- **Olive Estate Lifestyle Village** led the charge with a phenomenal \$30,000 raised. Their dedication and efforts were truly inspiring, and their contribution played a significant role in the overall success of the campaign.
- **Summerset Richmond Ranges**
- **Arvida The Wood**
- **Abbeyfield Motueka**
- **Coastal View Lifestyle Village + Coastal View Care Centre**
- **Green Gables Nelson**
- **Stillwater Village**

Each of these villages brought their unique strengths and community spirit to the table, showing how collective efforts can lead to significant impact. The campaign's success was highlighted in a wrap-up article published by the [Nelson Weekly](#), showcasing the outstanding contributions from these villages and the profound difference they made for the hospice.

In addition to the villages that participated, the team at Ernest Rutherford also expressed their support. Although they couldn't join the fundraising activities in May, they have committed to holding a fundraiser later this year, demonstrating their ongoing commitment to the cause.

The NBS Hands Up for Hospice campaign serves as a powerful reminder of the importance of community involvement and the incredible outcomes that can be achieved when we come together for a common cause. The funds raised will go a long way in supporting the vital services provided by the Nelson Tasman Hospice, ensuring they can continue to offer compassionate care to those in need free of charge.

Thank you to all the retirement villages and community members who contributed to this remarkable effort. Your generosity and community spirit are truly commendable.

For more information about the NBS Hands Up for Hospice campaign and how you can get involved, visit their website at [Hands Up for Hospice](#).







## Embracing sustainable fashion: A village initiative making a difference

Hapaitia te ara tika pumau ai te rangatiratanga mo nga uri whakatipu

Foster the pathway of knowledge to strength, independence and growth for future generations

Sustainability doesn't always require grand projects or hefty investments. Sometimes, it's the small, everyday actions that accumulate to make a significant impact. At Stillwater Village, residents are proving this with their innovative approach to sustainable fashion.

In an era where fast fashion dominates, leading to increased waste and environmental degradation, our older generations have a wealth of knowledge about sustainable practices. They lived in a time when clothes were made to last, often repaired or passed down. In contrast, today's fashion cycle is rapid and wasteful, contributing to significant landfill problems. According to Greenpeace, New Zealand alone disposes of about 180,000 tonnes of textile waste annually, equivalent to 6,429 shipping containers.

Against this backdrop, two resourceful Stillwater residents decided to leverage their love for clothes and commitment to sustainability. They launched the Op Shop Challenge, a village-wide initiative encouraging residents and staff to explore sustainable fashion options. Running from May to June 2023, the challenge culminated in a vibrant fashion show featuring categories like Evening Wear, Street/Leisure Wear, and Best Upcycled Item, all sourced from local op shops.

The event was more than just a fashion show; it was a celebration of recycling and creativity. A local craft group provided insights into repurposing garments, while an op shopping expert joined as a judge. The

show not only highlighted the potential of recycled fashion but also included a clothes swap, reinforcing the idea that sustainability can be stylish and practical.

The success of the Op Shop Challenge has sparked a trend. What began as a local initiative is now an annual event, expanding to include four villages in 2024: Stillwater, Waiapu, St Luke's, and Cantabria. The challenge has fostered a culture of sharing and sustainability, encouraging residents and staff to rethink their fashion choices and reduce textile waste.

The Op Shop Challenge is a testament to the power of resident-led initiatives. It demonstrates that sustainability can be achieved without significant costs and that valuable lessons in eco-friendly practices can come from within our own communities. The positive feedback and growing participation highlight the impact of integrating sustainability into daily life, while also enhancing social interactions and well-being among residents.

As Ernest Hemingway wisely said, "The earth is a fine place and worth fighting for." The residents at Stillwater are leading by example, showing us that with creativity and community spirit, we can all contribute to a more sustainable and fashionable future.





## Resources and support

### Information on resources available to residents

Visit the Retirement Life website at [www.retirementlife.co.nz](http://www.retirementlife.co.nz) for a seamless and comprehensive source of information catering to all your retirement village inquiries. Whether you're seeking advice or answers, this website has you covered.

There is a wealth of topics on the Retirement Life website, including a practical retirement village planning checklist and the importance of seeking legal guidance prior to moving to a retirement village.

For tailored information specific to your retirement village, don't forget to consult your village manager – they're your best resource for personalised answers.

Join our engaging discussions on social media platforms such as Facebook ([facebook.com/retirementlifenz](https://facebook.com/retirementlifenz)), Instagram ([instagram.com/retirementlifenz](https://instagram.com/retirementlifenz)), and LinkedIn ([linkedin.com/company/34695026](https://linkedin.com/company/34695026)). We look forward to connecting with you.



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## Contact details

Stay connected with us by subscribing to our newsletter and receiving consistent updates. Simply visit <https://www.retirementlife.co.nz/contact>, send us an email at [info@retirementvillages.org.nz](mailto:info@retirementvillages.org.nz), or give us a call at 04 499 7090 to ensure you're always in the loop.

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## Call for Contributions

Your thoughts and experiences matter and we welcome your stories and ideas. Please reach out to [amanda@retirementvillages.org.nz](mailto:amanda@retirementvillages.org.nz) via email to share your contributions, whether they be in the form of stories, articles, or suggestions for upcoming editions. We're excited to hear from you!

