



TE AWA
Lifecare Village

TE AWA

October 2024

PARTYLINE



A word from Nikki

It's been a bustling month here at Te Awa Lifecare, and there's plenty to update you on! Over at RD4, walls are up, with gib installed, and it's truly all hands on deck as the team works to make progress while the weather's fine, aiming to complete as much as possible before the festive season kicks off.

We're also thrilled to introduce Family Sunday Lunches throughout December! This new offering is designed to ease the Christmas Day rush, giving families an opportunity to celebrate together a little early. Enjoy a lunch, lovingly prepared to bring families together. Bookings at Reception are essential.

Our Café continues to thrive, and is open daily from 8am-5pm, offering cabinet food, daily specials, and a full menu. Bookings are welcome for groups wanting a meeting space. A little tip: the homemade slices (excluding raw) are \$3 after 2pm—perfect for an afternoon treat!

I've been spending a bit of time helping Mandy at our sister village, The Grange, in Mosgiel and it's wonderful to see things falling into place down south. For anyone travelling to the South Island this summer, please feel free to stop by and introduce yourself.

Lastly, the Nurse's Clinic has become a valued addition to our offerings! Just a quick reminder: the clinic runs on Mondays and Thursdays (we may have had a slight mix-up on the advertised days!). Thank you to everyone for your patience and support.

Celebrating a Century: Gerry's 100th Birthday Bash!



Gerry Wake, one of Te Awa's original Care Centre residents, recently celebrated his 100th birthday with fellow residents, staff, and his loving family.

Gerry has been with us from the very beginning, moving in on the day Te Awa Village first opened its doors, and he continues to be an irreplaceable part of our community. His century was marked on Friday, 25 October, with heartfelt celebrations, including a special visit from MP Louise Upston and a birthday card from none other than King Charles, which Gerry proudly displayed.

Adding to the festivities was a large fruit cake baked into the numbers "100," which went down a treat with everyone who joined in the celebration.

Born in the English village of Ingrave, Essex, Gerry moved to New Zealand in 1962 with his late wife Joan and their three children, Suzie, Cheryl, and David. A former insurance salesman with a quick wit and a keen sense of humour, Gerry remains remarkably active. Incredibly, he heads to the gym every day—sometimes twice!—and keeps his

mind sharp with games of snooker and a lively interest in world events and people. With his thoughtful feedback and suggestions for improvement, Gerry has left a positive mark on life here at

Te Awa, and we admire his dedication to ensuring his world stays vibrant and connected.

Always willing to help, Gerry has even been a "model" for several photo shoots at Te Awa, posing with a smile and embodying the warmth of our community.

Gerry laughed off the idea of feeling 100, admitting he feels no different than when he was 90. A century on, his zest for life and his ever-present humour continue to inspire us all at Te Awa.





Sunday Christmas Family Lunches

In the month of December, residents and their families can enjoy a Traditional Christmas Lunch with their loved ones.

Menu:

Apricot And Honey Glazed Ham On The Bone

Apple And Cranberry Stuffed Turkey

Steamed Gourmet Potatoes With Butter And Parsley

Hot Crusty Steamed Bread Rolls

Fresh Rainbow Seasonal Salad With Balsamic Dressing

Broccoli Salad Seasoned With Homemade Aioli, Cranberries, Pickled Onions And Shaved Almonds

Mustard, Butter, And Cranberry Sauce To Accompany Your Meal

Pavlova Choice: Classic, Chocolate, Passionfruit.

\$65 per person | \$45 - 5-12 yrs, Under -s - free.

Filling up fast - don't delay - book your lunch today at Reception or phone 07 827 6103



Dates to mark on your Calendar

November is looking like another busy month with activities galore. Check out the calendar online at:



Care Centre



Village

Farewell Peter - Haere Ra

Peter Dass from Te Awa Lifecare has returned to his native Punjab in India after almost a lifetime in New Zealand.

Peter (real name- Parshotam P Dass) came to NZ in 1962 on a working holiday at the age of 21.

While at the Frankton Saleyards one day, he met an expatriat Indian farmer and confessed he was looking for a job.

"Can you milk cows?" asked the farmer. "My father at home has 2 cows and I can milk them".

"If you come and work for me, I will teach you how to milk cows the Waikato way".

62 years later, Peter's work holiday has come to an end and he has returned home at the age of 83,

At his final cards session on Tuesday 24th September we farewelled him with a glass of wine and a snack.

Peter really enjoyed his 500 sessions at Arnold House.



He laughed a lot and made us all laugh as well. He sometimes had the uncanny ability to sense where the cards were and a penchant for occasionally dizzying changes of bid.

We shall miss his company sincerely and we wish him all the best as he leaves us. Alavida Peter!

Malcolm



New pedestrian tunnel taking shape

Outside the fence at Te Awa Lifecare, the action is in full swing as roadworks continue to reshape the landscape along Cambridge Road.

In a major step forward, workmen have begun lowering large concrete segments into place, carefully positioning each one to form a new pedestrian tunnel that will soon allow safe passage beneath the busy road and around the new roundabout. These massive pieces fit together like a giant puzzle, each adding to the structure that will enhance both safety and accessibility for everyone in the area.

For residents, staff, and visitors, please take extra care, and all stay alert and navigate slowly to keep everyone safe amidst the bustle of progress!

Weekly mail deliveries with a smile

Every week, trusty mailman Richard Johnstone is hard at work, carefully sorting letters to ensure each piece of mail reaches its intended recipient.

And with Christmas just around the corner, things are already ramping up - soon his deliveries will be filled with festive cards and well-wishes!

A big thank you to Richard for his dedicated service, bringing joy to residents who receive mail, although preferably not bills!



New road markings



At Te Awa Lifecare, the familiar Giveway markings on the road have now been updated to bold STOP instructions painted directly on the road.

As you navigate the quiet lanes, these new road markings stand out, reminding each driver to press pause, look right, left, then right again before easing forward.

Why the change? Safety has always been a priority here, and as Te Awa's community has grown, so has the need for caution.

So, in a gentle reminder to all residents, staff, and visitors, the new road markings are there to keep everyone that little bit safer. Next time you're out and about, take a moment to stop, look both ways, and proceed with care – after all, a moment's pause can make all the difference!

Arnold Society backs Kiwis

A small but significant event occurred at our Arnold meeting on Saturday, 19th October.

Gill Wills brought along a small NZ flag and set it in a silver vase on a table to cheer on Team NZ.

Over the rest of that weekend the Americas Cup was won, the Black Caps beat India (in India for the first time in 40 years) by 8 wickets, the Silver Ferns beat Australia at netball by a large 14 goal margin and the White Ferns beat South Africa to win the World 20/20 Womens' Cricket Cup.

It also turned out that the Black Paddles won the World Championship in a sport I have never heard of (a combination of canoeing and basketball). May the luck of Arnold be with you! *Malcolm*



INTRODUCING

Ankit Kukreti

Te Awa Lifecare's Chef



As a chef, maintaining a healthy work-life balance comes down to effective time management and setting clear boundaries.

In the kitchen, staying organised, delegating tasks when needed, and prioritising self-care are key. Outside of work, I make time for family, exercise, and hobbies that help me recharge. A supportive team is also crucial, especially during busy periods, to keep everything running smoothly.

One mantra that keeps me inspired is "Progress, not perfection." It serves as a reminder that growth is a journey. Every day in the kitchen brings opportunities to learn, experiment, and refine skills. Mistakes are part of the process, and focusing on continuous improvement helps me stay motivated and strive for excellence without getting bogged down by setbacks.

What inspired me to work in a retirement village is the chance to make a meaningful impact on the lives of older adults. Working here has profoundly influenced my outlook on aging and retirement, showing me that this stage of life is full of growth, continued learning, and connection. Residents maintain their passions, pursue new hobbies, and actively engage with their communities. It's inspiring to witness, and it challenges common stereotypes about aging, reminding me that retirement is a time of exploration rather than limitation.

Family traditions also hold a special place in my heart, and one I treasure is Diwali, the festival of lights. It's a joyful time of togetherness, symbolising the triumph of light over darkness. We celebrate by lighting oil lamps, sharing traditional dishes, and gathering with loved ones.

I've been fortunate to travel around a bit of New Zealand, and one of the most breathtaking places I've ever visited is Milford Sound. The towering cliffs, cascading waterfalls, and the stillness of the water create an awe-inspiring, serene atmosphere that left me feeling both inspired and at peace.

The piece of wisdom I live by? "Embrace every opportunity to learn." Growth often comes from stepping out of your comfort zone, and every experience, good or bad, shapes your journey.

From our Care Centre



Lively days and new adventures for our residents in the Care Centre

It's been an action-packed month at Te Awa Care Centre! With the weather cooling, some feathered friends took refuge indoors—our hallways hosted a family of ducklings, adding a dash of cuteness to everyone's day.

The Woolshed hallway has also become the perfect venue for Boccia, a game quickly becoming a favourite pastime among residents.

Exercises with Shani in the Main Care Lounge are growing in popularity, proving that fitness is for everyone, not just the young. Creativity is also in full swing, with residents crafting birthday cards, including a few special ones to celebrate Gerry's 100th birthday.

Outings have been equally enjoyable. The trip for real fruit ice cream at Ruakura was a big hit, and nature walks with Shani and Tracy are gaining traction as the weather warms.

Halloween has been a highlight this month, kicking off with a Halloween Arts and Crafts morning where residents crafted decorations to adorn rooms and doorways. The residents also made a trip to The Woolshed Café to admire the festive decorations—bravo to the team for going all out this year!

Lou the Leonberger and Shadow the Black Labrador also made special visits, bringing lots of cuddles and smiles to everyone.

To round off the month, we enjoyed a fun Halloween cookie decorating session. Next month looks just as vibrant, with Seated Boxing Classes, Jeopardy, Happy Hour, Sing-a-Longs with Jill, and Alan Sayers, a piano recital by Stephanie Giltrap, Spa Day, and Christmas wreath-making. Retirement at Te Awa certainly means keeping busy!