



TE AWA
Lifecare Village

TE AWA PARTYLINE

March | April 2024



New leadership direction

We are pleased to announce the appointment of Nikki Belfield as the new Village Manager of Te Awa Lifecare Village. With an extensive background in Primary Health organisations and being a registered nurse, Nikki brings a wealth of experience to her new role.

Her unique perspective is further enriched by her personal connection to Te Awa, as her parents are residents of the village. This allows Nikki to view the community from multiple angles: as a manager, a healthcare professional, and a family member of residents.

Passionate about working with older individuals and specialising in palliative care, Nikki is eager to introduce

innovative initiatives aimed at facilitating smoother transitions as residents age. These initiatives are designed to make life transitions more seamless and comforting for both residents and their families.

With Nikki taking the helm at Te Awa Lifecare Village, Mandy will now have the capacity to focus on broader strategic initiatives for both Te Awa and The Grange. Residents can rest assured knowing that Nikki is readily available to assist them with any concerns or challenges they may face.



Exciting updates on the horizon

Villas nearing completion, work to resume on RD4, and a brand-new driveway ready to welcome you!

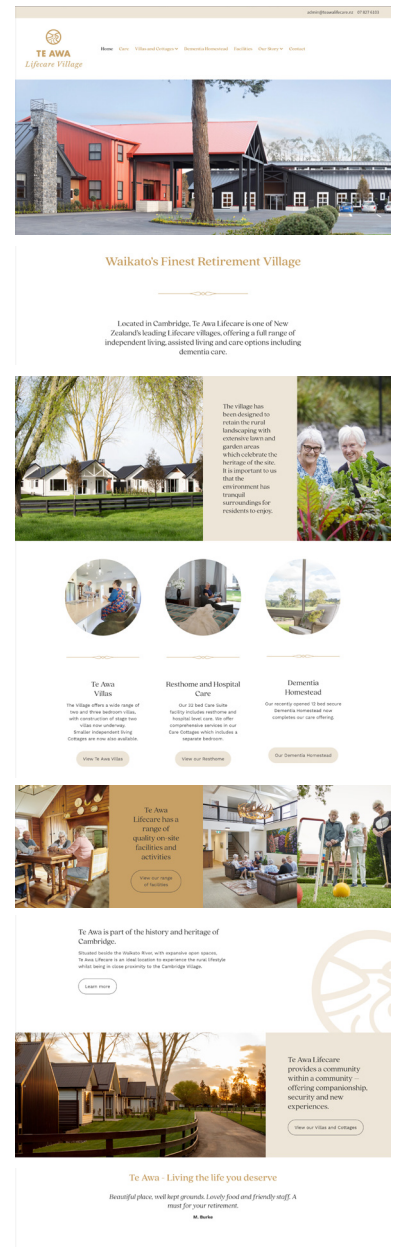
As we approach the final stages of constructing our new villas on Morepork Mews, you may have observed an increased presence of contractors on site. These meticulously designed and built villas are soon to hit the market.

In order to prioritise the timely completion of the villas and honour our commitment to incoming residents, construction efforts will soon shift back to RD4 as our dedicated builders were reassigned to ensure the villas are

ready for occupancy.

We're pleased to announce the completion of a new driveway linking Morepork Mews to the serviced cottages. Fortunately, the newly poured concrete has remained undisturbed by any curious sheep, ponies, or birds.

We've also revamped our website which is due to go live very soon. It now features an interactive calendar, and will host future newsletters.



Unfurling the journey with vexillologist Terry



Terry Pratley got into flags serendipitously quite a few years ago when he was cleaning up the garden of his house in Herne Bay, Auckland, and found an old flag pole. On investigation, it seemed to be sound, so he cleaned it up, painted it and erected it on the footpath boundary of his corner site.

At about that time he happened to holiday in Rarotonga so his family bought him a national Raratongan flag. He flew it and was immediately pleasantly surprised at the public interest it generated! He bought a few more flags with the same result - significant public interest!

He was hooked! He continued to purchase flags but not confined to national flags (although by now he has approximately 100 of them). He also acquired sports flags and novelty flags. He even has a few custom made flags such as the train flag made for the late Grant Edgecombe.

Just as his first flag (Rarotonga)

generated public comment, Terry is not beyond breaking out a flag precisely because it may generate comment. Eg the "Bring Back Winston" flag which Terry says was solely flown for his former Black Lab dog named Winston! Also flown on, and for a couple of weeks after, Waitangi Day this year, but without comment from Te Awa folk, was the flag of the United Tribes of Aotearoa, the Whakaputanga (Māori Declaration of Independence) flag (see photo in last month's edition of Partyline).

So a point of interest at Te Awa: What's up the flag pole today?

Special Interest Groups contact persons:

Arnold Society - Malcolm Baigent 021 473 860

Bowls - Harley Bowler 07 827 4064

Craft Group - Shirley Giltrap 027 484 7499

Croquet - Helen Hicks 027 222 7491

Cards - Helen or Mary Collins 0272 884 925

Library - Heather Harvey

Mahjong - Diana Dunn 027 268 7840

Quiz - Valerie Speirs 021 176 6739

Walking Group - Doug Arcus



Don't be fooled by the 'chestnut' tree

These may look like chestnuts...however they are 'Horse Chestnuts'.

The horse chestnut is an ornamental tree with attractive leaves and flowers and produces prickly fruit that contains these glossy brown and nut-like seeds - known as a conker.

The nuts are not edible and are actually toxic, although safe to touch.

Flowering in late spring and early summer and the conkers litter the ground in Autumn.



Cambridge Autumn Festival was a blast



The Hamilton County Bluegrass band played a sold-out performance in our Woolshed on Saturday afternoon, March 23rd, as part of the Cambridge Arts Festival.

The large audience were familiar with this long-standing musical group and greeted each number with rapturous applause. The very skilled and professional players of mandolins (2), guitars (2) banjo and violin were balanced by a lovely deep bass with impeccable timing.

The band was started in the 1960s by Paul Trenwith and Alan Rhodes, and originally called The Muleskinners but there have been quite a

few changes over the years, Classical violinist Colleen Bain joined in 1967 and subsequently married Paul. Their three sons are all musical and have played with the band.

They have toured extensively in NZ and Australia and attended Bluegrass conventions in the U.S. They were inducted into the NZ Country Music Hall of Fame in 2015 and Paul was awarded a Q.S.M. for services to Music in 2016. - **Malcolm**

Proud Major Sponsor

Te Awa Lifecare is proud to be Major Sponsor of the Cambridge Autumn Festival, providing exceptional performances for our residents and the local community at The Woolshed. This year over 660 people attended the events Te Awa.

We showcased a diverse range of acts including Grant Haua, The Nukes, Dane Moeke, Fiona Greaves for a captivating Evening of Musicals, Miho's Jazz Orchestra, Hamilton County Bluegrass Band, and the mesmerising magician Zero Xiao - ensuring there was something to delight everyone.

A heartfelt thank you goes out to our dedicated staff who assisted with parking, setup, and dismantling of the venue. We also extend our gratitude to our residents who joined us at this special event.

We eagerly anticipate participating in this wonderful festival again next year.





Welcome message from John Collyns

Dear residents,

Welcome to the first edition of *Retirement Life* for 2024, proudly brought to you by the Retirement Villages Association (RVA).

It's been a busy start to the year for the RVA. We had a productive first meeting with the Retirement Villages Residents' Council (RVRC) and clearly the Council's members are committed to working in the interests of all village residents across the country.

In conjunction with key stakeholders such as the RVRC and the Retirement Villages Residents Association (RVResidents), we would like to see how we can progress some key improvements to the sector's Code of Practice without the need to wait for the outcome of the Government's legislative review.

This could include transfer to care, removing capital loss without sharing capital gains and clearly outlining the obligations of retirement village operators as well as resident rights.

Our ambition is for New Zealand to continue to have a thriving and vibrant retirement villages sector. That can only happen with satisfied residents. Please rest assured village operators up and down the country are doing their best to ensure you can continue to enjoy your retirement village lifestyle.

With warm regards,



John Collyns
Executive Director,
Retirement Villages Association



Check up from the neck up

At times we can all benefit from having someone outside of our lives listen to us and help us untangle some of that mess.

At Te Awa Lifecare, we're grateful to have the support of Annabel Barbosa, pictured right, a local certified mental health coach who works with our team on a regular basis.

Annabel is here to support our team to understand what's most important to us and how we can get more of that.

Whether its improving physical or mental health (or most likely both), together Annabel and our team find out what



good mental health means individually and how everyday things within your control – like sleep, food, movement and breath – can make a huge impact.

Read it online

The first edition of Retirement Life for 2024, proudly brought to you by the Retirement Villages Association is now available for you to read - online!

This issue covers industry updates and reforms:

- Review of the Retirement Villages Act; Commerce Commission in regard to media coverage; and 'scorecards' for retirement villages.
- Amanda Barush writes about her experience of 'disappearing with ageism'.
- An interview with Esther Perriam, Director, Eldernet Group unlocks the secrets of retirement living.
- 2023 has proven to be a record year for retirement village new builds
- Read of life through the eyes of residents and how they came to be living in a village and what shaped their choice of village and life in residence.
- The establishment of the Retirement Villages' Residents' Council
- A UK delegation visit to learn about retirement village living in New Zealand – as our model is the envy of the world.
- And so much more....

Instructions: Use your mobile phone, open your camera and hold it over the QR code below. This will take you to the newsletter on our website.

Round the bend?

Your bowel, I hear is giving trouble
With lots of wind and hubble bubble.
Our little team know what to do
The endo. girls are here for you.

Just keep your cool sir; you can cope
With flexible colonoscope.
We need clean bowel before we do it-
This drink of ours will flush right through it

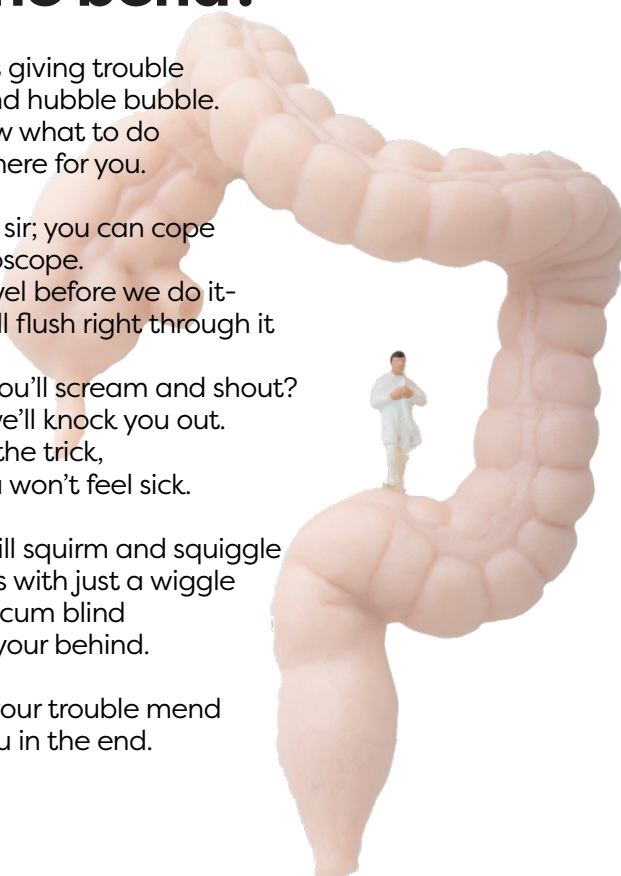
Perhaps you think you'll scream and shout?
But have no fear- we'll knock you out.
A little prick will do the trick,
Some lubricant-you won't feel sick.

The bendy scope will squirm and squiggle
Its way round bends with just a wiggle
Until it sees the caecum blind
A yard or two from your behind.

The docs will soon your trouble mend
They always get you in the end.

Yes, your end!

- **Malcolm**



Autumn leaves
don't fall, they fly.
They take their
time and wander
on this their only
time to soar.



Grannies Rhubarb Cobbler

- Al Brown

STEP 1

- 1Kg rhubarb (trimmed)
- $\frac{3}{4}$ Cup Sugar
- $\frac{1}{4}$ Cup Water

Preheat the oven to 200°C. Cut the rhubarb into even pieces. Toss in the sugar and mix very well.

Place the rhubarb in a roasting tray and add the water. Cover the dish with tinfoil, but poke holes in it to let some steam escape. Cook until tender, checking after 10 minutes. Remove from the oven when almost tender but not falling apart. Cool and refrigerate until required.

STEP 2

- 1 $\frac{1}{3}$ Cups All-purpose Flour
- $\frac{1}{4}$ Cup Brown Sugar
- 1 tsp Baking Powder
- Pinch Salt
- 1 Tbl Ground Ginger
- $\frac{1}{4}$ tsp Ground Nutmeg
- 1 tsp Ground Mixed Spice
- $\frac{1}{2}$ tsp Cinnamon
- 30gm Unsalted Butter (chilled and cut into small cubes)
- $\frac{1}{2}$ Cup Cream
- $\frac{1}{4}$ Cup Golden Syrup

Sift the dry ingredients into a large mixing bowl, then rub in the butter until the mix resembles coarse breadcrumbs. In a separate bowl, whisk together the cream and golden syrup until combined.

Make a well in the dry ingredients, and with a wooden spoon slowly incorporate the cream mix to make a dough. Knead lightly with the palm of your hand until the flour is all incorporated. Rest the dough for 10 minutes at room temperature.

STEP 3: TO COOK AND SERVE

Preheat the oven to 180°C. Remove the rhubarb from its juice, and place in a suitable baking dish.

Tear off clumps of dough and gently place on the rhubarb, leaving 2cm gaps in between.

Sprinkle with 2 Tblspn Demerara sugar and bake for 15-20 minutes until the cobbler top is puffed, golden and cooked through.

Custard and cream are all that's required to complete the dish. Although if you can't be 'faffed' with baking the cobbler - stewed rhubarb on cornflakes is also another great dessert - with a splash of fresh cream!

INTRODUCING

Connagh Rakena

Te Awa Lifecare's Administration Manager



I'm the eldest of five siblings and took the bold step of leaving home when I was just 18. My heart was set on exploring the great outdoors and diving deep into my passion for skiing.

I landed a job as a ski instructor at Treble Cone, the crown jewel of the South Island, boasting the longest vertical drop among all the ski fields in the Wanaka/Queenstown area.

During the quieter, off-season months in New Zealand, I seized the opportunity to broaden my horizons and jetted off to America.

On my return I pursued a Diploma in Business and soon after completing my studies, I found myself working alongside my family in our engineering company - Industrial Valve Engineering.

Life took another beautiful turn when I tied the knot and became a proud parent to two wonderful children. Around that time, I was approached to lend a helping hand at Te Awa Lifecare Village, a new family venture, while some of the staff took extended leaves. Little did I know that this temporary stint would turn into a long-term commitment. I've been part of the Te Awa family for over four years now, and it's been an incredibly fulfilling journey. Today, I proudly serve as the Administration Manager.

When I'm not wearing my administrative hat at Te Awa, you'll often find me soaking up quality time with my family. Whether we're pitching tents for a camping adventure, hitting the trails for tramping, shredding the slopes during ski season, or getting our hands dirty on the farm, every moment is cherished.

One of the most valuable lessons I've gleaned from our wise residents at Te Awa is the importance of valuing time and not sweating the small stuff. Life's too short to get bogged down by trivialities, so if you see me around, you'll likely find me with a smile on my face, embracing each day with gratitude and a zest for life!

From our Care Centre



New 'roomies' for the Care residents

DJ and Star have settled in well and the sheep have Residents of Te Awa Care have delighted in welcoming our newest additions to the village, DJ and Star, two irresistibly cute ponies.

These charming creatures have seamlessly integrated into our community, and even our sheep seem to enjoy their company in the paddock.

It's been heartwarming to see our residents stroll over to the fence, greeted by the eager trotting of DJ and Star. However, we kindly remind everyone not to indulge them with bread, biscuits, or cake, lest our adorable ponies start resembling porkers!

Our care residents thoroughly enjoying the involvement of students from Cambridge High School and St Peter's School with Easter activities. Such interactions foster meaningful connections between different generations.

Every Wednesday, we extend an invitation to our care residents for a scenic country drive—a highly anticipated outing. Additionally, we offer two specialised driving services, Driving Miss Daisy and To&Fro, both of which provide gift vouchers for your loved ones to redeem.

Looking ahead, April promises to be brimming with exciting activities. We have a Swimsuit Painting competition, Anzac Wreath Making, and an Armchair Travel adventure to Italy lined up, just name a few.

On Anzac Day, we will honour the occasion with a service in the Woolshed, followed by a morning tea where families are warmly invited to join us.

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