



Welcome to the TAMAHERE VISTA August 2017



Although winter seems to have been around for ages now, there always seems to be plenty to do (if you feel like going out and about in the cold and wet!). We are certainly blessed with a range of activities available to us in the village, as well as being invited to share in many of those organised for the Home.

I believe it is timely to set out again the process to be followed when residents find themselves in the position of needing to attend medical appointments and have been unable to organise transport through the usual channels. There seem to have been some misunderstandings about this, so –

Firstly:

- Contact your family and/or friends to assist and if they cannot help –
- Ring the Cambridge St John's Health Shuttle Service by the day before the appointment at the latest (they will pick you up, take you to the appointment, and bring you home afterwards). The number to ring is 827 7307 and there is no charge for this service although a donation is requested.
- If, for some reason, this is not possible, then contact Reception to see if the van or car is available to take you. There will be a charge for this service unless the van is out and about anyway.
- If you have still been unable to find transport then we have an emergency volunteer driver service. The co-ordinator of this is Joan Myles, who has the contact details for residents who may be available to help. Joan's phone number is 856 9254. A donation would be expected to be made to the driver to cover costs (usually \$10.00, depending on distance and time).

But Please Remember That This Is An Emergency Service Only

We do need more volunteers to go on the roster for this service, especially from the newer area of the village. If you are interested in being part of this group please contact Joan Myles (phone number as above) – it would be much appreciated.

Last month MSD produced an information newsletter about Elder Abuse and the introduction of the new Elder Abuse Response Service (EARS) to provide help for seniors. Rather than reproduce the whole 2-page document as part of this newsletter, copies have been placed on notice boards in the Community Centre and the Home for you to read. There is an 0800 number to the Service, which will be operating 24/7 and this is 0800 32 668 65. For people with computers, the link is:

https://msdsupport.custhelp.com/app/forms/email_update.

And finally, if you are going to be away for a period of time, please let our receptionist know.

Jean Robertson, Editor (856 9269)



Residents' Committee Chairperson's Report August 2017

Good news! The touch lights have arrived! If you haven't picked up yours by the time you receive this Vista please contact David McGeorge to arrange to get them from him.

Our thanks go to the new volunteers who have put their names forward to be part of the Newspaper and Mail delivery teams. Your time and efforts are very much appreciated by us all.

Scooter Club numbers continue to increase and so does the fun. One particular mention is a new lady, who will remain nameless, who turned up to watch and enjoy the company, got on a scooter she has never ridden before and made only one mistake in the whole obstacle course and had the fifth fastest time on the day! Don't be afraid to come along and have a go and share the laughter along the way. Our winner this month was Jean Robertson who provided the most entertainment on the course. Let's just say those tennis balls earned their keep that day!

Our thanks go to the Social Committee for organising a movie evening where we watched "Lion". There wasn't a dry eye in the room at the end. We're very much looking forward to the next social event. Please watch your letterboxes for further information.



The Social Committee and Residents Committee members were invited to share a lunch where we enjoyed a very special experience offered by hospitality sector trainees and their tutors. So good to share food and fellowship instead of always focusing on the business at hand.



A special thank you to our gardening and maintenance team who are working hard to take care of us, our homes and surroundings even when battling with seasonal weather and colds. We are very privileged to be part of such a caring and supportive community. Thanks to all of you for helping make it the gift we experience day by day.

Colin Neal, Residents' Committee Chairperson

FOR YOUR INTEREST

Tamahere Retirement Village Residents' Association
Notes from July 2017 Committee Meeting

All members of the Residents' Committee met as planned on July 10th with Joan Myles leading the opening prayer. David McGeorge shared information from management, which is included in other articles. He advised that there are 2 new key holders for the Community Centre in response to the request made by Chairperson Colin Neal. Thank you to Stuart and Bruce.



The guidelines (Norms for the conduct of committee meetings) and the job descriptions for the Chairperson, Secretary and Treasurer were completed and approved. These have been sent to the CEO Louis Fick.

Finance - there will another amnesty month in the near future for groups that regularly contribute donations towards activities organised by the Social Activities Groups. The resident's committee secretary will continue to send appropriate cards when needed to the families in the village, while the Chaplains will send to families of the Rest home residents.



Social Committee - Colin, Amanda and Joan met with the Social activities group. This group, which is led by Helen Painting, have great ideas for the coming months.



Volunteer drivers - it is recommended that when residents accept offers of transport with another resident that any koha / donation made should be at the conclusion of the drive. **Reason** - this will not impact on the driver's insurance.

Emergency drivers - please remember that when a medical appointment is made and emergency transport is required, a request for this must be made as soon possible. The instructions for the steps to be taken have been issued previously but Jean has referred to these again in her editorial. Should there be an unexpected need for transport (other than by ambulance) Joan Myles, villa 6, is the co-ordinator and who will endeavour to find an available driver. Joan needs more residents to offer to volunteer as emergency drivers.

The meeting had an agreed time to finish the meeting; we missed the suggested time by 3 minutes! The committee felt that we had worked carefully and smartly.

Mary West, Secretary

VILLAGE MANAGER'S COLUMN

Quote of the Month:

"The most difficult thing is the decision to act, the rest is merely tenacity. The fears are paper tigers. You can do anything you decide to do. You can act to change and control your life; and the procedure, the process is its own reward." (Amelia Earhart)



Emergency Lights

The lights that Colin and your committee arranged have finally arrived at a cost of \$6.80 each. This price included four batteries and appears good value. These have been delivered to those that ordered them and we will charge the cost to your monthly account as advised. If there are

any folks who did not get a light(s) and wish me to purchase them I am still able to source more. If you wish to buy one or more please pop in to my office and I will add them to a list and get a second order underway.

Café Menu

As discussed previously we have finally updated and repriced our menu. The pricing increases will allow for the community centre to get closer to break even, meaning that any impact the centre has on your monthly fee is minimised. We think that our menu is good value for money and we have left the drinks at the old prices along with the Sunday Roast. Your opinion is important to us and if you have any comments to make on the change please do not hesitate to discuss these with me.



Water Bore

For those of you following the progress of the new water bore, I can confirm that we have signed a contract for the work. The contractor will be using one of the existing tanks to receive the bore water and then treat it before flowing the treated water into the main supply for the village. The advantage of the bore is expected to be two fold. The supply is a greater volume than our existing water right from the trickle feed and it comes at a cheaper ongoing cost. My other expectation is that as we have higher inflows than we have got at present, the summer water restriction is likely to be in place for a much shorter time.

Regards

David McGeorge

Some seasonal humour:

- Q. What do you get from sitting on the ice too long?
A. Polaroids!
- Q. What do you call a reindeer with no eyes?
A. I have no eye deer!
- Q. Which side of an Arctic Tern has the most feathers?
A. The outside!
- Q. What do you call an old snowman?
A. Water!

Some signs outside churches:

- "Under same management for over 2000 years"
"Don't wait for the hearse to take you to church"
"Prevent truth decay. Brush up on your Bible"
"God answers kneemail!"
"Worry is interest paid on trouble before it is due"
"Seven days without prayer makes one weak"

There is a story of a pastor who got up one Sunday and announced to his congregation "I have good news and bad news. The good news is that we have enough money to pay for our building programme. The bad news is, it's still out there in your pockets".

JUDY'S COLUMN

Outings and Events in August



*An early start on the social calendar this month with an outing to Cambridge. First, morning tea (own cost) at Absolute Coffee House, followed by a visit to the Sinclair-Barclay Art Gallery, featuring work by well-known local artist Wayne Sinclair, who will give a brief talk about the art works. This outing takes place on **Friday 4 August**.*



Musical theatre is next up, with an afternoon matinee of Musikmaker's production of an old favourite – 'Oklahoma'. We head out to the Riverlea Theatre on **Saturday 12 August**, to see the 2pm performance. If we have 10 or more bookings, the Senior ticket price is reduced from \$29.00 to \$26.10. ☺

*More music to enjoy on **Wednesday 23 August** when students from the University of Waikato School of Performing Arts will perform an afternoon concert in the Community Centre.*

Happy Hour this month takes place on **Friday 25 August**, at 3.30pm, in the Community Centre.

*But, the month is not over yet! Touring group Operatunity are bringing another of their delightful Daytime Concert Series to Hamilton on **Monday 28 August**. Book for an outing to 'The Last Night of the Proms' to celebrate over 120 years of British musical tradition with this variety show of magnificent melodies, skits, madness and mayhem as we experience a right royal time. The concert will be followed by a light lunch with the artists.*

Village Book Group: Meet in the Community Centre Small Lounge at 3.30pm, **Thursday 31 August**.



Notices are sent out for outings and some events. To book in, please contact the Community Centre office (856 8328). If your call is not answered, please leave a clear message. The answerphone is checked regularly. As well as these outings and activities, remember the weekly Saturday Night Movie, screened at 6.30pm in the Rest Home Lounge, plus entertainers in the Chapel at various times. Please check the noticeboards at the Community Centre and in the Rimu Apartments area for further information about events, both onsite and out in the wider community.

<u>Friday 4 August:</u>	10.00am	Outing to Sinclair-Barclay Art Gallery + morning tea \$own cost
<u>Saturday 12 August:</u>	1.15pm	Outing to Riverlea Theatre (2pm matinee) \$29.00
<u>Wednesday 23 August:</u>	3.00pm	Performing Arts Concert (CC)
<u>Friday 25 August:</u>	3.30pm	HAPPY HOUR (CC)
<u>Monday 28 August:</u>	9.50am	Outing to Operatunity Concert & Lunch \$31.00
<u>Thursday 31 August:</u>	3.30pm	Village Book Group (cc)

Judy, Village Activities Organiser



From the Chaplain's desk

Recently I've been thinking about the love of God and how we can show some of that love to people around us. As I'm sure you will agree, loving ourselves and showing love to others is often quite a challenge!



There are a great many verses in the Bible that speak of the love of God. 1 John 4: 7-8 reads: "Dear friends, let us love one another, for love comes from God..." Before we can love others, though, we need to be at peace with ourselves – which can be harder than loving other people.

I came across a poem which I found interesting; hopefully it will speak to your heart too:

*There are times, Lord, when I'm
Amazed by the wonder of it all.
Not only that your love forgives absolutely
anything and everything
but that you love me unconditionally
and find time for me.*

*And that in love, you can accept me
with all my many faults and flaws.
Help me to accept your love.
Which embraces me, which enfolds me.
Which heals me and makes me whole.
(adapted from an unknown source)*

May we truly love truly love each other.

Blessings, Clive

Hairdressers

Don't forget that Carol and Sue are here to take care of your hairdressing needs. Carol is available on Monday and Tuesday, and Sue on Wednesday and Thursday. You can ring them on 856 5162, extension 834. Please ring in advance to make a booking and if the phone is unanswered just leave a message on the answerphone and either Carol or Sue will return your call.

NEWS FROM THE SOCIAL COMMITTEE



Sunday August 13th will be the second in our "Getting to Know You" events. It will start at **5.30pm** with a barbequed sausage and, while you enjoy a hot drink, be ready to test your skills at matching your Residents' and Social committee members' photos from childhood to current – do you know who we all are? We will settle in then to hear Len and Hilda Schroeder's stories and be home not too late.

Sunday September 10th will be another Eastern Banquet (remember last year's?) This will be at a cost of \$10 a head and will include a selection of dishes plus a dessert. As

we need numbers in advance for catering purposes, tickets will be on sale in August – watch out for a further notice about this. Numbers will be restricted to 80.



We would like some Eastern items – do you have a song or skit you could offer for the night? Please let me know! Ring Helen on 8547662

Helen Painting, Convenor

FAREWELL COLLEEN - We're going to miss you!

"A short note to say goodbye to everyone in the village and apartments. I have decided to retire and finish soon. It has been very special working here at Tamahere and getting to know many of you over the years, but time for me and my husband to take some time to enjoy our motorhome and have time to do whatever. All the best to everyone. Kind regards.



Colleen Philps, Day Programme Co-ordinator (now retired!)



ARE YOU INTERESTED IN EMBROIDERY? DRESSMAKING?

On Monday 14th August, Laura Austin will show her collection of costumes at Villa 16 from 10.00-12.00 noon. Laura is a member of Cosplay, an international club for people who enjoy the challenge of replicating garments worn in films or videos.

Included will be the three costumes which have been prize winners in NZ competitions. Judges have used the word "exquisite" on more than one occasion.

This will be an informal gathering so come and go as you please. You may even have time for a cuppa!

Nell Bradburn

I know it sounds ridiculously early but

Tamahere Lions are beginning to promote Ernest Adams Christmas Cakes for sale. The cakes weigh 1.2kg and should be available for delivery by the end of October. They cost \$18.00 each and a portion of the cost will be going to the Salvation Army. Payment can be made on delivery.



Alternatively, purchases can be made for the cakes which can then be donated to a needy family to brighten their Christmas.

I will be taking orders, so please let me know if you would like to purchase a cake.

Jean Robertson, 856 9269

Are you looking for an efficient and capable cleaner to take care of your housework and other jobs around your home?

Carole Looney is already cleaning in four villas here at Tamahere and would be happy to take on some additional work. If you are interested and would like further information she can be contacted on 827 9134 (after 5pm) or by email at carolenancylooney@gmail.com



Thank you to all who generously gave me their bras! And Joy Barrett of Silverdale, the real organizer of "Bras for Samoa" says "Thank you so much for the "support" these bring." Together, we delivered over 4kg of bras to Joy. I don't know how many that is but at say, 75gm each, that's over 50 garments. As the lucky ladies each get two, that's 25 who will benefit from your care and concern. Again, a big thank you!



As this is an ongoing program, I am happy to continue to pass on to Joy any more that you choose to drop in my letterbox (or even hang on my little electric folding bike whenever you see it parked around Eventide).

About the bike, if you would like to have a go, just let me know. Also, I hope soon to have my tandem up and running, and maybe even electrified! On a tandem, you can ride even if you have never been on a bike before. More on that when spring arrives.

Lloyd Morris, Villa 64

There was a very gracious lady who was mailing an old family Bible to her brother in another part of the country. "Is there anything breakable in here?" asked the postal clerk. "Only the Ten Commandments", answered the lady.

HANDS

Hands should do more than just hang out of the ends of our sleeves. Hands should do more than just fill gloves or hold rings. Hands can knit or broil steaks, change tyres or plant flowers; they can hold a tiny baby or guide a grandparent. They can reach out in kindness. They can reach out in love and try to ease someone's burden. They can be wrenched in anguish, they can pray.



Hands, on the other hand, can hit and scratch and sock and maim. They can slap out in anger and deal stinging blows. They can be aggressive and mean. They can cheat and steal and hurt. They can pull triggers and throw bombs. They really can.

Hands can pat folks on the back, applaud, signal a winner. Hands can also tear folks down. Hands can heal. They can warm one who is chilled. They can feed a hungry brother. They can calm an angry brother. They really can.



And then there are the other hands. The quiet ones, the still ones. The ones which just hang off the ends of our arms. They don't do bad things, like push and shove and kill. But they don't do the healing things either. Like love - Or accept - Or forgive

Lord, I am your hands

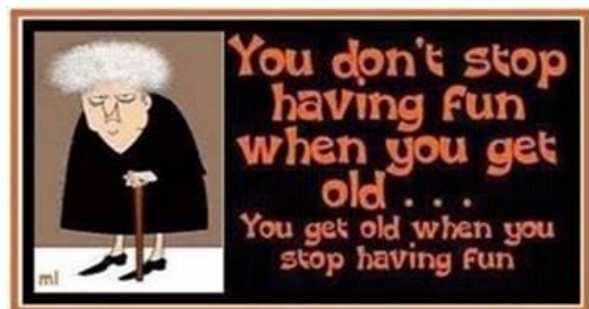
(Thanks to Margaret Hammond for this contribution)

I was horrified to realise that last month's *Vista* did not feature a Limerick from our Len! So here's one to cover July and August:



I had a good friend called Dennis,
who looked on July as a menace;
It's cold and it's bleak
and the best of the week
is at midnight with Wimbledon tennis

Though some of its days might be hateful
I guess that we ought to be grateful
for warm beds at nights
and Café delights
like hot pumpkin soup by the platefull





Tamahere Retirement Village – Activities for August 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Activities in green are arranged by the Home and all are welcome to attend		1 9.00 Lawn Bowls 10.00 Chartwell Short Trip 3.20 Choir Practice/C	2 10.00 Shopping New World 7.00 Snooker	3 9.00 Lawn Bowls 9.45 Hydrotherapy Pool 11.00 Bible Conv/SW 1.30 <u>Jem/C</u> 1.30 <u>Bingo/cc</u>	4 9.00 Tai Chi/CC 10.00 Knit & Knatter/cc 10.00 <u>Art Gallery Outing</u> 10.30 Catholic Mass/C	5 10.00 Golf 6.30 <u>Movie in RH Lounge</u>
6 <u>SUNDAY ROAST</u> 4.00 Chapel Service led by Rev Carol Hancock	7 9.00 Balance Class/CC 10.30 Sit & Be Fit/CC 1.00 Games & Snooker/CC 1.30 <u>Brian (Karaoke)/C</u>	8 9.00 Lawn Bowls 10.00 Chartwell Long Trip 1.00 Games/StS's here/CC 1.30 <u>Carole/Mary/Glenda/C</u> 3.20 Choir Practice/C	9 10.00 Shopping New World 10.30 C&CwithC/cc 7.00 Snooker	10 9.00 Lawn Bowls 9.45 Hydrotherapy Pool 11.00 Bible Conv/SW 1.30 <u>Bingo/cc</u>	11 9.00 Tai Chi/CC 10.00 Knit & Knatter/cc 1.30 <u>Tony & Fay/C</u>	12 10.00 Golf 10.30 Catholic Commn/C 1.15 <u>Riverlea Theatre</u> 2.00 <u>Scooter Club</u> 6.30 <u>Movie in RH Lounge</u>
13 <u>SUNDAY ROAST</u> 4.00 Chapel Service led by Rev Anne Preston 5.30 <u>"Getting to know you"</u> (see page 6)/CC	14 9.00 Balance Class/CC 10-12 <u>Costume Display</u> (see page 7 for details) 10.30 Sit & Be Fit/CC 1.00 Games & Snooker/CC 1.30 <u>Geoff & Peter/C</u>	15 9.00 Lawn Bowls 10.00 Chartwell Short Trip 3.20 Choir Practice/C	16 10.00 Shopping New World 11.00 Communion/C 1.30 <u>Louise Henry/C</u> 7.00 Snooker	17 9.00 Lawn Bowls 9.45 Hydrotherapy Pool 11.00 Bible Conv/SW 1.30 <u>Tamahere Choir/C</u>	18 <u>PODIATRIST HERE</u> 9.00 Tai Chi/CC 10.00 Knit & Knatter/cc 10.30 <u>Peter Knowles/C</u>	19 10.00 Golf 1.30 <u>Phoenix Players/C</u> 6.30 <u>Movie in RH Lounge</u>
20 <u>SUNDAY ROAST</u> 4.00 Chapel Service led by Joan Myles	21 9.00 Balance Class/CC 10.30 Sit & Be Fit/CC 1.00 Games & Snooker/CC 1.30 <u>Danny Savage/C</u>	22 9.00 Lawn Bowls 10.00 Chartwell Long Trip 1.30 <u>Tamahere Choir/C</u>	23 10.00 Shopping NewW 10.30 C&CwithC/cc 1.30 <u>Eddie Elvis/C</u> 3.00 <u>Performing Arts/CC</u> 7.00 Snooker	24 9.00 Lawn Bowls 9.45 Hydrotherapy Pool 11.00 Bible Conv/SW 1.30 <u>Bingo/cc</u>	25 9.00 Tai Chi/CC 10.00 Knit & Knatter/cc 1.30 <u>Glen Carley/C</u> 3.30 <u>Happy Hour/CC</u>	26 10.00 Golf 10.30 Catholic Commn/C 6.30 <u>Movie in RH Lounge</u>
27 <u>SUNDAY ROAST</u> 4.00 Chapel Service led by Rev Shelley Walker	28 9.00 Balance Class/CC 9.50 <u>Operatunity</u> 10.30 Sit & Be Fit/CC 1.00 Games & Snooker/CC 1.30 <u>Margaret Love/C</u>	29 9.00 Lawn Bowls 10.00 Chartwell Short Trip 3.20 Choir Practice/C	30 10.00 Shopping New World 10.30 <u>Men's Coffee Grp/CC</u> 7.00 Snooker	31 9.00 Lawn Bowls 9.45 Hydrotherapy Pool 11.00 Bible Conv/SW 1.30 <u>Peter Williams/C</u> 1.30 <u>Bingo/cc</u> 3.30 <u>Book Group/cc</u>	C=Chapel, CC=Community Centre cc=small lounge in CC SW=Susanna Wesley Room C&CwC=Coffee & Chat with Chaplains	