

From the Manager's Desk

Morning Tea with the Manager

I am looking forward to meeting with apartment residents 401 – 409 this Friday 10th March. Next Friday 17th March will be apartments 410 - 421.

Flood Relief Raffle

Thank you to all of you who have already participated in our Raffle. We have raised \$539.00 so far! If you haven't had the chance yet, come to reception to buy your tickets. 100% of the ticket sales are going to organisations assisting in the relief of those flood affected. The raffle will be drawn on Monday 13 March - \$3 per ticket and \$5 for 2 tickets.

Sales Update

We currently have 10 apartments available. If you would like more information on our apartments and services, or a private viewing, please contact our Sales Manager Robyn or Benjamin our Head of Department Wellbeing, who will be happy to give you more details.

Gardening Update

Cait and the team have been busy this week. Hedges were done last week and lawns are being done this week. The team has started trimming around the village and will carry this on over the next week.

Relish Café Cards

We have more than 30 residents now using their card in the Café to on-charge their purchases to their account, which is fantastic. This is a new system for us, and we thank you for your patience and understanding while our staff get familiar with the new processes.

Electricity in the Apartments

Due to the increasing cost of power, we have made the decision to increase the daily kw price from \$0.16 per kw to \$0.19 per kw. This will come into effect from 01.04.2023.

Have a good weekend, Marika.

Mia on a walk to the park



Nurses' Corner

Dear Residents,

Welcome back to our weekly health and wellbeing newsletter! We hope that you find the information we share with you valuable and that it contributes to improving your overall quality of life. This month, I wanted to focus on brain health and how we can use our diet to help us maintain optimal brain function as we age.

Maintaining good brain health is essential for a happy and fulfilling life. Our brains control our thoughts, emotions, and actions, and it is crucial that we take care of this vital organ. As we age, our brain function naturally declines, which can lead to memory problems, reduced cognitive abilities, and other issues. However, research has shown that certain lifestyle factors, such as diet, exercise, and mental stimulation, can help to slow this decline and keep our brains functioning optimally for longer. By prioritizing brain health through our diet and lifestyle choices, we can improve our overall quality of life and enjoy a better aging process.

Here are some tips to help you improve your brain health through your diet:

1. Eat a variety of fruits and vegetables: Fruits and vegetables contain antioxidants that can protect your brain cells from damage. Aim to include a variety of colours in your diet to ensure you get a range of nutrients.
2. Incorporate omega-3 fatty acids: Omega-3s are important for brain health and can be found in fatty fish such as salmon, as well as nuts and seeds like chia and flax seeds.
3. Avoid processed foods: Processed foods, such as those high in sugar and unhealthy fats, can contribute to inflammation in the body, which can negatively impact brain health.
4. Stay hydrated: Drinking enough water is essential for brain function, so make sure you are drinking plenty of water throughout the day.
5. Consider supplements: Certain supplements, such as B vitamins and vitamin D, have been linked to improved brain health. Talk to your doctor before starting any new supplement regimen.

As we continue to navigate the COVID-19 pandemic, it's important that we all do our part to protect ourselves and those around us. Please remember to wash your hands frequently with soap and water for at least 20 seconds, wear a mask in public places or when you are around others who are not part of your household and stay home if you are feeling unwell or have been in close contact with someone who has tested positive for COVID-19. Remember, if you have been diagnosed with COVID-19, please reach out to one of our nurses so we can be aware of it and give guidance for what to do next.

Influenza season is starting up soon, so we have organised for Nurse Sharon & Dr Paul to come in and administer our flu vaccines this year on the 13th of April 2023 from 2pm till 3.45pm. There are two different options available when considering the yearly influenza shot, firstly is the government funded for over 65's also known as the Afluria Quad which is free, secondly there is the Fluad Quad which offers more protection however is not government funded and does have a cost of \$45.00. We will begin the consenting process later in the month once the forms are ready. **I will be holding a consenting clinic on Monday the 13th, Wednesday the 15th and Friday the 17th of March in the level 3 lounge from 0930-1030 where you can come and ask questions about the Influenza Immunisation if you are unsure and can sign the consent forms to ensure an easy and streamlined vaccination day.**



Winifred Henderson is Community Development Manager and Educator at Dementia Auckland. She has agreed to come in and give a one-and-a-half-hour presentation on Dementia for our Residents on Monday the 8th of May 2023. She is currently completing a Master of Dementia with the university of Tasmania, which complements her post graduate qualification in Psychology. With first-hand experience with dementia, caring for her Mum for many years, while she was living with her and her husband. This experience ignited her passion and curiosity for dementia. During her time as carer for her Mum, Winifred facilitated Dementia Carer Support Groups and delivered community talks about “What is Dementia” and “Preventing/delaying onset of Dementia.”

After selling her research business in 2016, Winifred set a career goal of becoming part of Dementia Auckland, this dream came true in 2020 and she can now follow her heart. Winifred is passionate about supporting and empowering people living with dementia, their carers, whanau, and family. Reducing stigma and increasing awareness through education are very important to her.

Take care!
Benjamin Peattie – HOD Health & Wellbeing.

What you need to know about the flu vaccination



Don't want to take this fact sheet with you? Take a photo instead! It's important to keep this information handy.

Your best defence against the flu is to get a yearly flu vaccine. Although having the flu vaccine doesn't guarantee you won't catch the flu, it will give you more protection and mean you are less likely to experience complications from a flu infection.

Protection against the flu reduces over time. Each year the flu is caused by different strains, which may not be included in the previous year's vaccine.

Who can have the flu vaccine?

Flu vaccines are available for anyone aged 6+ months. The new vaccines are available from April each year and are free for those most likely to have complications from a flu infection. The flu vaccine is recommended for those with medical conditions as well as those who are pregnant.

If you've recently had a COVID-19 infection you can have a flu vaccine as soon as you've recovered.

If you have a child under 9 years old, talk to your healthcare provider as they may need one or two vaccinations depending on whether they've had a flu vaccine before.

Giving consent for a vaccination

Before having your vaccine, the vaccinator will ask if you give consent. You have the right to make an informed choice about your healthcare including immunisations.

Before giving consent, the vaccinator will explain to you what the vaccine is for, the risks of having the vaccine, and why it is recommended for you.

The vaccinator will explain what to expect after your vaccine and how and where to seek help if you have any concerns. You will receive this information verbally and take this fact sheet home. There will be time to have all your questions answered and you can also request an interpreter if you need one.

For more information about giving consent, visit healthnavigator.org.nz/health-a-z/i/informed-consent/

Please let the vaccinator know if you/the person being vaccinated:

- is currently unwell with a high fever
- is taking blood thinning medication or have a bleeding disorder
- have had a severe allergic reaction (anaphylaxis) to any vaccine, medicine, or anything else
- have had any other vaccines in the last week.

Wait times after vaccination

You will be asked to stay after the vaccination to make sure you are feeling okay, usually between 5 to 20 minutes. If you have had previous allergies or reactions to a vaccine, food, or something else, you may be asked to stay longer. Your vaccinator will let you know how long you will need to wait.

Recording your vaccination

Te Whatu Ora records vaccines administered on a centralised database. This allows appropriate healthcare professionals to access your vaccine history and will help keep you up to date with your vaccinations.

To understand how we protect your privacy when recording vaccinations visit health.govt.nz/NIS-privacy

Are your whānau up to date with their vaccinations?

Check that you and your whānau are up to date with your vaccinations by talking with your healthcare provider.

It is safe to have other vaccines such as measles, mumps, rubella, shingles, or COVID-19 boosters at the same time as your flu vaccine.

Visit health.govt.nz/immunisation for more information on what vaccines you and your whānau may be due for.

After the flu vaccination



Don't want to take this fact sheet with you? Take a photo instead! It's important to keep this information handy.

It takes up to 2 weeks after having your vaccine for your body to start protecting against flu. As with any vaccine, you may experience some side effects. Most are mild, do not last long and happen in the first few days of having the vaccine. The flu vaccine is not a live vaccine and cannot give you the flu. Some people notice side effects after their vaccine which show their immune system is working and this can sometimes be confused with a flu infection. Serious side effects after vaccination are very rare.

What you may feel	What can help
Swelling and pain at the injection site (hard or sore to touch) Heavy arm	Place a cold wet cloth or ice pack where the injection was given (leave it on for a short time) Do not rub the injection site
Tiredness Headache Muscle aches Nausea or vomiting Chills and/or fever	Rest and drink plenty of fluids Take paracetamol or ibuprofen for pain, if needed.

Allergic reactions

A severe allergic reaction (anaphylaxis) is very rare but serious. This is the reason you will be asked to wait after your vaccination. Vaccinators are trained to manage these reactions if they occur and have the equipment for this.

Reporting side effects

If you experience any side effects, you can report them to the Centre for Adverse Reactions Monitoring (CARM). Use the online form on the CARM website otago.ac.nz/carm



If you have any concerns about your symptoms after your vaccine, talk to your doctor or practice nurse, or call healthline on **0800 611 116** anytime to get advice.

If you have immediate concerns about your safety, call **111** and make sure you tell them you have had a flu vaccination.



Post vaccine survey – we would like to hear from

If you would like to take part in a post vaccine survey, to help us monitor side effects, scan the QR code available at your vaccination appointment. The QR code links to an online registration form. Once you have registered, a text will be sent to you. Click on the link to access the survey. Thank you!



Are you a smoker or do you vape?

Smokers can be more at risk of complications following flu infection. If you would like free support on quitting or reducing the amount you smoke or vape visit quit.org.nz or call **0800 778 778**. Your vaccinator may also be able to support you with resources.

Children under 9 years who need a second dose

Your child's next flu vaccine is due:

___ / ___ / ___
DD / MM / YYYY

Other vaccines you can book now:

Ask your vaccinator how to book your next appointment



From the Chef's oven

Hi everyone!

Meet our Staff:

Meet Pong – he is our Café Chef. He prepares your café menu, cabinet food and dinner meals, alternating with Lucky.



St-Patrick's Day Friday 17 March

Relish Café will be serving 2 options for dinner on the night.

- Fish & Chips - battered fish, chips and slaw - \$10
- Smoked Fish Pie - topped with crispy bacon and served with garden salad - \$15

Complimentary green fruit jelly with cream.

RSVP and pay by 15 March to reception.

Last week's order - a large takeaway!

Check out our latest order. Whatever your occasion is, just pop into Relish Café and we will sort your catering and takeaway requirements.



Dinner menu

Last week's favourite dinner menu – If KFC has spicy chicken wings, we did our own "RFC" aka Relish Fried Chicken Wings.

What's popular on the Café menu?

One of the most popular lunches on the café menu is our Prawn Twister Salad.

Feedback raffle winner

Thank you to Bronwen Charlesworth for your feedback this week.



Cheers, Noris & the Relish Café team

March Chef Specials

Belgian Waffles \$10

Served with streaky bacon, grilled banana, maple syrup



DF / Vegan Mushroom on Toast \$12

Served with toasted ciabatta, grilled mushroom, tomato, baby spinach and balsamic glaze



What's on this coming week and next



Movie Group

Tuesday 14 March – Billy Elliot

The heart warming tale of an 11 year old miner's son who discovers ballet and reaches for a dream.

Starring – Julie Walters, Gary Lewis and Jamie Bell

All residents are very welcome to join us to enjoy a good movie every Tuesday evening at 7.15pm. You will find a brilliant picture on the large screen and the realistic sound will give you a real cinema experience without leaving the Village.

Peter Woolnough



Friday Night Raffle – 3rd March 2023

Another good evening. Len was back in the harness after his few away days and to John our thanks for being so willing to step in when needed.

The dwelling draw was undertaken by Owen Young, who we usually see working behind the bar, thanks Owen and the winner was Nancy Cotton, well done Nancy a first-time winner I believe.

One of our generally lucky winners, Neville Turner, was asked to roll the balls, we thought we would make him work for his money, thanks Neville, and the winners were:

Judy Jetten, Alastair Glyn-Jones, Gisela Taylor, Neville Turner, Pat Gill, Lois Hadfield, Colleen Leonard, Earl Troughton, Clive Sandham, Don Gibbs, Rosalie Hancy, Barbara Dine, John Gardner, Ted Ranyard, Paula Turner, Luella Jacobson, Judy Walker, Ian Johnstone, Trish Maunsell, Annette Cook, Brian Dalbeth, Owen Young, Brynley Goodger, Natasha Nevill and Heather Petchell.

Congratulations to everyone, see you next week.

Daphne Markwick

Raffle Convenor – Tel: 478 9803



Fairview Novice Outdoor Bowls Event

Commences Wednesday 15 March at 2pm on the village green.

Jim Bell 477 3931



John's Jaunt

March 2023

Wednesday 22nd March – Mangawhai Heads. Leaving at 10am.

Other destinations on Wednesdays, possible on request.

John Gardner, phone 479 9318



Garden Club

Our next trip will be on Monday, 20 March, to 'Touch of the Tropics' Garden Centre in Whenuapai. Lunch, at a local cafe, will follow this. The bus will leave the Lodge at 10.30am.

If you are interested in booking a seat, on the bus, please ring Anne Pike: 475 6741

Can you play the bugle?

We are looking for someone to play the bugle at the Village on Anzac Day.
Please advise reception if you are able to help with this.



Residents' notices

Outdoor Bowls Notice of AGM

The AGM of Fairview Bowlers will be held on Tuesday 18 April 2023 at approximately 3:15 p.m. after bowls in the lounge. If wet, meet at 3 p.m.

Apartment Garden Area

Good to see some of the lettuce leaves and spring onions being picked. I've been struck with Covid again this past week so haven't been around to freshen up the area. Roll on next week! In the meantime, the usual herbs are available to everyone: Mint, Parsley, Chives, Sage, Rosemary. Phone 027-416-8945 if you want your own garden plot. Barbara Bailey

For Sale

20+ record albums (some tapes and disks) from the 50's and 60's.
Also a hardly used small record player. "Bring back the memories."
Make me an offer.
Also a lovely white cellular blanket, queen size, in excellent condition \$10.
Call Barbara on 477 3929 or 477 3832.

Advising correct address

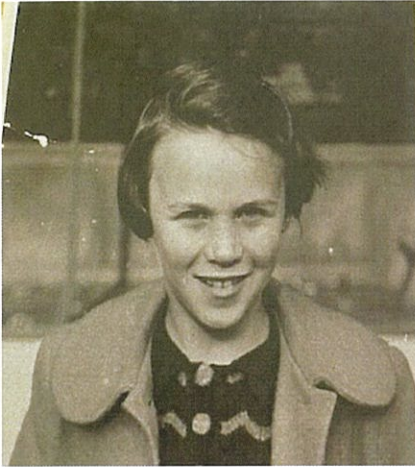
When ordering courier items or even a taxi can you please ensure you give the correct address - your apartment or villa number followed by 21 Fairview Avenue, Albany. Thank you.

Gareth's Puzzle

Last week's puzzle asked what comes next in the sequence: 88, 68, 06, xxxx
Well, the answer is simple if you turn the page around, or stand on your head when reading the puzzle, you have 88, 89, 90, so the next number in the sequence is 91 which when written upside down is 16.

This week, what do these three nouns have in common, and give a fourth one similar? Bison, Moose, Samurai, xxxxxxxx

Guess Who?



Can you guess who this Fairview resident is?

If you think you know who this is, pop your name and your guess on a piece of paper and place it in the box at reception. Next week we will publish who the mystery resident is, and who guessed correctly.

We would love as many photos as we can to keep everyone guessing. Please send us a picture of yourself (teenage years onwards) to cherie.lesueur@fairviewvillage.co.nz or bring to reception with your name and we'll add a photo weekly in the newsletter.

Last week's mystery face was Natalie Turner. No one guessed correctly.

Bev Barnes & Mary Barrett playing duets



LAUGHTER LINES

One Liners to start with:

1. I change girlfriends every seven years, a habit I picked up from broken mirrors – *WC Fields*.
2. Never work before breakfast; if you have to work before breakfast, get your breakfast first – *Josh Billings*.
3. Why don't you get a haircut? You look like a chrysanthemum – *PG Woodhouse*
4. It is always the best policy to always speak the truth, unless of course, you are an exceptionally good liar – *Jerome K Jerome*
5. It is very embarrassing to be mistaken at the top of your voice.
6. I've got a dog called carpenter; he is always doing little jobs around the house.

It was hard times, and he knocked on the door of the vicarage door for a handout. "I want to ask you one question," said the Vicar when he heard the man's hard luck story. "Do you take alcoholic drink?" "Before I answer that, said the swaggie thoughtfully, "is that in the nature of an enquiry or an invitation?"

Old Bob had been missing from the senior citizens' club for some time and when he eventually fronted his mate said, "Gee you look pale, where have you been?" Bob had to admit that he had been three months in jail after being charged with rape. "But you are eighty five," said his mate. Yeah, that was the trouble, said Bob. "I pleaded guilty, and the Judge gave me three months for perjury."

Paddy was intent on saving the man on the edge of the cliff. "Don't jump," he said. "Think of your wife and kids." "I have no wife and no kids," replied the man. "Then think of your family." "I have no family." "Then think of St Patrick?" "Who is St Patrick?" said the man. "Then jump." Said Paddy.

He was propped up against Smith and Caugheys on crutches, his head bandaged, one arm in a sling and in the other hand he held an old battered hat. "You poor man," she said dropping a fiver into the hat. "But think how much worse it would be if you were blind." "You're dead right, lady" he said. "When I was blind I kept getting all those foreign coins."

The scene was an officer's mess in India. The evening meal was over and the officers were sitting around chatting and reading their newspapers. Suddenly one officer turned to another and said "Good heavens! Do you remember old Carstairs – used to be the adjutant here – disappeared about eight months ago. Well it says here that he's been found. Apparently living in the jungle with a monkey." "Good lord." said the second officer. "A monkey you say?" "Female monkey, of course," said the first. "Nothing strange about old Carstairs."

A missionary was captured by cannibals and popped into the pot. Thinking that his last hour had come, he was most surprised to see the cannibal chief suddenly sink to his knees and lift his hands in prayer. Hopefully, the missionary said "Am I to understand that you are a practising Christian?" "Of course I am," said the chief irritably. "And please don't interrupt me while I am saying grace."

Some more definitions from the schoolboy's note book: **NAVIGATE** – the side entrance for the labourers. **OVERHEAR** – the reverse of 'over there'. **OWL** – a cry of distress. **QUADRILLE** – an exercise in the school quadrangle. **MELANCHOLIC** – stomach pains caused too much melon.

From the joke books of A. Nonny Muss



ST PATRICK'S CELEBRATION!

Lounge Bar

Friday March 17th 4.00 - 6pm

Come and enjoy: -

The Irish drinks

The Irish Music

The Irish Jokes

The Irish Raffle

*If you wish, dress up and come "wearing the
green"*

Looking forward to seeing you: -

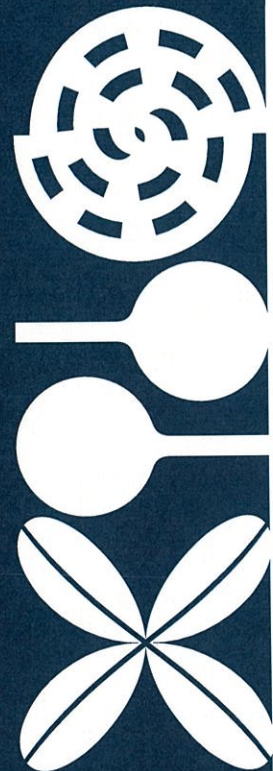
"SLAMTE"

**ALBANY VILLAGE LIBRARY UPPER HARBOUR
HIBISCUS & BAYS**

Better Banking Workshop



The flyer is yellow with the ASB logo at the top left, which includes the text 'ASB' and 'ONE STEP AHEAD'. Below the logo, the title 'Better Banking Workshops' is written in bold black text. A large orange arrow points downwards. Underneath the arrow, the text 'Learn about' is followed by a list of five topics, each with a small icon and a text label: 'Internet banking' (computer monitor icon), 'Mobile banking' (mobile phone icon), 'Cards, ATM's & phone banking' (ATM icon), 'Fraud and Scams' (burglar icon), and 'Password & PIN number security' (laptop with padlock icon).



Join the Community Banker for ASB, North Harbour in a free Better Banking Workshop to keep you & your family safer online.

Albany Village Library

Tuesday 14 March 2023 at 11:00 – 12.00



Strength and Balance

Monday 13 March at 10.30am – 2nd Floor Lounge

Please remember to bring your water bottle – it is very important to keep your fluids up.

Tai Chi

Tuesday 14 March at 2.30pm – 2nd Floor Games Room

It would be so nice to have more of you join us for this calm, quiet 30 minutes of gentle movement led by our tutor Jo. The cost is \$2 per session, and we appreciate the assistance of the village committee in helping towards the cost.

Physiotherapist

Tuesday 14 March – Darrell has a clinic every Tuesday and works from the Doctors Room on the 3rd floor.

If you would like to make an appointment with Darrell please phone him on 021 046 6777.

Beautician

Wednesday 15 March- Natalie is at the Village every Wednesday from 9.45am – 4.00pm and works from the Doctor's Room on the 3rd floor.

BEAUTY SPECIALS

Give yourself and your skin a well-deserved treat with this 1 hour pampering deluxe facial. Includes a relaxing 20min massage. Only \$70

Go on you deserve it 😊

Available Wednesday's 9.30am-4.30pm

Call Natalie on 021 1458542 to make your appointment.

Restorative Yoga with Joy – *Stretch Strengthen Revitalise*

Thursday 16 March at 1.30pm – 2nd Floor Lounge

Monthly prepaid fee of \$20.00.

We appreciate the subsidy from the Village Residents' Committee.

Podiatrist

Thursday 23 March 9.00am to 12.00 noon – 3rd Floor Doctors Room

If you would like an appointment to see Paul Hames, please contact Reception.

Doctor

Thursday 23 March – 2.00pm to 3.45pm – 3rd Floor Doctors Room

Please contact Reception if you would like an appointment to see Dr Paul Hunter.

WEEKLY SCHEDULE

13 March to 19 March 2023

OFFICE 477 3900 / NURSES Ph 477 3951 or Mob 021 861 706 / BLOKES SHED 477 3966

KITCHEN 477 3957 / HAIRDRESSER 477 3950

Mon 13 Mar	Hair Salon	9.30am	3 rd Floor Salon with Kim
	Strength & Balance	10.30am	2 nd Floor Lounge
	Line Dancing	4.00pm	2 nd Floor Lounge
	Happy Hour	5.00pm to 6.00pm	3 rd Floor Lounge
Tue 14 Mar	Mini Bus –Albany Westfield	9.15am/9.45am/10.15am	Return: 10.30am/11.00am/11.30am
	Croquet (Weather Permitting)	9.00am	Croquet Green
	Outdoor Bowls	Meet at 1.00pm	Assemble for 1.15pm start
	Residents Committee Meeting	10.00am to 12pm	3 rd Floor Games Room
	Mahjong	1.00pm	3 rd Floor Games Room
	Tai Chi	2.30pm	2 nd Floor Games Room
	Movie Group	7.15pm	Billy Elliot
Wed 15 Mar	Hair Salon	8.30am – 3.00pm	3 rd Floor Salon with Margaret
	Beautician	9.45am	3 rd Floor Doctors Room
	Petanque	9.30am	Petanque Court
	Private Event	10.00am to 1pm	3 rd Floor Sun Room
	Scrabble	1.30pm	3 rd Floor Games Room
	Rummikub	1.00pm	3 rd Floor Games Room
	Novice outdoor bowls event	2.00pm	Bowling green
	Happy Hour	5.00pm to 6.00pm	3 rd Floor Main Lounge
Thu 16 Mar	Hair Salon	8.30am – 3.00pm	3 rd Floor Salon with Margaret
	Croquet (Weather Permitting)	9.00am	Croquet Green
	Bus to Milford	11.30am	Returns 2.00pm
	Outdoor Bowls	Meet at 1.00pm	Assemble for 1.15pm start
	Restorative Yoga with Joy	1.30pm	2 nd Floor Lounge
	Art Group	1.00pm	3 rd Floor Sun Room
Fri 17 Mar	Mini Bus – Browns Bay	9.15am/10.15am	Return: 10.30am/12.00pm
	Hair Salon	9.30am	3 rd Floor salon with Kim
	Rummikub	1.00pm	3 rd Floor Games Room
	Friday Night Raffle	4.00pm	3 rd Floor Main Lounge
	Happy Hour	4.00pm to 6.00pm	3 rd Floor Main Lounge
Sat 18 Mar	Croquet (Weather Permitting)	9.00am	Croquet Green
	Cards 500	9.30am	3 rd Floor Games Room
	Indoor Bowls	1.00pm	2 nd Floor Games Room for 1.15pm
Sun 19 Mar	Outdoor Bowls	1.00pm	Assemble for 1.15pm start

Dinner Menu:

Theme: Culinary Journey with Relish Café

13-19 March 2023

Bookings by 1pm (Phone 477 3957)

Small Meals \$15 – Large Meals \$17

\$2.00 Delivery Fee applies per Villa

Dinner Desserts also available at an extra \$4.00 per plate

Monday (Italian)

Crumbed Pork Chop with spaghetti margherita

Tuesday (French)

*French style lamb, sausage & vegetable casserole served with
side French herbed buttered baguette*

Wednesday Roast

*Moroccan Spice Oven Chicken gravy, peas and carrots & herbed
boiled potato*

Thursday (Thailand)

*Thai-Beef Coconut Green Curry with carrots & potatoes
served with jasmine rice*

Friday (KIWI classic)

Fish on Friday

Battered Market Fish , Slaw and Fries

Saturday (Chinese)

5 spice Pork in cold vermicelli noodles

Sunday Roast (Kiwi Classic)

Butterfly Chicken Roast & vegetable in classic gravy