

The Village News



Reception Phone:477 3900 Nurses 24 hours:021 861 706

03 July– 09 July 2023

No. 277

From the CEO's Desk

Another week draws to an end – it's only just over 2 weeks before Marika returns from her well-earned holiday. She was under strict instructions to avoid reading and returning emails and she has thus far been really well behaved in respect to this. I hope she is having a great holiday and that she is well rested on her return to the village.

Apologies I haven't been as visible this week as I was last week, but I have had a very busy diary between Settlers and Fairview and hopefully I will be able to spend more time down in the village this next week. Special thanks to Cherie, Nicki, Ben and Robyn for holding the fort.

Birthday night went really well last Thursday and thanks to all those that participated in making it another great event. No one ended up dancing on the tables, but it was great to see so many of you out on the dance floor having fun.

The weather forecast is predicting some heavy rain through to the end of day on Monday so please stay warm and dry.

WashCo have been going around the villas this week and will start on the Main Lodge and Apartments on Monday. I appreciate your feedback the last few days that the building wash has just added more moisture to your lawns than you really need at this time of the year. We schedule the cleans at the beginning of the year to give the contractor time to commit to specific dates and unfortunately we cannot predict what the weather will be like over the two weeks that they are doing the wash. It has been a learning experience this year with the amount of rain that we have had to endure, and we are thinking of changing the routine for a window wash over winter and then a building wash in the summer months.

We are still waiting for news from Diana as to whether she will be fit enough to return to work over the weekend. Wishing her a speedy recovery. Please be advised there is a possibility that reception will not be manned again this weekend so don't forget to bring your door swipes if you are going down to the main building as access might be locked.

I received a note from a resident asking me to remind all cat owners to keep an eye out for their furry friends as we have a culprit village cat breaking into waste bags left overnight for refuse collection, leaving a mess for the gardening team to clean up the next morning on their rounds.

Road repair activity at the front gate seems to be completed now. In the meantime we have started preparing for the resource consent required for the removal of the trees on the side of the front entrance to the village. We are going to have to replace these trees with indigenous plants acceptable to council, so Cait and I will be working on this over the next week so that we can complete and submit the application.

We haven't had any further Covid infections at Fairview Care, so it is back to business as normal.

Have a great weekend.

Terry



Nurses' Corner

Welcome to the final edition of our June winter wellness focus. Throughout the past month, we've explored various aspects of staying healthy and preventing common winter ills and chills. As we conclude, let's recap some key healthy habits for maintaining winter wellness:

1. **Boost Immunity:** Support your immune system through a healthy diet, quality sleep, regular exercise, hand hygiene, and vaccinations.
2. **Strengthen Respiratory Health:** Bundle up, maintain indoor air quality, stay hydrated, avoid tobacco smoke, and practice respiratory hygiene.
3. **Care for Cardiovascular Health:** Stay active, eat heart-healthy foods, manage stress, maintain a healthy weight, and monitor blood pressure and cholesterol levels.
4. **Nurture Mental and Emotional Wellbeing:** Stay connected, practice self-care, seek sunlight and fresh air, manage stress, and seek support when needed.
- 5.

This month we have started to see the impacts of the colder weather on our Residents so really consider taking on board some of these tips. Remember to 'rug up' and keep yourselves warm and cosy! Influenza B is running rife in the wider community at the moment, if you are feeling unwell, please stay at home and let your body rest. If you are in need of assistance please do give us a call.

Just a friendly reminder / notice to Residents with Nurse Call pendants, I will be doing spot checks randomly on the wearing of these. In the event of a significant fall these could make the difference between being found quickly or having to experience a long lie if you are unable to get yourself back up. Please do wear them, I would rather come out to a false alarm from having accidentally pressed it than come to someone who has been laying on the ground for hours unable to get help. If you are interested in getting a personal Pendant, please get in touch.

Benjamin Peattie – HOD Health & Wellbeing – 021 861 706 – benjamin@fairviewvillage.co.nz

Dear Residents,

Do you have any worries with your teeth?

Has it been a while since you last had your teeth cleaned?

Our mobile WM Dental Hygienists and Oral Health Therapists are happy come to see you here at Fairview Lifestyle Village.

Our gentle dental hygienist Yvonne will be happy to help you take care of your teeth. We will be bringing our mobile dental unit.

Please feel free to contact reception to book an appointment.

We can help you with:

- Keeping your teeth clean
- Checking for mouth cancer
- Removing food, plaque, calculus and tartar
- Preventing tooth decay
- Avoiding toothache
- Help you keep your teeth for longer
- Clean your denture

This appointment will be \$180.

Please get in touch with Benjamin to express your interest – 021 861 706.

WM DENTAL - For Dental Health Peace of Mind
40A Constellation Drive, Mairangi Bay, North Shore, Auckland 0632
Phone 09 478 5233 Email reception@wmdental.co.nz
www.wmdental.co.nz



Web



From the Chef's Oven

Fairview Birthday Dinner

We hope you enjoyed the birthday dinner menu. Did you know that the gravy on the lamb dish was inspired by Terry's traditional recipe that took 4 days to cook? Yes, we cooked the gravy and boiled the broth and vegetables for 4 days to give that extra flavour.



Feedback Winner:

This week's feedback winner is Danielle Montour. Thank you for taking the time to write your feedback. The kitchen team will do their best to provide residents with good meals and great service.

Meet all the Chef's in Action

From left to right (Pong, Star, Apple and Vicky).
Our Chefs in action on the anniversary night.



Chef's Special for month of July

Moroccan Chicken & Mushrooms Roti – pan grilled chicken slices and mushrooms in Moroccan seasoning, served on a bed of garden salad and roti topped with aioli and sweet chili dressing.

Takeaway Dinner Options:

This week's takeaway dinner options are Lamb Shanks, Spaghetti Bolognese and Roast Beef.

Cheers, Chef Noris & the Relish Café team



Updated Schedule
Fairview Building Wash & Window Cleaning for June/July 2023

Date Building

26th June	Villas 1 - 147	
27th June	Villas 1 - 147	
28th June	Villas 1 - 147	
29th June	Villas 1 - 147	
30th June	Villas 1 - 147	Private internal windows - Villas

3rd July	Apartment Building	Villas 115 - 147
4th July	Apartment Building	Villas 115 - 147
5th July	Apartment Building	Villas 115 - 147
6th July	Apartment Building	
7th July	Apartment Building	Private internal windows - Apartments

Internal Window Requests

Requests to be made to Reception, and paid to WashCo staff.

2 Bedroom Villa	\$60
3 Bedroom Villa	\$80
1 Bedroom Apartment	\$30
2 Bedroom Apartment	\$40

What's on this coming week and next



Movie Group

Tuesday 04 July – March of the Penguins

Excellent movie depicting the extraordinary life of the Emperor penguins in the freezing Antarctic.

Narrated by Morgan Freeman.

Every week we endeavor to show a good quality movie for your entertainment. Our Level 2 Theatre has comfortable seats and a big screen to rival Hoyts! You are very welcome to join us.

Peter Woolnough



Friday Night Raffle – 23rd June 2023

It was a quiet night this week. I don't know if everyone was still recovering from the village birthday or maybe it was the nasty weather. We only sold 3 major raffles.

The dwelling draw was undertaken by Luella Jacobson and the winner was Viv Hood. Congratulations Viv.

The main raffles were drawn by Brenda Lee. The winners were:

Patrick Knell, Audrey Ansell, Dulcie Kortegast, Brian Dalbeth, Bruce Benfell, Luella Jacobson, Natasha Nevill, Earl Troughton, Barrie Flint, Pat Gill, Neil Butt, Priscilla Page, Yvonne Keir, Viv Hood and Brenda Lee.

Congratulations to all of our winners. We look forward to seeing you all there this week.

Diane Brown

Raffle Convenor - Tel: 478 3581



QUIZ NIGHT -- Sunday 25 June 2023

Another Quiz Night was enjoyed by 24 quizzers who had many good laughs on Sunday.

The Mixed Nuts reasserted their superiority coming first with 59 points out of 70. Second were **The Palms** with 52 points, third were the **Iris Watches** with 50 and **The Secret Squirrels**, after two successful months, did not manage a threeppeat with 48 points. They now have the opportunity to choose a topic for the July Quiz.

The first question is asked at 7.00pm and quizzers are home by 8.45, so why not give it a go? You can expect an entertaining evening of fun and laughter.



Croquet Group

Winter playing days are Tuesdays, Thursdays and Saturdays at 1.30pm. Anyone interested are most welcome to join our casual and convivial group.

Phone Mary Gardner 479 9318.



Garden Club

We will be having a get together in the Level 2 Theatre on Monday 17th July at 1.45pm with a film entitled "Beautiful New Zealand". Afterwards scones with jam and cream in the 3rd Floor Lounge.

Future trips will be arranged by myself and advertised in the Village News. Of course, any garden or venue you would like to visit you are welcome to let me know.

Anne Pike



John's Jaunts

Wednesday 26th July – Morris and James Pottery at Matakana. A free pottery tour followed by lunch at their café. The bus leaves at 10.15am.

Please phone Cherie at reception to book.

Residents' Notices

23rd Birthday Party

Thank you to everyone who made the evening a great success. The roast lamb, dessert, entertainment, table settings and flowers made it a wonderful evening.

Strength & Balance

Can residents please wear their name badges to strength and balance as we have a new instructor. Thank you.

Trade Me - Scams

Please be aware when buying or selling on Trade Me of the "phishing" scams.

If something seems too good to be true, it probably is. Check out the phishing and scams blog post: <https://www.trademe.co.nz/c/trust-safety/how-to-protect-against-scams>

Judith Simpson's Memorial

Friday 30th June at 1pm
Ferndale House
830 New North Road, Mt Albert

RSVP simpsonandrew220@gmail.com

Tai Chi

A good level of interest has been shown in our class continuing. Thank you for all those phone calls. The search for a new tutor is underway.
Averil 475 6624

Gareth's Puzzle

Well there has been a gap whilst I found some sun overseas, but the previous question was what comes next?

Knowledge is, Knowing a tomato is a fruit, Wisdom is, ?????????? and the answer is "Not putting it in a fruit salad". This is a quotation from British humorist Miles Kington who also said "Women move through the world never knowing their power".

This week's puzzle is again, what comes next?

3128 , 3130 , 3130 , ??????

Tulip Bulbs for Sale on behalf of Parkinson's NZ

There are tulip bulbs for sale at reception. A pack of 5 bulbs costs \$5.00 (cash only).
The colours available are deep purple and white.

Found

A material fold-up shopping bag and glasses have been handed into reception.



RULES OF THE POOL

School holidays are upon us again next week – so – a reminder for those of us caring for grandchildren over this time.

Visitors to be accompanied by a resident at all times.

Children's Hours (under 16 years) 11.00am to 5.00pm.

- For health and safety reasons, children are NOT permitted in the Spa Pool at any time.
- For health reasons children in nappies and persons with partially exposed or open sores/wounds are NOT permitted in the pool.
- Children **MUST** wear bathing costumes at all times.
- For safety reasons, NO running, jumping, pushing or unnecessary splashing.
- **NO** beach toys permitted in the pool.
- Swimming aids are permitted.
- Plastic containers only are permitted in the pool area.
- Do **NOT** proceed through carpeted areas while wet.

In addition to the above and for safety reasons:

- No children in the Gym at any time.
- No children in the Sauna at any time.

Your cooperation is appreciated.

LAUGHTER LINES

One Liners:

1. No cowboy was faster on the draw than a grandmother getting the baby photos from her purse.
2. The children run just about everything these days, except the lawn mower and the washing machine.
3. Diplomacy is when you send 25 her red roses on her 40th birthday.
4. A man with pierced ears is better prepared for marriage. H has experienced pain and has bought jewellery. *Rita Rudner*
5. The other night I said to my wife, "Do you feel the excitement has gone out of our marriage?" She said, "I'll discuss it with you during the next commercial." *Milton Berle*
6. A wife is a person who can look in a drawer and find her husband's socks that aren't there. *Dan Bennett*

The vicar was invited to give an address to the local branch of Alcoholics Anonymous. "I have lived in this town all my life," he said. "And there are thirty five hotels in this town and I can honestly say that I have not been in one them." "Which one was that?" came a voice from the rear of the gathering.

The soldier serving in Hong Kong was annoyed and upset when his girl wrote to him breaking off their engagement and asking for her photo back. He went out and collected from his friends all the unwanted photographs of women that he could find, bundled them all up and sent them back to her with a note saying, "Regret cannot remember which one is you – please keep your photo and return the remainder." (True story)

Jock was in a quandary. What to do – marry the wealthy widow that he didn't love, or the poor lassie that he loved ever so much? "Listen to your heart, man," urged his best friend. "Marry the one you love." Aye, you're right as usual, Geordie," he nodded, "money's no' everything." "In that case Jock, would you mind giving me the widow's address?"

Some complaints received by Thomas Cook Vacations from dissatisfied customers:

1. "We found that the sand was not like the sand in the brochure. Your brochure showed the sand to be white but it was more of a grey colour."
2. "We booked an excursion to a water park but no-one told us we had to bring our own swimsuits and towels. We assumed it would be included in the price."
3. "Although the brochure said that there was a fully equipped kitchen, there was no egg slicer in the drawers."
4. "I think it should be explained in the brochure that the local convenience store does not sell proper biscuits like custard creams or gingernuts."
5. "They should not allow topless sunbathing on the beach. It was very distracting for my husband who just wanted to relax."

More Daffy Dictionary Definitions: **ANALYSE:** Anna is not telling the truth. **BANDOLIER:** The look musicians give a pretty girl. **BEADLE:** A crawling insect. **BLACKMAIL:** Central African postal system. **COMATOSE:** Frostbite in the toes. **COUNTERPANE:** An ache in one's drinking arm. **DOGMA:** a bitch with puppies. **ETHICS:** A county in SE England. **FANTAIL:** Story of a fan.

And so: "We were married in secret," explained the wife. "Even my husband didn't know until he sobered up."

From the Joke Books of A. Nonny Muss

Strength and Balance

Monday 03 July at 10.30am – 2nd Floor Lounge

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

Physiotherapist

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

Call or text on 0211458542 to make your booking.

Restorative Yoga with Joy – *Stretch Strengthen Revitalise*

Thursday 06 July at 1.30pm – 2nd Floor Lounge

Monthly prepaid fee of \$20.00.

We appreciate the subsidy from the Village Residents' Committee.

Doctor

Thursday 06 July – 2.00pm to 3.45pm – 3rd Floor Doctors Room

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

Podiatrist

Thursday 13 July 9.00am to 12.00noon – 3rd Floor Doctors Room

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

WEEKLY SCHEDULE

03 July to 09 July 2023

RECEPTION 477 3900 / NURSES Mob 021 861 706 / BLOKES SHED 477 3966

KITCHEN 477 3957 / HAIRDRESSER 477 3950

Mon 03 July	Hair Salon	CLOSED	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 04 July	Mini Bus –Albany Westfield	9.15am/9.45am/10.15am	Return: 10.30am/11.00am/11.30am
	Croquet (weather permitting)	1.30pm	Croquet Green
	Outdoor Bowls	Meet at 1.00pm	Assemble for 1.15pm start
	Mahjong	1.00pm	3 rd Floor Games Room
	Movie Group	7.15pm	March of the Penguins
Wed 05 July	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
	Scrabble	1.30pm	3 rd Floor Games Room
	Happy Hour	5.00pm to 6.00pm	3 rd Floor Main Lounge
Thu 06 July	Hair Salon	8.30am – 3.00pm	3 rd Floor Salon with Margaret
	Croquet (weather permitting)	1.30pm	Croquet Green
	Bus to Milford	11.30am	Returns 2.00pm
	Outdoor Bowls	Meet at 1.00pm	Assemble for 1.15pm start
	Art Group	1.00pm	3 rd Floor Sun Room
	Restorative Yoga with Joy	1.30pm	2 nd Floor Lounge
Fri 07 July	Hair Salon	CLOSED	
	Mini Bus – Browns Bay	9.15am/10.15am	Return: 10.30am/12.00pm
	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 08 July	Croquet (weather permitting)	1.30pm	Croquet Green
	Cards 500	9.30am	3 rd Floor Games Room
	Indoor Bowls	1.00pm	2 nd Floor Games Room for 1.15pm
Sun 09 July	Outdoor Bowls	1.00pm	Assemble for 1.15pm start

Dinner Menu

Theme: Culinary Journey with Relish Café
3rd to 9th July / Bookings by 1pm (Phone 477 3957)
Small Meals \$17 – Large Meals \$19 / \$2.00 Delivery Fee applies per Villa

Monday (beef)

GF Beef Casserole, green beans, roasted pumpkin & potato

Tuesday(chicken)

Cajun Baked Quarter Chicken, napolitana sauce & basil spaghetti

Wednesday Roast (beef)

GF Braised Brisket slices with gravy, maple glazed carrots, broccoli & cauliflower cheese gratin & roasted potato

Thursday (pork)

GF Grilled Pork Belly in teriyaki sauce, steamed rice & sauteed vegetables

Fish Friday (KIWI classic)

*Fish on Friday
Market Fish, slaw and fries*

Saturday (beef)

Roast Beef, gravy, peas, herb roasted vegetables

Sunday Roast (Chicken)

GF Chicken roast, gravy, mushy peas, crispy roasted potato, carrots and pumpkin

Optional Dinner Menu – in foil tin:

*Roast Beef \$17, Lamb Shanks \$19, Spaghetti Bolognese \$12
add green salad small tub \$2.*

