

The Village News

From the Manager's desk



Residents' birthdays monthly morning tea – Friday 14th June 10am

It is this time again to celebrate with all of you who have their birthdays in June. Cherie is inviting those residents individually. Looking forward to sharing a sweet treat with you all.

Residents' monthly Health & Wellbeing presentation – Tuesday 18th June 10.30

Our in-house physiotherapist Darrell will be talking of the benefits of physiotherapy at any stage of life.

Bi-monthly residents meeting Tuesday 18th June 2.30pm

I will host our 3rd bi-monthly residents' meeting for 2024. You are welcome to get in touch with me beforehand if you would like me to address any matters of interest to you.

Speaker David Wright – Sunday 23rd June 4.15pm

Your social committee has organized for an interesting speaker, David Wright, to come and talk to residents at the Village about his life on board with The Spirit of Adventure Trust.



Fairview's 24th Birthday Dinner – Wednesday 26th June

We are looking forward to seeing everyone dressed up for the occasion. Your social committee has been working hard organizing this special event for the Village and residents.

Transferring to an Apartment or Care Presentation – Thursday 27th June 10.30

I am inviting residents and families to attend an informative presentation giving residents more details on how it works to transfer to an apartment or care if need be in the future. The presentation will be in the Movie Theater, please RSVP at reception to book your seat.

Retirement Villages' Residents' Council

We were contacted by the newly formed Retirement Villages' Residents' Council. The Council is comprised of residents of different retirement villages and who have differing models of operating. Their aim is to be an independent, inclusive environment where residents' concerns can be aired, opinions can be given, and ideas shared. The Council provides an opportunity for residents to share and express their views to various stakeholders including the Retirement Village Association. As the Council is new and not widely known, they asked us to inform residents via a flyer (at the end of this newsletter), which we have also printed for the residents' noticeboard in the Lodge.

Aged People's Choice Awards – Have you voted for Fairview yet?

You still have time to vote alongside your family and friends. Let's dream of our Awards' night celebrating our success at Fairview! Thank you to all of you who have already completed a form, it is truly appreciated by all of us.



The best way to place a review online is to click here:

<https://www.agedadvisor.nz/review>

Alternatively, you can print the form here or pick up a hard copy at reception. We can post it for you.

<https://www.agedadvisor.nz/images/agedadvisor-Review-Sheet-A4-PRINT.pdf>



Health and Wellbeing Corner

This week, we are going to chat about Number One's and we'll focus on the importance of staying hydrated, particularly in preventing urinary tract infections (UTIs) as we age or mature.

The Importance of Drinking Water to Prevent Urinary Infections

Staying hydrated is crucial for everyone, but it's especially important as we age. One key reason for this is the prevention of urinary tract infections (UTIs), which are more common in older adults. Here's why drinking enough water is essential.

- 1. Flushes Out Bacteria:** Drinking plenty of water helps to flush bacteria out of the urinary tract before they can cause an infection. When you stay hydrated, you urinate more frequently, which helps keep the urinary tract clean and free of harmful bacteria.
- 2. Dilutes Urine:** Concentrated urine can irritate the bladder and urinary tract, making it more susceptible to infections. By drinking enough water, you dilute your urine, which reduces the risk of irritation and infection.
- 3. Supports Kidney Function:** Proper hydration supports kidney function, which is vital for filtering waste products from the blood and producing urine. Healthy kidneys help maintain a balanced fluid level in the body and reduce the risk of infections.
- 4. Maintains Overall Health:** Hydration is important for overall health, including maintaining proper bodily functions, supporting digestion, and keeping the skin healthy. A well-hydrated body is better equipped to fight off infections and stay healthy.

How Much Water Should You Drink?

While individual hydration needs can vary, a general guideline is to aim for at least 6-8 glasses (about 1.5-2 litres) of water per day. **Unless you are on a water restriction from you GP or specialist.** However, certain factors such as medications, activity level, and specific health conditions might require you to adjust your intake. It's always a good idea to consult with your healthcare provider for personalized advice.

Tips to Stay Hydrated

- **Keep Water Accessible:** Always have a glass or bottle of water within reach throughout the day.
- **Infuse for Flavour:** If plain water isn't appealing, try infusing it with slices of lemon, cucumber, or berries for a refreshing twist.
- **Set Reminders:** Use alarms or reminders to prompt you to drink water regularly, especially if you tend to forget.
- **Eat Hydrating Foods:** Incorporate water-rich foods into your diet, such as fruits (like watermelon and oranges) and vegetables (like cucumbers and lettuce).

Start your day with a glass of water. Drinking water first thing in the morning helps kickstart your metabolism, rehydrate your body after sleep, and set a positive tone for the rest of the day.

Did You Know?

Dehydration can be a common issue among older adults, often due to a reduced sense of thirst. It's important to consciously make an effort to drink water regularly, even if you don't feel thirsty, to ensure your body stays properly hydrated.

That's all for this week's newsletter. If you have any questions, concerns, or need assistance with staying hydrated, please don't hesitate to reach out to our nursing team. We're here to support your health and wellbeing.

- **Upcoming Events:** Physiotherapy in our aging years – 18th June 10.30am in the lounge
- **Pinehurst high school students:** This week we had some high school students here at the village assisting with IT issues, dog walking and companionship. It was greatly appreciated by those who engaged in it. They will be coming back each Tuesday afternoon, if you would like to see them call Maria and it can be arranged.

Wishing you a week filled with health, happiness, and vitality! Maria and the nursing team



From the Chef's Oven

Did you know?

That we have those items below available or food that you can swap, or order as extra? We can't always write everything on our menu, but they are always available.

1. Our default salad is wild rocket or mesclun, but you can ask to change it with iceberg lettuce, baby spinach or cos lettuce, as it is mostly available in the kitchen every day.
2. The price of a large bowl of soup served with garlic bread is \$7 and a small soup only is \$4.
3. Vegetarian options are always available on request. Some of the options are vegan breakfast, truffled mushrooms on toast, vegetarian club, and Greek salad. Please do ask one of our café staff.
4. You can buy a ½ loaf of bread, but we don't have the sandwich bag it used to be sold in.

Happy Tuesday Promotion - Steak Night Dining In

Thank you all for coming and we appreciate all your wonderful feedback. Have a look at some of our residents' lovely photos while enjoying their dinner. Watch out for the next Happy Tuesday Special!



What's in the Food Cabinet

We hope that you are enjoying our wide range of homemade cabinet food. From homemade pies, puffs, quiches, gourmet salads and sandwiches, to freshly baked treats such as scones, muffins, strudels, cakes, sweets and more. We also offer items based on various dietary requirements such as gluten free, dairy free and vegetarian. Please ask one of our café staff and we can always make something for you. Don't forget – some fresh items are HALF PRICE after 2pm, including soup, sandwiches, and salads.

Donut Friday is back!

Thank you all for your wonderful feedback on Celeste's homemade donuts. Donuts sold out very quickly last Friday. Celeste will be making donuts every Friday at the price of \$4 each or 3 for \$10. Better be quick, first come first serve! Limited amount available.



Frozen Meals & Alternative Meals

This week's frozen meals are lamb shanks, fish pie, and braised beef. There is no cut off time on frozen meals as you can just pick it up at the café. If you want it heated and delivered, cut off applies at 12pm.

Café will be closed on Matariki Friday 28th June

Just a reminder, Café will be closed on that day, but we will be offering dinner deliveries. Same cut-off time applies at 12pm.

Chef's Special for the month of June

If you haven't tried our butter chicken yet, add this to your list for this month. It's a diced chicken dish with our homemade butter chicken sauce, a rich tomato and creamy curry sauce served with aromatic basmati rice, roti and garden salad.



Noris and the Relish Café Team

What's on this coming week and next



Movie Group – Tuesday 18 June – Mrs Harris Goes to Paris

Everyone loves this very entertaining new movie. Definitely not to be missed. Stars Lesley Manville, Isabelle Hubbert and Lambert Wilson.

Our movies are carefully selected for your enjoyment. While we try to avoid reshewing any movie we have shown in the last five years you might spot the occasional repeat. You can be confident any repeated movie is particularly good and well worth viewing again.

Peter Woolnough

Friday Night Raffle – 7th June 2024



This week we sold 4 majors and 2 minors. Judy Jetten drew the dwelling draw. Won by Bruce Benfell. Congratulations Bruce. Earl Troughton drew the main raffles.

The winners were: Bruce Benfell, Judy Jetten, Neil Butt, Earl Troughton, Chris FitzPatrick, Paula Turner, Ruth Duxfield, Mary Gardner, Dulcie Kortegast, Terry Denvers, Andra Glyn-Jones, Barrie Flint, Alan O'Callaghan, Cynthia O'Callaghan, Owen Young, Neville Turner, Jim McGowan, Brenda Lee, Adele Carlisle, Jill Draper, Bruce Draper, Monica Creedon, Muriel Sandham.

Congratulations to all our winners.

Ian Johnstone Tel: 021 855227
On Behalf of Diane Brown
Raffle Convenor – Tel: 4783581



Croquet Group AGM

Tuesday 18 June at 11.00am in the 3rd Floor Sunroom.



East Coast Bays Catholic Parish

Our Liturgy Service for this month will be held in the Sunroom on the 3rd Floor on Friday 21st June at 11.00am. Holy Mass will be celebrated by a priest of our Parish.

We are indeed very privileged to have a priest in attendance and to lead us at our regular Liturgy gatherings. Following the Mass, we will enjoy refreshments together in the Lounge.

A warm invitation is extended to all who may wish to join our small community in prayer and friendship. For further information please contact Natalie Turner Ph: 479 9527



Fairview Fellowship

Our Fairview Christian Fellowship offers a warm invitation to join us each month. We meet to encourage each other in our shared faith and hear from an invited speaker.

Next meeting is on Monday 24th June at 3pm in 3rd floor Sunroom.

Bronwen Charlesworth 021 920 000

Residents' Notices

Fairview Garden Club

Monday 17th June at 10.30am to after 12 pm in the main lounge

Come and have a look at our lovely display of 15 styles of floral art.

Most of us are using very little flowers, working on the theme of use "what is around you" with orchids from the garden with curled red flax. The stand is ready with cane ball - come and see the design finished.

I have done 8 designs. Jean has done 3 designs and if she is not well with a cold, I will pick up her designs she has done "dare to be different ". Suzanna has done 2 designs and one foliage. Judy has done 1 design. There may be another design by Vivian to be confirmed.

Very informal as we have all got microphone shyness but plenty to see.

Shirley Jones

A Note from an attendee at our Thursday Yoga Class

Those of us who attend the Thursday afternoon Yoga session with Joy would like to invite any interested residents to come and observe our class.

Contrary to what many may think, this class is not a series of traditional yoga moves. Rather, Joy takes us through some lovely stretching exercises which help us to retain some flexibility. It is a great follow up to the Monday exercise class.

Most of our work is done seated and one only does what one feels capable of. Joy listens to any problems we may have and adjusts the class accordingly. Many members will tell you they have been greatly helped by the exercises we do.

A yoga mat is not a necessity as there are a few spare and mostly we are seated or standing.

We would love to have more residents join us. Do come along any Thursday at 1.30pm in the level 2 activity room and see what we do and perhaps you may consider joining as a regular attendee.

Wilma Cooper

Events in the Lodge

If you are organising an event in the Lodge and require a microphone to be set up, please contact reception.

Notice from the Library

We have noted that the movie this week is Mao's Last Dance, the Memoir of Li Cunxin. We had hoped to advertise that we have, in our Biographies/Memoirs, 'Mary's Last Dance' who is the wife of Li Cunxin. However, it is missing from our shelves. If you have it and have finished it, we would appreciate it if you would kindly return it to the Library.

You'll never be alone if you've got a book.

– Al Pacino





Who we are

- The Council is a fresh independent voice advocating on behalf of retirement village residents.
- 9 members selected by the independent chair. (6 women & 3 men)
- We all reside in various styles of retirement villages throughout the country.
- Council members are volunteers and bring significant experience to the Council, many having served or are serving on the residents' committees of villages.
- We are funded by the RVA. It does NOT have any role, other than paying the bills!

Our vision

Contributing to a fair and sustainable retirement village sector that meets the needs of residents.

Our mission

To act as an independent body representing the interests of retirement village residents.

We value

Impartiality and Fairness
Collaboration
Evidence
Integrity

Find out more

www.residentscouncil.org.nz

info@residentscouncil.org.nz



Review of the Retirement Villages Act

The Council made a submission on the Retirement Villages Act. You can see our full submission on our website: www.residentscouncil.org.nz

What we said

Ensuring quality and choice in retirement housing

- We must protect residents' choices and assets whilst safeguarding a range of options.

Repayment of Capital Charges

- 9 to 12 month repayment of capital, unless property is sold earlier.
- Capital should be repaid on fair terms, without imposing financial hardship on smaller operators who are likely to end up having to charge residents more to cover the risks of repaying on a shorter term.
- Interest should be paid on residents' capital after 3 to 6 months, unless capital paid earlier.

Ensuring Fairness through Standardised ORAs

- Proposed standard ORA for all operators.
- Facilitates comparison and informed decision-making.
- No retrospective changes to ORAs, unless terms are unfair.

Ensuring Peaceful Resolution in Retirement Villages

- Independent dispute resolution service.
- Provide fair and accessible avenue for residents and operators.
- Funded by operators.
- No legal representation, but advisory service for residents.

Plus Some Basic Premises

- Maintenance of Fixtures and Fittings: Whoever owns it, fixes it!
- Capital Losses and Gains: If you don't share gains, you shouldn't share losses.
- Cessation of Outgoings and Fees: If you don't own it on vacating, outgoings, fees and contributions should cease.



SOCIAL COMMITTEE INVITATION
GUEST SPEAKER *DAVID WRIGHT*
SUNDAY JUNE 23rd 3.15 PM

SPIRIT OF ADVENTURE



The Spirit of Adventure Trust is a non-profit organization empowering young New Zealanders to reach their full potential.

During his many voyages sailing on the Spirit of Adventure David has seen many lives changed by the experience of crewing on a large three masted sailing vessel.

Please bring your family and friends to hear this very special speaker.

We will “splice the mainbrace” at 4.15 pm!

There will be a donation box for the Spirit of Adventure Trust

SOCIAL COMMITTEE INVITATION

FAIRVIEW WINTER CONCERT SERIES

SUNDAY JUNE 30th AT 3.15 pm

DREAMING OF OPERA

OLIVIA FORBES



Barry and Jennifer Jones are rightly proud of their granddaughter, Olivia. Olivia was a member of the Kristin School's premiere choir, Euphony, for 5 years and toured Europe in 2019. She played the lead part of Flora in New Zealand Opera's production of the 'Turn of the Screw' by Benjamin Britten. Olivia has recently studied a postgraduate Honors degree in Classical Voice.

This talented young lady has a passion for Classical Music. She is looking forward to performing at Fairview and sharing the joys of classical music with her audience.

YOUR FAMILY AND FRIENDS WILL BE VERY WELCOME.

SOCIAL COMMITTEE NEWS

GLAM!

FAIRVIEW BIRTHDAY CELEBRATION

JUNE 26th

The definition of the word Glamour comes from the Scottish word “Gramarye” meaning magic, enchantment, a captivating spell.

I have heard on the grape vine that many dazzling and some outrageous costumes are being planned!

If dressing up is not your thing, do come along and enjoy the spectacle. There will be plenty to talk about!

MEN, This is your chance to shine. Remember that in the past men strutted their stuff in velvet and jewels.

So, Ladies and Gentlemen, if you’ve always had a secret desire to dazzle, this is your chance to come out of the closet!

Looking forward to seeing you all.

Angela Woolnough



Fairview's Birthday Dinner

WEDNESDAY 26 JUNE 2024
DINNER SERVED AT 6PM | \$35/PERSON

Entrée

Caprese canape - Mozzarella, Tomato & Basil
served on garlic bread with balsamic glaze drizzle

Choice of mains

(GF) Beef cheek medallions with jus & gravy
(GF) Oven baked herb crusted salmon in a lemon & white wine sauce

Sides

(GF) Herb roasted winter vegetables medley
(GF) Whipped kumara & potato mash

Dessert

Sticky date pudding with rich butterscotch sauce
Brandy snap filled with crème fraiche

***Please book and pay at reception before
Monday 24th June 12pm.***



Fairview's 24th Birthday Dinner

Wednesday 26th June 2024

A glam celebration, however you wish it to be!

Bar opens at 5pm

Complimentary drinks
on arrival offered by
Fairview Management

Dinner will be served at 6pm

Followed by our traditional birthday
cake baked by resident
Mary Gardner

Entertainment by
TOUCAN DUET

Book and pay at Reception
by Monday 24th June 12pm
\$35/person



LAUGHTER LINES

They Said It:

1. I was at lunch with an old friend and pointed to two elderly ladies cross the room and said, "That will be us in 10 years." She turned to me and said, "That's a mirror."
2. A man asked his wife, "What would you do if I won the lottery?" She replied, "I'd take half and leave you." "Great," he said. "I just won \$10, here's \$5, stay in touch."
3. Chemistry teacher: "What is barium?" Student: "It's what you do after you killum."
4. My wife asked if she could have a little peace and quiet while she cooked dinner.....so I took the battery out of the smoke alarm.
5. "I think it is just terrible and disgusting how everyone treated Lance Armstrong, especially after what he achieved, winning seven Tour de France races while on drugs. When I was on drugs, I couldn't even find my bike!" – *Willy Nelson*
6. I accidentally swallowed some Scrabble tiles and now I am experiencing vowel movements. The next trip to the bathroom could spell disaster.
7. So I am in a bar and two very large women with accents are sitting across from me. I say, "Cool accents, are you two ladies from Scotland?" One of them yells, "It's Wales, you idiot." So I said, "OK, are you two Whales from Scotland?" I don't remember much after that.
8. My Kid: "I feel like you are always making rules and stuff." Me: "Like what?" My Kid: "Like, if I don't clean and tidy my room a portal will open and take me to another dimension." Me: "Well that's what happened to your older brother." My Kid: "What older brother?" Me: "Exactly."
9. It's been a bit of a strange day. First I found a hat full of money. Then I was chased by an angry man waving a guitar.
10. It's OK to talk to yourself...and OK to answer yourself. But sad when you have to repeat what you have said because you weren't listening!!

A Little Bit of Trivia:

1. To grow properly orchids require moving air. They do best where there is a steady breeze.
2. Male monkeys go bald in the same manner that men do.
3. Experts recommend using Vodka as a cleaning agent for diamond jewellery.
4. It is estimated that a plastic container can resist decomposition for as long as 50,000 years.
5. In Turkey in the 16th and 17th centuries, anyone caught drinking coffee was put to death.

The shapely blonde entered the psychiatrist's office. She stood nervously by his desk and he told her to lie on the couch. She hesitated. "Come, come, now," said the psychiatrist, "how can I help you unless you lie down on the couch?" Finally, she walked over and stretched out on the couch. "Now then," he said, "tell me how all your troubles began?" She looked him straight in the eye. "Just like this," she said.

When the Matron's eyes got accustomed to the dark she realised that a young lad was sitting beside her in the theatre. "Why aren't you at school?" she said. "Because I've got chicken pox," replied the lad.

And finally: A henpecked husband decided to revolt. "I'm fed up. I'm leaving you and going to join the Foreign Legion." "Well, don't come back traipsing sand through the house," she said.

From the joke books of A. Nonny Muss

Strength and Balance

Monday 17 June - 10.30am – 2nd Floor Lounge

Please remember to bring your water bottles.

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 19 June.

Natalie is at the Village every Wednesday from 9.45am – 4.00pm.

She 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 20 June - 1.30pm – 2nd Floor Lounge

Monthly prepaid fee of \$20.00

We appreciate the subsidy from the Village Residents' Committee

Aqua Class with Libby

Friday 21 June – 9.15am – Level 2 Swimming Pool

\$5.00 per class

Attendance at the aqua class has been dropping and Libby will not be able to continue if people don't attend more regularly.

Doctor

Thursday 27 June – 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 27 June – 9.00am to 12.00 noon – 3rd Floor Doctors Room

Please contact reception if you would like an appointment to see Paul Hames

WEEKLY SCHEDULE

17 June to 23 June 2024

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

KITCHEN 477 3957 / HAIRDRESSER 477 3950

Mon 17 June	Hair Salon with Kim	9.30am	3 rd Floor Salon with Kim
	Strength & Balance	10.30am	2 nd Floor Lounge
	Fairview Garden Club – Floral Art Display	10.30am to 12pm	3 rd Floor Main Lounge
	Line Dancing	4.00pm	2 nd Floor Lounge
	Happy Hour	5.00pm to 6.00pm	3 rd Floor Lounge
Tue 18 June	Minibus – Albany Westfield	9.15am/9.45am/10.15am	Return 10.30am/11.00am/11.30am
	Croquet (weather permitting)	9.00am	Croquet Green
	Croquet Group AGM	11.00am	3 rd Floor Sunroom
	Outdoor Bowls	Meet at 1.00pm	Assemble for 1.15pm start
	Mahjong	1.00pm	3 rd Floor Games Room
	Movie Group	7.15pm	Mrs Harris Goes to Paris
Wed 19 June	Hair Salon with Kim	9.00am – 11.40am	3 rd Floor Salon with Kim
	Petanque	9.30am	Petanque Court
	Beautician	9.45am	3 rd Floor Doctors Room
	Dance Practice	10.00am	2 nd Floor Lounge
	Scrabble	1.30pm	3 rd Floor Games Room
	Happy Hour	5.00pm to 6.00pm	3 rd Floor Main Lounge
Thu 20 June	Hair Salon with Kim	9.00am – 11.40am	3 rd Floor Salon with Kim
	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
	Art Group	1.00pm	3 rd Floor Sunroom
	Yoga with Joy	1.30pm	2 nd Floor Lounge
Fri 21 June	Hair Salon with Kim	9.00 – 1.00pm	3 rd Floor Salon with Kim
	Minibus – Browns Bay	9.15am/10.15am	Return: 10.30am/12.00pm
	Aqua Class with Libby	9.15am	Level 2 Swimming Pool
	Catholic Liturgy	11.00am	3 rd Floor Sun Room
	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 22 Jun	Croquet (weather permitting)	9.00am	Croquet Green
	Indoor Bowls	1.00pm	2 nd Floor Games Room for 1.15pm
Sun 23 Jun	Outdoor Bowls	1.00pm	Assemble for 1.15pm start
	Private Function	12pm to 5pm	2 nd Floor Lounge
	Guest Speaker – David Wright	3.15pm	3 rd Floor Main Lounge



Relish Café
By Chef Noris & Team

Dinner Menu

17th to 23rd June

Bookings by **12pm**
(Please phone 09 477 3957)
Small meal \$18.00 – Large meal \$20.00
\$2.00 delivery fee applies per Villa

Monday (beef)

GF Beef casserole, steamed vegetables, chives mashed potatoes

Tuesday (chicken)

Chicken Schnitzel, napolitana sauce with parmesan, steamed vegetables, basil spaghetti

Wednesday Roast (choice of meat)

GF Braised corned beef slices with mustard sauce
or BBQ Butterfly chicken

Both served with maple glazed carrots, broccoli & cauliflower cheese gratin, roasted potatoes

Thursday (pork)

GF Bourbon baby back ribs, homemade baked and seasoned potato wedges & southern slaw

Friday (choice of fish)

Beer battered fish with tartare sauce, slaw and fries
Or **GF** Baked smoked fish pie (hoki & kahawai with boiled egg and peas)

Saturday (beef)

GF Beef and vegetable stew, broccoli, carrots, mashed potatoes

Sunday Roast (lamb)

GF Lamb roast, gravy, mushy peas, crispy roasted potatoes, carrots, pumpkin

Optional Dinner Menu – in foil tin:

Lamb shanks, fish pie and braised beef