

The Village News

From the Manager's desk

Some news from Quebec

I will be flying home to Quebec unexpectedly due to a family emergency. My dad has been diagnosed with cancer and commenced treatment, and I am flying home to be with him and my family during this challenging time. I will be away from Monday 12th August to Friday 6th September. During my absence, please rest assured that the team will be here for you and our CEO Terry Middlemost will be spending time in the Village to ensure all matters are addressed in a timely manner.

Heating in the Lounge

All repairs have been carried out, the heating in the Lounge is now working. Thank you for your patience while this maintenance issue was being rectified.

Rates rebate application forms

The rates rebate forms for the rating year 1st July 2024 to 30th June 2025 are available at reception.

Main gate & reception opening/closing time

- The front entrance gates to the village open at 6.00am and close at 8.00pm.
- The reception automatic doors open at 8.00am and close at 5.00pm on weekdays. They open at 9.00am and close at 4.00pm on weekends.

Recycling batteries

A reminder to let you know you can bring your old batteries to reception as we have a battery recycling bucket.

Sophie Pink Fashions – Wednesday 14th August

We will be having our annual fashion parade, hosted by Sophie Pink Fashions, on Wednesday 14th August. If you are interested in being a model, please contact Cherie at reception.

Aged Advisor Award – Last chance to vote!

Each year villages and care facilities have the opportunity to be recognised in the independent Aged Advisor People's Choice Awards for Best Village. It should only take a couple of minutes to vote and can be completely anonymous by ticking the 'Withhold my name' field. Voters will also go into the Aged Advisor's draw for one of five \$100 Prezzy Cards. Votes need to be in **by midnight Sunday 28th July 2024**. If you have not yet placed a review this year, then we would love you to vote for Fairview by placing a review using this link; <https://www.agedadvisor.nz/review>

Welcome to new residents' high tea – Wednesday 31st July 11am

We are inviting residents who have moved in over the last few months to join us for a belated 'welcome home' high tea in the Lounge on Wednesday 31st July at 11am. Personal invites were sent by Cherie, please RSVP at reception.

Inorganic rubbish collection – October 2024

Save the date, the next inorganic rubbish collection will be taking place between 21st October and 25th October 2024. We will confirm the date closer to the time.

Have a lovely weekend everyone! Marika



Health and Wellbeing Corner

Hello Residents! This week, we want to focus on a critical topic: identifying chest pain and understanding the difference between indigestion and more serious conditions. Knowing when to call the nurse is essential for your health and safety.

Chest pain can be alarming, and it's important to understand the potential causes. It can range from mild discomfort to severe pain and can be a symptom of various conditions, from indigestion to heart-related issues.

1. Indigestion (Heartburn):
 - Symptoms: Burning sensation in the chest, often after eating or lying down. It may be accompanied by a sour taste in the mouth or a sensation of food coming back up.
 - Cause: Stomach acid flowing back into the oesophagus, irritating the lining.
2. Muscle Strain:
 - Symptoms: Pain that worsens with movement or deep breaths. It might feel tender to touch.
 - Cause: Overexertion or injury to the chest muscles.
3. Angina (Heart-related):
 - Symptoms: Pressure, tightness, or squeezing pain in the chest. It may spread to the shoulders, arms, neck, or jaw. Often triggered by physical exertion or stress.
 - Cause: Reduced blood flow to the heart muscle, often due to coronary artery disease.
4. Heart Attack:
 - Symptoms: Severe, crushing chest pain, often accompanied by shortness of breath, sweating, nausea, or light-headedness. The pain may radiate to the arms, neck, jaw, or back.
 - Cause: Blockage of blood flow to the heart muscle, causing tissue damage.

If you experience chest pain, it's crucial to assess your symptoms and decide whether to seek immediate help. Remember, if you're thinking about it, you probably should call the nurse. Here are some guidelines:

- Call the Nurse immediately if:
 - You have severe, sudden chest pain.
 - The pain spreads to your arms, neck, jaw, or back.
 - You experience shortness of breath, sweating, nausea, or dizziness.
 - The pain persists for more than a few minutes or is recurring.
 - You have a known history of heart disease and experience chest pain.
- Monitor and call the Nurse if:
 - The chest pain is mild but persistent.
 - You're unsure whether it's indigestion or something more serious.
 - You experience chest pain along with other symptoms like fatigue, palpitations, or general discomfort.
- Home remedies for mild indigestion:
 - Drink a glass of water.
 - Avoid lying down immediately after eating.
 - Take an antacid as directed by your healthcare provider.
 - Eat smaller, more frequent meals.

Remember, it's always better to err on the side of caution. If you're uncertain about your symptoms, don't hesitate to call the nurse. Prompt medical attention can make a significant difference, especially in the case of heart-related issues.

Wellness tip of the week: Keep a symptom diary if you frequently experience chest pain or discomfort. Note the time, duration, and nature of the pain, as well as any accompanying symptoms. This information can be invaluable for your nurse/GP in diagnosing and treating your condition.

Did you know? Approximately 1 in 3 heart attacks are "silent," meaning they don't cause noticeable symptoms. Regular check-ups and staying attuned to your body's signals are crucial for maintaining heart health.

Upcoming Events:

- During the month of August, Julia and I will be coming around testing all pendants and call bells in your apartments and villas.
- **Friday 16th August 2pm in the Lodge – The Grief Centre will be coming to present on loss and grief, which affects many of us in many ways. It is not just the loss of a loved one or an animal, but the loss of being unable to drive or our mobility reducing as an example. Please RSVP at reception so we can ensure we have enough chairs for everyone. You are welcome to invite friends and family to attend.**



Loss and Grief in the Village

Loss and grief for residents is almost inevitable at some stage during their life in the village. This presentation from Katrina King, General Manager of the Grief Centre, will cover:

- What is grief?
- Grief and life transitions: retirement, selling the family home, loss of close friends/family, illness etc.
- Grief literacy: how to be comfortable talking about grief.
- How to support residents and staff.
- Practical tools and tips for working alongside loss and grief.

That's all for this week's newsletter. If you have any questions, concerns, or need advice, please reach out to our nursing team. We're here to support you in every way possible.

Maria and the nursing team

Maintenance tip for the week

After a storm, we can sometimes experience problems with our electronic appliances. This is caused by lightning, which interferes with wireless and TV etc.

If you notice you have lost internet, or your landline no longer works, or skybox is playing up, this would likely be the case. In fact, anything electronic that stops working may have been affected up by the lightning.

It may be fixed simply by turning off its power for 5 seconds, then turning it on again. This gives it a fresh start and provided it has not been damaged, should be all back to normal.

Tony



From the Chef's Oven

Did you know...

- That some cabinet food is HALF PRICE after 2pm including soup, sandwiches and salads.
- We have a “sides” menu if you would like to add any options to your meals such as: hash browns, eggs, bacon, bread and more. You can create your own combination.
- We ask residents to sign the café till receipt every time you use your Fairview charge card or want to charge your purchase to your unit.
- We have our own RELISH CAFÉ LOYALTY CARD - Stamp all 9 coffees and the 10th coffee is on us. Just simply ask one of our team and every time you order coffee, and we will stamp it for you.

Frozen meals are back

Thank you for buying our frozen “meal deal” last week. This week, we will have Guinness beef on mash, roast brisket, lamb shanks, and smoked fish pie. There is no cut off time on frozen meals if you collect them from the Café. If you want it delivered hot for dinner, same 12pm cut off time applies on dinner orders.



Donut Friday

Thank you all for your wonderful feedback on our homemade donuts. Our talented baker Celeste is now increasing our DONUT production on Fridays. It's only \$4 each or 3 for \$10. Better be quick, first come first serve.

Gentlemen's Club Breakfast – Wednesday 7th August 10am

Every 2nd Wednesday of the month, we will be serving a Gentlemen's Club exclusive \$15 breakfast: poached eggs, baked beans, streaky bacon, hash browns and toast. Please book at the Café before Monday 5th August 12pm.

Ladies' Group Morning Tea – Wednesday 28th August 10am

Every 4th Wednesday of the month, we will be hosting a special ladies' group morning tea. We will be serving one savoury and one sweet treat, as well as a drink of your choice for \$10 per person. Please book at the Café before Monday 26th August 12pm.

Happy Tuesday – Tuesday August 13th 6pm

I know it's early to advise the date of our next happy Tuesday but just to avoid disappointment as we SOLD OUT very quickly last time. We will now increase to 70 dine-in dinner meals. You can pre-book your Happy Tuesday dinner as early as today.

Chef's Special for the month of July

For the month of July, Relish Café will take to Italy! Last chance to eat our Spaghetti Meatballs! It is a rich and thick tomato Bolognese sauce and meatballs topped with parmesan, drizzled with basil pesto, and served with garlic bread.

Noris and the Relish team



What's on this coming week and next



Movie Group – Tuesday 30 July – Andre Rieu – Falling in love in Maastricht

Spectacular, colorful concert in Andre Rieu's hometown. Very good guest stars too.

Our movies are carefully selected for your enjoyment. While we try to avoid reshowing 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 – 19th July 2024

This week we sold 4 majors. George White drew the dwelling draw. Won by Andra Glyn-Jones. Congratulations Andra.

Luella Jacobson drew the main raffles. The winners were:-

Chris FitzPatrick, Mary Gardner, Brynley Goodger, Pam Glaum, Graeme Pullar, Robin Hood, Barbara Dines, Neil Butt, Earl Troughton, Brenda Lee, Neville Turner, Dianne Turner, Lois Hadfield, Elaine McClintock, Bruce McClintock, Rosalie Hancy, Christine Smith, Richard Jones.

Congratulations to all our winners.

Ian Johnstone Tel: 021 855227

On Behalf of Diane Brown Raffle Convenor – Tel: 4783581



QUIZ NIGHT – Sunday 28 July 2024

In a record turnout on Sunday 30 June the Mixed Nuts prevailed yet again, with 59.5 points out of a maximum of 71. The extra bonus point was earned by correctly spelling myxomatosis. While all teams knew that this is the viral disease used to control the rabbit populations that is banned in many countries as being cruel and inhumane, only the Mixed Nuts managed to spell it correctly. The Iris Watches were second with 55. The Palms were third with 52 and The Secret Squirrels earned the right to choose a topic next month with 51. The topics were **General Knowledge 1, Fight or Flight, Rabbits, the Eighties, South America** and **General Knowledge 2**. The Secret Squirrels immediately chose **Nicknames** as their topic for July.

Consequently, the July questions will be on: **General Knowledge 1, World Politics, Nicknames, Famous Buildings, Desserts** and **General Knowledge 2**. 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. Bring a bottle of wine and some nibbles. The cost is \$2 per quizzers with cash prizes for the winners.

We will see you there!



Fairview Christian Fellowship

Next Meeting Monday 29th July 3pm in 3rd floor sunroom

Our fellowship group warmly invites you to join us each month.

We meet to encourage each other in our shared faith to hear from an invited speaker.

Contact Bronwen 021 920 000

Residents' Notices

Schedule of Events 2024 August – December

Sunday 11 th August	Music 3.15pm	City of Sail Stompers
Wednesday 14 th August	Fashion Show	Sophie Pink Fashions
Wednesday 11 th September	Spring Dance Dinner	The 3 Decibelles
Tuesday 5 th November	Melbourne Cup	Afternoon
Wednesday 11 th December	Christmas Dinner	Theme night + Kane Steves
Friday 13 th December	Christmas Carols	Fairview Singers at 2pm

Thank you

To those in the village who showed their love and support with hugs, cards, flowers, food and visits following the death of my Mike... My humble and grateful thanks. Jill Fish

For Sale

- Electric wheelchair in good condition for a quick sale \$1800.
Ring Therese 021 187 1449
- For small dogs.
Rain jacket size XS - \$20. Winter jacket with harness, size XL (new) \$50.
Tricia 022 152 4091 (please text)

Gareth's Puzzle

Last week's puzzle asks what comes fourth?

Honey, Ring, Andante , Money, Gimme , ----- , ????????

And the answer is a sequence of ABBA songs where the title is repeated twice, 3- times, (there is no 4-times ABBA song), and 5-times - I do, I do, I do, I do, I do.

A couple of puzzles this week.

1. What is the odd word out in this sentence?

Look Rove, over there three spoilt pilots, Leon, Noel and Dan.?

2. What number comes next in this sequence?

131 228 331 430 531 630 731 ???

Have fun with these.

Residents telephone book update

To save printing a new book, we have printed below new residents' details. Simply cut and paste into your existing phone book.

Villa 61	Ellis, Gaby & David
Home number	
Mobile number 1	021 260 7856
Mobile number 2	
Email 1	gabyellis@hotmail.co.uk

LAUGHTER LINES

A Little Bit of Trivia:

1. When driven from a tee, a golf ball travels at over 270kph.
2. In the United States there are more 2nd Streets than there are 1st Streets.
3. In the Andes, time is often measured by how long it takes to smoke a cigarette.
4. Noah Webster spent 36 years writing his dictionary.
5. If Earth's axis was not tilted, there would be 12 hour days everywhere, and no seasons.
At the Poles the sun would always be on the horizon.

Short Bites:

Little Susie stood in the Department Store next to the escalator, watching the moving handrail."Something wrong little girl," asked the security guard. "Nope," replied Susie, "just waiting for my chewing gum to come back."

Charley had a puppy on a leash. He met his big brother, Jim, and said, "I just got this puppy for our little brother." "Really," said Jim, "that was a good swap, does Mum know?"

A man orders a pizza in a restaurant. "Would you like it cut into 6 pieces of 12?" asks the waiter. "Better make it six," the man replies, "I don't think I could manage 12 pieces."

The ticket seller in the Roxy theatre in Sydney's west, noticed that Okker was buying a second ticket, even though he had just bought one a short time earlier. It was however when he came back to purchase a third ticket that she said something. "This is the third ticket you have purchased, Okker." "I know.....I know. But there's a big fella inside the door there and he's always tearing them up in front of me."

When George Moore, the Irish author, was 80, he was asked how he had managed to have such a long life. "I believe," said Moore, "that it is due to the fact that I never smoked, never drank and never chased girls.....until I turned 10 years of age."

Two young girls were discussing the local town's "hot" boys. "Don't have anything to do with that Duncan Laing," said one girl. "Why not?" queried her friend."He knows an awful lot of rude songs," was the reply."Surely he doesn't sing them in front of you?" queried her horrified friend. "No, but he whistles them," was the reply.

Quotable Quotes:

1. You can't have everything, where would you put it? *Steven Wright*
2. I left the room with silent dignity, but caught my foot in the floor mat. *George Grossmith*
3. Outside of a dog, a book is man's best friend; inside of a dog, it's too dark to read.
Groucho Marx
4. Before you criticise someone you should walk a mile in their shoes. That way, when you criticise them , you're a mile away and you have their shoes. *Ann Brashares*
5. The one thing that unites all human beings, regardless of age, gender, religion or ethnic background, is that we all believe that we are above average drivers. *Dave Barry*
6. The only way to keep your health is to eat what you don't like, drink what you don't want and do what you'd rather not. *Mark Twain*

And finally: I had laryngitis and finally decided to go to a doctor. After the nurse called my name she asked my age, "Forty-nine," I whispered. "Don't worry," she whispered back. "I won't tell anyone."

From the joke books of A. Nonny Muss

10 Minute Wonders

They're at it again!

Sunday 4th August

3rd Floor Lounge

4.00pm to 6.00pm

Guest Artist

Bennie Gunn on the piano

Get a good seat and

Stay for dinner!



FAIRVIEW WINTER CONCERT SERIES

SAIL CITY STOMPERS



WILL BE PERFORMING AT

**Fairview Lifestyle Village
on the**

11th August 2024

3.15pm – 4.15pm

The bar opens at 4.15pm

Come along and enjoy an hour of great music.

Gentlemen's Club
BREAKFAST MENU




Wednesday 7th August 10am
\$15/person

Every 2nd Wednesday of the month

2 poached eggs
2 streaky bacon slices
1 hash brown
Baked beans
2 toasts

*Book and pay at Relish Café
by Tuesday 6th August 12pm*



HAPPY TUESDAY
Fröhlichen Dienstag

2 FOR 1
DINNER DEAL

Tuesday 13th August
Dine in only

Let us take you to Germany this time!

Chicken Schnitzel
with a creamy mushroom sauce &
buttered salt and pepper green peas
served with parsley mashed potatoes

\$5 option pre-booked dessert
German Apple Streusel Cake served
with custard

Book and pay at Relish Cafe by
Monday 12th August 12pm

**Guten
Appetit**

LADIES' GROUP

morning tea

Wednesday 28th August 10am

4th Wednesday of every month

\$10/person including
1 savoury & 1 sweet treat
A drink of your choice

*Pay & book at Relish Cafe
by Tue 2nd Aug 12pm*



Strength and Balance

Monday 29 July - 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 31 July.
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 01 August - 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 02 August – 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 08 August – 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 08 August – 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

29 July to 04 August 2024

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

KITCHEN 477 3957 / HAIRDRESSER 477 3950

Mon 29 July	Hair Salon with Kim	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 30 July	Minibus – 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
	Mahjong	1.00pm	3 rd Floor Games Room
	Movie Group	7.15pm	Andre Rieu – Falling in love in Maastricht
Wed 31 July	Hair Salon with Kim	9.00am – 1.00pm	3 rd Floor Salon with Kim
	Petanque	9.30am	Petanque Court
	Beautician	9.45am	3 rd Floor Doctors Room
	Dance Practice	9.30am	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 01 Aug	Hair Salon with Kim	9.00am – 1.00pm	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 02 Aug	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
	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 03 Aug	Croquet (weather permitting)	9.00am	Croquet Green
	Indoor Bowls	1.00pm	2 nd Floor Games Room for 1.15pm
	Bingo	7.00pm	3 rd Floor Main Lounge
Sun 04 Aug	Outdoor Bowls	1.00pm	Assemble for 1.15pm start



Relish Café
By Chef Noris & Team

Dinner Menu

29 July to 04 Aug

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

Monday / Chicken

GF Chicken roast and gravy, glazed carrots, steamed broccoli, mashed potatoes

Tuesday / Pork

GF Bourbon pork ribs, apple and cabbage slaw, homemade seasoned potato wedges

Wednesday Roast / Choice of meat

GF Pork roast, gravy and apple sauce.
Or Cajun chicken roast
peas and corn, roasted carrots & potatoes

Thursday / Beef

GF Red wine beef casserole, steamed vegetables with parsley mashed potatoes

Friday / Choice of Fish

Market Beer-battered fish with tartare sauce, slaw and fries
Or Baked salmon with hollandaise sauce, steamed vegetables and mashed potatoes (large only)

Saturday / Lamb

GF Irish Lamb stew, mint sauce, carrots, broccoli and boiled potatoes

Sunday Roast / Lamb

GF Beef roast, brown gravy, mushy peas, buttered corn, roasted pumpkin and potatoes, Yorkshire pudding

Alternative TAKEAWAY Dinner Menu – in foil tin:

Lamb shank, Guinness beef casserole, smoked fish pie, roast brisket