

The Village News



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

09 September to 15 September 2024 No. 338

From the CEO's desk

Marika returns to work on Monday next week and I am sure you will all be pleased to see her cheerful smile back in the village. It has been great catching up with some of you whilst I have been in and out of the village.

Cait's last day is tomorrow and a reminder to you all to join us at Happy Hour tomorrow to wish her farewell.

Daffodil Day on Friday last week went really well and thanks to all of you who supported the initiative.

I also had great feedback on the Father's Day Lunch.

A few reminders:

The next inorganic rubbish collection will be taking place between 21st October and 25th October 2024.

The Annual general Meeting will be held Tuesday 24th September at 10.30 am so please save the date.

Upcoming events – Refer to the flyers in this newsletter

- Wednesday 11th September Flower Power Spring Dinner and Dance.
- Gentleman's Club Breakfast on the 13th September.
- Happy Tuesday – 2 for 1 deal on the 17th September.
- Ladies Club Afternoon Tea – Tuesday 24 September at 2.00pm

Spring has certainly arrived and let's hope we can all look forward to a weekend of sunshine.

Terry



Health and Wellbeing Corner

Dear Residents,
Afternoon to all.

A reminder of this month's presentation that I have arranged is from Spec Savers Albany. I understand that all residents get a discount there as part of the partnerships reward programme, so maybe worthwhile if you need an eye check or new glasses. Tomorrow at 10.30am in the Lounge.

Welcome to this week's Health and Wellbeing Newsletter. Today we are addressing a topic that's vital for your health and safety: being aware of any signs of blood in the toilet or after having a bowel motion. While it can be a sensitive subject, it's crucial to pay attention to these signs and take action promptly.

Why It's Important to Notice Blood in the Toilet

Seeing blood in the toilet or on toilet paper can be alarming, and it's not something that should be ignored. While it can be caused by something minor, like a small tear or haemorrhoids, it can also be an indicator of more serious conditions that require medical attention. It's essential to take these signs seriously and reach out for help as soon as possible.

What Could Blood in the Toilet Indicate?

There are several possible reasons for blood in the toilet, and it's important to have it checked out to determine the cause. Some potential causes include:

Haemorrhoids: Swollen blood vessels in the rectum or anus that can bleed, especially after a bowel motion.

Diverticulosis: Small pouches in the colon that can bleed if they become inflamed or infected.

Anal Fissures: Small tears in the lining of the anus, often caused by straining during a bowel motion.

Polyps: Growths in the colon or rectum that can bleed and need to be checked by a doctor.

Colorectal Cancer: Although less common, blood in the stool can be a sign of colorectal cancer, particularly in older adults. Early detection is key to successful treatment.

What to Do If You Notice Blood

If you notice blood in the toilet or after a bowel motion, it's important to take the following steps:

Don't Ignore It:

While it might be tempting to dismiss the blood as a one-time occurrence, it's important to monitor any changes and seek advice.

Inform Nurse Maria or any of our Nurses:

We are here to help you. Please don't hesitate to let Nurse Maria or any of our nursing team know if you notice any signs of blood. We can provide guidance and help you decide on the next steps.

Consult Your GP:

It's essential to see your GP as soon as possible. They can perform an examination and recommend further tests if needed to determine the cause of the bleeding.

Keep Track of Symptoms:

Note any other symptoms you may be experiencing, such as changes in bowel habits, weight loss, or fatigue. This information can be helpful for your healthcare provider.

Peace of Mind Through Prompt Action

Remember, acting quickly if you notice blood can prevent potential complications and ensure that you receive the care you need. Early detection of any underlying issues is crucial for effective treatment and maintaining your overall health.

We're Here to Support You

Our team at Fairview Lifestyle Village is dedicated to supporting your health and wellbeing. Please don't hesitate to reach out if you have any concerns or need assistance. We are here to listen, guide, and ensure that you receive the best possible care.

Upcoming Events:

Next presentation: Tomorrow Friday 6 September Spec Savers – Albany at 10.30am.

Wishing you a healthy and safe week ahead.

Maria and the Nursing Team



From the Chef's Oven

Did you know?

- We have moved the cutlery and condiments close to the coffee and tea area. This allows for a better flow as sometimes we do have long queues at the till and it blocks the access to the condiments area.
- There are always vegetarian dishes available outside the menu. These are: Mushrooms on Toast, Vegan Breakfast and Vegetarian Club Sandwich.
- We can swap lettuce, ice burg, baby spinach in the standard side garden salad on the kitchen menu.
- We have different kinds of bread you can choose. We have ciabatta, brioche bun, multi grain, rye bread, white bread and Gluten Free bread.
- Some of our cabinet food is HALF PRICE after 2.00pm including soup and in the chilled cabinet all sandwiches and salad are half price too...
- We have our own RELISH CAFÉ LOYALTY CARD - Stamp all 9 coffees and the 10th coffee is on us. Simply ask one of our team and every time you order coffee, we will stamp it for you.

Lunch with Dad – Father's Day Celebration – last Sunday 01 September

Thank you all for coming to our Father's Day celebration last Sunday. Your wonderful feedback is very much appreciated by our kitchen team. We served traditional Sunday lunch roast and apple tart for dessert.



Upcoming Events:

Spring Dinner Dance - Wednesday 11 September at 6.00pm

The menu is included in this Newsletter. It is a 3-course meal. Bookings and payment at Reception.

Gentlemen's Club Breakfast – Friday 13 September at 10.00am

Come along to our next Gentlemen's Breakfast where we will be serving homemade pancakes (2 pieces), with streaky bacon and banana served with seasonal fruit and maple syrup for only \$15.00. Payment and bookings at the Café.

Happy Tuesday – 17 September

Thank you all for booking early for our Happy Tuesday deal. We have 8 seats available, be quick! Could you please confirm your dessert bookings. Happy Tuesday Dine in deal will take you on a culinary tour to Ireland – it's an Irish and Guinness beef stew dinner. Check out the flyer at the end of this newsletter.

Ladies Club Afternoon Tea – Tuesday 24 September at 2.00pm

There will be a selection of sweet and savoury goodies, plus your favourite barista coffee for only \$10.00. Please make your bookings at the Café.

Frozen Meals - Alternative Dinners

This week's frozen meals are:

Roast lamb, pork ribs, fish pie, braised sirloin and lamb shanks. There is no cut-off time to pick up frozen meals as you can just pick them up from the Café. However, if you want a meal heated and delivered, the same dinner cut-off of 12.00 noon will apply. This will allow us enough time to defrost and re-heat your meal.

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.

They are only \$4.00 each or 3 for \$10.00. Better be quick - first come first served.

Chef's Special for the month of September - Quesadilla Chicken and Mushrooms

This month we will take you to Mexico. We are serving their famous Quesadilla at Relish Café. It's a grilled chicken and mushroom filled 10-inch tortilla wrap with melted cheese, served on a bed of garden salad drizzled with barbeque sauce and aioli and topped with sour cream and avocado mash.



Noris and the Relish team



Gardening Update

Kia Ora Everyone, or should I say “ G’day mate”

Well that time has come, one last newsletter update. Now we all know I haven’t been the greatest at committing to weekly updates but I’m a busy girl! So I’m hoping this last update from me will make up for a few that I’ve missed.

Where to begin. When I began at Fairview my first thought was oh my goodness what have I gotten myself into, there was a lot of work to be done! As a team, we have achieved a huge amount in the last few years. The removal of the large Poplar trees, pétanque restoration, croquet renovation, Villa lawn refurbishments. Did you know that we have completed 20 garden refurbishments? These are both internal low maintenance refurbishments alongside sales. We have planted over 1000 plants, fixed 22 acres of irrigation and done this alongside our rubbish run and general trimming and pruning maintenance. I feel very lucky to have had the opportunity to run this amazing team and bring Fairview gardens to a higher standard.

Reading the above makes me very proud of what this team has achieved! I couldn’t have been able to plan and schedule jobs without their hard work and determination. I’m 100% confident that the gardens are in good hands with this team and I can’t wait to come back at Christmas and see what they’ve been up to!

This week has been a mad dash trying to get odd jobs completed and finished before I go. Today we will be doing a spray round the outside of the village boundary to keep those nasty weeds at bay and to prevent them spreading into the village as well as the continuation of pruning of our roses, tibouchina and Hibiscus. Residents have asked me a few questions this week regarding pruning of our tropical flowering shrubs like our Hibiscus. Hibiscus can be pruned back hard in spring to encourage bushier growth and any dead or diseased wood and crossing or rubbing branches can be pruned. They flower on new seasons growth so the more you prune the more flowers you will get.

The boys will be conducting irrigation tests throughout the next few weeks aiming to estimate watering times for our newly fixed irrigation to set programs and timers. Once we have established watering schedule times Wesley will update you via the newsletter and by a pamphlet in your mailbox outlining when your irrigation is set to go off. Over the next month the irrigation will be trial and error for the team, please remember this is a whole new system for us to get our head around so please be patient.

As the soil warms up spring bulbs and plants begin to flower and sprout their fresh new spring growth. It’s time to get stuck in and plant all your favourite spring/summer flowers and get your vegetable garden underway.

Croquet green maintenance will be commencing on the green Wednesday 11th September weather permitting. If the weather doesn’t permit it will be the following week.

That’s all from me, thanks for all the support and love over my time here at Fairview, I’ve made so many beautiful connections with many residents that I will treasure for a long time.

Bye for now,
Cait

What's on this Coming Week and Next



Movie Group – Tuesday 10 September – The Courier

Based on a true story. A British businessman is asked to take on a very risky mission.
Starring: Benedict Cumberbatch, Merab Ninidze and Rachel Brosnahan

You are very welcome to join our Movie Group each week. Take a comfortable chair and enjoy good entertainment on a big screen with awesome sound. Don't miss the musical concert movie at the end of each month. Peter Woolnough



Friday Night Raffle

This week we sold four main raffles.

The dwelling draw was drawn by Brynley Goodger and the winner was Luella Jacobson. Congratulations Luella.

The main raffles were drawn by Richard Jacobson who received the Father's Day Prize. Congratulations Richard. The winners were:

Pam Glaum, Brynley Goodger, Trish Maunsell, Neil Butt, Margaret Whitby, Earl Troughton, Robin Hood, Jocelyn Goodger, Maureen Capon, Gordon Tasker, Richard Ellis, Rosalie Hancy, Graeme Pullar, Viv Hood, Monica Creedon, Gareth Hancock and Priscilla Page.

Please also could you all wear your name badges, particularly the new residents. We look forward to seeing you all again this Friday.

Diane Brown
Raffle Convenor



Bingo – Saturday 07 September

Our next bingo night will be on Saturday 07 September at 7.00pm in the main lounge. Bring along your family and friends. Everyone is welcome.

Residents' Notices

A BIG THANK YOU

Spring is in the air and the Fairview winter concert series has just finished. We hope it gave you something to look forward to during dreary winter months. Many thanks to you all who gave the series your great support. Thanks also to the bar for working extra hours. We hope to provide another Fairview winter concert series next year.

Angela Woolnough
Social Committee

Gareth's Puzzle

Last week's puzzles were:

1. What links these 4 expressions? A group with a common purpose, Self-referential, Domesticate a wild beast, A carnivore's meal.

2. Counting from 1, what is the first even number that has three syllables?

The answers are: team, meta, tame & meat - all words with the same letters

And 22

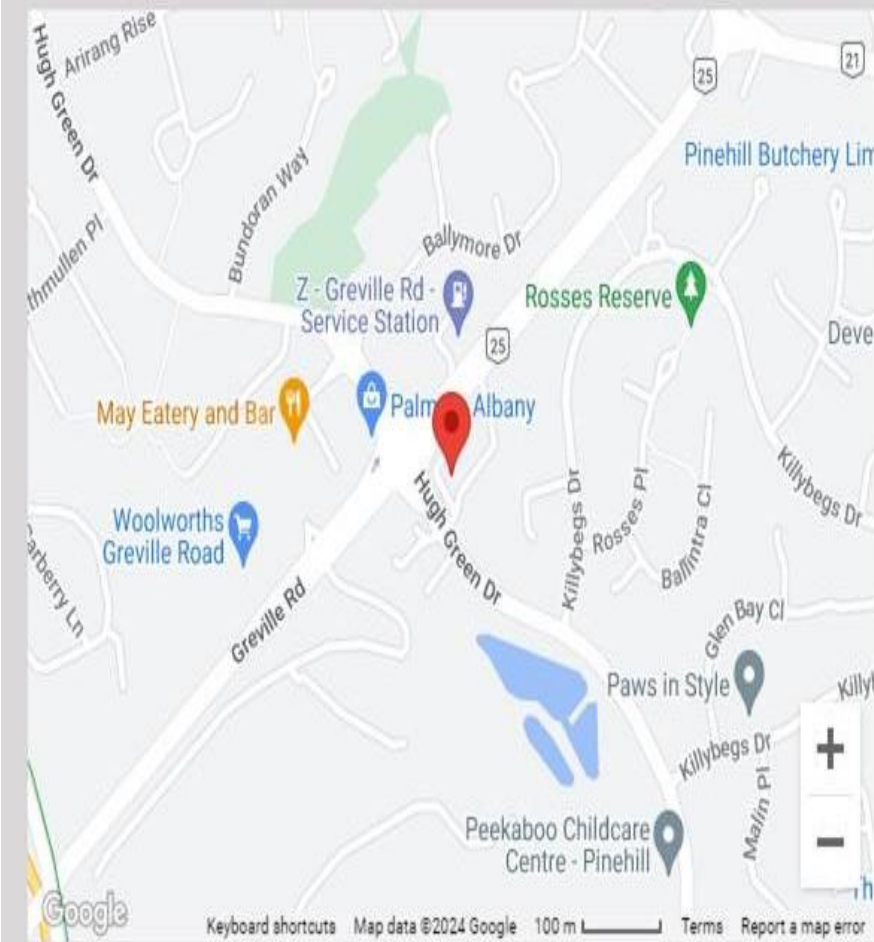
This week's puzzles:

If you lay out your 52 deck of playing cards in alphabetical order, which will be last?

What is the next letter in this sequence? S,M,H,D,W,M,?

Good luck

The Shorecare, Northcross clinic, has closed and moved to Greville Road.



Shorecare Greville Road

50 Greville Road
Pinehill
Auckland

Open 8am-8pm, 365 days

09 486 7777 ext 2

The image shows a Google Map of the Greville Road area in Auckland. A red pin marks the location of Shorecare Greville Road at 50 Greville Road. Other nearby locations include May Eatery and Bar, Woolworths Greville Road, Z-Greville Rd Service Station, Palm Albany, Rosses Reserve, Pinehill Butchery Limited, Peekaboo Childcare Centre - Pinehill, Paws in Style, and Glen Bay Cl. The map also shows various streets like Hugh Green Dr, Ballymore Dr, and Killybegs Dr.

Garden Club



A trip has been arranged to have lunch at the “White Flower Café” in Browns Bay.
Followed by a visit to the abovementioned spring show at Torbay.

It is always a beautiful display of a great variety of flowers.
There are toilets available adjacent to the Torbay hall near the entrance.

If you would like a seat on the bus, leaving at 11.30am, phone Anne Pike 475 6741.

Apartment Garden

How exciting – Spring is definitely here. My plum trees are blossoming!

The daffodils were delightful and now Norman Macleod's freesias are filling the garden with luscious perfume as well as their great colour range. Thanks again Norman – I really appreciated you sharing them with me.

To those I have missed by not being able to be in the garden when you walked by, I have missed you all and hope you have been looking around at the few changes I've made (when able) by putting some plants in plastic garden bags. I can't dig any longer so this is the best answer. My potatoes did really well in them and it was a simple task of lifting the bag into the wheelbarrow to tip out – no digging!

The Orange Tamarillos have decided now to produce flowers which is thrilling, so I hope they continue to develop. Hopefully the garlic, carrots and marigold seeds underneath will keep some bugs away. The new Rhubarb (Heritage brands) in other plastic garden bags have already provided Gerald with several desserts. Sadly I can't have joined him though.

I've just planted butter beans in another bag by the Feijoas by the bench seat and will be sowing Apple Cucumber ready for other bags to climb amongst the trees Yum.

Dear Jim Turner's Lavatera had seeded themselves and some are already flowering again. What great value Jim – thanks. They make a picture.

Beryl Johnson's darling wee orchids are flowering or about to – thrilling!

I've taken cuttings of Pyrethrum, gold leaf Geranium and some other items for the Garden Club sales table coming up. The last few days have been really good for me, so I've been busy feeding with fertilizer and sheep pellets and have sown more potatoes too.

It's time for a little update on this area as two other Apartment people have joined me. Helen Lorimer has planted some silver beet plants in the raised garden where my veges usually grow and Barbara Dines has added some of her treasures from Jim McGowan's garden now he has shifted onto the 4th Floor. This is wonderful as the delightful sign Clive Sandham and others erected. "Barbara's Garden" will continue after I can no longer keep up. That's forward thinking Clive.

I am no longer receiving the cancer infusion mixture as sadly I developed several diseases from it. However, the medical team are carefully monitoring and managing me with bi monthly brain and stomach CT scans. This was not a shock as I fully understood there were chances of bad reactions, but I was ever hopeful. The diseases I now have are incurable too. Hence sometimes I have good days and sometimes not. That's why I'm not in circulation as much. However, I do miss seeing all the visitors and passersby friends in the garden, but just remember I've loved all our times together.

Cheerio for now – Barbara Bailey

Free to a good home

Electric Orthopedic King Single bed in good condition.
Phone Judy 477 3806

Found

If you have lost this umbrella, please see reception.



FLOWER POWER

Spring Dinner and Dance
September 11

The Establishment is listening Man
So keep your voice way down
The Establishment is wary Man
The hippies are in town



The Village gates are locked and barred
In case we try to stray
Tripping through the golden fields
And rolling in the hay!

The Establishment is worried Man
'Bout Peace Signs on the drive
The Establishment should cool it Man
We're glad to be alive!

LAUGHTER LINES

A Little Bit of Trivia:

1. The plastic things at the end of shoelaces are called *aglets*.
2. A watermelon is actually a berry.
3. The word *Lethologica* describes the state of not being able to remember the word you want to use. (now we know, but will we remember the name)?
4. The ant can lift 50 times its own weight and pull 30 times its own weight.
5. In the Province of Quebec in Canada it is illegal to display advertisements in English.

Representatives of the Army, Navy and Air Force were called upon to speak at a tri-service Formal Dinner. Proud of their traditions the Army and Navy kept on referring to the Air Force as the 'Cinderella' of the forces. When it was the turn of the Air Force representative to speak, he began: "I know very little about Cinderella, except that she had two very ugly sisters."

Arriving home one evening, a man finds his pregnant wife in labour, so he phones the hospital. "My wife is having contractions and they're only two minutes apart, tell me what I should do." he asked frantically. "Is this her first child?" asks the doctor. "No, you fool," the man shouts. "This is her husband!"

CLIENT: "Can you tell me what your fees are?" LAWYER: "Certainly, I charge \$250 to answer three questions." CLIENT: "That's a bit steep isn't it?" LAWYER: "Yes it is, now what's your final question?"

Once a month, a woman played cards with her friends. Because she returned home late, she often accidentally woke up her husband. One night, to avoid disturbing him, she undressed in the living room and tiptoed, nude, into the bedroom. Her husband was reading in bed. He looked up from his book and gasped, "My God! Did you lose everything?"

"Why are you so miserable?" a man asks his friend who was drinking in the pub to drown his sorrows. "I had a terrible row with my mother-in-law," the friend replied, "and she vowed that she wouldn't speak to me for a whole month." "That's no reason to be miserable. You should be celebrating your good fortune." "No," said the friend with a choked sob. "The row happened last month....so today is the last day."

Great Quotes:

1. The wife's mother said, "When you're dead, I'll dance on your grave." I said, "Good, I'm being buried at sea."
2. "I installed a skylight in my apartment, the people above me are furious."
3. Said the Ozzie to the person at the other end of his phone. "Can you hang on a sec, mate! I think I just took another photo of my ear."
4. I said to my mother-in-law, "My house is your house." She said, "Get the hell off my property."
5. "Are you married?" "No, I've always been round-shouldered."

And finally: The resident bore was once again pontificating at the Naval Club. "Worst thing that happened to me during the war in the Pacific. My troopship was torpedoed and I had to live for a fortnight on a can of beans." "Good heavens," said the bored listener. "However did you manage to stay on?"

From the joke books of A. Nonny Muss



FLOWER POWER!!!

Spring Dinner & Dance

Wednesday 11th Sept 6pm

Canape

Pickled cucumber &
beetroot hummus on garlic bread

Choice of Mains

Smoky barbecue chicken skewers
or
Lamb Koftas & cucumber
yoghurt dressing

Both served with

Baked scalloped potatoes
Mediterranean quinoa & vegetables
green salad

Dessert

Blueberry cheesecake served with
pistachio dust & berry coulis

\$35/person

**Book & pay at Reception before
Monday 9th Sept 12pm**

Gentlemen's Club
BREAKFAST MENU



Friday 13th September 10am
\$15/person

Homemade pancakes
streaky bacon
grilled banana
seasonal fruits

*Book and pay at Relish Café
by Tuesday 3rd September 12pm*



HAPPY TUESDAY
Dé Máirt shona duit

2 FOR 1
DINNER DEAL

Tuesday 17 September
Dine in only

**Let us take you to Ireland
this time!**

Irish and Guinness Beef Stew
Parsley mashed potatoes
Peas & carrots

\$5 option pre-booked dessert
Irish apple crumble cake \$5

**Book and pay at Relish Cafe by
Monday 9th Sept 12pm**



Strength and Balance

Monday 09 September - 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 11 September.
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 12 September - 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 13 September – 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 19 September – 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 19 September – 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

09 September to 15 September 2024

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

KITCHEN 477 3957 / HAIRDRESSER 477 3950

Mon 09 Sept	Hair Salon with Lisa	9.30am	3 rd Floor Salon with Lisa
	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 10 Sept	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	The Courier
Wed 11 Sept	Hair Salon with Margaret	9.00am – 1.00pm	3 rd Floor Salon with Margaret
	Petanque	9.30am	Petanque Court
	Beautician	9.45am	3 rd Floor Doctors Room
	Dance Practice (POSTPONED)	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
	Flower Power Spring Dinner	6.00pm	3 rd Floor Main Lounge
Thu 12 Sept	Hair Salon with Margaret	9.00am – 1.00pm	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
	Art Group	1.00pm	3 rd Floor Sunroom
	Yoga with Joy	1.30pm	2 nd Floor Lounge
Fri 13 Sept	Hair Salon with Kim	11.30am to 3.00pm	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
	Gentleman's Club Breakfast	10.00am	3 rd Floor Main Lounge
	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 14 Sept	Croquet (weather permitting)	9.00am	Croquet Green
	Indoor Bowls	1.00pm	2 nd Floor Games Room for 1.15pm
Sun 15 Sept	Outdoor Bowls	1.00pm	Assemble for 1.15pm Start



Relish Café
By Chef Noris & Team

Dinner Menu

09 Sep to 15 Sep

Bookings by **1.00pm**
(Please phone 09 477 3957)
Small Meal \$18.00 – Large Meal \$20.00
\$2.00 Delivery Fee applies per Villa

A Culinary Journey with Relish Café

Monday / Pork

GF Baby Back Ribs with bourbon sauce
Served with southern slaw and homemade seasoned wedges

Tuesday / Chicken

Chicken Schnitzel with Dijon mustard cream sauce
Served with grilled mushrooms and tossed in spaghetti and homemade basil pesto

Wednesday Roast / Spring Dance

GF Chicken Barbeque Skewers
Served with scalloped potatoes and mediterranean quinoa salad

Thursday Seafood Treat / Large Only

Prawn Twister (3) Fish Bites (3) and Calamari (3)
Served with hot chips, cabbage and carrot slaw

Fish Friday (KIWI Classic) / your choice of Fish

Market Beer Battered Fish with tartare sauce, slaw and fries
Or **GF** Baked Smoked Fish Pie (Hoki and Kahawai) with boiled eggs and peas

Saturday / Pork

Pork Teriyaki with toasted sesame seeds and garlic chips
Served with stir-fried chop suey vegetables and rice noodles

Sunday Roast / Lamb

GF Lamb Shanks with jus and gravy
Served with minted peas, glazed carrots and chive mashed potatoes

Alternative Takeaway Dinner Menu – in Foil Tin

Roast lamb, pork ribs, fish pie, braised sirloin and lamb shanks