

VILLAGE NEWS

The official newsletter of Elmswood Retirement Village



Hello Everyone

A Note from Chrissy - Village Manager

As we settle into the middle of winter, I hope everyone is keeping warm and enjoying the many activities and opportunities to connect with friends around the village.

A big thank you to everyone who joined us for our recent Matariki Dinner. It was wonderful to see so many residents come together to share a meal, conversation, and celebrate this special time of year. Events like these are a great reminder of the strong sense of community we have at Elmswood.

Thank you also to everyone who continues to provide feedback, suggestions, and compliments. Your input helps us to continually improve our services and ensure Elmswood remains a welcoming and enjoyable place to live.

As always, my door is open. If you have any questions, concerns, or ideas, please don't hesitate to pop in and see me.

Take care, and I look forward to seeing you around the village.

Village Activities

News from the Care Rooms

The past few months have been filled with a variety of enjoyable activities and special events in the Care Rooms.

In June, we celebrated the King's Birthday by creating Royal Brooches, which we could proudly wear and we enjoyed a lively game of Royal Bingo.

For World Ocean Day, residents tested their skills with fishing rods, and enjoyed a tasty chocolate fish treat afterwards.

We have been celebrating winter with Snow Day Poetry Appreciation as well as painting and decorating Snowflakes. Residents enjoyed delicious hot chocolates they created themselves.

Musically we were delighted to welcome students from Rangī Ruru School girls for a sing-along, with our residents.

We were inspired by Elton John, painting, and decorating while listening to his tunes.



Village Activities

News from the Care Rooms..... *continued*

July marked Matariki celebrations and we were able to honour loved ones that passed away with stars residents made and dedicated to them. Delicious biscuits were baked and devoured as well as enjoying fine dining at its best during Matariki Winter dinner.

Looking ahead, we have several exciting activities planned, including making Ice Cream Sundaes, crafting a Prairie House Paper Art Session and making flower themed crafts on International Day of Friendship.

We also have our regular Wednesday entertainment, which continues to be a highlight for many residents as they tap their feet to their favourite songs,

Thank you to everyone who has participated and helped make these activities a success.

Kylie Maxwell

Activities Coordinator - Care Suites



The Williams Hub

New name for Care Suite lounge

The Williams family were significant landowners in this area, and several names throughout the village reflect their Welsh heritage and family history.

The Penley Lounge is named after Penley in North Wales, where Frederick Charles Williams was born, while the Colwyn Eatery takes its name from Colwyn Bay, the Welsh seaside town where the Williams family holidayed. The nearby Colwyn streets were also named by the Williams family, celebrating their connection to Wales.



Village Activities



Mother's Day Brunch - 8 May 2025

Our Mother's Day Brunch was a wonderful celebration of the special women who have shaped our lives. Apartment and villa residents gathered in the beautifully decorated Colwyn Eatery, where the tables were dressed in pink and laden with a delicious selection of both savoury and sweet breakfast treats.

Laughter and heartfelt conversations filled the room as residents shared treasured memories of their mothers, prompted by questions such as:
One thing I remember about my mother is...,
Something my mother always used to say was...,
My mother taught me....

Stories of favourite family recipes, words of wisdom, and cherished traditions were exchanged, creating a warm and nostalgic atmosphere. It was a lovely morning of friendship, reflection, and appreciation, celebrating the lasting influence of the special women in our lives.



Village Activities

Royal Quiz Night - 11 June

Our Royal Quiz Night was an evening fit for a king! Staff and residents embraced the royal theme, arriving dressed in their finest regal attire, complete with crowns, tiaras, and royal accessories. The battle for the crown was fiercely contested between our three teams – **Tim's Tarts**, **Balmorals**, and **Hot Stuffs**, proudly known as the oldest and wisest among us.

Armed with their royal sceptres, teams eagerly raised them to answer questions on kings, queens, and royal history. After a spirited competition filled with laughter and friendly rivalry, **Tim's Tarts** claimed the crown as our Royal Quiz champions!

Along the way, participants tested their knowledge with questions such as:

- Who married Prince Rainier III of Monaco?
- How old was Queen Victoria when she ascended the British throne in 1837
- How old was Henry III when he became King of England? (Just 9 years old!).

It was a wonderful evening of fun, teamwork, and a little royal history.



Village Activities

Matariki Events



Our Matariki Winter Dinner was a beautiful evening of reflection, remembrance, and celebration as residents and staff gathered to welcome the Māori New Year. The dining room sparkled with stars and winter decorations, while many embraced the occasion by dressing in festive attire, adding to the warmth and joy of the evening. Matariki, the cluster of stars that signals the Māori New Year, is a time to remember those who have passed, give thanks for the present, and look forward with hope to the year ahead. Village Manager Chrissy encouraged everyone to reflect on something they were grateful for, sharing the joyful arrival of her new grandson, born five weeks early and now home and thriving.

Surrounded by friendship, delicious food prepared by our talented kitchen team, and the spirit of community, the evening was a meaningful reminder of the importance of gratitude, connection, and looking ahead with hope.

Residents also had the opportunity to write the names of loved ones on paper stars to be hung on our Remembrance Tree, creating a heartfelt tribute to those no longer with us. These stars became a meaningful focus during our Thursday Remembrance Service and again at the Matariki Cultural Session presented by Hutika from Rehua Marae, where residents gained a deeper understanding of the traditions and significance of Matariki. Mānawatia a Matariki – Happy Māori New Year!



Christchurch Symphony Orchestra String Quartet

We were privileged to welcome the Christchurch Symphony Orchestra String Quartet to Elmswood for a wonderful afternoon of live music on 11 June. This special performance was made possible through the ongoing support and contributions of our residents to the orchestra.

Thank you to everyone who attended the concert and generously donated, raising a total of \$270 for the Christchurch Symphony Orchestra on the day. Your support helps make opportunities like this possible, and we look forward to welcoming the orchestra back for more memorable performances in the future.



Upcoming events & Activities



High Tea

Wednesday 2 September
2pm
In the Colwyn Eatery
\$25pp

Dress in yellow if you wish
RSVP by Wednesday 26 August
Signup on booking sheet in Community Centre or
book at Reception

Raffle available from 7 August. All proceeds to the
Cancer society

Villa Residents

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meeting Date Change

Friday 28 August

(Not Thursday 27 August)

At 2:00pm

In the Community Centre



CRAFT

WORKING BEE DAY



Tuesday 11 August
10am — 3pm



**Craft Working Bee Day,
drop in any time.**



**Cardmaking supplies provided
or BYO project to work on.**

In Bryndwr Room



Feedback, Compliments and Complaints

We welcome your feedback as it helps us continually improve our services.

You can:

- Complete a Compliments, Suggestions & Complaints Form, available in the Community Centre, Hospital entrance, and Apartments' nurses' station.
- Speak with Chrissy Miller (Village Manager) or any member of our senior team.

We aim to acknowledge complaints within 5 working days. If an investigation is required, we will advise you of the outcome within a further 15 working days. All complaints are reviewed as part of our Quality & Risk programme.

We value compliments and share them with our team.

We are committed to providing high-quality services that uphold the Code of Health and Disability Services Consumers' Rights.

If you are not satisfied with our response, you can contact the Nationwide Health and Disability Advocacy Service on 0800 555 050 or advocacy@advocacy.org.nz, or the Health and Disability Commissioner on 0800 11 22 33.

The Code Of Rights

The Code of Rights sets out your legal rights as a consumer of health and disability services with a purpose to provide protection and quality of service for consumers. There are 10 rights in the Code of Rights and a poster of these rights is displayed at each of the entrances to the main building and at the Community Centre.

The 10 rights are:

- 1: The right to be treated with respect.
- 2: The right to freedom from discrimination, coercion, harassment and exploitation.
- 3: The right to dignity and independence.
- 4: The right to services of an appropriate standard.
- 5: The right to effective communication.
- 6: The right to be fully informed.
- 7: The right to make an informed choice and give informed consent.
- 8: The right to support.
- 9: Rights in respect of teaching or research.
- 10: The right to complain.



Winter Wellness Tips

Prevent Falls

Falls are more common during winter when paths are wet or icy. If possible, stay indoors during frosty conditions. If you do go out, wear sturdy, non-slip footwear, take your time, and consider using a walking aid if it helps you feel more secure.

Keep Warm

Layering Dress in layers and wear a warm jacket, hat, gloves, and sturdy shoes when outdoors. Keeping warm helps maintain your health during the colder months.

Stay Well

Colds and flu are more common in winter. Wash your hands regularly with soap and water for at least 20 seconds, stay well hydrated, and avoid close contact with people who are unwell.



Retirement Village Code of Practice

When a resident purchases a Villa, Apartment or Studio they are protected by the Retirement Villages Code of Practice (CoP) which sets out the minimum requirements the operator must meet, or ensure are met, to fulfil their legal obligation under the Retirement Villages Act (2003).

The code contains information that improves the residents protection and awareness, and provides a minimum standard that the operator must achieve or exceed.

Book & Puzzle Donations

We truly appreciate the generosity of residents who donate books and puzzles for everyone to enjoy.

Please do not leave books or puzzles in the Community Centre without checking with the Activities Team first.

Thank you for your understanding and for helping us maintain an enjoyable and well-organised collection for everyone.

Onsite Works

Our seven brand-new villas, each offering two bedrooms, two ensuites, and a study, are nearing completion. Two villas have now been completed, with the remaining five expected to be finished by early September.

Thank you to everyone for your patience and understanding throughout the construction period, particularly those residents living closest to the development. We truly appreciate your support as we continue to improve our village.

We are also excited to announce that we will soon be moving into the next phase of Elmswood's revitalisation. Over the next two years, the old Wairakei Road entrance building will be removed to make way for a range of new community facilities.

The first stage will include the construction of a new hairdressing salon, commercial kitchen, and laundry. This will be followed by a welcoming café, library, treatment room, and a large multi-purpose room for residents to enjoy.

We look forward to sharing the plans and artist's impressions with residents over the coming months. This marks an exciting new chapter for Elmswood, and we can't wait to see these wonderful new facilities come to life for everyone to enjoy.



A Word From Our Gardener

WINTER IN THE ELMSWOOD GARDENS

Well after a rather warm and dry Autumn, Winter is well and truly here! The lovely sunny days we get after a good frost, makes working outside bearable though. ☀️

We are currently in the process of cutting back the hydrangeas around the village and once they are all done, we will be starting on the big job of pruning the roses. This takes some time, but is such a satisfying job having them all looking cut back and tidy. 🌹 Once the pruning is completed, we will start the Winter spraying program.

Some of our early flowering camellias are looking lovely at the moment and the daphne is also starting to flower. It really has the loveliest perfume.

Our hedges have finally slowed down which gives us more time to get the extra jobs done around the village. We have a few small projects to complete over the Winter.

Before we know it, we will back into weekly mowing, watering and general garden tidying.

The new landscaping at Villas 49, 50 and 14 looks fantastic. Once it warms up and the plants get established, they will look great. 🌳

I hope you all manage to get out into the Winter sunshine for a good dose of vitamin D and some refreshing Winter air!

Sonya and the gardening team



Four - Ingredient Shepherd's Pie

From RNZ Recipes



Ingredients

1 tbsp olive oil

500g (1lb) beef mince

$\frac{3}{4}$ cup of your favourite relish or chutney

6 medium potatoes, cooked and mashed to your liking

1 cup grated cheese salt and pepper to taste.

Method:

Preheat oven to 180°C (350°F).

Heat the oil in a frying pan and brown the mince over medium heat (approx. 5 minutes).

Add the relish or chutney, then simmer over a low heat for a further 5 minutes.

Season to taste.

Pour the mince into a baking dish.

Spoon the mashed potato over the top of the mince, then sprinkle with the cheese.

Bake in the oven for 20–30 minutes until golden brown.

Serves: 6

Prep Time: 12 minutes

Cooking Time: 20–30 minutes