



**TE AWA**  
*Lifecare Village*

# TE AWA September 2024 PARTYLINE



Kia ora everyone,

It's been an exciting and busy week as I've been supporting our wonderful nursing team and Mandy down in Mosgiel. I'm thrilled to report that our Nurse Clinic has kicked off brilliantly, with fantastic feedback rolling in. We've seen a great turnout for health checks and dressing changes, so be sure to book your time slot if you haven't already!

Over at RD4, construction is really ramping up. With a few more sunny days on our side, things are moving along smoothly – it's great to see progress!

We've also had the pleasure of welcoming several new residents over the past couple of months. If you spot a new face, don't be shy – say hello and make them feel part of our Te Awa family. While we don't have any villas for sale at the moment, they're definitely in high demand.

And remember, with spring weather being unpredictable, those colds and bugs are still lurking. If you're feeling under the weather, please rest up, stay at home, and keep the community safe.

I'm especially excited for our upcoming Luau – I've got my grass skirt all ready to go and I can't wait to shake things up! Plus, Daylight Saving is just around the corner, bringing those long, light evenings (even if it does mean tougher mornings).

Ngā mihi, Nikki



## Te Awa Village celebrates 10th anniversary in style

It's been 10 years since Terry, Mandy, Geoff and Leanne purchased the land where our village now stands. The Village Annual General Meeting, chaired by Malcolm Gray, took place on Friday, 30th August in the Woolshed. The proceedings will be detailed in the upcoming minutes.

After the meeting, Mandy gave a brief historical overview and invited everyone to enjoy drinks and snacks in celebration of the 10th anniversary. A top table was decorated with yellow, black, and white balloons, and Lorenzo prepared a massive chocolate cake with decadent ganache icing. Terry and Geoff had the honour of cutting the cake, which was plentiful



*Terry and Geoff cutting the cake*

enough for everyone to enjoy seconds.

As the anniversary drinks blended into Happy Hour, laughter and good spirits filled the air. A few hours later, the cheerful crowd departed, well-fed and content. Happy Birthday, Te Awa!

- Malcolm

### Special Interest Groups contact persons:

**Arnold Society** -  
Malcolm Baigent 021 473 860

**Bowls** - Harley Bowler 07 827 4064

**Craft Group** -  
Shirley Giltrap 027 484 7499

**Croquet** - Helen Hicks 027 222 7491

**Library** - Heather Harvey

**Cards** -  
Helen or Mary Collins 0272 884 925

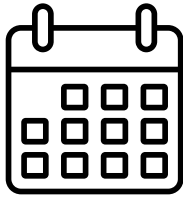
**Mahjong** -  
Diana Dunn 027 268 7840

**Quiz** - Valerie Speirs 021 176 6739

**Walking Group** - Doug Arcus



# Dates to mark on your Calendar



Your time, your words, your presence



DO WHAT YOU CAN. ENJOY WHAT YOU DO. MOVE YOUR MOOD



EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF



TALK & LISTEN, BE THERE, FEEL CONNECTED



REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY

## FIVE WAYS TO WELLBEING

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

Mental Health Foundation OF NEW ZEALAND  
mauri tū, mauri ora



## Sunday 29 September

Don't forget to 'spring forward' and set your lock an hour ahead, just before you go to bed on Saturday night.



## Te Awa Summer Luau Fri 4th October 5:00pm - 9:00pm

Te Awa would like to invite you to our Summer Luau in the Woolshed on Friday 4th of October at 5pm.

We will have prizes for the best dressed along with some Hawaiian food and drinks.

The luau will be featuring international performers Russell Dixon and Isaac Pawson.

Tickets are available at reception. Ticket cost for Care residents are \$45

# Mental Health Matters: Connecting for Wellbeing

As we approach Mental Health Awareness Week (September 23-29), it's crucial to reflect on the importance of mental wellbeing in our lives. Just as we care for our physical health, our mental health requires regular attention and nurturing.

This year's theme focuses on community, highlighting the vital role that social connections play in our overall wellbeing. A sense of belonging and purpose, which comes from engaging with others, is essential for a fulfilling life.

### The Challenge of Loneliness

Recent statistics from the Mental Health Foundation reveal a concerning trend: four out of ten New Zealanders reported feeling lonely in the past two weeks. This underscores the need for us to actively combat isolation and foster meaningful connections within our community.

### Our Call to Action

We encourage each resident to take a small but significant step this month: reach out to someone new

in our Te Awa community. It could be as simple as offering a warm smile and a friendly wave, or better yet, introducing yourself and engaging in a brief conversation.

### Te Awa's Commitment

At Te Awa Lifecare, we are dedicated to supporting your overall wellbeing. Our village calendar is filled with activities designed to promote social interaction and mental health. We urge you to participate and make the most of these opportunities to connect with your fellow residents.

Remember, a small gesture of kindness can make a world of difference. Let's work together to create a more connected and supportive community here at Te Awa Lifecare.

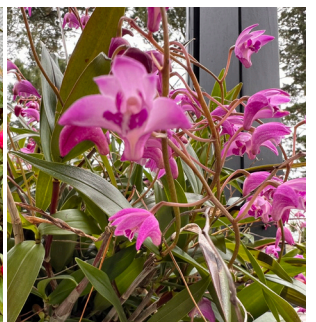
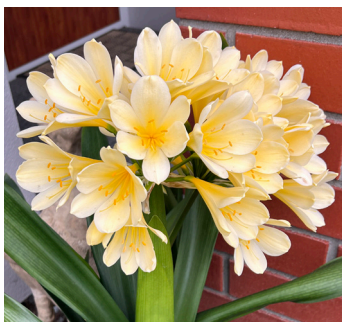


## An evening with Sean

Young acoustic guitarist Sean Lurman provided a beautiful musical backdrop during our village dinner at Te Awa Lifecare on Wednesday, 11th September.

His soft, melodic tunes added a touch of warmth to the evening, creating a relaxed and welcoming atmosphere for residents. Sean's talent shone through as he effortlessly played a variety of acoustic pieces, making it a truly memorable experience for everyone present. We look forward to hearing more from this gifted musician in the future.

"The flowers of late winter and early spring occupy places in our hearts well out of proportion to their size."







## Te Awa Residents Rally for Daffodil Day

On Wednesday, 28th August, Te Awa Lifecare residents gathered for their monthly quiz night with a special mission – to support the Cancer Society's Daffodil Day fundraiser.

Residents, including several from the Care Centre, dressed in vibrant shades of yellow and gold to joyfully mark the occasion.

Prizes for best-dressed went to Paddy Davis, Brian Worth, Susan Waddell, and June Reynolds. Daffodils, generously donated by a Cambridge

grower, and daffodil-themed cupcakes, crafted by chef Lorenzo, added a festive touch.

Thanks to the community's generosity, over \$500 was raised for this worthy cause. A heartfelt thank you to everyone who contributed!

## Te Awa Hosts first Cambridge inter-village quiz

After hearing about the very active inter-village quiz organization in Hamilton, some of us at Te Awa Lifecare decided to explore whether Cambridge could do the same.

Positive responses were received from Resthaven, Lauriston Park, Ryman (Sir Patrick Hogan) and Cambridge Oaks. The upshot was that on Wednesday 18th September, 8 teams of 4 from 5 villages met in the Te Awa woolshed to battle it out. The teams met in the Woolshed at 2.30 and enjoyed afternoon tea, generously provided by Te Awa before the quiz began.

This was a challenging set of questions set by quizmaster, Valerie Speirs, and resulted in a win by Te Awa A team, only 4 points ahead of a team from Lauriston Park. Feedback has been positive and there seems to be enthusiasm for such contests to continue. Frequency to be decided.

Qizzing is believed to rate alongside crosswords, playing chess, bridge or other card games, and reading, in terms of brain and memory health.

Malcolm



The victors - Te Awa Lifecare 'A Team'



Above - the Lauriston Park team with their 'chocolate fish' for second place.





## From our Care Centre



# Spring into Fun: Care residents embrace a month of creativity and connection

**The residents of Te Awa Lifecare have had a lively and creative month, embracing a variety of activities that have kept spirits high and minds engaged.**

From painting vibrant daffodils for Daffodil Day to crafting jewellery accessories out of pipe cleaners, there's been no shortage of fun. Alan Sayers brought the nostalgia with classic hits from the 50s, 60s, and 70s, adding a musical backdrop to the energetic atmosphere.

Residents also dabbled in origami, baked (and sampled) delicious shortbread biscuits, and made lavender room spray with Tracy, filling the Care Centre with a calming scent. Flower arranging with fresh blooms brightened up the rooms, and a special visit to the Wild Kiwihearts pop-up shop brought an added sense of adventure.

The nursing team has also been taking residents for buggy

rides, giving them a chance to soak in the fresh air and beauty of the village grounds. For those feeling up to it, walks down to the pond to relax on the lovely seat and enjoy the view have been a peaceful highlight.

Of course, the usual weekly staples like Shani's exercise sessions, scenic countryside drives, and Friday afternoon Jeopardy before Happy Hour have continued to be cherished favourites.

Now that spring is upon us and the weather is warming, there will be even more chances to enjoy the outdoors. And don't forget—the highlight of the season is fast approaching: the summer Luau on Friday, 4th October, promising to be a spectacular evening filled with excitement!

Te Awa's care residents are proving that every season is the right season to stay active and connected.

Te Awa Lifecare Village | 1866 Cambridge Road | 07 827 6103 | [admin@teawalifecare.nz](mailto:admin@teawalifecare.nz)