

Northbridge News

News Sheet of the Northbridge Residents

No. 1787

15 December 2017

CHAIRMANS CORNER

CHRISTMAS DINNERS

Thank you Wanda and all the staff in the kitchen for our delicious Christmas Dinners last Wednesday and Thursday evenings. Rosemary's singers, thank you for your performance on Wednesday night. The Beach Haven Carollers on Thursday night were a treat we all enjoy. They are a regular item every year. Thank you Pat Waite. The Cafe and Bar look very festive. Thank you to all the residents who helped with the decorations.

CHRISTMAS DAY LUNCHEON

December the 25th
Put your name on the booking sheet and pay at the Cafe.

CHRISTMAS CAROLS AND DRINKS AT THE BAR

Friday 22nd of December.
Rosemary Creagh will play background music and carols.
Come along and sing, listen or chat.
There will be Christmas cake and Christmas mince tarts to nibble with the normal crisps.

NEW RESIDENT

Welcome Barry Sinclair in D486

Marion O'Sullivan, Residents Chairman

Functions in D Lounge

Saturday 23rd 11am – 2pm

NORTHBRIDGE BUGGY

Brian Winsor	Phone 486 1273
	Monday to Thursday
Glenys Siriatt	Phone 486 5764
Jim Nicholson	Phone 486 2257

CHRISTMAS OFFICE HOURS

The office will close at 12pm on Friday 22 December and reopen on Wednesday 27th. We will close at 5pm on Friday 29 December and reopen Wednesday 3rd January.



NEWSLETTER

The final newsletter of the year will be delivered on Friday 22 December and the first issue of the New Year will be Friday 12 January.

Sue Johansen

To Sue and her caring staff we would like to say thank you for all you do, not only in the Hospital and Rest home but also for us Residents in the Village.

Sue you always give the impression that nothing is too much trouble, however big or small and you do it with warmth and good humour. Thanks must also go to your husband Phill, who is not only well practised at cooking on the BBQ, but also for the support he gives you for all the unusual hours you give to Northbridge day and night.

We wish you all a very Happy Christmas and all the best for 2018.

Brian Drumms Corner – Questions

1. Potatoes were first cultivated on which continent?
Asia, North America or South America
2. Lavender is a member of the mint family.
True or False?

Rosemary's Singers



Next Thursday, December 21st at 2pm we are going to sing for the Rest Home residents. Please be there by 1.45pm for a prompt start.

Rosemary 486 6201

Greetings from the Care Coordinators

The Clinic will be closed on Christmas Day

Northbridge Hospital will respond to any emergency pendant calls or you can call the Hospital on 4883082 if you require medical attention.

We wish you all a very merry and healthy Christmas and a Happy New Year.

*Lorraine, Frances, Bronwyn, Deborah &
Lynne*

Card Making Group

We will have a card making day on Monday 18th December for any members who want to come along, make a card or two and chat (final morning before Christmas)

First and Third Monday (except Christmas Day and New Years Day) some may wish to come along as usual during the holidays to make the odd card. Please feel free and I will be there to help if needed.

If you need to buy cards over the holidays please ring me and arrange to meet at the Activity Room.

Merry Christmas and best wishes to all

Dianne 486 0109

Outdoor Bowls – Monday 11 December

Winners

Joy Parlane
Peter Ryder

Runners Up

Alec McCulloch
Laurie Michie

Joy Parlane

*Bowls will start again on 15 January.
Happy Christmas to you all.*

Petanque – Sunday 10 December

Joint Winners

Carol Collins, Lee Salter and Sally Going
=/
Mike Salter, Dawn Stewart and Colleen Agnew

Leila & Mike Salter

*Reminder to all Petanque players – we are
playing throughout the Holiday period.*

Bridge – Monday 11 December

North/South Ranks

Pamela Clement & Vera Aspden
Ted Waite & Maisie Care

East/West Ranks

Val Kivell & Kath Singleton
Peter Ryder & Sonja Compton

Brian Winsor

Film - Garden Lounge

Sunday 17th December at 2.00pm
Film - The Piano, just under 2 hrs

This is the film that made Jane Campion famous as a director, it also launched Anna Paquin as an actress. I do not remember what I thought of it when it was new and I have not seen it seen.

The cover says the movie contains sex scenes and is suitable for mature audiences over 16.

All welcome, no charge.

Margaret 488 0767

Service Charge Refund

For all those in C & Y type apartments that are due a refund on their service charges, please call in to the Admin Office today, Friday 15th December after 10.30am to collect.

Thanks - Heidi

Hairdressers Hours

The Salon will be closing for Christmas on 22 December and reopening at the Rest Home on 16 January 2018 and the Village on 18 January 2018

Marie, Alana and Andrea would like to wish everyone a Merry Christmas and a Happy New Year.

Ankle Osteoarthritis Research Study

The Health and Rehabilitation Research Institute at Auckland University of Technology and the Dept of Osteopathy at UNITEC are running a research study investigating balance and walking patterns in people with ankle osteoarthritis.

The study will compare people with ankle osteoarthritis compared to a control group without ankle problems. If you are wanting to participate in this study, you need to either have ankle osteoarthritis of the ankle as diagnosed by your doctor or have no ankle osteoarthritis or current ankle injuries.

If You Have Ankle Osteoarthritis:

Testing for those with ankle osteoarthritis takes around 2 hours.

If You Do Not Have Ankle Osteoarthritis:

You can also participate as a control subject if you do not have any ankle osteoarthritis or any current ankle injuries. Participating as a control takes just 30 min and is also a single session.

This study will help us to better understand balance and walking difficulties in people with ankle osteoarthritis and may provide us with new ideas on how to improve the treatment of this condition.

Please contact Kendyl Roodt on: 027 951 1494 or email: kenkat@netz.co.nz for more information.

Volunteers wanted for a balance and walking study

We are a group of health researchers from AUT and the University of Auckland, with an interest in keeping people active and able. We are looking for volunteers to help us with a study that measures balance and walking. Ultimately, we want to understand how balance influences walking in the home and the community.

If you are interested in knowing more about your balance and physical activity, are aged 70 years or older, walk without a walking aid or stick, then read on!

In this study, we test participants' balance using a set of simple balance tests and a questionnaire on balance confidence. Participants receive immediate feedback on their balance test results.

We then ask participants to wear a small sensor (smaller than a credit card) on their lower back for 5 days. It is similar to a "Fitbit" or pedometer, and measures walking and rest periods as you carry on with normal day-to-day life. Once we have all the information, we hope to see whether people's balance confidence or balance ability influences their day-to-day walking. We plan to start the study in mid-January. There is a \$20 petrol or grocery voucher for participants, to compensate for their time.

If you are interested in finding out more about the study, please contact Olivia Isbey (one of our research team) with your name and contact details.

We look forward to hearing from you.
Olivia Isbey (09) 921 9999 ext 5524

olivia.isbey@aut.ac.nz

For Sale

Womens Bike, Raleigh Retro Glide
light blue \$140.00

Ph David 4887309

Brian Drumms Corner – Answers

1. South America
2. True

Library Notes



Thank you to all of you who turned out for the concert workers/library workers morning tea on Monday. You all work so hard and it was great to see you and to be able to say thank you. The food was great, the company exceptional and we all seemed to be enjoying ourselves. It was an occasion, too, to thank Pat Waite for all her concert work this year and to thank Betty Wanstall for her five years of sterling library service as librarian. I will contact the Library committee and shelvees after New Year and probably have a meeting when the 'silly season' is over!

An apology: I think I gave out a wrong author's name when reviewing a book last week. The book was 'The man who died' and the author is **Antti Tuomainen**. Now all there is to say is: Happy Christmas and a great start to 2018 to you all

Rosemary Saunders.

Lifecare Residents

It is with sadness we inform you that:

Dorothy Preston

died on the 12 December 2017; and

Ainslie Wood

died on the 13th December 2017

Our thoughts are with Dorothy and Ainslie's family and friends.

Guess Who Competition

We need another few entries and we will be ready to go after Christmas. If you have rung me and have a photo at home, please call back and I will collect from your apartment or drop in my mail box (in an envelope or at least with your name on the back). Any queries, please call.

Dianne 486 0109

Last 2 days Tai Chi for the year

15th and 18th December

Make the most of the last tai chi sessions for 2017. We will resume them again with Brian on 19th January 2018.

We could perhaps do some video classes in January if/when I'm around, and if people are interested. They would probably have to be on an ad-hoc basis and just posted on the noticeboards in the Hub. Let me know if anyone is interested.

Any queries ph Glenys Siriatt 486 5764

Notes from a grateful ex- librarian

It was a lovely occasion on Monday last when the concert helpers and the library volunteers were treated to a superb festive morning tea to thank them for their work over past years.

I was overwhelmed by the unexpected gift of a gorgeous plant which will grace my new V Block apartment, especially as it was all the shelvees etc who did all the work, I have just had the fun part of choosing new books and spending LOTS of money over the past 5 years; and I thank you all for the opportunity to make lots of friends in the library.

Two paperback books given to me recently which I have enjoyed because they appeal to my love of travel are

- 1) 'Wanderlust' – a collection from the website magazine Salon.com which is perfect for dipping into before dropping off to sleep and guaranteed to make you dream of Paris,
- 2) 'The Most Beautiful Walk in the World' by John Baxter, an Australian writer married to a French woman. It is full of humour and interesting historical sidelights and you just want him to be a fellow guest at dinner which he has cooked. This is not a formal setting out of walking routes but a gentle time spent with a knowledgeable wanderer, and where better than the City of Light?

Cheaper than the airfare and hotels, and available in our library.

Betty Wanstall

Milford Shopping Bus

Peter will be running the shopping bus to Milford on the following dates:

Wednesday 27 December

Friday 29 December

Wednesday 3 January

Friday 5 January

Normal service will resume Monday 8 January 2018.

For Sale

IMG dual motor multi-functional electric recliner & lift chair \$1,350.00

The chair is upholstered in a very good quality light beige leather and has four separate functions controlled by a hand-held remote. The back and footrest are able to be moved independently, it has a full lift function, provides an almost lay-flat position and has an adjustable headrest.

This chair was purchased from Danske Mobler and barely used.

If anybody is interested in buying the chair they are most welcome to come and see it. We live at Hauraki Corner.

Gael Chapman

09 486 2517 or 021 102 3196

Yoga

Will return on Thursday 25th January 2018

Holly – Yoga Instructor

SERVICES AVAILABLE AT NORTHBRIDGE

AUDIOLOGY

Hearing Technology
Phone for appointment
0800 142 152

MASSAGE

Linda Jacobs
Phone for Appointment
021 067 1417

PODIATRY

Ross Morgan
Phone for appointment
027 234 5618

PODIATRY

Jane Howie
Phone for Appointment
09 415 0934 or
022 1730 779

PHYSIOTHERAPY

Darrell Flinn
Phone for appointment
Cost ACC:

Initial Appointment \$30

Follow Up Visit \$20

021 046 6777

Private: \$50

Follow Up \$30

CAFE 45 - Lunches at Café 45

Monday 18 December

Main: Thai chicken, rice and seasonal vegetables

Tuesday 19 December

Main: Moroccan Lamb, mash and seasonal vegetables

Wednesday 20 December

Main: Glazed honey ham, roast potatoes, gravy and seasonal vegetables

Thursday 21 December

Main: Cornish pasties, mash, gravy and seasonal vegetables

Friday 22 December

Main: Fried or steamed fish and chips, coleslaw

Saturday 23 December

Main: Pork chops with fresh pineapple, potato wedges and seasonal vegetables

Sunday 24 December

Main: Mushroom tart, seasonal salads or vegetables

Lunch

Main	\$10.00
Fish & Chips	\$10.00

16th December to 22nd December

Northbridge Activities for the Week

Saturday

8.30am	Croquet	P
1.30pm	Rummikub	FL
1.15pm	Outdoor Bowls	P
1.30pm	Indoor Bowls	H

Sunday

12.30pm	Poker Club	DL
2.00pm	Film	GL
4.00pm	Petanque	P
4.30pm	Bar	FL

Monday

9.00am	Table Tennis	H
10.30am	Tai Chi	H
1.15pm	Outdoor Bowls	P
1.30pm	Rummikub	FL
6.30pm	Bridge	DL

Tuesday

9.00am	Croquet	P
10.00am	500	DL
1.15pm	Indoor Bowls	H

Wednesday

10.15am	Green Prescription`	H
1.15pm	Outdoor Bowls	P
4.00pm	Darts	H
4.30pm	Bar	FL

Thursday

8.30am	Croquet	P
10.00am	Ecumenical	RHD
11.00am	Yoga	H
2.00pm	Embroidery	DL
2.30pm	Rosemary's Singers	DL

Friday

9.00am	Table Tennis	H
10.00am	Painting	AR
10.30am	Tai Chi	H
2.30pm	Poker Club	DL
4.30pm	Bar	FL

Venues:	A	Activity Room
	AR	Art Room
	C	Café 45
	FL	Founders' Lounge
	GL	Garden Lounge
	H	Hall
	RHD	R Home Dining RM
	DL	D Lounge
	W	Workshop
	P	Pavilion

CAFÉ 45

Monday 18 December – Sunday 24 December 2017

	DINNER 5.45PM PAY DAY BEFORE	BAR ROSTER
Monday 18 December	Dinner: Chicken tenderloins sautéed in a mushroom sauce, potatoes and vegetables Dessert: Rhubarb and raspberry flan	
Tuesday 19 December	Dinner: Beef teriyaki with onion rings, rice or mash, seasonal vegetables Dessert: Apricot trifle	
Wednesday 20 December	Dinner: Roast lamb, mint sauce, potatoes, seasonal vegetables and gravy Dessert: Baked lemon cheesecake and cream	BAR Rob Nicholas Nola Booth
Thursday 21 December	Dinner: Pastitsio (layers of meat, potatoes and other vegetables with a cheese sauce topping) and seasonal vegetables Dessert: Fruit jelly and custard	
Friday 22 December	Dinner: Beer battered fish and chips, various salads Dessert: Ice cream and chocolate sauce	BAR Mike Salter Hannah Stewart
Saturday 23 December	Dinner: Cold roast chicken, mustards and chutneys with seasonal salads or vegetables Dessert: Apple crumble and custard/cream	
Sunday 24 December	Dinner: Mixed cold meat platter, relish and salads or vegetables Dessert: Fruit salad and ice cream	BAR Vera Aspden Ross Parlane

PLEASE NOTE:

Meal cards cost \$100.00 for 10 meals
Fish & Chips (Friday night) \$11.50

If there is a special item that you would like to see on the menu, or if you have any other suggestions on how we can improve our service, please contact Wanda 488 3098. Bon appetit!

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