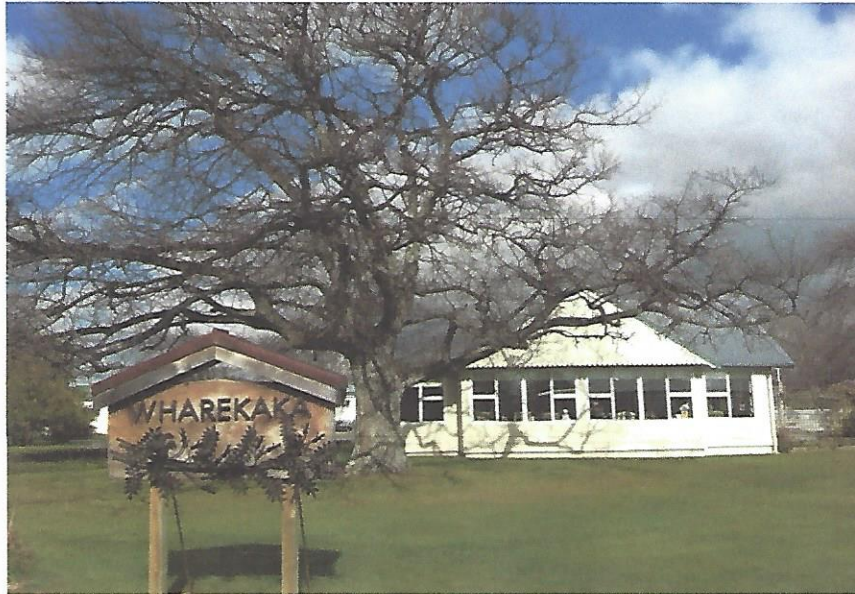


SUMMER 2016 - 17



Wharekaka Elder Care Community

Merry Christmas from Wharekaka

Wharekaka Rest Home has been going through some exciting changes recently. We have been granted Hospital Level Care by the Wairarapa DHB. Four additional Registered Nurses have just begun work. They complement our other wonderful caring staff. We now provide round the clock 24 hour registered nurse care for all our rooms including the newly modified hospital rooms.

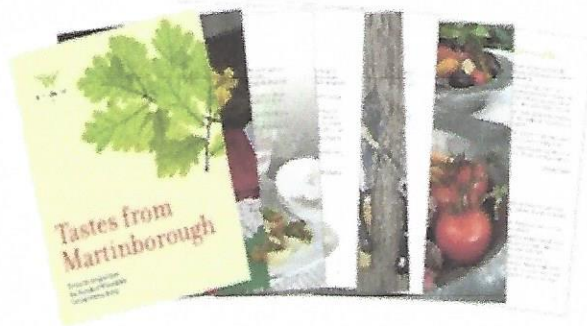
This is wonderful news for Martinborough. Residents can be assured they will never have to move away from their community. Becoming very frail as we age, or suffering a terminal illness requiring palliative nursing care, we can now be cared for right here in our home village among those we know.

Also those of us supporting loved ones in long term hospital care will enjoy easier, closer visits, without the need to organise transport to Greytown or further afield.

A unique and lovely feature of Wharekaka is its small size and family atmosphere. This will be retained as the total number of residents will not change. Friends and auxiliary will still be able to know the residents and staff individually. We treasure our smallness and 'family' feel which sets Wharekaka apart from the larger more commercial aged care facilities in bigger towns across New Zealand.

Cookbook fundraising for Hospital Level Care

Wharekaka Auxiliary members' kitchens have been working overtime the last few months testing recipes for their new cookbook. This is the auxiliary's biggest fundraiser for 23 years. Response to the cookbook so far has been overwhelmingly positive with local individuals and businesses generously supporting the project with donations, advertising and sponsorship to cover all production costs. As a result 100% of sales will be given directly to Wharekaka for hospital level care. All recipes were supplied by Martinborough and South Wairarapa locals.



The book titled 'Tastes from Martinborough' is a great showcase for the depth of talent in our region. The book is on sale at various business around Martinborough. Any enquiries can be sent to wharekaka1@gmail.com

Microwaved Spiced Nuts (from the cookbook)

- | | |
|---------------------|--|
| ½ cup brown sugar | 1. Combine all ingredients except nuts in a flat dish |
| 1 tsp cinnamon | 2. Microwave on high for 1 ½ minutes |
| ½ tsp ground ginger | 3. Stir well and add nuts |
| ½ tsp mixed spice | 4. Microwave for 3-4 minutes, stirring until the sugar |
| ¼ tsp nutmeg | Is bubbly and starting to crystallize |
| 1½ tbsp water | Careful very hot! |
| 1½ cups mixed nuts | 5. Allow to cool before serving |

More ways to help

Wharekaka relies on the good will and efforts of Martinborough people and the surrounding communities. Its not-for-profit, community owned status ensures all funds raised are used for the continuing welfare of our residents. There are a number of ways you may wish to contribute this Christmas:

Friends – become a friend of Wharekaka

Donate – All donations are tax deductible. Donations can be deposited in the following account: 01-0671-0016388-00

Bequest – Remember Wharekaka in your will.

For more information on any of the above matters please feel free to contact the General Manager Corlette Doherty on 06 306 9781

Residents' busy lives – what's been happening

Over the last few months the residents have been busy with exciting ventures here at Wharekaka and out and about in the community.

Maggie our Activities Co-ordinator has been organizing craft days, trips to

calf days, visits from and to other rest homes and drives to see scarecrows, daffodils and other local attractions. There are monthly church services and regular resident and villa meetings taken by our residents' advocate Pat Hill.



Weekly exercise groups with Jane Flowerday and Keiko Nojima are very popular and the bowls days are always well attended and very competitive. We have been bowling inside, but with the weather improving we are looking forward to using our petanque court again.

Variety concerts at Wharekaka

On Monday 31 October, we were privileged to have a concert put on for us by some local students and professional musicians. It was fantastic to have Lucy Didsbury play her grade 1 piano pieces. Lucy is the great granddaughter of Duncan Didsbury who the day room is named after. Other students to perform were Isla Weatherstone performing her grade 4 piano pieces and William Taber on double bass. We had a string quartet made up of current and ex NZSO and other professional musicians Liz Patchett, Marion and Hugh Townend and Vicki Jones as well as a couple of sing-a-long hymns performed by Bob Bargh and Liz Patchett.



Lucy Didsbury performing in the Didsbury room.

The audience turnout was fantastic. We had rest home and villa residents, families and performers' supporters fill the room which was really buzzing with the fabulous music. More wonderful concerts have included clarinet and piano performances and our regular sing-a-longs.

Visitors to Wharekaka

We have had lots of visitors over the last few months. Our regular visits from Martinborough School and Bell St Early Learning are eagerly awaited. The residents love interacting with the children and we see and hear some lovely conversations. The children enjoy reading and showing their skills to our residents who equally adore the exuberance of the students.

In the planning are regular social get-togethers with other South Wairarapa rest homes. A quiz will be first up.

We have also been visited for morning tea and a chat by the outgoing mayor, Adrienne Staples and the new Mayor Viv Napier. The MP for the Wairarapa Alistair Scott also came to say hello.



2016 Christmas BBQ

We had a wonderful afternoon last Sunday, 27 November. Our annual Christmas BBQ put on by the Trust board was a huge success. Over 80 rest home and villa residents, family, friends, staff, auxiliary and trust members attended. Entertainment by Lance Naysmith was fantastic. We had lots of dancing and singing as well as a fantastic BBQ and drinks. Seems we all slept well that night.

