



DUTCH VILLAGE "ONS DORP"
Retirement Village & Care Centre

Grapevine



NOTICEBOARD

PUBLIC HOLIDAY:

Waitangi Day

Thursday 6th February, 2025

PLEASE NOTE: RECEPTION WILL BE CLOSED

Please use Skillet for any
NON-EMERGENCY maintenance issues.
Available at the Pavilion Computer Hub

Login

DIAL 111

FOR A MEDICAL EMERGENCY

EMERGENCY Maintenance : Call your Village Trustees

Joop Hageman	(U45)	ph. 837 5176
Elizabeth Jenkins	(U59)	ph. 836 8337
Margie van Staalduinen	(U18)	ph. 974 4713
Roelof Siebring	(U16)	ph. 838 1017

NEW POSTAGE PRICES

Kiwistamps have a new value of **\$2.30**
All other postage has increased by **.30c**
Netherlands — **\$4.30** Australia — **\$3.30**
All stamps available at Reception

ATRIUM COFFEE MACHINE



Please make sure you drink your hot drinks in the Atrium. The coffee machine is not intended to be used for drinks to be taken away.



EXITING THE VILLAGE

Recently we were informed of a near miss, car vs motorcycle. Please make sure you take your time to look both ways at least twice before exiting the Village.



Wishing everyone a prosperous year and a little thank you from all of us here at the Care Centre to all the Villagers who have been giving their time and dedication to our Care Centre residents. It is hard to single you all out, to name a few — the Open Fellowship, Catholic Service, Interdenominational Service and our new Book Reading day. A big appreciation to all the visitors who come and have a chat and who also join in with Bowls, or enjoy our weekly live music entertainers. Residents have also appreciated the villagers who come and play Rummikub or take residents to the Pavilion to play cards, Rummikub and other board games. All this support is very much appreciated and makes living in the Care Centre a more natural experience for many. Looking forward to seeing you all again this year at the Care Centre.



2024 Christmas Lunch at the Care Centre



On the 18th of December Staff and Caterplus presented a fabulous event for residents, residents families and friends.

The tables were fabulously set-up with Christmas decorations and the food provided by Caterplus had the delicious flavours of a Christmas banquet!



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From the Desk of the Village General Manager

Hi all,
 A happy 2025 to all residents in the Village! I hope you all have had a relaxing and enjoyable time with your family and friends over the Christmas / New Year period.

As I was on annual leave for a month this report will be brief.

Update on sold and upcoming Villas

I am pleased to advise that Villas 24 and 26 are under contract/conditionally sold and are both due to settle in early April. Villa 20 is currently being refurbished.

Upgraded Gardens at the Care Centre

Some residents may have noticed our upgraded gardens outside the Care Centre. Robert Hindell Landscaping Ltd removed the old brick walls and replaced them with a very smart looking dark grey block brick at the end of 2024. What a great job they have done, and our gardeners Garry and Dana have also replaced the bark with a copper colour, making the garden area look really attractive to the eye.

Gary Williams, General Manager

Maintenance or Gardening jobs

Another friendly reminder for the start of 2025, as mentioned in my previous Reports, if any Residents in Villas have any Maintenance needs (for example: leaks in your ceiling/roof, electrical matters, induction stove top, plumbing issues related to your bathroom/kitchen, painting issues for damaged doors, damaged wallpaper, faulty wall plugs or light fittings, spoiled carpets etc) you can go on line and log your job onto Skillet or call Reception on 838 6567 who can log the job for you. For any Gardening jobs (for example replacement of dead plants, weeding, pruning of existing plants or trees, planting of new plants, general tidy up of your front/back gardens etc) you can also go on line and log the your job on Skillet or call Reception on 838 6567.



Yum!



On Wednesday, 29 February residents at the Care Centre enjoyed some **Proffertjes** made by two students Sammie and Jamie.

RIGHT: As pictured, the last **Proffertjes** standing before devouring it's loveliness, yum!

Also a big thank you to Margie and Rein van Staalduinen for loaning the equipment to make some superb deliciousness!

PHOTO TAKEN BY RUSSELLE AT RECEPTION

ONS DORP RESIDENT LIAISON ADVISORS

Mieke Penning is available Mondays & Thursdays



PLEASE NOTE: Mieke will not be available to visit on a Public Holiday that falls on a Monday or Thursday.

A big welcome to Joop van Herk available on Wednesdays



PLEASE NOTE: Joop will not be Available to visit on a Public Holiday that falls on a Wednesday. Joop will be on holiday 5 February, back 12 February.

Contact the Care Centre Reception

RESIDENT LIAISON SERVICES



NCS Audit — Call Bell Testing Safety Requirement in February
Tuesday 25
Wednesday 26
Thursday 27

We will have technicians onsite from 8.30am
The technicians will be required to enter **ALL** Villa's to test your emergency call bells in the Lounge, Bathroom and main Bedroom.
Please see the separate notice for further information.

To all our Visitors at the Atrium you may have noticed we do not have many fish at the moment.

Over the Christmas break 3 fish unfortunately did not survive, and our service team **RedFishBlueFish** have since serviced the filter and checked the water temperature. Due to the hotter weather and the Atrium being a hot micro climate we are now required to float five 1litre bottles of frozen water in the pond on our hottest days.

If you see the bottles floating in the pond, **please DO NOT take them out**, they are there to keep the water cooler—minimizing the risk of any more loss.

Once we have a system in place to cool the pond water we will purchase some more fish.

Please **DO NOT** take these bottles of frozen water out of the fishpond.



Atrium

Fishpond

New Village Phone book

Many Villagers have mentioned that the current phone list is too small to read.

Over the Christmas and New Year break a new phone book was

designed and is now ready to be printed. If any villager would like one delivered to their letterbox please contact Reception

09 838 6567



Villa	Ons Dorp Residents Name Surname	09 555 6789
Villa	Ons Dorp Residents Name Surname	09 555 6789
Villa	Ons Dorp Residents Name Surname	09 555 6789
Villa	Ons Dorp Residents Name Surname	09 555 6789
Villa	Ons Dorp Residents Name Surname	09 555 6789
Villa	Ons Dorp Residents Name Surname	09 555 6789
Villa	Ons Dorp Residents Name Surname	09 555 6789

(actual size of type)

Trouble with Ants?

Here are some easy, natural ideas to repel Ants from your home.



Mint

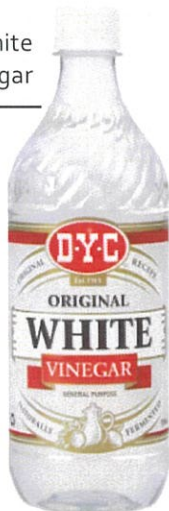


Cayenne Pepper or Black Pepper



Lemon Juice

White Vinegar



Food-Grade Diatomaceous Earth

Mint

Of the dozens of varieties of mint, peppermint and spearmint contain high amounts of essential oil and are strongly scented. Mints are easy to grow and make a nice walkable, fragrant ground cover but they do spread rapidly. Both the odour and oil of the plants are repellant to ants.

White Vinegar

(found at your local store)

Mix a 50/50 solution of White vinegar and water in a spray bottle. Spray it directly on the ants to kill them, then wipe up the ants using a damp paper towel and discard them. You can also use vinegar and water as a deterrent; spray it around your windowsills, doorways and other places where you see ants coming inside. This is also a good cleaning solution, just add dishwashing liquid, lemon juice and wipe down surfaces.

Lemon Juice

(found at your local store)

Just like vinegar, lemon juice also seems to destroy the scent trails that ants follow. Try mixing up a solution of 1 part lemon juice to 3 parts water and use as an all-purpose spray. Spray the lemon solution around entryways and the perimeter of your home, or any areas where you see ants.

Cinnamon

Cinnamon is a great option for killing ants. When an ant inhales cinnamon, it suffocates and dies. You can use ground cinnamon and sprinkle on the ants' path or around an anthill opening. Cinnamon essential oil also works well to repel ants. Mix a few drops of cinnamon oil with water and spray on ant trails, around doors, windows and cracks.



Cayenne Pepper or Black Pepper

Both cayenne and black pepper repel ants.

Ants hate cayenne pepper.

Black pepper will work just as well too.

Locate the source of the ant infestation problem, sprinkle some pepper around that area and if possible, create a wall that will stop the ants from accessing your household. An alternative solution is to mix some pepper with water and spray the resulting solution at the ants. The pepper won't kill the ants but it sure will deter them from returning.

Food-Grade Diatomaceous Earth

(Can be found at the local Mitre-10, Kings Plant Barn or your local pet stores).

Diatomaceous earth breaks down the exoskeleton of insects.

Food-grade diatomaceous earth (DE) also works well as an ant repellent. This powder is the fossilized remains of marine phytoplankton. The microscopic razor sharp edges of DE can cut through the ants' exoskeletons, gradually causing their body to dry out.

1. Gently sprinkle a thin layer of DE on windowsills, beneath the fridge, under cabinets, in and around garbage cans and any other places where you see ants.
2. Repeat once daily until all the ants are gone.

RIGHT: 2025 Spin cycle classes at the Care Centre are in full swing. Residents were enjoying the music and getting into the “spin” of things.



VILLA MEAL DELIVERIES

The Care Centre can provide meals which can also be delivered for

\$10 each meal, 7 days a week.

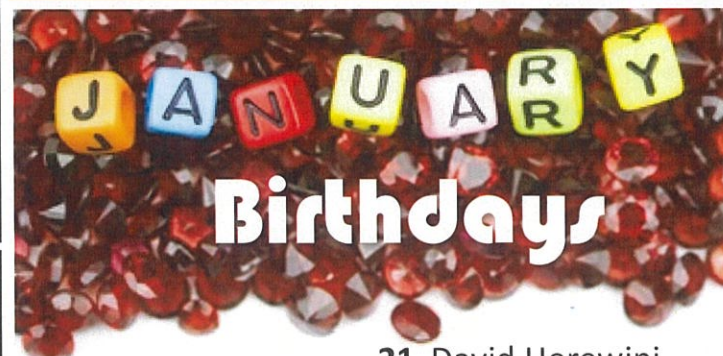
If you wish to order a meal contact Reception or the Kitchen. Request a weekly menu from Reception. The kitchen would also like to remind residents to please rinse your plates, and please **DO NOT** return any of your own cutlery.

ALL Care Centre Visitors MUST sign in at Reception

All visitors are required to sign the visitors book as this is a Health and Safety requirement at the Care Centre.



ABOVE: Regular flower deliveries for a Care Centre resident are always admired and enjoyed by all when they arrive. Stunning blooms!



- | | |
|------------------------|--------------------------|
| 17 Sandra Yates | 21 David Herewini |
| 19 Louis Dean | 24 Ambika Prasad |
| | 29 Martina Pepers |



PICK-UP WILL BE

ALL RETURNS can be dropped off to the Care Centre Reception. Please **DO NOT** return your books to the Ons Dorp Pavilion Library.

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FEBRUARY



TRUST BOARD MEETING
27th February

Need to do some printing?

We have a colour printer in the Pavilion computer room. **PLEASE LEAVE THE PRINTER ON.** The service team need access for toner supply requests, and any other issues with the printer.

PLEASE DO NOT FEED THE FISH WHEN VISITING IN THE ATRIUM

Editor: Reception
09 838 6567
onsdorp@onsdorp.co.nz



Wearing a mask is encouraged here

Masks help to protect yourself and others

at the Ons Dorp Care Centre

Te Kaitiaki Take Kōwhiri
New Zealand Government

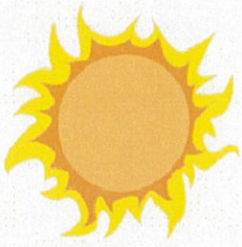
Te Whatu Ora
Health New Zealand

Ons Dorp funnies

Birthdays are good for you.



Statistics show that the people who have the most, live the longest.



Summer Foods that keep you cool

Summer is here and it promises to be a scorcher. Here are a few ways to make sure that you are eating healthy and keeping your body cool this summer.

COOLING SUMMER FOODS INCLUDE

Fruits



Best fruits for summer are watermelons, muskmelons and citrus fruits.

Watermelons are full of water and are great as juice or just chopped up.

Muskmelons and other varieties of melon are also cooling and healthy in the heat.

Citrus fruits break down fatty food and help in digestion and hence are cooling.

(Tip: Don't eat fruits sold by roadside vendors. Instead buy the fruits and cut them up at home)

Cucumber



This water filled vegetable can be eaten as a snack any time of the day and is great in salads and raithas.

(Tip: Place two circles of sliced cucumber over the eyes to cool them down on a hot day)

Lime and Mint



Lime is cooling and in combination, lime and mint make a very refreshing drink which is a great pick me up in the summer months.



Fennel Seeds

Sounf is great to lower internal body heat! Soak some overnight, strain and drink the water the next morning



this summer!

Planting Be summer-ready

Summer is on it's way and now is a great time to be mindful of your water use at home. Before you head out to the garden, here are some water-saving tips to keep in mind:

TOP TIP: Water your plants **early in the morning or late in the evening** to reduce Evaporation and ensure more water reaches the roots.



1. Make the most of mulch

Apply a layer of mulch around your plants to retain moisture, suppress weeds, and reduce the need for frequent watering.

2. Group plants by water needs

Plant species with similar water requirements together to optimise watering and avoid over- or under-watering.

3. Beat the heat

Water your plants **early in the morning or late in the evening** to reduce evaporation and ensure more water reaches the roots.

4. Right plant, right time

Choosing the right plants for your garden and planting them at the right time is essential for successful growing and saving water. Visit the **Auckland Botanic Gardens** website to view their database of plants that are suited to the region's conditions.



RECYCLING TOP TIPS

Keep it clean -
empty and rinse

Remove **ALL** lids
and put them in
the rubbish bin

**DO NOT crush or
flatten containers**

No containers
larger than
4 Litres.

DO NOT place
newspapers,
cardboard etc in
plastic bags, better
to place in a
cardboard box.

ONLY cardboard
packing boxes
should be
flattened.

**If in doubt,
leave it out**

How much will it cost to send Standard Mail within New Zealand?

Size	Maximum size (height x length x width)	Maximum weight incl. envelope	Standard Mail required postage
Medium (e.g. E9, DLE, DLEE, MaxPop, Cheque Mailer)	130mm x 235mm x 6mm	500g	\$2.30 (or 1 x KiwiStamp)
Large (e.g. C5)	165mm x 235mm x 10mm	500g	\$3.60
Oversize (e.g. E35)	260mm x 385mm x 20mm	1kg	\$4.90

How much will it cost to send a letter overseas?

Size	Maximum size (height x length x width)	Maximum weight incl. envelope	Australia and South Pacific	Rest of the world
Aerogramme & Postcards	130mm x 235mm	10 g	\$3.30	\$3.30
Medium (e.g. E9, DLE, DLEE, MaxPop, Cheque)	130mm x 235mm x 5mm	100g	\$3.60	\$4.30
Large (e.g. C5)	165mm x 235mm x 10mm	200g	\$4.30	\$4.90
Oversize (e.g. E35)	260mm x 385 x 10mm	200g	\$5.60	\$7.20

Before you send a letter overseas:

Letters must contain paper based written or printed documents only

Check your letter weighs less than 200gms. If your letter weighs more, then it is a parcel

Check your letter fits within maximum dimensions of 260mm x 385mm x 10mm (height x length x thickness).
If it does not fit, then it's a parcel

Envelopes need an Economy, or Par Avion service sticker in the upper left-hand corner.



NZPost

Sending letters or postcards

February 2025

Mon Tue Wed Thu Fri Sat Sun

					1	2
3	4	5	6 Waitangi Day	7	8	9
10	11	12	13	14 St Valentines Day ❤️	15	16
17	18	19	20	21	22	23
24	25	26	27 Trust Board Meeting 1.00pm	28 Market Day Beatrix Pavilion		