

# MONTECILLO NEWSLETTER

January – Mid April 2025

Issue 43

---



---

**Montecillo Veterans Home & Hospital**

63 Bay View Road, St Kilda, Dunedin

P | (03) 4664 788 E | [information@montecillo.org.nz](mailto:information@montecillo.org.nz)

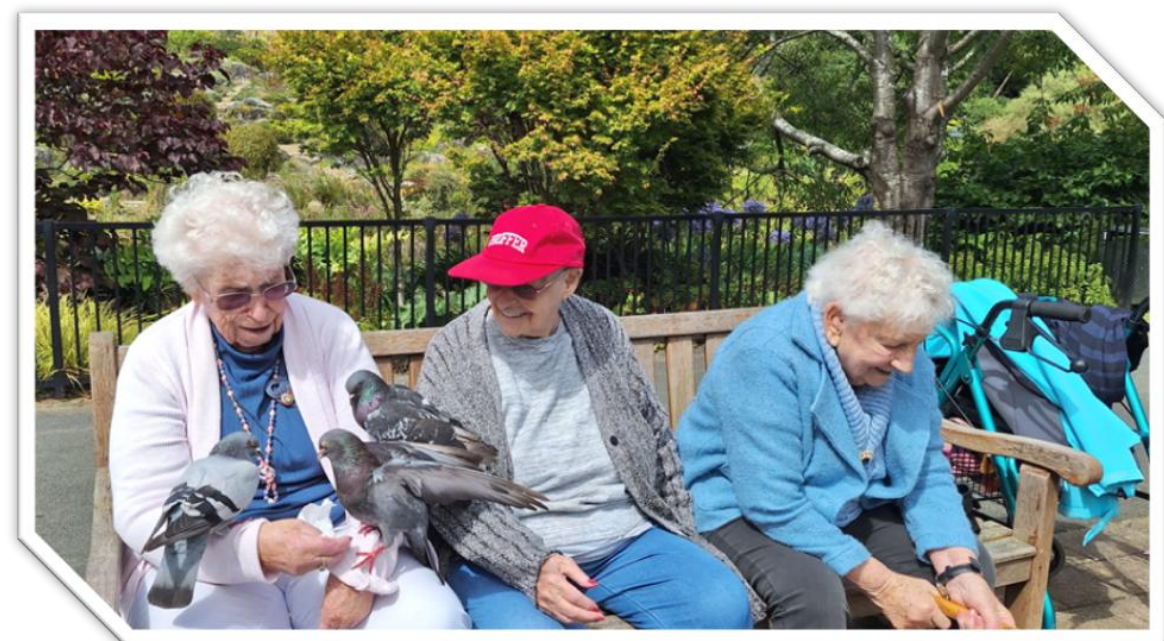
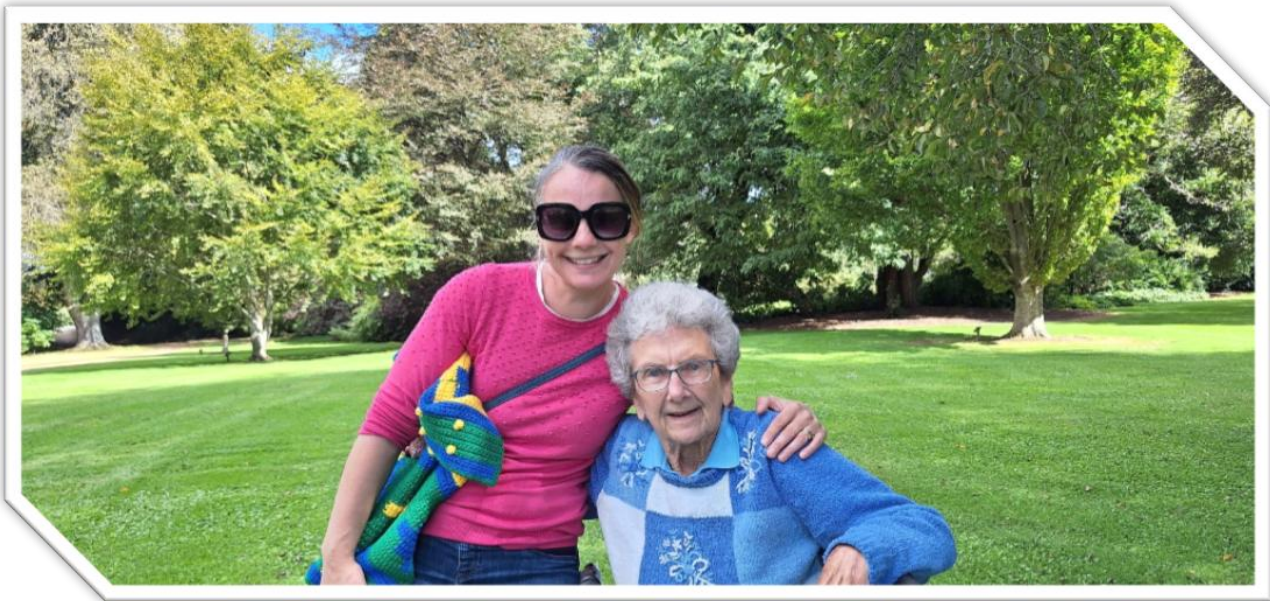
<https://www.montecillo.org.nz>





## Botanical Gardens Outing & Picnic Lunch

Ten residents, 4 staff & 3 volunteers enjoyed the outing to the Botanical Gardens. We were fortunate to have a beautiful sunny day. Thanks to the kitchen staff for providing Individual picnic lunches. The ducks & pigeons were a good source of entertainment.



## **Kia Ora.**

**My name is Hana** and it's been a real pleasure and honour to join your team on Wednesdays. I am also part of Habit Health team where I am employed. I come to Montecillo every Wednesday morning to support residents with their exercise plans.

I enjoy the group class, and I try to make it fun and invitational, so residents feel welcome, comfortable, and valued. I also assist residents with their individual exercises. I find it very rewarding.

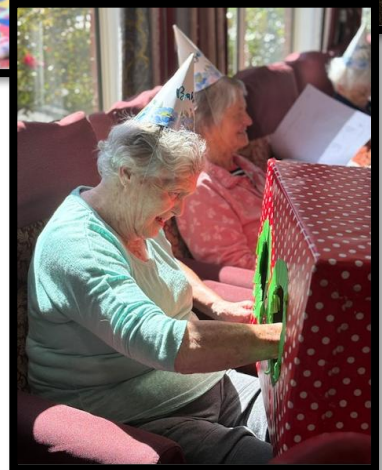


I was born in Czechoslovakia (now known as Czechia) some time ago. I trained as an occupational therapist, stayed in Portugal for a few months, worked in England for a couple of years before I came to New Zealand as a 'backpacker' in 2008. I've lived here ever since. A lot happened in between. I walked New Zealand's Great Walks, worked in orchards and vineyards, ski fields and most importantly I've had my son Tim; he's twelve this year and he certainly keeps me on my toes.



I enjoy nature, beach walks and swims in the Ocean at Long Beach or Purakaunui beach, my favourite spots! I also love yoga, meditation, and gardening. Nothing better than your own grown food on the table!

Thank you for having me every Wednesday! *Nga mihi, Hana Jakubikova*

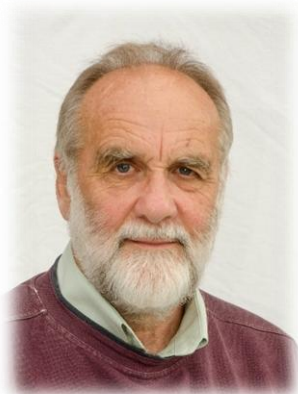


Joy's Baby Shower  
Best wishes from us all



## DUNEDIN'S GOLD AND THE EXHIBITIONS

### – Brian Miller



Brian Miller gave a talk to the residents about how Dunedin was built on gold.



The Scots went looking for a place to settle in New Zealand after the turmoil in Scotland created by the English. In 1844 Frederick Tuckett chose the site of Dunedin due to its safe harbour, timber, Taieri Plains and coal. However just a few years later in 1861 gold was discovered inland, Dunedin City became the financial centre of New Zealand and rapidly built many buildings based on the Gothic Revival style, popular in the UK at the time.

Around the world Exhibitions became popular in the mid-19<sup>th</sup> century to showcase new technology and industrial techniques. Based on its gold, Dunedin held four large exhibitions in 1862, 1865, 1889/90 and 1925/26. Most residents' grandparents would have gone to the last exhibition in 1925/26 based at Logan Park. It was the largest event ever held in NZ and had about 20 000 people visiting the 65-acre exhibition every day for 6 months!

## Bowls



## EDUCATION



The last 2 years post COVID-19, has seen an increase in the Montecillo staff attending education sessions in house, and externally.

Examples include CareerForce, and other organisations for Health care assistants, as well as the registered team of nurses attending external workshops, to support best possible outcomes for residents and staff.

We are elated when staff extend and push themselves even further with educational achievements, as pictured here with Mariia successfully completing her NZ Cert in health & wellbeing health assistance.

Some of our senior staff have been asked, to take on the reins with a relevant education topic, with much reluctance I might add!

Despite this, the support from other staff after their presentations, overrides their initial uneasiness and bolsters their confidence.

We continually evolve the way we undertake education here and are appreciative of feedback from staff to achieve our training goals.

I look forward to what we can do and continue to achieve here at Montecillo in 2025.

Thank you for your ongoing support to the Montecillo staff and residents. It is always valued and does not go unnoticed.

Faa'fetai mo le avanoa

Thank you for the opportunity

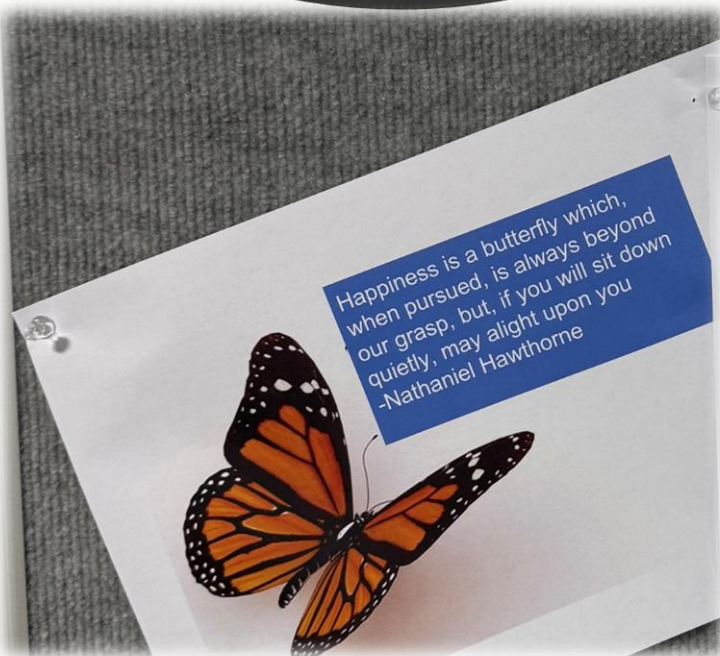
Nāku iti noa, nā

Yours sincerely

*Jane Sefo - Nurse Manager*

## The life cycle of our Montecillo Monarch Butterflies

Over the past month our residents and staff have really enjoyed watching the life cycle of the Monarch butterfly, with a display set up in the main lounge. We had a couple of swan plants in the garden, which attracted Monarch butterflies to lay lots of eggs. We then brought these plants into the lounge area and had to source a supply of 20 swan plants to feed all our very hungry caterpillars. We got to see the magical transformation of watching the caterpillars turn into beautiful green chrysalis gems and have had about 20 butterflies flying around the lounge. These butterflies were all then released on a nice sunny day to continue their journey. Here are some of the photos our Monarchs cycle of life.





## Once Upon a Time

We recently had Graeme Perkins and his friends William Davidson and John Meddings in to perform for a lovely Happy Hour session.

Graeme is a professional musician, who has spent most of his working career producing music for television productions, including writing many children's songs for Play School and composing/ playing the music for the Natural History Unit wildlife documentaries. Graeme has been a musical director for many shows throughout Dunedin and Wanaka and really enjoys sharing his musical knowledge and bringing musicians together to showcase their talents. Graeme is often on stage playing the keys with John on guitar at these shows. More recently Graeme has been the musical director for the very popular 'Stars in Your Eyes' show in Wanaka (which typically sells out the Wanaka town hall 4 nights in a row). Graeme is Anita Perkin's (Activity coordinator) father-in-law and was happy to perform several jazz and swing songs. Graeme played the piano, his good friends William Davidson, on vocals and John Meddings playing the guitar. This trio have performed on and off together for about 40 years and this band is now called 'Once Upon a Time'.

We had many residents talking for days about how fabulous this group was and hope to have them in again. It was a real privilege to have Anita's father-in-law and friends come in and we wish to pass on our gratitude to Anita for organizing this and a massive thank you to Graeme, William & John. We truly appreciate you all taking the time to come in.



## Rev Jan Clark & Team

Since 2006 when the Montecillo family moved to St Kilda, a team of Anglicans have had the joy of coming to share worship with residents once a month.

Thank you for making us welcome at your home.

As we approach Easter, may you know the joy & hope that the Risen Christ brings.

Easter blessings to you all.

Rev Jan Clark



Photo: Iona & Gervan with Jan

## Entertainers

Over  
Sixties  
Club



# World Food Festival







## World Food Festival

We couldn't be prouder!!!

A massive thanks to all that came out to support this wonderful event. A lot of hard work went into preparing the food & setting up on the day. Thanks so much to all staff and family members that created some incredibly delicious cuisine. The countries represented with food were India, Fiji, Samoa, China, Philippines, Malaysia, Netherlands, NZ/Māori, Cambodia & Spain.

We are extremely grateful to the Patriots - Deep South Chapter for coming early to set up their gazebo's & taking them down at the end of the event. We also thank them, for a donation towards the food festival. We are grateful for support all year round from the Patriots. We enjoy having you as part of our Montecillo family. Thanks to the family that rallied around to donate a lump sum. This event was held as a non-profit fun day for all Montecillo residents, staff & family to come together as one. We asked for donations on the day to cover costs. We'll give an update at our next family meeting how this panned out.

Thanks to Leah from the Church of Christ, next door for allowing us to use the tables and chairs.

A big thank you to all the staff that gave up their time, to support staff and residents on the day.

Oh, and how impressed were you to see our staff and family entertain. Kaycee was a such a surprise – who knew you could sing “Always remember us this way” by Lady Gaga, so well. I think we have found some new entertainment for happy hour. Thanks to Jennifer for playing the keyboards.

A huge thank you to Mele's daughter who led a Tauluga (a traditional Samoan dance). We are so fortunate to have such wonderful families willing to support this wonderful day. Jenny's daughter danced and Sonia's daughter sang.

We have had so many wonderful compliments and requests to repeat again soon.

## **RSA Fundraiser date moved**

Early Poppy Day . . . RSA Otago and Southland district support manager Niall Shepherd and RSA Welfare Trust administrator Sally Turner are gearing up for an early Poppy Day, on April 11, due to Easter.



Poppy Day is set to come early this year, as organisers gear up for the annual fundraiser for the Dunedin RSA Welfare Trust.

Trust administrator Sally Turner said Poppy Day usually fell on the Friday before Anzac Day, but as April 18 was Good Friday, the collection had been moved forward to April 11.

“It has made things a little bit tricky, as we have been unable to access some of our usual collection spots,” Mrs Turner said.

“However, we will still have about 14 stands where volunteers will be selling poppies for Anzac Day.”

In addition to collection stands on April 11, there will also be dozens of boxes of poppies on counters and at supermarket checkouts in the coming weeks, where people will be able to buy poppies.

RSA Otago and Southland district support manager Niall Shepherd said funds raised through the sale of tens of thousands of poppies across the district would go towards the work of the RSA Welfare Trust.

The trust held the funds and distributed grants to the region’s veterans and families where needed.

### **Posy Day**

The annual Posy Day event will be held, as normal, on April 24, with dozens of volunteers gathering to make red-wrapped rosemary posies to be placed on soldier’ graves at the Andersons Bay Cemetery on Anzac Day, April 25.

Mrs Turner said the posy making session would run from 9am until about noon on April 24, at HMNZS *Toroa* in Saint Andrew St.

Donations of rosemary will be welcome and can be dropped off at HMNZS *Toroa* first thing in the morning, ready to be made into about 4000 posies.

For more information on Poppy Day or Posy Day, contact Sally Turner on 466-4886, or email [finance@dn-rsa.org.nz](mailto:finance@dn-rsa.org.nz)

Thanks to **BRENDA HARWOOD** [@thestar.co.nz](https://www.thestar.co.nz) for the article to share to the Montecillo newsletter.

## Anzac Day Service

All welcome to attend our service here at Montecillo at 1100hrs.  
The carpark will be unavailable until after the service around 1230hrs.

## Garden of Remembrance

Pictured below are the crosses placed to remember residents that have passed away in the year between April 2024 to April 2025. *“We will remember them”*





## Finally, a big thank you to our volunteers!

**Richard** continues to come in each weekday to read the newspaper, with his much-loved companion Dana. We appreciate your dedication to Montecillo residents and staff.

**Roy** has been filling in for Richard occasionally @ newspaper reading, which our activities team greatly appreciate, as it allows them to carry on with their scheduled activities. Roy has been supportive in many areas.

**Cecily** continues to support Housie twice a week.

We have several family members that have become part of helping with activities & outings, we appreciate you all!

I would like to say “well done” to Angel & Anita for offering such an extensive range of activities to the residents, constantly introducing new games and activities & outings to keep things fresh. The skills between the 2 of them is rather impressive. I have noticed a much larger turn out to activities, such as bowls, word games and exercise groups. Arts and crafts have been a delight to see.

We are a great team here at Montecillo. Thanks to all the staff for giving that bit extra. The food festival was such an indication of our team spirit here.

I hope you enjoy looking through this newsletter.

We look forward to seeing you at our Anzac Day service on Friday 25<sup>th</sup> @ 1100hrs.



Kindest Regards  
From Brigitte (admin/receptionist)  
& the Team @ Montecillo



MONTECILLO