



THE GRANGE
Lifecare Village

THE

PADDOCK POST



May/July 2026



A word from Mandy

As I write this, winter has certainly made itself at home at The Grange. We've enjoyed crisp mornings, plenty of frosts and, this week, even our first sprinkling of snow. While it looked beautiful across the grounds, we were just as happy knowing everyone was warm, safe and cosy indoors.

One of the true highlights of the season has been welcoming the first lamb of the year. It's always a special milestone, and watching the lambs frolic around the paddocks brings so much joy to our residents.

Behind the scenes, it has been an incredibly busy few months. I'm delighted to share that we recently completed a very successful audit, achieving a Continuous Improvement (CI) rating. This is a wonderful result and reflects the dedication of our entire team. A special thank you must go to Sarah, whose countless extra hours, leadership and commitment to mentoring and coaching our clinical, kitchen, café and housekeeping teams played such an important part in this achievement. It's something we can all be proud of and provides a fantastic platform to continue building on.

The recent heavy rain also put our stormwater system to the test, and we're pleased to say it passed with flying colours. The Grange during major rain events, helps to ease pressure on local roads and reduce flooding by diverting the stormwater to our system. It was wonderful to see all of that planning and hard work perform exactly as it was designed to - thanks Robbie.

And while winter still has a little way to go, spring isn't too far away - bring it on.



Life at the Grange

What a couple of months it's been here at The Grange! Winter has certainly kept us on our toes, but as always, there's been no shortage of laughter, friendship and memorable moments.

Our Care residents have embraced the excitement of both the FIFA World Cup and our very own Commonwealth Games, proving that a little friendly competition brings out plenty of smiles (and perhaps a touch of determination too!).

We've cheered on the great Duckie Race down the stormwater channel, admired our Housekeeping team looking incredibly smart in their new uniforms, and stepped back in time thanks to the wonderful Images of the Past fashion parade. We were also treated to not one, but two beautiful piano performances by the talented young Isaac, who delighted residents with his music.

Our Matariki Dinner brought everyone together for an evening of great food and wonderful company, while outside, the arrival of our first lamb of the season reminded us that spring isn't too far away. And just when we thought winter couldn't surprise us any more, we even woke to a sprinkling of snow across The Grange.

It's moments like these - both the planned and the unexpected - that make our community so special. Every activity, every laugh and every shared experience adds to the vibrant life we enjoy together.

After all, at The Grange, living better really is living together.

**The Grange Lifecare Village | 19 Clachan Grange Road, Mosgiel
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The bridge to nowhere...for now

"Be not afraid of going slowly, be afraid only of standing still." Chinese Proverb

On 15 May at 4.30pm, a small but significant milestone was celebrated at The Grange when our very own bridge was officially opened.

For those who have watched its progress, it may have felt as though construction had been underway for quite some time. Fortunately, unlike London's famous bridge, ours wasn't first established in 50AD, and unlike New York's Brooklyn Bridge, no lives were lost during its construction. At present, our bridge has earned the affectionate title of The Bridge to Nowhere. Standing proudly across the swale, it currently connects one side of the landscape to... well, not very much at all.

But that is only temporary.

Like many things at The Grange, the bridge represents a vision for the future. As development continues, what is currently a bridge to nowhere will become a bridge to somewhere, linking communities, creating connections and

bringing people together.

In the meantime, the bridge offers plenty of possibilities. It may become a prime location for star gazing, a platform for hot yoga enthusiasts, or simply a quiet place to pause and contemplate what lies ahead. The views, after all, are already rather impressive.

Residents Brian Stevenson and Geoff McPhail had the honour of cutting the ribbon before leading the inaugural crossing. While there was no marching band, royal procession or televised audience, there was a sense of achievement and anticipation for what is still to come.

The bridge stands as a reminder that progress doesn't always happen overnight. Sometimes it arrives one careful step at a time. And while our bridge may not yet lead anywhere in particular, it points firmly toward the future of The Grange.

Watch this space.



By Annabel Barbosa

Don't fall into the traps

As winter settles in, many of us are thinking about traps - usually the kind that keep mice from seeking shelter in our warm homes. But there is another type of trap that can be much harder to avoid: the traps our minds sometimes set for us.

Psychologists refer to these as "thinking traps" or "cognitive distortions." They are automatic thought patterns that can influence how we see ourselves, other people, and the situations we face. The good news is that they happen to everyone. It's simply our brains trying to make sense of life's challenges and find solutions to problems.

Some of the most common thinking traps include:

- **All-or-Nothing Thinking** – "Since I can't do what I used to do, I'm useless."
- **Catastrophising** – "This is going to ruin everything."
- **Jumping to Conclusions** – "There's no way I'll recover from this."
- **Mind Reading** – "If they

really cared, they'd show up."

- **Self-Blame** – "If I'd tried harder, this wouldn't have happened."
- **Other-Blame** – "If they hadn't done that, none of this would have happened."

While we can't stop these thoughts from appearing, we can learn not to get stuck in them. One helpful strategy is to pause and ask yourself, "Is this thought helpful?" If the answer is no, gently redirect your attention to something that is.

Another useful technique is to simply notice the thought and give it a name. Whether it's "unhelpful thinking," "Radio Doom and Gloom," or another phrase that makes you smile, acknowledging the thought can help reduce its power.

Remember, thoughts are not facts. By becoming aware of these thinking traps, we can keep them in perspective and focus on what truly matters.

Save the date!

Our Annual General Meeting will be held on **Thursday 27 August at 3.00pm in The Mains Café**, and we warmly encourage all residents to come along. It's a wonderful opportunity to hear about what's been happening across The Grange over the past year, celebrate our achievements, look ahead to what's on the horizon, and ask any questions you may have. We always value the opportunity to connect with our community, and we look forward to seeing as many of you there as possible.

INTRODUCING

Lee Burgess

Diversional Therapist (Activities guy).



Since joining The Grange in November 2025, Diversional Therapist Lee Burgess has become a familiar face around the Care Centre. With his calm nature, gentle approach and cheeky sense of humour, he has a wonderful way of putting residents at ease. He also happens to possess an unofficial superpower – being the resident spider catcher for many of our Healthcare Assistants!

Lee's career has taken him in several different directions. He began in the dairy industry, starting in the warehouse before progressing through the ranks to Key Account Manager and later Sales Manager with a New Zealand company. His career then took him to the United States, where he spent two years working before deciding it was time for a change. He retrained as a massage therapist, working alongside sports teams, before discovering his passion for aged care.

It was a conversation with his sister, who is also a Diversional Therapist, that inspired his next career move. Listening to her stories, Lee realised this was exactly the type of work he wanted to do. He worked as a Healthcare Assistant in a D6 dementia unit for two and a half years before becoming a Diversional Therapist in the same organisation's D4 dementia unit for a further two years. He then joined The Grange, where he says he has never looked back.

Lee has two grown children and two grandchildren. His daughter is a midwife in Auckland, while his son works in viticulture management in Blenheim. He says watching them become kind, caring adults has been one of life's greatest rewards.

A loyal Warriors supporter, Lee is convinced this is finally their year. He's also well travelled and hopes to enjoy a cruise one day, although for now their much-loved 18-year-old cat keeps them close to home.

What Lee enjoys most is spending time with residents, whether that's leading activities or simply sharing a chat. Guided by his mum's advice, "If you've got nothing nice to say, don't say anything at all," Lee brings warmth, kindness and positivity to every day at The Grange.



John Burgess KSM and his wife Ida



Governor-General Dame Cindy Kiro presenting John with his KSM award

A life of service recognised: Congratulations to John Burgess KSM

There are some people who quietly go about making their community a better place, never seeking recognition and never expecting applause. John (JR) Burgess, one of The Grange's residents, is one of those people.

In April this year, John was awarded the King's Service Medal (KSM), presented by Governor-General Dame Cindy Kiro at Government House in Auckland, in recognition of more than six decades of service to his beloved Owaka community.

It's an honour John accepts with typical humility. He has often said he was simply "doing his bit".

From a young age, John believed that strong communities are built by people willing to lend a hand. That philosophy inspired a lifetime of volunteering that has touched countless lives and left a remarkable legacy.

Over the years, John has dedicated countless hours to the Owaka Memorial Community Centre, the Owaka and South Otago Pony Clubs, the Owaka Lions Club and the Catlins Historical Society. He helped organise community events, fundraised for medical equipment for the Catlins Medical Centre, and played a pivotal role in raising more than \$110,000 towards the award-winning Catlins Museum.

Alongside him throughout much of that journey has been his wife, Ida. Married for 64 years, the pair have always believed in giving back to their community. Together they raised three daughters, and one son who has passed.

While John has received the King's Service Medal in his own name, he is the first to acknowledge that the journey has always been a shared one. He credits much of what he has been able to achieve to the unwavering support, encouragement and partnership of his wife, Ida. "I couldn't have done it without her," he says. Throughout their marriage, Ida has stood beside him as they volunteered together, supported countless community projects, and shared a commitment to making Owaka a better place for generations to come.

John and Ida became residents at The Grange in March 2025 and have embraced village life with the same enthusiasm they've shown throughout their lives. Rarely ones to sit still, they can often be found at mahjong, bingo, exercise classes, the gym, or enjoying a film at the on-site cinema. They also appreciate The Grange's beautiful gardens and vegetable pods, a reminder of the much-loved 4-acre garden they cared for over many years.

John's King's Service Medal recognises an extraordinary contribution spanning almost seven decades. It is a fitting tribute to a man whose greatest achievement has never been the awards he has received, but the communities he has helped build and strengthen along the way.

Remarkably, John is the third generation of his family to receive a Royal Honour, following in the footsteps of his grandfather, mother and sister, who were also recognised for their outstanding contributions to the communities they served.

Congratulations, John. We are incredibly proud to have you and Ida as part of The Grange family.

Memberships and Accolades:

- 1960s - Member of Owaka Young Farmers' Club
- 1960s - Supporter of Owaka and South Otago Pony Clubs
- 1958 - Owaka Memorial Community Centre Committee Member
- 1968 - Appointed to Owaka Memorial Community Centre Management Committee
- 1973 - Joined Owaka Lions Club
- 1980 - Made Life Member Owaka Lions Club
- 2002 - Catlins Historical Society steering committee chairman
- 2014 - Won the Trustpower Individual Civic Award
- 2021 - Honorary Life Membership of the Catlins Historical Society



John with his three daughters (L to R) Adele Carran, Jenny Simpson and Megan Burgess

Barry & Jennifer Milburn



When Barry and Jennifer Milburn moved into The Grange in mid-December 2024, they knew they had found the lifestyle they'd been searching for.

After spending 18 years living in Australia, the couple decided it was time to return home to New Zealand. They initially settled into another retirement village, but it just didn't feel right. "There were fences everywhere, the neighbours' washing seemed to flap in front of us, and there were dogs barking," Jennifer laughs.

A visit to The Grange soon changed everything. After meeting Mandy and the team, they knew they'd found the community they wanted to be part of.

"The owners are lovely and so easy to work with, and every member of The Grange team is positive and welcoming. It just feels like home."

Married for 30 years, Barry and Jennifer have embraced village life while continuing to enjoy active retirements. Barry is well known around Mosgiel, having owned a local butcher shop and spent many years involved with both New Zealand Cricket and the Mosgiel Cricket Club.

One of the greatest benefits of living at The Grange became clear early 2025 when Barry required back surgery. Following his operation, he was able to

recuperate in our Care Centre rather than remaining in hospital, while Jennifer was just a short walk away and able to visit him every day. It reinforced just how supportive and reassuring village life can be.

Community has always been an important part of Barry and Jennifer's lives. Barry is a long-time Rotarian and proud Paul Harris Fellow - one of Rotary's highest honours, recognising outstanding service and contributions to the community. They're also the organisers behind The Grange's ever-popular Melbourne Cup sweepstakes, helping bring residents together for one of the village's favourite social occasions.

Between them, Barry and Jennifer have five adult children—Barry has three daughters, while Jennifer has a son and daughter—and they love being part of the vibrant community they've found at The Grange.

For Barry and Jennifer, it's the friendships, support and sense of belonging that make all the difference.

"We couldn't be happier. It really does feel like home."



From our Care Centre



Fun doesn't hibernate at The Grange!

Winter always brings its own challenges in our Care Centre. We'd much rather have our residents out and about exploring, however the weather often has other ideas! Rather than letting the colder days slow us down, Lee, our Diversional Therapist, and his wonderful team have been busy filling the calendar with activities to keep everyone engaged, entertained and smiling while we wait for spring to arrive.

The past couple of months have been packed with highlights. Residents embraced the excitement of the FIFA World Cup before proudly representing their "countries" in The Grange Commonwealth Games, with plenty of medals handed out and lots of laughter along the way. We've made beeswax lip balm to help combat the winter chill, baked delicious homemade pizzas, and enjoyed outings to The Mains Café for what has become a firm favourite – hot chocolates with good company.

There have also been van trips, including one memorable outing where a flock of determined seagulls seemed intent on following us home! We welcomed trainee Registered Nurses for a visit, created handmade cards, watched the famous Duckie Race down the stormwater channel, stepped back in time with the wonderful Images of the Past fashion parade, and celebrated Matariki with a special dinner shared with family and friends. Even a game of Dog Bingo had everyone in stitches when Rocco somehow ended up with a

bingo dot of his own!

The fun certainly doesn't stop there. This month we're looking forward to homemade ice cream sundaes, tea tasting, a baby shower and photos, nail and hand pampering, Bingo, visits from the RSA Choir, Nerf Gun duck hunting, Indian Independence Day celebrations, board games, sing-alongs, Tai Chi, music with Ian Winter, morning tea with Rocco and his friends, retro music, and our Daffodil Day Flower Show.

There's always something happening at The Grange, because living better really is living together.

Scan the QR code for Care Centre calendar



Follow us on social media

We're excited to now be on social media - scan the QR code with your phone and be sure to follow us on Facebook and Instagram to stay up to date with all that's happening at The Grange!



The Grange Lifecare Village | 19 Clachan Grange Road, Mosgiel . Phone 03 484 7748 | www.thegrangelifecare.nz