

## Welcome

Autumn 2024

As the leaves begin to turn and the air becomes crisp, we find ourselves in a new season. Welcome—Haere Mai, Autumn has settled in, casting its spell of cosy evenings, hearty meals, and the earthy smell of fallen leaves. It's time to set aside the electric fans and turn on the heaters to keep our beloved residents warm and cosy.

I would like to extend a warm welcome to our new whānau and residents who have entered our care home this season. We hope you settle into your new whare and feel at home in your new surroundings.

## Activities and Celebrations

*Geoff and Ruth at the Begonia House*



Even with the autumn coming on we have had some lovely days for bus trips. We went to the Begonia House in Central Tauranga and then had a picnic morning tea in the beautiful sunshine.

Brian came for a morning to show his classic car. All the residents had a good look and reminisced about the good old days.

The residents go to the Golden Age concert each month and dress up in theme. St Patricks day was a great concert and everyone enjoyed the hui.

*Laxmi and Ruth have a Mothers 'Day hug*



The residents enjoy the one on one time they get with the Activities Coordinator. This is a good time to focus on the interests of the resident or just a chat and a hand massage, this makes them feel special which is beneficial for their well-being.

*St Patrick's Day Leprechauns*



Joining Activities for one morning a week is a High School student doing a Gateway programme, she is learning what this job involves and enjoying the contact with the elderly.

Mothers' Day was special with a present and a hug, building those relationships with residents through spending quality time with them. Aroha to all the Mothers.

## Improvements and Initiatives

New outdoor furniture



We have added some outdoor furniture to enhance our garden and make it more appealing for our residents to spend quality time there either on their own or with their families.

The modification from the metal ramp to the decking ramp by the Dining room is working great.

The upgrade of our ramp from first floor to ground floor has been completed, putting in extra footings, railings and covered with a non-slip mesh.

## Resident Stories

Sharon was born in Maketu, left home at 18, married and made a whānau, having two boys and baby girl. Sharon says she didn't move far from the nest.

Sharon admitted her scones were terrible when she first married and her husband said he could "re-pave the path with them".

Sharon worked as a kitchen hand at a local establishment, learned how to cook and eventually became first cook. She later worked in Auckland for a company that catered for the Silver Ferns and Shortland Street where she met actor, Chris Warner.

Sharon loves to talk and enjoys company and activities.

Sharon Forbes



## Note from the Care Home Manager

As we make our way into the colder months please can I ask you to be vigilant with colds and coughs and stay home if you feel unwell. We can bring a cordless phone to your loved one if you would like to talk to them or are worried that you have not been in for a while.

We love to see families come and visit. For the resident, just knowing they are still connected to their family and the companionship and care and aroha nui, that a family member can give, will have a huge impact on a residents health and wellbeing.

Ngā manaakitanga

Best Wishes

Care Home Manager,

Imelda Sique

[Imelda.sique@cht.co.nz](mailto:Imelda.sique@cht.co.nz)