

Welcome

Autumn 2024

Kia ora tātou. Hello everyone and welcome to our first newsletter as a CHT Care Home. The transition from Bupa to CHT has been a smooth one and it already feels as if we have been with CHT for a long time. I would like to thank all the residents and families for their kindness and support throughout the transition. I would also like to thank the management and staff of CHT for the trust they have put in us. We are happy to be part of a company who continually reinvests in aged residential care and is devoted to providing access to quality affordable care.

There have not been much change since the transition and I would like to thank the staff for the way they supported and worked together.

Activities and Celebrations

We celebrated Mother's day with a Party and Entertainment. The ladies had a great time singing and dancing and then a lovely afternoon tea. All our Mums received a gift of slippers. Prior the mother's Day we had pampering sessions with footbaths, massage and fingernail painting. We also took our Mum's on a few lovely outings to the beach and out for ice-cream.

Foot pampering on Mothers day



Slippers for Mothers day



CHTs annual special events calendar provided additional funding to celebrate Waitangi Day, St Patricks Day, ANZAC Day and Mother's Day.

Beth and Gunter celebrating St Patricks Day together.



We also celebrated our staff with CHT's Foundation Day, Administration Professional Day, International Nurses Day and our maintenance team with World Facilities day.

St Patricks Day



Everyone matters!!!!

Improvements and Initiatives

Standing upright–balance exercises



One of our initiatives is to reduce resident falls. A falls prevention focus group with nurses and carers was formed in April 2024 to reduce falls by 50%. The strategies for prevention of falls as follows:

- ◆ A walking program is scheduled for each residents especially those at high falls risk
- ◆ Increased Vitamin D for residents at risk of falling
- ◆ Encourage the use of hip protectors for residents with high falls risk by family.
- ◆ Weekly balance exercises by Physio Barbra and DT Joemar integrated into the daily routine of the residents

Resident Stories

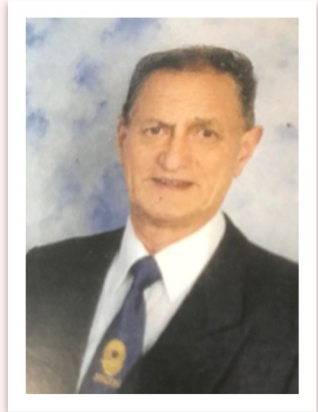
My name is James Mihaere, sometimes people call me Jim. I was born in NZ in March 1940, in Opotiki NZ.

Jim was married to Joan and they had two boys Dean and Lloyd. He has spent much of his life in Auckland. Jim enjoyed outdoor rural life. He also is a wonderful piano player and guitarist.

In 1957 Jim joined the Royal NZ Navy. This lead him all over the world. His strengths were Maths, Navigation and Electricity. In 1957 he became a Diving Instructor, bomb squad, mine and bomb disposal expert and could use unlimited amounts of explosive. He also worked with police and traffic department. He did three dives under ice in Antarctica.

Jim has lead a happy busy life and is now retired and resides at Hayman care home. Jim still likes to tinkle on the piano and he likes to keep busy. His family come often to visit, and he enjoys the company of staff and other residents.

Jim Mihaere



Note from the Care Home Manager

This newsletter will be published quarterly. Please ensure we have your e-mail address so we can send you all communication as and when it happens.

I would like to thank residents and families for participating in the flu vaccine programme, 95% of residents were vaccinated.

Just like with our external certification audit with no findings in August, we had a good first internal audit with CHT this month. The kitchen have also just had an external audit to ensure our new systems are sound and implemented.

Ngā manaakitanga/Blessings

Care Home Manager,
Christine Beukes

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