

Welcome

Autumn 2024

Welcome everyone to our Autumn newsletter. In the last three months there has been a tangible shift in pace, bringing a peaceful serenity to our beautiful care home. Part of that is the absence of contractors banging, hanging and clanging around the facility. Getting back to our new normal has had a cathartic effect on everyone.

It has been wonderful watching residents finding connections with each other through daily activities and making good use of recreation rooms. This cannot happen without an atmosphere which promotes safety, security and unconditional care for every person. Please enjoy our story and share your thoughts with us.

Activities and Celebrations

Lyn is very creative



We have recently welcomed Joanne Ahotau to our activities team. Jo has brought a fresh and exciting approach during the weekdays to support Carmelite at the weekend.

Residents have been enjoying the recent introduction of the full movie experience and look forward to the events twice a week.

With our new garden walkways completed, we have been refreshing our senses in the cool autumn air, walking and chatting and enjoying each others company.

Carmelite and Sheryl hosted a few residents to the Botany garden centre where they chose plants for the garden club.

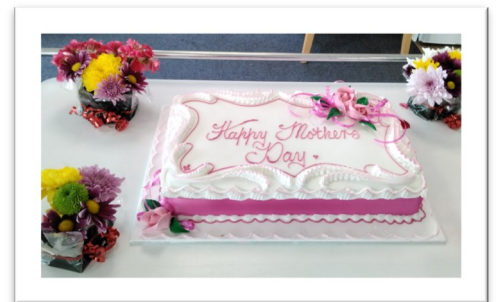
Mothers day was a success with a high tea prepared by our kitchen.

The ladies enjoyed making posies with flowers from our garden, which were displayed in lovely formation on the tables in the dining room, for everyone to enjoy.

A big part of our life at St Christophers are the entertainers who bring us together to sing, sometimes dance, laugh and share memories through music.

Every day is different. Some days we start with quiet reflection with Tai chi. Other days start with Julian our physio, putting us through boot camp and exercising us into shape. Whatever the mood Jo, Carmelite and the team are here to make it happen.

*A lovely cake for a special celebration.
Thank you to Vinod and family.*



Improvements and Initiatives

*Transformation in our Glen Ave
Entrance*



Recently staff and some residents assembled to welcome our CHT Board Members to view our refurbished facility.

Many commented on the warmth of the atmosphere and the general feeling of peace and wellbeing generated by our décor, our indoor/outdoor flow and our friendly staff. When summer arrives we will appreciate our covered patios and relax in our gardens

We are very happy with what we have achieved and credit must go to the residents who have supported the improvements over the last two years. Residents create the heart of the care home as it is *their* home after all.

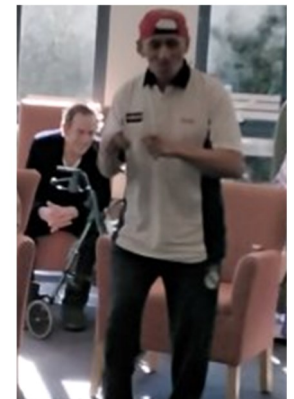
Resident Stories

Please allow me to introduce Sione Fakalata. Sione has been living at St Christophers since late 2022. He is lively, cheeky and brings laughter wherever he is.

Sione has had a colourful and eventful life. He was born in Tonga and has lived and worked in the gold mines in Australia and practiced as a diesel mechanic in the USA. He is very fit and likes to exercise with other residents as well as taking himself out for walks around the block and to the shops.

Sione loves to help others and stops to chat whenever he sees someone alone. He enjoys playing (and cheating) at cards and loves every kind of music, especially reggae. Here he is on the dance floor.....

Sione Fakalata



Note from the Care Home Manager

St Christophers is a place of peace in a world full of anxiety and chaos. It is a haven from stress and worry and a place that residents can truly call 'home.'

Where we call 'home' is different for every individual but pivotal to that feeling of warmth and serenity, is an unconditional acceptance of who we are and where we come from.

We are all at this point in time and space for a reason and we are bound together by fateful intention. That connection is what makes St Christophers tick.

Best Wishes
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