

## Welcome

Autumn 2024

Welcome to all of you—Residents, Family and Visitors—new and old.

I think while it is true that there is a tendency to feel the cold these Autumn days, we are still enjoying the crisp bright sunshine and our neighbourhood trees are putting on a wonderful display of red, amber, orange and even gold.

Residents going on outdoor walks are adding leaves to the displays on our Notice Boards. Come on to see for yourself and enjoy time here with the cosy underfloor heating and a hot beverage from our Suite Kitchens. It is always a pleasure to spend time together in our Care Home.

## Activities and Celebrations

*New Exercise Group with Residents supported by Frances Sinclair (Physio) & Elizabeth Howard (AC)*



Our Activities Team with Elizabeth, Cheryll, Darrell and Alice love what they do in supporting the residents in our care home. They develop a program to interest our residents and visitors, under the guidance of our CHT Lead Diversional Therapist, Lyn Dudley.

This past month we had time to reflect and commemorate Anzac Day with residents sharing personal experiences and memories of this time. Mothers Day was made special for all the ladies, with a flowering cyclamen plant and a chocolate as a gift to all our Mums.

The months ahead hold the excitement of cultural events, starting with a celebration of Samoan language and we will be enjoying special events around the Matariki public holiday. Food, dance, music, cultural nuances and origin stories will all be shared and enjoyed.

Bus Trips remain a popular event with six trips a month planned for Fridays. Any visitors or family are welcome to come along.

We welcomed five new volunteers this month and have also welcomed students from Unitec, Wesley and Auckland University, who will spend time chatting to residents over the next few months.

*BALLOON TENNIS—Nariman Chhor and Cheryll Lanuza (AC) having fun.*



## Improvements and Initiatives

*Medirest Team in action: Kala, Asha and Amelia at work*



This year our Winter Menu had a rigorous review with Resident, Family and Dietician input, leading to some exciting changes. Delivery of the Menu is only possible with the hard work and support of our Medirest Team. Please see the Menu boards to see the options and cultural additions to our Winter Menu. Visitors are welcome to book a meal and join us (payments are made at Reception or to a Nurse).

**LIFT REPLACEMENT:** Schindler and our Maintenance Team have managed the replacement of the old Delivery Entrance Lift in a seamless and efficient manner over the past 8 weeks. I am delighted to advise that Auckland Council are due to

sign this off soon and we hope to see it operational early in June.

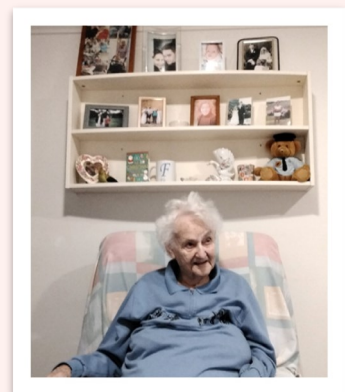
## Resident Stories

Florence was married to a taxi driver and had two children and has six very loved grandchildren

Florence chose a career to match her name as she trained as a nurse at a place called Fairly in Grey Lynn. She fondly remembers her days working at Fairly Hospital and how it got its nickname as the 'baby factory'. She says its because these were the days where there was no television and there was a population boom!

Florence takes part in many of the Activities and said she enjoys her time here at CHT St Johns and the new friends she has made.

*Florence Cate*



## Note from the Care Home Manager

Our Care Team are committed to making a difference each day and in building on the care we provide. Your feedback and ideas are vital in helping us shape this for you and I invite you to please use our Feedback forms which are available outside each Suite and to add your comments to the Surveys sent out by CHT.

Until we meet in person, take care, stay warm and well!

Ngā manaakitanga

Best Wishes  
Care Home Manager,  
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