# cht Te Awamutu newsletter

#### Welcome

#### Autumn 2024

Kia Ora Residents and Whānau

Welcome to the Autumn edition of our Care Home newsletter! As the chilly winds and cosy nights settle in, we have an exciting line-up of activities and events planned to keep everyone warm and entertained. I want to express my heartfelt gratitude to all the residents, staff and their families for creating a warm and caring environment. We recently celebrated CHT's 62nd birthday with a special event filled with joy and reminiscing. It is moments like these that remind us of the importance of our work and the positive impact we have on the lives of our residents.

### **Activities and Celebrations**

RSA Representatives at our



For ANZAC Day, we had representatives from the local R.S.A. join us which made it even more special. It's truly heart-warming to see our residents honouring and remembering the sacrifices made by those who served in the wars.

We had a resident who served in the Vietnam War read out the poignant poem "Flanders Field" which created a powerful and emotional moment for everyone present. It's incredible how the residents can come together and share their personal connections to the past, like the resident who has photos of her father who served in

World War 1. These stories and memories help us understand and appreciate the significance of ANZAC Day even more.

We introduced Indoor Mini Golf to the residents. It was amazing to see the joy and laughter that filled the room as they played. They reminisced about their younger days, sharing stories of playing mini golf with their friends and family. It was a wonderful opportunity for them to relive those cherished memories and create new ones together.

The indoor activity not only provided entertainment but also had therapeutic benefits. It encourage physical activity, hand eye coordination and mental stimulation. The residents were actively engaged and it created camaraderie among them.





# core homes Te Awamutu newsletter

### **Improvements and Initiatives**

Visits from Furry friends



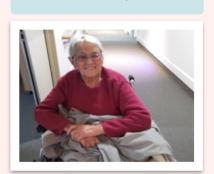
The residents were thrilled to see these adorable and friendly animals. Their eyes lit up with excitement as they interacted with the alpacas, patted the ponies and had a good laugh at the playful antics of the goat.

The atmosphere was filled with happiness and wonder, as the residents spent time getting to know these furry friends. They shared stories of their own experiences with animals, reminiscing about their childhood pets and the joy they brought into their lives. The visit from these adorable animals not only brought joy and entertainment, but also therapeutic benefits.

Interacting with animals has been shown to reduce stress, promote relaxation and improve overall well-being. It was truly heart-warming to witness the positive impact they had.

### **Resident Stories**

Colleen, raised in a small town called Whenuaura in Taranaki, is the middle child of three. She gained work experience in a café and draper shop in Patea. Together with her husband, Colleen raised three children on a dairy farm in the Taranaki area before they made the decision to move to a farm in Invercargill, where they resided for 13 years. Eventually, they returned to the North Island to continue their farming journey. After many years of hard work, Colleen and her husband retired to Te Awamutu and later relocated to Ngahinapouri. In her leisure time, Colleen en-



Colleen Taplin

joyed playing badminton during the winter and tennis during the summer. She has a passion for playing the piano. Colleen has had the opportunity to travel to various places, including Australia, Canada, Singapore, and Hong Kong.

## Note from the Care Home Manager

As we navigate the winter season together, lets remember to spread kindness, share laughter and create lasting memories. As the Manager of our Care Home, I want to reassure you that my door is always open, whether you have a question, a concern or simply want to chat, I'm here to listen and support you.

I am looking forward to getting to know you and working together to create a vibrant and caring environment.

Ngā manaakitanga

Best Wishes Care Home Manager, Manjinder Kaur <u>Manjinder.Kaur@cht.co.nz</u>