

Welcome

Winter / Spring 2024

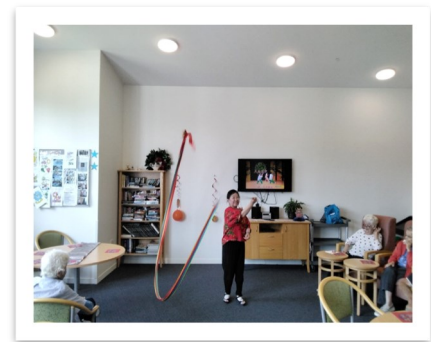
Kia ora, greetings to you all and welcome to our Winter/ Spring 2024 newsletter! Our residents are really enjoying the spring days where they can get out and enjoy some sunshine, bird activity and the smell of fresh beautiful flowers and blossoming trees. Our gardens and walkways are definitely more utilised and enjoyed during this time of the year and we have observed with interest how many residents have a favourite spot where they sit and enjoy the sunshine. In this newsletter we share some of the celebrations that have taken place over the past winter months.

Activities and Celebrations

Our residents celebrated Chinese New Year and Matariki Day by highlighting different cultures through local traditions, arts, music and dance.

These events promote inter-cultural exchange by inviting participants from different regions and cultures, which strengthens mutual understanding and heritage. By engaging in these celebrations, we preserve other cultures and their community identity.

Chinese Traditional Dance



Matariki Day



Matariki Day celebration highlighted traditional Māori songs, karakia (prayers), and waiata (spiritual songs). The sharing of whakapapa (genealogy) and Pepeha as a way of introducing yourself in Māori. It tells people who you are by sharing your connections with the people and places that are important to you.

Our residents enjoy making their own decorations for events and celebrations. They are able to share their creativity and artistic skills during décor making activities. These activities help to reduce anxiety, stress and negative feelings, by focusing on the task.

Residents making decorations



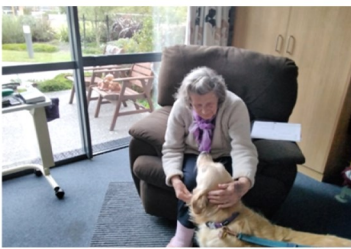
Pet Therapy



Improvements and Initiatives

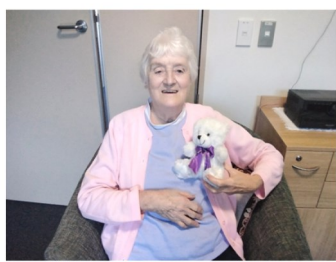
One way we enhance the quality of life and aid in health and wellbeing of residents, is a weekly Pet Therapy session with volunteer Robyn and Lola the dog. Benefits include providing companionship and it can often be a little mood booster.

By connecting in the local community we have volunteers come on board to share their time, skills and compassion. We appreciate their contribution to enhance our residents lives and sense of connection with others in the community.



Resident Stories

Thelma "My sense of humour has got me through a big life"



I'm Thelma. I was born in 1940 into a farming family located in Waikato. I loved the life on the farm, I used to feed the chickens, and harvest vegetables. I have three brothers and one sister. After leaving school I worked as a waitress in a hotel. I married at the age of 21 and had two daughters. We moved to Hamilton in the 1970's where I managed motels.

I am now married to Rex. With a positive attitude I recovered from bowel cancer. Rex taught me how to play pool and I was his partner in the pool competitions. I moved to CHT Acacia Park on October 2022. I love having a good laugh and humour with the staff.

Note from the Care Home Manager

Spring, the season that teaches change can be beautiful, as with the changes at Acacia Park. I hope you have had a chance to meet our new Care Home Administrator Nicky, she offers you a warm welcome at reception and is happy to assist you with any enquiries you may have.

I am now working between two lovely CHT Care Homes, Bernadette and Acacia Park, however I am still available and you are very welcome to contact me by phone or email.

Thank you to everyone for the wonderful support we enjoy from our families.

Best Wishes
Care Home Manager,
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