

Welcome

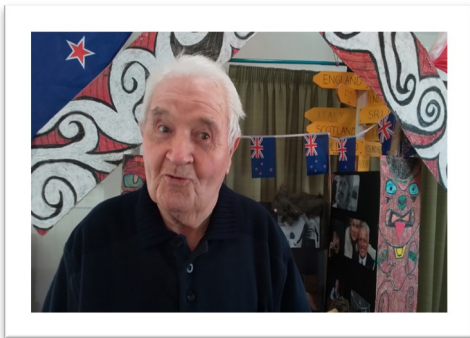
Winter/ Spring 2024

Welcome to our Winter/Spring newsletter. It is so lovely to see the golden sweeps of daffodils and the pink petals of blossoming trees attracting the tuis and adorning local pathways and cars as they flutter to the ground.

This newsletter is my first as the manager of CHT Beachhaven. I have been working in aged care for 40 plus years in a range of facilities and for different organisations. I also have palliative care experience, having worked in a local hospice for a number of years. With four children and thirteen grandchildren, the latest grandchild being born just a short while ago, family life is busy. I am also a Beach Haven local and hence the area and community is very familiar to me.

## Activities and Celebrations

*Brian with the marae stand that was part of the Cultural Day celebrations*

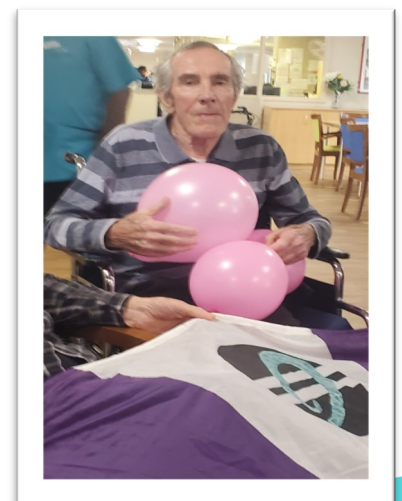


We have had much to celebrate and enjoy with our residents over the past weeks and months. Being person-centred means we attempt to include our residents in all that we do.

Cultural Day was an opportunity to enjoy each other's history and identity. Here we see Brian standing in front of our staff-made "Marae", celebrating Māori culture.

During a parachute activity, we propelled balloons up into the air. Each resident used their motor skills to interact with the balloons, including Alistair, who enjoyed collecting them when they came his way.

*Alistair enjoying the parachute game*



Other activities have included our visiting cavoodle (King Charles Cavalier/Poodle cross) named Ruby. Ruby is a therapy dog. A delightful time was had by all.

Inter-unit sports give residents a chance to meet with residents from other care homes. During a ten-pin bowling activity, residents showed us their skill and accuracy. We were all very impressed!

## Improvements and Initiatives

*The reception area under renovation*



Currently, you will notice an army of contractors scrambling across the roof replacing tiles and colour steel before water blasting to remove lichen and other flora adorning the top of the facility. Others are lightening up the front entrance as they cover iconic Lockwood with gib before painting the area. Tui wing is also getting a bit of a spruce up with the dark ceiling being painted to give the area a more open feel.

In a few months' time work will commence on the kitchen upgrade.

We apologise for any inconvenience caused by this work, but hope that you will be pleased with the finished result.

## Resident Stories

My name is Ross Shepherd. I am 97 years old. I will be turning 98 on December 30. I was a farmer for 18-20 years, around 20 kilometres from Whangarei, this involved milking cows and taking care of things around the farm. I have had good health until the latter part of last year and have been living for 6 months at CHT. I was initially unsettled, with limited opportunity for conversation, but after a few months, it became my home. Staff and residents became my family. I enjoy reading the newspaper and a good book; even talking about books is quite good. I like to keep active with exercise and a good walk outside. I don't like television very much, but radio is good to listen to, especially news programmes. My words of wisdom to share: Lead a sober life to the Glory of God. Don't chase rainbows; be simple. To be happy one does not need to keep up with the Joneses.

*Ross Shepherd*



## Note from the Care Home Manager

During my first few weeks at CHT Beachhaven, I have had the opportunity to meet a number of family members and am gradually learning all the residents names and their very varied personalities. I hope to meet more of you in the not too distant future.

It has been heart warming to learn that so many appreciate the wonderful care the staff provide and to hear from the mental health team at North Shore Hospital that they feel the care provided is of a "gold star" standard.

Ngā manaakitanga

Best Wishes  
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