

Welcome

Winter / Spring 2024

Kia Ora Residents and Whānau

A very warm welcome to our residents and families in this CHT David Lange Winter/Spring newsletter. The cold breeze of winter seems to still linger as we welcome the new season of the year.

Our team is excited to share our wonderful activities and celebrations our residents have celebrated recently.

## Activities and Celebrations

We are thrilled to share the events our residents have celebrated over the past three months, bringing joy and cultural connections to everyone involved.

*Mid Winter Celebration*



July: Mid-Winter Celebration

We brought warmth to winter with our Mid-Winter Celebration. Reggie and Ellie filled the room with music, creating the perfect atmosphere for a delightful traditional lunch enjoyed by all. We also kicked off Tai Chi classes led by our new instructor, Joel, promoting gentle physical activity for everyone.

August: Language Celebrations

August featured an amazing music show showcasing the sounds of Rarotonga, performed by Tere Mareraki in honour of Cook Island Language Week. For Tongan Language Week, we provided activity booklets with Tongan art and organised painting sessions. Residents and staff alike enjoyed a fantastic cultural performance by Liukava, bringing the spirit of Tonga to life.

September: Father's Day and Māori Language Week:

On Father's Day, we celebrated with a special Happy Hour featuring live music for all the fathers, who received personalised mugs as tokens of appreciation. During Māori Language Week, we honoured Māori culture through various activities, arts and crafts, and a beautiful performance by Mike, who entertained us with traditional songs and poi dancing.

*Maori Language Week*



## Improvements and Initiatives

*New picnic area in the garden*



We have an old tree in our garden that began to grow its roots above the surface, causing some damage by breaking and pushing up the pathways. Thanks to the wonderful efforts of our garden maintenance team, we were able to save the tree from being uprooted and successfully removed the broken pathways in that area.

As a result, this has given birth to a lovely new picnic area in our garden where residents can enjoy the outdoors. Everyone is thrilled that we will still be able to admire the beautiful flowers of this magnificent tree this Spring!

## Resident Stories

Frank and Valerie, married for sixty-one and a half years, expressed their gratitude for the supportive environment. Frank shared "We are happy we are able to strengthen this bond together with the staff greatly looking after us. I am so glad that Val and I can spend time together in our room and at the dining table. We are very close." He continued, "Here at the rest home, we have the opportunity to meet different people and engage in conversations with them. We truly enjoy being around others and find that we get along well, both as individuals and as a couple. We can discuss things together and with others while we're here. Our faith is important to us, so we appreciate having our own time and space for prayers. We would encourage other couples to come here as well."

Valerie added, "I am happy sharing the same room as my husband. We are able to enjoy our meals together, sitting side by side. We feel fine and happy here." Their reflections highlight the joy of shared experiences and the importance of togetherness.

*Frank and Valerie Kerrigan*



## Note from the Care Home Manager

I would like to personally thank the family members who had attended our last residents' meeting. The ideas and thoughts that you have shared are essential in improving the experiences of our residents and loved ones at CHT David Lange Care Home.

Three more months remaining before we end 2024. The holiday season soon be knocking at our front door. Please stay tuned to the invites that will come to your emails in regards to CHT David Lange's Christmas Celebration. Ngā manaakitanga

Best Wishes  
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