

Welcome

Winter / Spring 2024

Kia Ora residents and whānau, and welcome to our Winter/Spring Newsletter.

We extend a warm greeting to our new residents who have recently joined the CHT Hillcrest whānau; we hope you are settling in well. The days are becoming longer and the nights shorter, temperatures are becoming milder, and flowers are starting to bloom. The refreshing breeze of spring is in the air. This season is perfect for our residents to enjoy the outdoors and get some fresh air, as the pleasant weather encourages them to explore the garden on sunny days when it's not too chilly. There have been some exciting developments at CHT Hillcrest, and we look forward to sharing some uplifting stories with you.

Activities and Celebrations

Market Day



In June, our Hillcrest Market Day was a great success, highlighting the creativity of our residents along with the support of dedicated community volunteers and staff. The event showcased crafts made by residents, professional photography, and tasty snacks available for purchase. We also celebrated Matariki, the Māori New Year, with a week filled with cultural and educational activities. To conclude the festivities, our residents enjoyed a special lunch that featured traditional Māori dishes such as fried bread and boil-up.

July brought us a cozy winter film day, complete with snacks and drinks. We delighted in watching "Happy Feet 2" in the morning, followed by "Eight Below" in the afternoon, creating a wonderful day of entertainment. Additionally, we embraced the warmth of pet therapy with visits from Charlie the poodle and Poppi the puppy.

August marked International Cat Day, and we took time to honour our beloved Mascot and Friesian, who bring so much happiness to our facility. We also celebrated Tongan Language Week by crafting traditional Tongan fans and exploring the rich culture and language. We are deeply grateful for the community members who provide monthly spiritual services, including MCGI Cares, Seluselema Fo'ou, Rapture, and Josepha Church. Their visits are truly cherished by our residents, offering comfort and a strong sense of connection.

International Cat Day



Improvements and Initiatives

We are proud to announce that eight of our team graduated from the Workplace Communication Training program, which covers essential topics such as Communication Skills, Assertiveness Training, Cultural Awareness, the Importance of Tone, and other useful skills. Participants reported gaining confidence and the ability to interact effectively with colleagues, residents, families and whānau.

Graduation



It was heart-warming to hear the positive impact the course had, as participants shared how it enhanced confidence and improved their working relationships. Encouraged by the success of this initiative, we are excited to be running another course in September, and seven staff members have already taken the initiative to enrol, eager to step out of their comfort zones and gain the benefits experienced by those who recently graduated.

Resident Stories

Kathy, is a cherished resident of over five years. Originally hailing from Te Kopuru, not far from Dargaville, she fondly remembers her childhood, spent with her 11 siblings, with memories of visits to the local marae, attending tangi and family gatherings, the warmth of family connection, the freedom to explore the local hills and travel to the beach on horseback to gather mussels, kina, pipis, and fish.

Kathy and her family moved to Auckland, then Gore, where she met her husband and welcomed two sons. Kathy cherished her time in Gore and hopes to return someday for a visit. Professionally, Kathy enjoyed a fulfilling career at Westpac on Queen Street in Auckland, where she worked until her retirement. Her rich life experiences and fond memories continue to inspire those around her.

Kathy



Note from the Care Home Manager

We are thrilled to welcome Brenda Hill (Care Home Administrator), RN Jomark Diquit, and care staff members Arleen Kaur and Kumud Attri to our team! We believe that their unique talents, skills, and enthusiasm will be invaluable assets as we continue our mission to provide exceptional care to our residents. Welcome to your new professional home! We're excited to embark on this journey with you. Ngā manaakitanga

Best Wishes
Acting Care Home Manager,
Suja Varghese
Suja.varghese@cht.co.nz