

## Welcome Winter / Spring 2024

As Winter fades and Spring arrives, we're excited to share this vibrant season with you. Spring represents renewal and growth, and we look forward to the warmth and opportunities it brings to our care home community. This newsletter highlights recent updates, special events, and memorable moments. Thank you for being a vital part of our community. Here's to a joyful, blooming spring filled with cherished connections!

### **Activities and Celebrations**

Celebrating Pacifica Day: A Vibrant Tribute to Culture and Community



Our Recreational Therapy Sessions are designed to enhance the physical, emotional, social, and cognitive well-being of our residents, promoting full participation in life. Our residents have enjoyed a variety of engaging activities, including delightful van trips to Laingholm Beach, Mission Bay, Castor Bay, Takapuna, the Winter Gardens, and the Matariki Night Lights along the City and Harbour Bridge.

We also had the pleasure of a Pet Therapy visit from Pet Vibes, where residents reminisced about farm life with the company of friendly farm animals and birds.

Our Cultural Activities were a highlight, with celebrations on Cultural Diversity Day featuring performances from Bali dancers, Pasifika dancers, and the Hawaiian Ukulele Accord Band, as well as music from the Hillsborough Height Choir, Sentimental Sounds and entertainer Chris. Our multicultural staff brought vibrant dance performances from Cook Islands, the Philippines, Fiji, Samoa, Tonga, India, and South Africa.

Weekly Happy Hours continued to be a favourite, with trolley runs delivering drinks and nibbles to residents who couldn't join us in the lounge. Special celebrations included Mother's Day and Father's Day with morning teas, chocolates, and personalised gifts, a surprise red-carpet birthday party, Mid-Winter Celebrations with a musical concert and special lunch, and themed events like Carnival Day and Daffodil Day. For spiritual well-being, we offer Catholic communion and Sunday Church Services twice a month.

As we embrace the onset of spring with a visit to the beautiful Winter Gardens, we remain committed to personalised, person-centred activities, fostering joy and connection within our community.

Honouring 104 Years: A Special Birthday Celebration





### Improvements and Initiatives

Introducing Our Container Kitchen :
A New Culinary Adventure



We are excited to announce significant improvements and upgrades to our kitchen, lounge, reception, and office areas, with the installation of a temporary container kitchen during this transition. While these refurbishments come with their challenges, we deeply appreciate your support and understanding as we navigate this process. We are confident that these enhancements will greatly benefit our community, and we eagerly anticipate the final results. Thank you for your patience and cooperation as we work to create an even more welcoming and functional environment for everyone.

#### **Resident Stories**

Let's greet Yvonne Dabb, who has been a valued member of our community since 2023. At just 15, Yvonne began her journey with the Girl Guides and quickly took on the role of a Brownie leader, dedicated to empowering young girls through fun, adventure, and friendship. Her passion for reading is evident from her time as a bookshop retailer, and her love for books remains strong. Yvonne has a deep-rooted enthusiasm for gardening; each morning, she faithfully waters her plants and converses with them, sharing her tips and tricks for maintaining their health. She finds joy in being surrounded by nature, often seen reading a book in the garden and inviting fellow residents to join her in gardening, which she

Yvonne Dabb



views as a therapeutic activity. Yvonne is supported by a caring network of family and friends who regularly visit and spend time with her.

# Note from the Care Home Manager

Thank you for your invaluable feedback and compliments. Your input is crucial in helping us enhance our services and strive for continuous improvement. We encourage you to keep participating in our surveys, as they provide us with important insights to better meet your needs. We are delighted to welcome new members to our team: RN Samini, HCA Hiren, and HCA Biana. They bring enthusiasm and expertise that will further enrich our care and community. We look forward to continuing to work together to ensure a wonderful experience for everyone.

Ngā manaakitanga

Best Wishes
Care Home Manager,
Jinu Thomas
Jinumon.thomas@cht.co.nz