

Welcome

Winter / Spring 2024

Kia ora! Tēnā koutou! Greetings to you all!

As the days get longer and the flowers begin to bloom, we are excited to embrace the vibrant energy of Spring. Spring symbolises renewal and growth, a time to reflect on achievements and set new goals. In this edition, we'll share inspiring stories, events and updates from CHT Lansdowne.

The Spring /Summer Menu has now commenced. Incoming activities include Māori Language Week, Spring Garden Festival, Fiji Day, Elderly Day, Old Hallows Eve, Christmas Luncheon and Christmas concerts.

Whilst Shabnam is on maternity leave, Lucky Chowdary is our acting Clinical Coordinator.

*Showcasing cultural diversity:
Philippine Independence Day*



Activities and Celebrations

Activities planned reflect the four cornerstones of Māori health: whānau (family health), tinana (physical health), hinengaro (mental health), and wairua (spiritual health). The Activities team collaborates closely with residents to create meaningful experiences that foster a sense of involvement and community.

Cultural activities play a significant role in promoting connection, awareness, and personal expression. Residents have expressed great interest in our cultural-themed days.

Sit down exercise and Zumba dancing



Our team has also emphasized the importance of physical exercise for maintaining overall health and wellbeing. We offer daily Tai Chi and seated exercises in the rest home and hospital lounge, followed by current events and news sharing.

Additionally, our Wellbeing Champions incorporate Zumba dancing, and many staff members, residents, and their whānau have joined in regularly. This has fostered greater engagement between staff and residents, allowing everyone to socialise beyond the care aspect of our services.

Improvements and Initiatives

Cultural menu



As part of our quality initiative, we require all personal clothing items to have an identification label to ensure they are returned to the correct resident. It is essential that all personal clothing and bedding have a CHT label attached to the garment.

With the supervision of the dietician, we have integrated a cultural menu as one of the options in a lunch meal. These varies from Indian, Mediterranean, and or Chinese. The care team assist the residents in choosing their meal of choice.

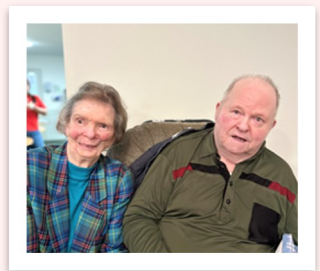
Resident Stories

Allan and Elizabeth have been happily married for 50 years. They have lived in Howick/ Pakuranga area. Alan is well travelled. He worked as a travel agent for 18 years in N.A.C. and 18 years in the Automobile Association. They spent 3 months in Europe and where Allan recorded his trips. He had been on a boat cruise 4 times.

They have a farm in North Otago called Edie Vale Farm, named after Allan's grandfather. Allan came to CHT Lansdowne in 2021 due to his declining health. Liz visits regularly and they watch DVDs of their previous travels.

Both participate actively in the cultural and sit down exercise activities in the care home.

Allan and Elizabeth



Note from the Care Home Manager

I want to express my heartfelt gratitude to the CHT Lansdowne staff, whānau, residents, and volunteers. Your support and engagement have truly made a difference in the lives of our residents.

As always, if you need assistance, have any concerns, or simply wish to share a compliment, please feel free to see me or drop me a message.

Happy Spring!

Ngā manaakitanga

Best Wishes
Care Home Manager,
Ricci Ybanez

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