

Welcome

Winter / Spring 2024

Dear Residents, Families & Friends,

This is our last seasonal newsletter for the year. Life continues in a tranquil mood with residents largely protected from the bustle, tensions and dramas of the outside world. We aim for a place of peace and tranquillity, devoid of worries as much as we can, a home away from home.

Occupancy continues to stay high and we are mostly full with a waiting list. Staffing is also steady. New staff, when we have them, often come with prior experience, some are also working at other CHT facilities, others are Internationally Qualified Nurses (IQNs). Healthcare students are also learning here and while we remain mindful of everyone's rights, the individual response from residents has been largely very positive. We are all looking forward to the warmer months ahead, including Christmas and the New Year.

Activities and Celebrations

Jeanne & Naomi are all smiles with the 328 words found by the group from the word Perambulation



Along with Bingo and live entertainment, Word Guess remains high on the list of favourite activities. Each week Activity Coordinator Holly hunts for another long word to challenge the group. See photo of Naomi and Jean (in matching stylish black outfits) posing with the results of our record-breaking Word Game: 328 words! The whiteboard became a glorious mess as we ran out of room for all the words. It was great fun, and the challenge is on for future word games.

Morning exercises are now held in the dining room and this is providing a better space and a better turnout. To keep up residents strength and balance, each session starts with specific exercises with the aim to help reduce risk of falling. A variety of YouTube video sessions follow to keep the sessions fresh and lively.

Morning Exercises



Mehzabeen is our senior Activity Coordinator and she has spent several years studying, qualifying earlier this year as a Diversional Therapist. It is her planning (together with Holly) that produces the weekly activities calendar. We are seeing residents outdoors more often especially on the warmer days. Our garden path continues to be well used with regular organised garden walks or by a high number of individuals choosing to have a stroll.

Mehzabeen



Improvements and Initiatives

*Two of our wonderful kitchen ladies
Sofia (Cook) and Suk (Kitchen Assistant)*



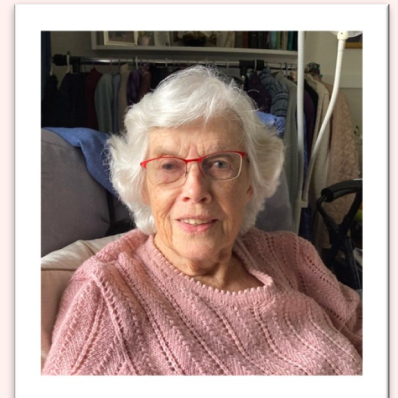
Life wouldn't be the same if we ate TV dinners or takeaways all the time. Our rotating team of kitchen staff are dedicated to providing the residents with fresh and enticing meal options. Adding to this is our twice yearly menu change for Spring/Summer and Autumn/Winter. The kitchen staff realise how important it is to provide meals that are nourishing, hot and with that 'home cooked flavour'. Suk's scones and other treats are winners.

Urban Leaf continue to be our choice of contractors for our gardens. Since they took over our gardens and lawns have been well kept.

Resident Stories

Naomi grew up in Rangiora, where her father was a pharmacist. She still treasures memories of living in a country town, particularly pouring fresh cream over the dessert. Naomi met her future husband Ron Dick there. They married when she was 22 and she joined Ron in Auckland. Like her father, Ron was also a pharmacist and they had two children. Naomi and Ron also shared an interest in property and renovating. "Overall we'd owned 25 houses and lived in 18. I used to love spending days renovating and decorating them, ready to resell." Naomi's philosophy is to remember to be grateful. Regarding the menu Naomi said, "Whatever you're making I'm happy to see it. It's good food and the everyday menu is well chosen".

Naomi



Note from the Care Home Manager

As the end of year approaches our focus is drawn towards Christmas and our end of year Residents' Christmas Party. We can accommodate two family members per resident and the date is set for Wednesday 11th December from 11am. We will be providing a buffet lunch and live music. Pre-lunch is always a full programme with Christmas carols, residents' fun certificates of achievement and Mr & Mrs Christmas handing out presents with the help from the lively staff. Dress up and a big smile is a bonus. Come for the party. More details to follow.

Ngā manaakitanga

Best Wishes
Care Home Manager,
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