

Welcome

Winter / Spring 2024

There is a beautiful song written by Bob Dylan. It is called "Forever Young", and is intended as a fathers expression of his hopes and aspirations for his son and his future.

As I listen to the lyrics I reflect on how important parents are in shaping our lives. I want to share this with you as a metaphor for the journey taken by our elders and the residents at St Christophers. Those who have come before us have shaped our present through their persistent endeavours to create a secure existence for themselves and future generations. Our hopes and dreams are realised in those who come after us and our dreams are only limited by our imaginations.

St Christophers is a place where imagination is nurtured and valued, as an instrument to connect us with our goals and dreams.

## Activities and Celebrations

*Maui is creating a culinary delight*



There is no reason why living in a care home environment should prevent anyone from reaching their full potential. Residents may face challenges, and opportunity for expression of autonomy is paramount.

Independence and self determination take many forms. Our activity team work with residents to ensure they are heard, their strengths are acknowledged and their choices are supported

We have recently commenced writing "our life's journey", with the assistance of the activities team.

There is considerable interest in this activity and we have learned much about each other. Reflecting on what has brought us to this point in our lives; even if we cannot remember some parts, or if our memories are distorted by time; we all have a story to share or a song to sing, and the right to be heard.

*Monica and Jose reminiscing their life*



Remembering times with our parents at the Winter Gardens in the Auckland Domain.

Dining in the café, feeding the ducks, walking through the gardens with the magical lilly ponds and statues, inside the glass house. Here we are having a cuppa in the café.



## Improvements and Initiatives

*Ram enjoying a delicious lunch with his daughter Meera.*



How can we improve on a care home filled with laughter, love and companionship? We have two main commitments which we are currently focussing on to improve resident welfare and foster self direction.

Julian, our physiotherapist, visits once a week for 4 hours. He fits in a lot in those 4 hours and we want to be able to maximise his time so we are reviewing our processes.

We are also working through ways to improve the dining experience and have started weekly hot breakfasts. Friday was our first of many more to come.

## Resident Stories

We are delighted to have **Jagdish Patel** share his story with us. "I was born in Kampala in Uganda as my family migrated there from India in late 1800s. I am the youngest of 3 siblings. I learned to speak Swahili and Gujarati. My mother was a housewife and my Dad worked in the oil industry. In Uganda in the 70s, people were divided under a dictatorship. Our family came to NZ in 1979 via Britain where we lived for about 2 years, until we decided to come to NZ for a peaceful life. I worked in customer service for the NZ government."

Jagdish recently enjoyed Fathers Day with his close family in one of our sunny lounges. He has kindly shared this photograph with us.

*Sharing time on Fathers Day.*



## Note from the Care Home Manager

*May your hands always be busy  
May your feet always be swift  
May you have a strong foundation  
When the winds of changes shift  
May your heart always be joyful  
And may your song always be sung  
May you stay forever young*

We are looking forward to connecting with each other in the coming months ,as the days warm up and we witness the awakening of spring.

Until then—"May you stay forever young."

Best Wishes  
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