

Welcome

Summer 2025

Kia Ora and welcome to our Summer edition of the CHT Royal Oak Newsletter. Firstly I would like to welcome our new residents and whānau/families. We hope you enjoy living here. It is a privilege to be involved in caring for your loved ones and being entrusted with their care. Thank you also for your support towards your family member, the facility, other residents and also the staff. Care is a two way street which we all benefit from. Our Christmas celebrations and decorations were a treat in December and there has been a lot of good cheer that we are carrying forward to the months ahead. The facility is excited about the activities planned for the year ahead. If you are not receiving a copy of our weekly calendar by email then please let us know. Our 2025 goal is to bring fun as well as meaningful activities to both residents and staff in the coming months.

*Jean, John, Alison and Tony
with a new memory game
designed by Alison & Jean*



Activities and Celebrations

Our residents Alison and Jean are keen on mindful colouring, and have used these skills to help create a new memory game. The images are all photocopies of pages they have coloured. This one is nature themed, and it's been so great to have a fresh set of pictures that we're thinking of making more memory games, perhaps a different one for each season. Also pictured: keen memory game participants John and Tony. **Celebrations:**

*Pictured: Thelma, Ross,
Tony, Naomi*



The Christmas holiday season has come to an end, but the spirit of the 2025 new year is Flourishing. As we enjoy Summer and it's delightful benefits we are conscious how important it is to keep everyone hydrated. Our residents are treated with ice blocks, colourful drinks and other Summer delights. During the warmer months we are also enjoying BBQ lunches to embrace the outdoors. BBQ food is prepared by our head Chef, Sofia and the residents have the option of sitting outside or in the dining room. Some will never venture out. **Exercises Sessions:** Our morning exercises sessions are well liked and we have a variety of exercise programs to keep it interesting. Throughout the week, residents exercise sessions start with warm up movements, working with light weights plus dancing with music riddim (chair dancing). Each exercise session is structure in a method that stimulates, maintains and further develops muscles strength to individual levels. Our activities team source out videos and research programs that help and assist with exercise sessions. The team looks for resources to enhance our residents health and wellbeing. Activities weekly mailout to families and friends: the structure of the exercise sessions are published, along with other simulating activities.

Philip working out on the Eccentric cycle.



Improvements and Initiatives

Bus outings continue to be a feature most weeks and a lively calendar of special events are ahead. These include celebrating Chinese New Year, Waitangi Day, St Patrick's Day, Easter, ANZAC, Mother's Day, Matariki, Mid-Winter, Cultural Diversity, Father's Day, Welcome to Spring, International Day of the Older Person, Melbourne Cup, Christmas and birthdays. Suitable residents have begun an eight week strengthening program called **Eccentric Cycling**. This is a study by AUT tracking improvements with fitness, balance and lower limb muscle strengthening with 10-15 minute eccentric cycling sessions. All very exciting.

Resident Stories

John was born in 1952. Sadly he sustained a brain injury at birth which left him with a physical and intellectual disability, however he has made the best of the cards that he was dealt. Some of John's sayings to live by include: "Nothing is as it seems and you can't rely on normality."

"Humour and good manners gets you a long way in life." "A keen interest in others and their welfare is a great attribute." "Hard work earns reward." "Food and good cheer are essential."

In his younger years John had an extensive collection of 78 rpm records. He now has a scrap book, enjoys television (especially watching Trackside), chatting to his brother or sisters or hosting one of his 7 nieces and nephews or 11 grand-nieces/nephews.

John adds, "I absolutely love it here".

John Inglis



Note from the Care Home Manager

Many of us recall how time seemed to go so slowly when we were a child, especially when we were waiting for some exciting date such as school holidays or sometimes counting down the days to when we could go back to school. Also the anticipation of one's birthday. Now time seems to go so fast before we've had time to blink. The year is already marching at a brisk pace and hence celebrating our individual and collective joys is so important. We are always mindful to celebrate each resident's birthdays (for the majority who still enjoy this celebration). Although less excited about the new age and all that it entails, birthdays can still be enjoyed. Wishing you all a Happy Birthday in 2025 too.

Ngā manaakitanga

Best Wishes

Care Home Manager,

Nicki Wallace

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