

Welcome

Summer 2025

Welcome to our first newsletter of 2025

In this beautiful country of ours, summer is a time of enthusiastic optimism, driving us outdoors to engage in meaningful pursuits and new adventures.

Embracing an enchanting morning, with mindful awareness of a clear blue sky and a magnificent sunrise, can bring out the best in all of us.

Happiness and contentment are simple emotions to harness, when we are in the right environment and head-space, to greet whatever the day may bring.

Socialisation for the mutual benefit of everyone, nurtures our feelings of trust and kindness toward each other. This is the tangible expression of CHTs value of Compassion.

Activities and Celebrations

Here, Mary is tending to the capsicums and tomatoes



No NZ summer is complete without several Barbecues and a lot of sausages, tomato sauce, and salad.

Our gardening club are doing a magnificent job of nurturing us through some home grown vegetables which are lovingly prepared by our chef, Juliano.

Please check out our watermelon patch, tomatoes, capsicum and the big leafy greens outside the kitchen.

Our much loved 'movie time' sessions are continuing due to resident demand. What a wonderful invention ice blocks are, for keeping fluids up in this hot weather, and providing us with memories of summertime movies with our friends.

Browsing and socialising at the Baptist op shop



One of our sessions has been replaced with outings and we are running two a week in the warmer weather. Destinations are chosen by residents and organised by the activity team with regard to places that hold meaning for residents or represent places of interest for new adventures.

Improvements and Initiatives

A cardio drumming fitness session



The wairua (spirit) which flows through St Christophers is nourished by the hapu (community) who live work and visit here.

Caring for the carers is just as important as providing great care for the elderly. CHT has developed a dynamic programme for employee wellness with Sheryl, Carmelite and Tuini as our site champions.

Every month they challenge us with new activities so we can remain well and fit, and keep our hearts open to care with compassion and kindness.

Resident Stories

My name is Monica Margaret Bryce. I reside at St Christophers.

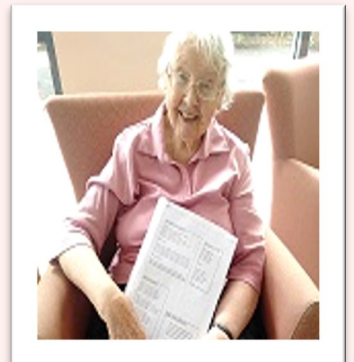
I have been here for about 40 weeks.

I lead the prayer liturgy group held on Tuesdays.

This has been going for around 2 months.

I love that I am given the opportunity to put a group together for people who would like to listen or share, get together and sign hymns, and discuss reflections about verses that we read from the bible. I enjoy playing bingo, the weekly entertainment and movie of the day. We all enjoy colourful ice blocks after the movie and when the weather is hot.

Monica M Bryce



Note from the Care Home Manager

How much do we miss when we don't pay attention? How do we perceive the feelings of those around us ?

When we are mindful, our lives are enriched by a continuing sense of discovery and our hearts are open authentically to true compassion.

Transformative care comes from paying attention, and continuing to cultivate our values in harmony with each other and our environment.

Best Wishes
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