

Welcome

Winter 2026

A warm welcome to the latest edition of the CHT Parkhaven newsletter, and a special welcome to our new residents and their families. We hope you're settling in comfortably and already feeling at home in the Parkhaven community.

We're also delighted to welcome several new members to our team: Satnam Gill, Rupinderjit Kaur, Radika Sami, Suman Singh and Elena Sau. We look forward to supporting them as they settle into their roles and become part of the Parkhaven community.

We hope you enjoy reading about some of the highlights we've shared together over the past few months.

Winter reminder: As we move through winter, please help protect our residents by postponing your visit if you're unwell, practising good hand hygiene and following any guidance from our team. Thank you for helping keep our communities safe.

Activities and Celebrations

**St Patrick's Day**

Residents embraced the spirit of St Patrick's Day with plenty of green and a touch of Irish luck. Mr Tetuahere delighted everyone by dressing in an Irish costume specially prepared for the occasion.

The kitchen added to the celebrations with a traditional Irish lunch of shepherd's pie with sautéed cabbage and silverbeet, followed by apple tart and ice cream, which was enjoyed by all.

Easter celebrations

Residents enjoyed a variety of Easter activities, including egg painting, an Easter egg hunt, quizzes and Easter-themed bingo. Alongside the fun, the activities also provided opportunities to reflect on the spiritual significance of Easter. Traditional hot cross buns on Easter Sunday completed the celebrations.

Mother's Day

Mother's Day was celebrated with a special afternoon honouring the wonderful women in our community. Residents received boxes of chocolates and enjoyed a high tea prepared by the kitchen, while mothers from the local Samoan church and family members joined the celebrations.



Improvements and Initiatives



Gardening and the outdoors

Over the past few months, we've expanded opportunities for residents across the care home to spend more time outdoors. After identifying a group of residents who enjoy gardening, we introduced a range of outdoor activities and improved access to our garden spaces during the day.

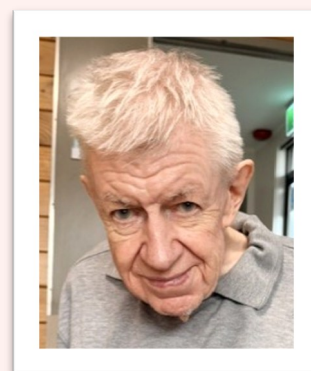
Residents now enjoy regular garden walks, watering plants, tending the vegetable gardens and helping care for the grounds. These meaningful activities encourage residents to stay active, spend time in nature and enjoy the many wellbeing benefits of being outdoors.

Resident Stories: Meet Peter

Peter joined the CHT Parkhaven community in January 2026 after a remarkable 54-year career as an independent wine connoisseur. Over the years, he developed a deep knowledge of wine appreciation and also contributed articles on the subject.

These days, he enjoys keeping in touch with friends by email, playing card games and catching up on local news. A committed Christian, he also attends the weekly church service, enjoys singing hymns and occasionally leads prayers.

Settling into Parkhaven took a little time, but he is grateful for the kindness and support he has received from the team. He especially appreciates the staff taking the time to get to know him, share a laugh and help him feel at home.



Note from the Care Home Manager

Thank you to everyone who takes the time to complete our Customer Satisfaction Survey. Your feedback is greatly appreciated and helps us continue to improve the care and services we provide.

Over the past few months, residents have enjoyed a wonderful programme of activities, outings and celebrations, and it's been lovely to see so many people taking part. Thank you to our residents, families, volunteers and staff for helping make Parkhaven such a welcoming and vibrant community.

We look forward to creating many more memorable moments together in the months ahead.

Best wishes,

Stella Ma
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