

Address: 86 Friesian Drive, Mangere 2022 Phone: (09) 275 8349 Fax: (09) 275 8347 Email: hillcrest@cht.co.nz

Welcome Note

Autumn 2022

Kia Ora Residents and Whānau, welcome to our Autumn newsletter.

It was a challenging time for all when COVID-19 transmission occurred in the Unit in February and March months, but we are very proud of how well CHT Hillcrest team managed the outbreak. We are pleased to have welcomed back visitors and I would like to take this opportunity to appreciate the families who supported us and to thank you for being so adaptable over this challenging time. We will continue to remain vigilant and continue to take extra precautions to protect the residents in our care.

Welcome new staff Segreta (Healthcare Assistant), Sulieti (Healthcare Assistant) and Ashunta (Registered Nurses) who joined us recently.

Activities and Celebrations

Easter Week Celebration



I hope everyone has had a lovely Easter break! Residents were very happy to receive Easter chocolate eggs on Easter Sunday. This year we were not able to invite local primary children to celebrate Easter with our residents, however our Activities Team planned Easter crafts and Easter egg painting instead. Residents have been busy making bunny masks for themselves to wear which turned out to be so much fun.

Balance group sessions were held on Tuesday mornings weekly for residents in Amaryllis, Daisy and Frangipani wings and another exercise group was held on Friday mornings for residents in Hibiscus, Magnolia and Rose wings.

Our planning ensured safe physical distancing and enabled residents to participate in the exercise sessions within their bubbles, all supported by physiotherapist Beeta, who has returned back to us since Sam left.

Our latest residents meeting was on 12th April. It was a good meeting, thank you residents for sharing your valuable feedback with us.

Residents Exercising Groups



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Improvements and Initiatives

New Exercise Ti Rakau Stick Game



We are interested to try new activities that will be beneficial and meaningful for residents. We use the Māori health model (Te Whare Tapa Whā) as a guide, ensuring activities will maintain Taha Tinana (physical wellbeing) and Taha Hinengaro (mental wellbeing) for all cultural groups. Ti Rakau (Māori wooden stick game) is fun way to exercise and is beneficial for eye and hand coordination. Our Activity Coordinators have been playing Ti Rakau weekly to support movement and motivation.

This year, CHT Hillcrest will focus on the quality of activities for individual residents, aiming to provide variety and choice. In March, Activity Coordinators prepared an activity box for each wing. Inside the box are knitting materials, craft, puzzle, painting, cards and nail art and etc. for residents and families to use.

Resident Stories

Mrs Le Grace joined us in October last year. She is a lovely Samoan lady who came to New Zealand in her early 30s, met her Kiwi husband here and had 2 daughters. She lived with her younger daughter Rachel for more than 10 years before she moved into CHT Hillcrest.

Mrs Le Grace can speak Samoan and English languages and likes to talk to other people. She has a best friend called Kilisitila who lives in the same wing. Mrs Le Grace participates in most of the unit activities and likes keeping herself busy. At the start of first knitting group in April, Mrs Le Grace said she hasn't knitted in years and when her daughter was little she use to make her little knitted sweaters. She thought her hands would hurt as they normally do, but she loved doing it. Mrs Le Grace states that she enjoys her stay at CHT Hillcrest.

Mrs Mulivai Le Grace



Note from Unit Manager

Thank you for your ongoing support for CHT Hillcrest team, please share your ideas and suggestions with us, your feedback is very important to us.

Best Wishes
Unit Manager,
Stella Ma
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