

## Welcome Note

## Winter 2023

### Sister Fiona on the guitar!



Kia ora and welcome to our CHT Amberlea Winter Newsletter. A special welcome to our new residents and their families and to our new staff. Welcome back our HCA “Sister Fiona”, who is unique as, apart from doing the cares and being a lovely and kind person, she also plays the guitar, piano and sings for the residents every day!

## Activities and Celebrations

How exciting! Every Friday morning, the residents have fun while exercising and listening to their favourite music with Sonya, for the ‘Active Body and Mind Session’.

### Sit and be fit with Sonya



Amberlea’s Mid-Winter theme was white and silver. We decorated all 3 lounges, front desk and library. The Christmas trees were decorated in white and silver colours, with white lights to make a magical and wintery atmosphere which the residents enjoyed, along with Christmas music and a delicious meal.

We started with a new initiative on Wednesday mornings, with the Rum-

mi-Club to encourage the residents to play Rummikub. Rummikub is easy to learn numbers game that is perfect for those who want to add a bit of strategy and competitiveness to their game and also may help sharpen maths, sequencing, pattern recognition and planning skills.

### Winter Celebration



### Rummikub Club



### Health Care Assistant Celebration Day



We celebrated our Healthcare Assistants with a special afternoon tea to say thank you to the hard working HCA’s staff members of Amberlea, who make sure residents have intelligent, strong and competent HCA’s to assist on daily basis.

## Snakes and Ladders



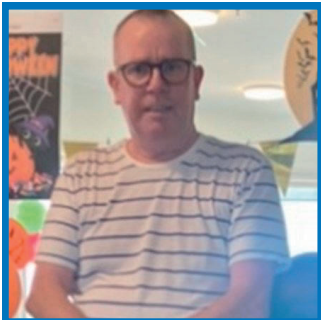
## Improvements and Initiatives

We are glad to share the good news that the Giant Snakes & Ladders we have purchased for the residents to play has arrived. It is designed with high colour contrast and guiding elements provides a clear journey around the mat for people with visual and cognitive impairments, meaning less stress and more fun!

We are glad to have received donations of two new pianos and there is another one on its way! More fun for the residents!!

## Note from Unit Manager

### In Memoriam- William West



It was with great sadness that we heard that our Activity Coordinator Wills West was found deceased on 27.7.23 at his home. Our thoughts and condolences are with his family.

The CHT Amberlea team held a service of remembrance for Wills and we shared and celebrated Wills' contribution to our team and the residents at Amberlea, he will be greatly missed by me and also our A/C team – Chrissy and Maria.

It is a reminder that times can be stressful for some and to look after each other and check in regularly on any family friends or colleagues that you are concerned about. There are also crisis lines available to you:

*Free call or text 1737 any time for support from a trained counsellor.*

*Lifeline 0800 543 354 or (09) 522 2999 | Free text 4357 (HELP)*

*Youthline 0800 376 633*

*Samaritans 0800 726 666*

*If you or someone you know is at risk of harm: dial 111 or visit your nearest hospital emergency department.*

*Call 0800 611 116 for your nearest DHB Mental Health Crisis Team (CATT Team).*

Best Wishes  
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