

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

Welcome Note

Winter 2023

Tēnā koutou katoa CHT Hillcrest whānau, welcome to the Winter newsletter.

A very warm welcome to all new residents and families. We are hoping you are settling well, and look forward to engaging with you. A reminder to residents to dress warmly in this cold weather and suggest you take your winter coat or jacket with you on outings.

Welcome to our new staff member Sheenal (Registered Nurse) and Vimina (Healthcare Assistant). Sheenal had 9 months experience working at CHT before joined us. Vimina has a nursing background from India and is now learning about working in NZ. We hope they are settling in well to CHT Hillcrest.

Activities and Celebrations

Hula instructor, Tina continues to visit us to dance for residents regularly. Tina always shows her passion, patience and energy during her performance.

Residents from all cultures can connect with great music.

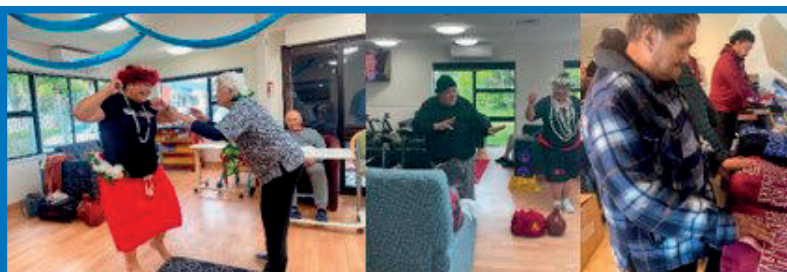
Our bus trips in June have provided some great experiences to share. We took a bus trip to South Central, a printing shop which is an NZ clothing brand. The staff of South Central sponsored our residents State of Origin series tee shirts to wear while watching the league. How kind of them.

We all enjoyed Matariki Māori New Year celebration in July. Mike who is a great singer was invited in to sing beautiful Māori songs for residents with some residents dancing to the music.

As we celebrated Māori New Year, we offered a traditional Māori meal of hāngī with fruit trifle for dessert. Our residents commented that it was yummy and they enjoyed the food.

An art workshop was planned for the Matariki week with residents enjoying making their own artwork. We have had a beauty salon onsite for the ladies, who absolutely loved the makeup and nail treatment.

Music therapy and Bus trips



Matariki Theme Celebration



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Improvements and Initiatives

Mascot and Friesian



We introduced two lovely kittens at our care home after we heard that some residents wanted a cat for comfort and company. We named them Mascot and Friesian. The Activity Coordinators take them for vaccinations and regular treatment. The kittens are out at certain times daily with residents in the lounge. A timetable is displayed in the Frangipani wing and you will also see the two days pet therapy is added to the activity weekly planners. Resident Dawn expressed that having cats is meaningful for her, and she looked forward to getting up and getting ready to see the kittens.

Staff training updates



tens.

Fifteen staff had a refresher First Aid Training in July. Our Registered Nurses, Healthcare Assistants and Activity Coordinators completed the training. We would like to congratulate two nurses Elamma and Sushila who have become preceptors for the training of overseas qualified nurses at our care home. CHT Hillcrest supports students from Lonsdale Education Centre and Manukau Institute of Technology.

Resident Stories

Agnes Wooffindin



Agnes joined us in February 2023. She knew CHT Hillcrest as her late husband John came to us in 2020. Agnes lived at Mangere Bridge for sixty-two years. Coming from a Scottish family, Agnes was born in Onehunga, grew up in Auckland and worked in an office in the credit department for six years until she married John. They had two children, Karen and David. Agnes enjoys cooking and likes to make healthy vegetable soups for her family. She loves reading books, and enjoyed reading the book *The Thorn Birds*. Agnes is a fan of old songs and old movies. Her favourite activity at CHT Hillcrest is Bingo and she looks forward to getting ready for Bingo every week. Agnes has a goal: to walk again so she can visit her house at Mangere Bridge where her daughter lives.

Note from Unit Manager

We had to manage some COVID-19 cases in June. By following infection control protocols, we were clear of all cases by the third week of July. Thank you for your support and understanding during this time. We are going to have a cultural celebration in August. As part of this, entertainment is booked for mid August and farm animals will be visiting us as Pet Therapy in September. The date will be confirmed on the weekly activity planner.

Best Wishes
Unit Manager,
Stella Ma

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