

## Welcome Note

Winter 2023

Dear Friends & Families,

I would like to extend a warm welcome to our new residents and their families. It has been a time of particular change for some of our residents and families and we are pleased to welcome them to CHT Royal Oak. We live in a world of great change, yet the vibe and the spirit of Royal Oak rest home remains buoyantly positive and all inclusive.

Our Residents Meeting is the last Friday of every month at 11am and you are most welcome to join us.

## Activities and Celebrations

**Holly Dykes, our new Activities Coordinator running the game Word Count**



The act of creating things leads to happiness, a sense of fulfilment and achievement. Being amongst others reduces loneliness. Laughter and companionship is meant to be shared. We welcome our new Activities Coordinator Holly Dykes. Our ACs, Mehzabeen and Holly strive to provide a variety of entertainment and activities.

Besides birthday celebrations, entertainers and weekly activities there is usually a monthly Theme Day too. Bingo still remains one of the most popular activities.

Our Lending Library is well used and Andy the Fox Terrier and his owner Meredith continue to bring smiles and many pats every Friday. Bus trips continue and winter vegetables are growing in the garden. With many wet days our walking groups have been challenged but our indoor exercise classes continue to generate the numbers. Our Weekly Activities Calendar is emailed weekly to the main contact of each resident, just like this newsletter, so please circulate to interested members of the family.

**Holly with Renee, Doris, Philip & Glenice**



**Pat Riezebos, Freda Matteson, Dulcie Robertson**



## Improvements and Initiatives

Our staff work hard to keep all personal clothing labelled and trying to minimise losses. Please continue to hand new clothing into Reception so that it can be labelled overnight. Sadly we said goodbye to Lorenzo who has gone back to his first job as a technician with aeroplanes. We have been fortunate to have Dylan looking after the site. The gardeners also continue to do a great job making our gardens and lawns look sharp and attractive. The garden path is used constantly, with some residents out in coats even when it rains.

## Resident Stories

**Margaret Denyer**



**Margaret Denyer** was born in Devonport and grew up in Ponsonby. She worked as a machinist for Glassons, married Brian and they had two daughters. A house on a large site in Papatoetoe became their home for the next 50 years. Margaret went on to work for Food Town and Kmart, retiring in 1995. Margaret says of CHT Royal Oak, "I've always been happy here, I think the staff are amazing. Their support and love carried me through as I wasn't in a good space when I came here".

**Violet Watchorn** was born on a farm near Inglewood, Taranaki. In her early 20s Violet felt the call to tell the gospel story and this led her to becoming a missionary. Violet lived in S.Korea for many years and was fortunate to visit Canada, USA, Russia and Eastern Europe. Violet continued her missionary work upon return to New Zealand. Violet says of CHT Royal Oak, "Living here was a shock to begin with, but looking back the place has grown on me. It would definitely have been more difficult living alone."

**Violet Watchorn**



## Note from Unit Manager

Lately I have moved my mother from a retirement apartment in to rest home living so I see the changes and adjustments from the family perspective. Watching her decline and the increasing need of care reinforces how important it is to choose the right facility and be reassured that your loved one is well looked after. At CHT Royal Oak we endeavour to make a positive difference for all the elderly in our care and for Royal Oak to feel like home.

Best Wishes  
Unit Manager,  
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