

Welcome Note

Winter 2023

Winter is the subdued time of the seasons when we are compelled to slow down and be more vigilant about our wellbeing and our connections with the people around us. I have always tried to respond to the cold and rain, and the impetus to be miserable because of the shorter days, by reflecting on the world around me and the things that bring me joy.

This season I have watched with wonder at the wildlife outside, the happiness and companionship within the care home, and the natural connections we make with pleasures that bring us comfort.

Activities and Celebrations

Mr Whippy comes to St Christophers



Here is a riddle: What is white and cold but gives you warmth in Winter and cools you down in Summer?

The familiar sound of Greensleeves playing on the speaker and the promise of treats on a hot summers day. Mr Whippy is a familiar sight to New Zealanders of all ages. We recently enjoyed a visit from our very own Mr Whippy. A favourite treat with our residents, single cone with sprinkles and a flake. Yum!!

While we spent time hiding from the wild weather, many were searching the universe for Matariki (Pleiades). A traditional signal for many cultures to gather with family and friends to reflect on our past and honour those who have laid our foundations to appreciate each other without judgment; and to look to a future where every person is valued and capable of giving and receiving love.

Our recent outing to Nathan Homestead in Manurewa provided us with an opportunity to view artwork from James Cook High School. We shared migration stories, reflected on our cultures and how we interact with each other through art and sculpture.

Matariki



Improvements and Initiatives

New Zealand Tui's



One of the greatest pleasures this year has been the six New Zealand Tui's feeding in the blossom trees at our front door. The Tui's greet visitors with their unique song, letting everyone know they are welcome. Their little white feathers bobbing in around the blossoms and especially visible when the alpha bird hangs upside down to sing his song in style. A great enjoyment for many of our residents is to feed the pigeons. So much so that "Chase the pigeon out the door" is a regular game for staff and residents alike. We will need to take more strict measures

once our new dining room and the el fresco deck are completed as unfortunately, this wildlife is quite undisciplined.

Pigeons outside where they belong



Resident Stories

Helen joined our whānau in June this year. As a retired teacher, Helen has so much to share about her life and the places she has worked in New Zealand. If you were lucky enough to be schooled in Rawene in the beautiful Hokianga, St Mary's College or Manurewa High, you may already know what a clever and knowledgeable person she is. We have learned so much about our local and national history and Helen helps us back this all up with the most amazing photos. Helen has shown us that, no matter what your age or ability, there is always capacity to learn, grow and enjoy the richness that life has to offer, if you engage with it in a meaningful way.

Helen



Note from Unit Manager

Life itself cannot give you joy, unless you really will it. Life just gives you time and space; it is up to you to fill it. Source: <https://proverbicals.com>

Every day offers potential. It is up to each individual's attitude and motivation as to whether the day offers promise of joy, or of misery. We can choose to dwell on what we wish we had or what we have lost; or we can reflect on our past with affection for the learnings and for the choices we took, which gave us happiness and joy. We all have the capacity to change our world for ourselves and for those around us by making safe choices, which trigger happiness and wellbeing. Stay warm everyone – Spring is only a few weeks away.

Best Wishes
Unit Manager,
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