

Address: 665 Mahurangi East Rd, Algies Bay 0920 Phone: (09) 425 5017 Fax: (09) 425 6809 Email: [amberlea@cht.co.nz](mailto:amberlea@cht.co.nz)

## Winter 2018

Kia Ora and a warm winter welcome to all our new residents and their family members, we are delighted to have you all as part of the CHT Amberlea family.

### Activities and Celebrations

I am excited to introduce our two new Activity Coordinators, Mandy Fraider and Susanne Jones. Mandy and Susanne are passionate about providing an interesting range of activities to our residents. As a result we have a full week of activities upstairs and downstairs offering a few of the old favourites and also some new activities.

Marion, our Yoga teacher, provides the Zen weekly in our Omaha Lounge. Those who attend are showing a marked improvement in strength and function, which is very encouraging.

Our goal continues to involve the community as much as possible bringing variety and connection to our residents.

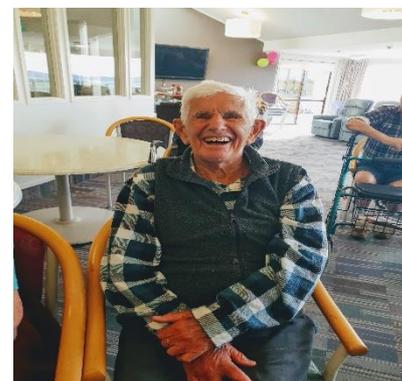


### Staff News

We have seen a change in staff with four of our previous Registered Nurses taking the next step in their careers.

We have been very lucky recruiting new RNs and I have the pleasure of introducing Romy, Blessy, Jeema and Jomy to our facility, they bring years of experience and a love of working with the elderly.

Please take the time to introduce yourself when you are passing they are keen to get to know you.



### Focus on Care

We have created Focus Groups for our facility. Each of the allocated areas important in the management of care will be managed by a Registered Nurse and all staff members will be part of a group.

The goal is to have all staff invested in providing quality care for our residents. The allocated areas are:

- Fall Prevention
- Pressure Injury Prevention
- Unintended Weight Loss Management
- Restraint
- Infection Control

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### **Upcoming Activities and Events**

David and Lesley are a retired couple who have kindly offered their time once a week to assist with activities for our residents.

With the increase in male residents we feel it is appropriate to have a Men's Club with activities tailored to their interests.

David is currently assisting the residents to build bird boxes. We are looking forward to having these on display in the foyer when complete.

Lesley will be here on a Thursday afternoon to run a knitting / cross-stich group. This brought so many of the ladies together last week to share memories of past creations. Both groups focus on the memories and social interactions as well as the satisfaction of producing something to be proud of.

**Cara Kelly**  
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