

Address: 202-204 Onewa Road, Birkenhead 0626 Phone: (09) 481 0447 Fax: (09) 481 0274 Email: onewa@cht.co.nz

## Welcome to Winter 2018

Kia ora and welcome. Despite the colder weather and the intermittent heavy rain, we have had some pristine winter's days. We have had quite an eventful year. CHT invested a lot into the upgrading of the facilities at Onewa. The old deck has been replaced with a new one, all the rooms in the building in front of Le Roys Bush have been newly renovated and painted, hallway lights have been upgraded and the old furniture in the Kauri lounge has been replaced. It looks beautiful. I would like to thank all the residents, staff and visitors for their patience during this period. There is still some work to be done and reconfigurations of rooms. We are looking forward to the end result.



## Life at Onewa



In addition to the regular visits by the SPCA Volunteer Jasmine who brings her own puppy to visit our folks, our housecat Katie is now a working cat. Lusi Du, our activities coordinator is successfully including Katie in visits to residents in their rooms (with the help of a bag of Temptations).



CHT as a group has embarked on **The Plate Up Project**. A trial of the Plate Up menu was conducted at CHT Peacehaven and positive outcomes in satisfaction and plate waste were seen. Residents currently receive two servings of vegetables during the midday meal, the new Plate Up menu structure will split the serves of vegetables between the midday and evening meals ie one serving of vegetable at midday and one serving in the evening. The aim of the Plate Up project is to increase satisfaction by improving the presentation of evening main meals.

## Activities and Celebrations

As usual our day kicks off with personal cares by our competent team of Healthcare Assistants. Newspaper reading after breakfast and then getting the blood flow going with our extensive range of exercises. The knitting group, book club and art groups are also a treat



ANZAC Day was celebrated in style, George Bowen, one of our residents laid the wreath. George was in the Navy and worked on submarines. For many years he has represented the submariners by placing a wreath at the Devonport Cenotaph on ANZAC Day. The photo is from 2013. Here George gives the proper Navy salute. Staff participated in Samoan language week and celebrations of the Queen's Birthday. During the Matariki celebrations residents sang and clapped their hands in rhythm with Angelo on his accordion.



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Our Kiwiana celebrations were good fun. Cynthia won the gumboot throw. All residents enjoy the bowls. We are fortunate to have Hilda volunteering for our ladies knitting group, they are doing marvellous work.



## Staff News

We have a new gardener, Josh Clark. Josh has come to CHT with a wealth of experience and training. Josh has already made himself visible in the garden with hedges being trimmed and overgrowth cleared. We are looking forward to the summer months to make use of our beautiful gardens.

We would like to welcome our new hairdresser. Florence studied hairdressing and beauty at Bay of Plenty Polytechnic in Tauranga. She has been in the hairdressing industry for more than 20 years. She specialises in cut, colour, perm and also makeup and hair setting for parties, wedding etc.

Over recent months we've been sad to farewell some long serving staff, but also excited to welcome some new and vibrant people into the team. We would like to extend a warm welcome to new Registered Nurses and Healthcare Assistants.

## Upcoming Events

- August: 8<sup>th</sup> - Cultural celebration; 21<sup>st</sup> - SPCA Cupcake day; 24<sup>th</sup> - Daffodil day; 31<sup>st</sup> - Fathers Day
- September: start of spring and Daylight Saving starts on the 23<sup>rd</sup>
- October: 1<sup>st</sup> - International Day of the Older Person with a surprise topic to celebrate the contribution our residents have made to New Zealand
- November: 5<sup>th</sup> - Diwali; 6<sup>th</sup> - Melbourne Cup; 9<sup>th</sup> - Remembrance Day (100 years)

## A Focus on Care

Regular Resident and Family Surveys and Resident Meetings are two important parts of CHT's quality programme. The feedback we receive gives us valuable guidance on continuing to improve the quality of care to our people. Please look out for the survey (usually distributed during the resident's birthday month) and thank you in advance for filling it in.

Our next Residents Meetings are scheduled for the 29<sup>th</sup> of August, 10<sup>th</sup> of October, 7<sup>th</sup> of November and the 19<sup>th</sup> of December at 10:30am in the Kauri dining room area. If you are unable to attend, please email me on any concerns or suggestions you have and I shall include that in the agenda.

I would like to invite you to contact me should you have any questions, concerns or compliments.

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