

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)

## Summer 2018

Kia Ora and a warm 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

Yoga: This has been an activity that has been very beneficial to our residents. Marion Chasteau was recommended to us by one of our residents and provides a wonderfully Zen atmosphere to enjoy the practise. Recently our Yoga class made the local newspaper Mahurangi Matters, as this class is also open to the community.

Please contact reception if you are interested in joining.

Our focus has been on addressing loneliness for our residents. We have developed Activity Boxes for those residents who prefer to be alone and it gives them an interest but also a topic to discuss with others.

November has seen many celebrations at Amberlea: Diwali and the Melbourne Cup saw lots of fun, food and dressing up. Great times bringing us all closer together.

Mahurangi College also provided us with some amazing artwork from their Year 12 students and the Art Exhibition was a resounding success. A big thank you to the students for providing this, it was wonderful to see the corridors come alive with your artwork.



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## **Staff News**

We want to celebrate the long service of Sarah Puckett and Chris Godden. These amazing Healthcare Assistants have provided excellent care to our residents and have made a real difference to many lives.

Thank you to both of you for your contribution to Amberlea and your dedication.

## **Focus on Care**

Our Focus Group meets monthly to look at quality initiatives within the facility to improve care. Our Registered Nurses and Senior Healthcare Assistants who have made a significant difference to preventing falls and skin tears.

We have a wonderful team who provide great care for our residents

## **Housekeeping**

There have been many new equipment purchases of late including some wonderful new lazy boys, specialised shower chairs and new beds.

As this is a time for receiving new presents, any clothing or items that may require laundering must be left at Reception for labelling prior to going to the room.

## **Upcoming Activities and Events**

The Christmas Party is our next big event and, as always, we have a wonderful response from friends and family who will be joining us.

We also have the Shoe Box appeal running again this year due to its success last year. This appeal provides elderly people in the community, who are alone this Christmas, with a gift. The shoe boxes are filled by residents and visitors, then provided to local medical centres and community groups for distribution. The response last year was amazing and such positive feedback. Please take a shoe box from reception, fill with goodies, return it and we will do the rest.

Best Wishes for the Christmas period stay safe and a Happy New Year.

Cara Kelly  
Manager

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