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## SUMMER 2018

### Welcome

Welcome to CHT St Johns Summer Newsletter. At last the days are warming up and nearly all the trees and shrubs are wearing their young offshoots of foliage and flowering.

### Activities and Celebrations

This has been such a busy time with many events and Theme Days. The Activity team and HCA team have all worked hard to ensure many more residents are able to attend and enjoy these events.

- Cultural Events: We showcased Diwali this month with music and dance - a special thanks to the staff who may have given up time at home to maintain the care of our residents at this special time of the year.



Remembrance Day: Residents from Hospital and the Secure Unit visited the Auckland War Memorial to view the hauntingly beautiful display of those many white crosses which represent our fallen soldiers.

- A Kidsummer Nights Dream: We were delighted to have a musical event out in the Community with 12 of our residents attending this event out at Cornwall Park District School.
- International Day of the Older Person: This was a very popular event with a high attendance, family and residents enjoyed the music and food and participated in the dancing with Trevor Ewart.
- This is Your Life: As part of our celebration for the Day of the Older Person, family members provided an in depth contribution for both Nariman Chhor and Rachel Millward on their lives. We were privileged to hear about their childhoods, friends, hobbies and their unique life's history.
- Pet Therapy: Besides the regular visits from volunteers and the SPCA to CHT St Johns, we had a visit to the Unit on 16 October from Pet Therapy who brought in a range of animals for everyone to handle.
- Pah Homestead, TSB Wallace Arts Centre: Residents attended a lecture and exhibition of contemporary New Zealand artists.

### Focus on Care

Care and Comfort: Positive feedback was passed on at the forum of our October resident and family meeting on the care and support from the care team. A special mention was made of the skills seen from staff in managing their time and the various routines and needs of the Residents.

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## Advanced Care Planning – Palliative Care Initiatives

The Unit staff have co-hosted the SHARE project in the Unit for the past eight months, this is the *Supportive Hospice & Aged Residential Exchange* that is in place to identify residents with more complex needs and to help support and manage their care collaboratively for the best possible outcomes. RN Cat Chiu from Mercy Hospice and Auckland School of Nursing are partners in this initiative and we all find the support and counselling for staff, residents and family is invaluable.

## Housekeeping:

A big thank you to the Medirest team for their support and hard work, Nga and Noane for the cleaning, they set very high standards for us all.

A special mention to Karam Singh (Chef) and his team for their support for Resident meals. The team consistently serve 90 meals a day, about 50 normal consistency, 10 soft, 18 puree and 19 fortified (REAP) without noting the many vegan/vegetarian and other meals. Food is a very important part of everyone's day and it is good to get feedback in this area.

The Refurbishment of Suites 1 to 5 and the handrail replacements is finally finished. These areas now look brighter and lighter and it has allowed us to redecorate and replace old notice boards and displays.

Feedback on the project was provided in the family and residents meeting - Patricia Crowell was particularly positive about the extra work and efforts the staff went through to keep residents routines as stable as possible throughout the moves to do the rooms and to accommodate the scaffolding in each lounge

## Upcoming Events

- December Open House - 18 December - all welcome for a Buffet meal, Carol Singing, Santa and more.
- Christmas Day - Meals for family and residents with all being welcome.  
*Please note:* there is a \$10 dollar charge for visitors for both these events - please pass on exact monies to Reception where we will have a Booking Sheet for these two events
- Please let us know your plans early and ensure you have *safe and suitable transport* for residents going on Outings.
- Auckland Anniversary - 29 January - join us for a Morning Tea on this day.

Last but not least, a big thank you **to all of you** for your support and energy in helping to shape and inform us in making CHT St Johns a happier home for everyone.

**Do visit or contact me if you have any feedback to share anytime.**

Here's wishing you all a wonderful Christmas and New Year together.

**Jenny Vollmer: Unit Manager and All the Staff**

