

Address: 202 – 204 Onewa Road, Birkenhead 0626 Phone: (09) 481 0447 Fax: (09) 419 4326 Email: onewa@cht.co.nz

Welcome to Winter 2019

Kia ora and welcome to the second newsletter for the year 2019. We have been lucky to have a mild winter this year with a lot of sunshine and beautiful days. It has been a busy but eventful last few months and we are very excited to share everything that we have in store for winter!

Life at Onewa



We are pleased to announce that the Kauri Wing has been renovated and the three new bright rooms have been opened since April 2019. We have painted the corridor leading into the new wing. CHT hired a photographer to take photographs of iconic places around the Birkenhead neighborhood. Our Residents have handpicked the ones that they love best and these will soon be displayed around the facility.

Unfortunately, our lift replacement has taken longer than expected. We expect the lift renovations to finish in Sept 2019. We apologize for the inconvenience and thank you for your patience during this time.

We have purchased new care chairs complete with wheels and pressure relieving foam for our more dependent residents. This will make it easier for them to enjoy activities and meals in the dining area.

Activities & Celebrations



We have been involving our residents in varied activities at CHT Onewa in the past few months such as:

Bus Trips: Our lovely residents have been asked to suggest places around the Auckland area that they would like to visit and we are so happy that we did because we went to places like Orewa Beach for ice-cream, snow planet in Silverdale for coffee, we visited MOTAT, Auckland Zoo and Auckland Museum .

Mum and Baby group visits: Our activities coordinators, Denise and Lusi have teamed up with a Mummy and Baby group who were an instant hit at CHT Onewa. They will come in once a month to start off with.

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Library chat groups: We have been very fortunate to have the local Birkenhead library collaborate with us for group chats where they talk about local history and current events as well as use technology to establish a bond with our residents. They will come in every fortnight on Thursday at 10:30-11.30am

Onewa Spa Days: We have successfully started Spa Days at Onewa where our lovely residents can choose from a variety of Spa Treatments like Manicures, Pedicures, Hand Massages and Foot massages that are run by our activities coordinators complete with spa style music and Aroma Therapy. This will take place every Fortnight, Tuesday 10:00-11am.

Sunday 10am Movies: We have arranged for Movies to be played every Sunday morning for residents to have an opportunity to spend time together over the weekend.

Staff News

Angela Bae has joined our team of registered nurses. We have also welcomed quite a few new health care assistants to our team, Kim, Aileen, Arun, Cristy and Lynn, I am positive that they will prove to be assets to our lovely team here at CHT Onewa.



Upcoming Events

- August – 28th August 1970s Day, 16th August – Cultural Day.
- September – Spring Day Celebration, 1980s Month
- October – Diwali Celebration, 1990s Month

Focus on Care

Regular Resident and Family Surveys and Resident Meetings are two important parts of CHT's quality programme. Please look out for the survey and thank you in advance for filling it in. Our resident meetings are on the third Thursday of every month at 10.30am. You are more than welcome to join us.

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

**Marilyn Menezes,
Manager**

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