

Address: 23A Mt Smart Road, Royal Oak 1061 Phone: (09) 636 6211 Fax: (09) 636 6210 Email: royaloak@cht.co.nz

Summer 2019

Kia Ora, Ni Hao, Talof, Zdravo, Namaste, Hallo and welcome to CHT Royal Oak's spring newsletter. We welcome our new residents to our Rest Home and hope they have found their feet. Please introduce yourself to them and make them feel part of the CHT family.

Summer is around the corner and it brings with it sunny days (hopefully), blue skies and beautiful flowers. With the hot weather about to embark on us shortly, may we remind residents to ensure they are fully hydrated. Water is the best fluid to prevent UTI's from occurring as we had a few cases last summer.

Activities & Celebration Highlights



Butterfly Farm



High Tea



Pt Chevalier

We have been very busy over the last few months:

- We celebrated International day of Older Person on 1 October with an afternoon High Tea and music with Cath Sanivictores and her children.
- We had the privilege of taking residents on bus trips in October, including to the West Lynn Butterfly gardens and on 7 October to a memorable Operatunity Three Tenors concert in Remuera. We had a trip to Mission Bay and to Cornwall Park School production.
- The Royal Oak Intermediate school entertained our visitors with a cultural concert on 24 October
- Our yearly Feet beat challenge has been running for 6 weeks with the focus to get our residents more fit and encouraging them to keep their mobility. The challenge will conclude with Suite 2 in the lead. The winning team will be rewarded with an outing to lunch or morning tea.
- Chris Bligh entertained our residents with music from the last decades.
- We went for a picnic to Point Chevalier as a request from one of our residents, James Newton who lived there. James had us all intrigued with all his amazing stories from days long by.
- We introduced our residents to Yoga with Stuart McEwen. Stuart taught our residents breathing exercises with the aim to assist in stress relieve and pain management
- Summer time is celebration time at Royal Oak with almost half of our residents having their birthdays in October, November and December. We celebrated 4 birthdays in October, 10 in November and another 4 coming up in December.

Upcoming Events:

- 21 November - Bus trip to Devonport
- 26 November - HDC Advocacy talk in dining room at 11am.
- 27 November - 1990's Celebration day with special lunch.
- 2 December - Operatunity Christmas Prom concert \$32 pp including lunch.
- 4 December - Kimberley Clark volunteers day with special bingo
- 6 December - Sacred Heart School Christmas concert.
 - Christmas Party at 1.30pm
- 11 December - Christmas Carols by Baptist Church at 6pm



School Concert



Chair Hockey



Card Making

Staff News

We welcome Pooja Mehney, part time Registered Nurse, Suzanne Mikaele and Raven Hale as our casual HCAs. Pooja also works at CHT St Christophers part time.

Residents' Stories

We are pleased to feature some of the stories shared by our residents about their life at CHT Royal Oak:

Elizabeth Samy – “The staff are very friendly, good and kind. Since I have been here, I have made lot of friends. I also like the food they serve, especially the fish, which is served on Fridays, and also the fruits and vegetables but I have my favourite dishes brought by family sometimes. I love the activities and I participate in most of them. It makes me feel better. I like to walk around the gardens and I do gardening myself. I have been living here for two and a half years already”.



Andrew Fisher –

“CHT Royal Oak is like my home. I feel comfortable and at ease. I love the scenery and the flowers that surround this place. I have made many friends. What I love most is the love of my life is here with me so I am not lonely. The staff takes care of me as if they are my own family. I love the morning and afternoon teas but I also have my own snacks in my room. I like reading and spending most of my time bonding with Peggy. I have been here for two years already”.

- ❖ Please remember to keep hydrated over the summer by drinking lots of water.
- ❖ Feet beat finishes on 24 November
- ❖ With Christmas fast approaching, please remember to let staff know if you are taking residents out over the Christmas period.

From all the staff at CHT Royal Oak, we wish you a happy and safe Christmas.

Please feel free to contact me should you have any questions, concerns or compliments.

Best Wishes
Sharmila Devaraj
Area Manager
Sharmila.devaraj@cht.co.nz