

## Welcome Note

It has been awhile since we had a newsletter and so much has happened in that time. We've seen the leaves turning in autumn, experienced the cold and rain of winter and the dreaded COVID! Thank you for the wonderful messages via email, post and phone calls to our residents.

It is such a joy to walk through and see our residents enjoying each other's company and visiting each other in their rooms and the common areas. A big thank you, too, to the residents who have made new residents welcome into the Bernadette family.

### Game of Carpet Bowls



## Activities and Celebrations

On one of our fine days we had a trip out to Pilot Bay where we had tea and scones and enjoyed the view of the Mount, fed the seagulls and just enjoyed the sunshine.

A large part of what our activities team concentrate on is keeping our residents moving, whether it be a walk around the facility, exercises or playing games.

Stimulation of the body and mind is so important and lovely to watch. Here we have some of residents taking part in a game of carpet bowls.

Lockdown has brought out a real camaraderie amongst our residents. It is noticeable how they have become such a family.

I've noticed how they spend time getting to know each other, help each other and speak up for those who can't.

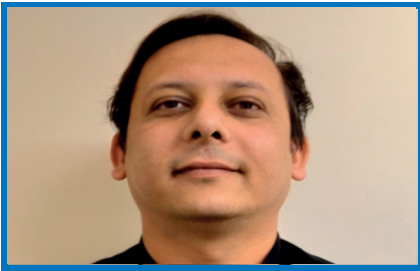
A group of residents have taken to a daily afternoon game of dominoes in the dining room.

Others sit and watch TV together, share books, magazines and treats.

### Sulphur Point



**Ankur Verma**



### Improvements and Initiatives

We welcomed our new chef, Ankur to Bernadette a few weeks ago. Here is some information Ankur has put together to introduce himself:

“My name is Ankur Verma. I am originally from India and have lived in NZ for almost 10 years. I am a fully qualified chef. I was trained at The Marriot Hotel in France in 2005 and have worked in a variety of head positions since then. When I heard about the kitchen manager job at CHT Bernadette I was very eager to get into the aged care industry and share my joy of cooking with the aged. I look forward to my new adventure of working at CHT Bernadette and meeting all the residents!”

### Resident Stories

Graham who came to live here in October last year has always had a passion for diving. He was drawn to the ocean and loves all activities like surfing, fishing and boating.

The photo of Graham (on the right) was taken by Bev Dowling when they were diving in The Poor Knights, a nature marine reserve 23km off the Tutukaka Coast, New Zealand.

**Graham Dowling**



Our family at CHT Bernadette continues to evolve with the increasing number of residents as we open more of our rooms. We are constantly reviewing our processes to ensure we are meeting the needs of all our residents.

I would like to again thank you for your support and patience through the last few months with Covid 19 and our refurbishment programme.

Best Wishes  
Unit Manager,  
Margaret Harris  
[Margaret.Harris@cht.co.nz](mailto:Margaret.Harris@cht.co.nz)