

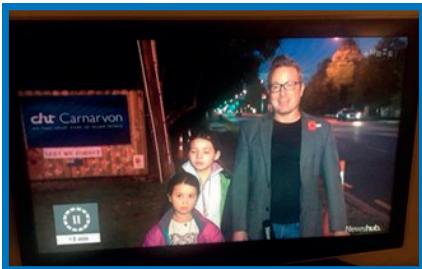
## Welcome Note

Kia Ora, welcome to CHT Carnarvon's spring newsletter.

Stage two of the new build was completed on the 19<sup>th</sup> of March 2020 just before the first Covid -19 lockdown. This meant our residents who were in our older style bedrooms could move in and enjoy their new rooms. In staff news, we would like to send a warm welcome to Registered Nurse Meera and Healthcare Assistants Sesilia and Filo who have recently joined the Carnarvon team.

## Activities and Celebrations

### Carnarvon Anzac sign on Newshub



We tried to keep spirits high through lockdown at Carnarvon. This was achieved through altering our activities programme to keep with infection control polices and social distancing. We developed a very popular phone and Skype roster for our residents and their families. We had "spaced out" housie carrying on the Tuesday morning tradition.

A lot of craft activities were done for Easter, Anzac day and Mother's day displaying some of the art by the residents on our roadside sign as a way to reach out to the community. The Anzac day sign decorations even made it on to Newshub as a background for a local family talking about how they celebrated Anzac day this year.

In June we celebrated Queen's birthday with a party. This was enjoyed by the residents with a special lunch and a Skype concert by musician Craig Hallen. In July we had a great day out at Hobsonville point, some of our resident's families meet us there. We spent the morning roaming around the market and stopping for a morning tea overlooking the water, this was enjoyed by all.

In August we had resident group discussions around the Covid-19 pandemic and discussed the use of hand sanitiser, hand washing and face masks. There are a lot of concerns around this as the residents watch and read the news and talk to their families about this.

We decided to get the residents more involved by decorating handmade facemasks for family members, this gave them more assurance not to be afraid when they saw someone wearing one.

### Lynne posing with the face mask she designed



## Healthcare Assistants Sehana, Frances and Rosana



## Improvements and Initiatives

We take pride in upskilling our staff so they can provide service of a high standard. We would like to congratulate Parminder, our HCA who recently completed her level 4 qualification. We would also like to congratulate Frances, Sehana, Marguerite and Rosana whom have all completed their level 2 programmes through Careerforce.

Careerforce is workplace-based training, enabling employees to achieve nationally recognised qualifications across the health sector. Besides Careerforce, all of our staff complete regular learning modules based on aged care related topics on Altura online learning and attend in-service theoretical and practical trainings .

## Resident Stories

Bev has a long history with Carnarvon. Her late husband Derek was a resident at Carnarvon many years ago. She was more recently a volunteer with us here for over 7 years calling the housie numbers every Tuesday morning. She retired from her housie duties at the end of 2019 and came to join us as a resident in July 2020.

We cannot extend how much gratitude we have for all the time she has given to us over the years and we are thrilled to have her join us here at Carnarvon to live.  
Welcome Bev!

## Bev with our Activities Coordinator Hine



The lockdown was a very traumatic time for all but I was pleased with the efforts of staff to keep residents connected with their families and to maintain activities. Our Chaplin was unable to visit but the church service still continued, thanks to the combined efforts of residents and staff. This proved a great source of comfort for many.

Thankfully work has continued during this lockdown and we hope to have the final stage of our new building completed by early November.

Best Wishes

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