

Address: 105 Botany Road, Howick 2010 Phone: (09) 535 4244 Fax: (09) 537 1311 Email: lansdowne@cht.co.nz

Welcome Note

We welcome our new residents, whanau/family and friends to CHT Lansdowne. Hoki Mai. Maligayang Bati. Namaste. Ni Hou. Hallo. La Bienvenidas/Bienvenido to CHT Lansdowne. Morena, at Level 2, visiting hours is from 10-1130am and from 2-3:30 in the afternoon. Please contact Marlyn (reception) to book your visits. We encourage visitors to wear mask or face cover during your visit in the facility.

Activities and Celebrations

Residents enjoying their morning tea



6th September –Father’s Day Celebration (Father’s Day Lunch)
1st October- International Day for Older People (Garden Party)
30th October – Lansdowne Annual Spring Garden Party

CHT Lansdowne residents have daily guided walks with the activities coordinators.

On Wednesdays and Fridays, the in house Physio does intensive seating exercise in the Wallace/Picton Area between 1115-1145 in the morning.

With the warmer weather, we encourage residents and whanau to make use of the courtyards. Pets are welcome to visit the facility. Whilst on lockdown, residents continued to keep in touch with friends and family members via Zoom and or phone conversation. Please contact reception to arrange time for a Zoom meeting.

For the month of August, CHT Lansdowne residents and staff celebrated the Olympics. Mr Bruce Woskett did the honours of lighting the Olympic torch. Multiple sporting events from archery, wheelchair race, shooting etc were facilitated. August was dedicated as the Cultural Month. Residents and staff had a Maori speaker (Compass staff, Sherryl) with Mrs Ryder (NZ Maori, resident at Lansdowne). Both shared stories and importance of the Korowai cloak. The cloak exhibited for 2 days for everyone to view.

The Cultural presentation day of staff, family and residents has been postponed due to Level 2.5 restrictions. When we move to Level 1 and its safe for us to meet in group, an announcement for the Cultural Day will be sent out to everyone.

Residents busy with the art and craft



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Improvements and Initiatives

Pureed Food project is an initiative to deliver moulded pureed foods using custom-designed machinery. The project is due to be rolled out mid-September. Studies have shown that shaping the meals can increase meal intake by up to 40%. We have also introduced the Ethnic menu as an option for our residents. Ethnic menu includes mainly Asian dishes.

Maintenance/ Property Project

The nurse call bell system in the unit will be upgraded. The wall vinyls in some of the ensuites will be replaced.

Stand Upright Project

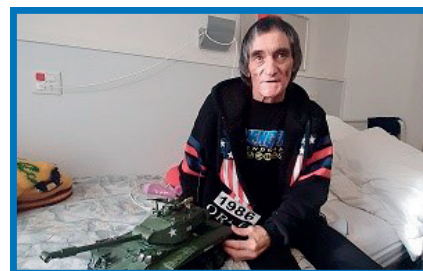
CHT Lansdowne is working alongside with the University of Auckland on the **Stand Upright Project**. The aim is to improve/maintain the physical mobility of our residents and their well-being. The project involves a facilitated exercise program on a daily basis. The exercise will be assisted by the Physiotherapist and the activities coordinator. Consents have been forwarded to residents and family members. The project is expected to commence late September to early October this year.

Resident Stories

John is a NZ Maori who hails from Rotorua. He has been known as Johnny the drainlayer since he was 12. John has supportive and loving daughters, Shayne and Jayme.

He has served the NZ Army for 4 ½ years. On his spare time, John loves to build model army tanks. He has 5 of them. He likes to watch Star War movies and other action packed sci-fi films. He has a multitude collection of DVD players.

Mr John Hignett



These past few months have been very challenging to all of us.

I would like to thank Lansdowne Residents, Whanau and Staff for their support and cooperation during the covid-19 lockdown period.

When its safe for us to promulgate, we look forward to welcoming everyone back to CHT Lansdowne. Nga Mihi.

Best Wishes
Unit Manager,
Ricci Ybanez
Ricci.Ybanez@cht.co.nz