

Address: 54 Pah Road, Epsom 1023 Phone: (09) 625 6054 Fax: (09) 625 6814 Email: stjohns@cht.co.nz

Welcome Note

Despite the challenges thrown our way by Covid and Lockdowns, our staff have had wonderful support from family and enormous patience and understanding from residents. Your not being able to visit has been hard. This has been even more true for four new residents who have had their family and friends unable to visit during the transition into our care Thank you all again for your support - we are privileged to have the opportunity to provide care and to know you have faith in us to keep you safe through these trying times. Our activities coordinators have been working hard at setting up video calls to family and friends through Zoom and WhatsApp.

Activities and Celebrations

Winter Wonderland Open Event - 11th July

We were extremely lucky in timing this just after (and before lockdowns) to welcome family back into the Unit with a 'bang'. Our activities coordinator, Carol Jennings worked hard for days to create an other-worldly experience in Suite 7. The area was transformed for residents and family to enjoy. We had hundreds of lights, a full size tree, taken from our garden and glitter to create this dreamy ambiance. An entertainer, a backdrop of the *Remarkables* on the walls, hot drinks with marshmallows and a chocolate fountain complemented the décor.

Winter Wonderland 11th July



Olympic Ceremony & Events - July & August

Our opening ceremony had Kerry providing an interesting speech—we will definitely ask him to help as an MC in future events. Edgardo Lozano (Health Care Assistant) provided added energy with his presentation, singing and dancing alongside his role as the torch bearer. A number of weeks went into some rivalry between competing teams in Skittles, Quoits and a Bean Bag Toss . We had three teams of four in these events with everyone putting in their best efforts—rivalry was strong with medals going out to winners—gold, silver and bronze. These were presented by Lyn Dudley. (Diversional Therapy Advisor for the Trust) .

Cultural Events—August

We have had two of these so far and our talented staff have contributed to these with dances and music as we had not allowed entertainers in during this period. Despite all this the resident joined in and the Indian and Filipino events were both enjoyed by many.

Kerry King at Olympic Opening Ceremony (Edgardo Lozano as Torch- bearer)



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**Gladys Crilly & David
Bruce: Stretch & Flex
class**



Improvements and Initiatives

Staying Upright Study: July 2020 to July 2021

The Unit has begun an exciting year long program with Auckland University which is being set in motion to identify exercises with older people that will help strengthen, improve function and prevent falls. This will involve groups of our residents in two different types of exercise classes - one for those who are seated and for those who can stand. These will be run in addition to our regular weekly activities program and we will have the added support of a physiotherapist for these sessions.

REAP Program

This is an existing program run alongside our moulded pureed food program .REAP is a dedicated program provided for those with weight loss. I wanted to reassure family of the continued results we have had during lockdown in keeping residents as well as possible, they may have missed your wonderful snacks, treats and home cooked goodies, however this program is proving very effective. Our monitoring showed 80% of residents putting weight on during the last Lockdown.

Resident Stories

June Charles

Always a 'City Girl', June was born and lived in Auckland all her life. She was the youngest in a large family of eight . Her father was awarded an MBE by the Queen for his work in the Boatyards. June and her siblings spent a large part of their early childhood out on the Hauraki Gulf with him at his work. June had 5 children—4 still alive. She is very close to her with six grandchildren. June loved going out, was socially active at darts and dances, often up to mischief and besides being a mother she worked her whole life in various roles—as telephonist, bar maid and at Stevens. She met and married her husband Terry 55years ago and they celebrated his 82nd birthday in Suite 7 just prior to this recent lockdown. Terry lives in Onehunga and calls June every morning and every evening for a good night kiss.

**June Charles at her
husband Terry's 82nd
Birthday**



A big thank you to you all for your patience and support through these troubling times. In particular I would like to thank the care team at CHT St Johns for the extra hours and added duties they took on with humour and dedication.

Best Wishes
Unit Manager,
Jenny Vollmer
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