

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

Welcome Note

A big welcome to you all and our new Residents and their family and friends.

The end of Daylight Savings has rolled round so quickly – while we have darker evenings, there is something good about the crisp clear days and the chance to snuggle up and be relaxed and cosy at night in our winter woollies. Another lock down is behind us, more are possible, however, the COVID-19 vaccine rollout is imminent.

Staff and residents have been going through the consent process. This vaccine is vitally important for all of our vulnerable residents and whanau – please let staff know if you have any queries.

Activities and Celebrations

**Val Nicholl and Maryjoe Belen
(Health Care Assistant) -
Easter Celebrations**



As usual our Activities team continues to expand and add to their program to add interest and enjoyment each day. One new initiative is the powder blue plastic Resource Baskets with a mix of activities which are to be found in the Lounge of each Suite. These are there for Residents and their families to enjoy together.

Valentine's Day was preceded by Craft sessions in which special messages were put together for loved ones.

St Patrick's Day saw some great decorations across the Unit – both in the Suites and in costumes worn by staff and Residents. The 'Green Theme' and funny hats led to some wonderful moments.

Easter Celebrations had a 'sweet' side and it was lovely to see many family members visiting and residents going out to enjoy the wonderful warm weather together.

CHT Healthcare Trust Staff were all treated to a voucher from CHT Head Office to celebrate our Foundation Day – March 1962, so many good years in the service of our Residents – these were appreciated by all of us.

Bus Trips have continued with a new Driver from Go Bus – Mo who has brought a fresh approach and enjoys the outings as much as the rest of us.

**Roger White and Gretchen
Labios (Activities Coordinator)
– St Patricks Day**



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Improvements and Initiatives

Our Falls Program continues to enable us to put strategies in place to minimise the risk of these events and potential harm following falls under the guidance of R/N Therese Tating.

CHT Healthcare Trust and Auckland University are running the **Staying Upright** and **Stretch and Flex Program** twice a week and this is building muscle tone, strength and improving balance for a number of residents. Above all it is a time to get those muscles moving and the endorphins flowing under the direction of the AC Team and the Physiotherapist.

Kirsty Bleasdale (Physio Rehab Group) is back after a short break and it is good to see her involvement in managing various issues across the Unit – Kirsty is happy to discuss concerns with residents and family at our Multi-Disciplinary Meetings (*see the Schedule on the Notice Boards for details on times and how to book attendance*). These Meetings are attended by the Clinical Coordinator Nora, alongside the Care Team, Physio and Activities so we can cover a wide range of areas with you together.

Resident Stories

David was born in Auckland and while his parents are both of Scottish origin, he is a true Kiwi and loves nothing better than getting out to his local at Alexander Racecourse or down Queen Street to Opera or concerts at the Town Hall.

David met our previous CEO Max Robins in 1999 at Kowhai Court (Mangere) and moved to CHT St Johns in 2002. He has completed Economics at Open University and is passionate about New Zealand political history and often stops in at the Epsom Library to catch up on new literature on this topic.

David was pivotal in getting Government attention on the plight of Immigrant Healthcare workers in 2017 when he spoke to MP David Seymour about this concern. This led to a visit from TVNZ to the Unit and some eventual changes in Policy that helped us keep some remarkable and talented staff active in supporting us in our Unit.

COVID-19 has affected so many of us over the past year. Many of us have loved ones overseas who are tantalisingly out of reach and at high risk of catching this disease - do contact me if you need a letter to secure air flights from abroad/ find a space in MIQ.

All Visitors and residents must sign in and out on the Unit VisTab as part of our policy. Staff are always happy to help first timers. Please see me if you have any feedback at all. Take care and remember – be kind to yourselves and one another.

Best Wishes
Unit Manager,
Jenny Vollmer
Jenny.Vollmer@cht.co.nz

David Bruce and Edgardo Lozano (HCA)

