

## Welcome Note

Winter 2021

Hi All

Winter is upon us and the heating has been adjusted to keep the place cosy and the menu to offer warm and nutritious meals as the nights draw in.

Thank you for all the lovely feedback on the improvement in our meals and their presentation. Our Chef Chris is doing an excellent job and is willing to receive any feedback or suggestions. We welcome our new residents, 13 in fact last month to the Amberlea family. Please introduce yourself if you are visiting. I look forward to meeting you all.

### Mr Whippy Day



## Activities and Celebrations

We continue looking forward to sunnier days with Mr Whippy visiting us weekly.

This is very popular with the residents and they look forward to the sweet treat in the afternoon.

Our outings to indulge in shopping and also dining out for lunch continue.

Wrapping up warm and getting out and about during the colder months is so good for the resident's wellbeing.

We are considering winter vegetables for the gardening club and keeping busy for weeding and watering.

Please keep a close eye on the noticeboards because we have so many lovely photos of the residents.

We have decided to get these professionally printed and you will be able to purchase photos of your loved ones from the boards in the entrance.

### Lunch out



## Improvements and Initiatives

<b>S</b>	Seems different than usual
<b>T</b>	Talks or communicates less
<b>O</b>	Overall needs more help
<b>P</b>	Pain – new or worsening; Participated less in activities
<b>a</b>	Ate less
<b>n</b>	No bowel movement in 3 days; or diarrhea
<b>d</b>	Drank less
<b>W</b>	Weight change
<b>A</b>	Agitated or nervous more than usual
<b>T</b>	Tired, weak, confused, or drowsy
<b>C</b>	Change in skin color or condition
<b>H</b>	Help with walking, transferring, toileting more than usual

We like to support and develop our Healthcare Assistants' skills as they know our residents the best. This enables the Healthcare Assistant under the Registered Nurse Delegation to extend his or her role. For these Healthcare Assistants we have developed a 12 week course. Each week we provide in house training including a practical component. This is increasing the knowledge and confidence of our Healthcare Assistants and they can use these

skills and knowledge to improve the lives of the residents. You will also see "STOP and WATCH" signs around the facility. This is an incentive to reduce hospital admissions and improve our response to changes in a resident's condition. The STOP and WATCH is an anagram alerting the Healthcare Assistant to any changes in condition which need to be reported. The Healthcare Assistant completes a form and the Registered Nurse will follow up with a full assessment.

## Resident Stories

Our resident Florence is often seen with our pet bird Rocket on her shoulder admiring the view and interacting with the other residents.

But Florence has lived an interesting life, from a family of 6 Florence tells me life had been a struggle. At 19 she decided to be a Paramedic. When I asked Florence why she wanted to be a paramedic, she explained the job was very male dominated at that time. She said the role fascinated her. Florence tells me she wasn't going to be told she couldn't and this was quite a "thing" in her day.

Florence went on to train as a nurse and also raise a family. Sometimes we forget the real pioneers who made a pathway for other New Zealanders to follow. We are honoured to have you with us here at Amberlea Florence.



We have been very fortunate in the Registered Nurses who have chosen to work at Amberlea. To the Registered Nurses who have moved on to other opportunities thank you for your contribution and the care you have provided for our residents. A big welcome to our new Registered Nurses and Healthcare Assistants.

Best Wishes  
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