

Address: 35 Bay Vista Drive, Red Beach 0932 Phone: (09) 426 3252 Fax: (09) 426 3251 Email: halldene@cht.co.nz

Welcome Note

Winter 2021

Hello everyone. I would like to welcome all those who are new to Halldene, both residents and their families.

You will notice a few new faces among the staff as some leave in search of new horizons and others step into their place.

We live in a world of great change these days, with the challenges of the pandemic, this means different opportunities presenting themselves. While we embrace these new opportunities, from the rollout of the COVID-19 vaccine to understanding of different cultures and meeting new people.

Bubbles and Jean working mosaic magic



Activities and Celebrations

The act of creating something leads to happiness and fulfilment participating in a paper mosaic art activity opened a wonderful form of socialisation for the residents of Halldene.

It isn't just about being creative, it's great for healthy minds and has physical benefits as well.

Another form of socialisation was demonstrated in our Queen's Birthday celebration where one of the lounges was turned into a throne room.

Our residents enjoyed a high tea, quizzes and photographic sessions where they posed as royalty.

With the proceeds of a recent raffle, we were able to purchase a benchtop oven which has given the opportunity for residents to practise their baking skills and to literally get a taste of home.

The aromas emanating from the corned beef pie and the cheese scones tempted many a palate.

CHT Halldene's Throne Room



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Improvements and Initiatives

Colin exercising his woodworking dexterity



The use of your hands when creating art can improve blood flow and dexterity in your fingers, hands, and arms.

The wood work activity was created, adapted and modified for the residents with limited dexterity as a source of enjoyment and satisfaction for anyone who is struggling to maintain independence in spite of physical limitations.

The activity enhanced the feeling of connection and team work between the residents.

Resident Stories

Bubbles has reconnected with a pastime that she enjoyed when she first retired and lived in Wellington. Our enthusiastic activities co-ordinator, Lee, takes a yoga class every Sunday where Bubbles enjoys meditation and sensory input such as aromatherapy, music and miniature waterfall features.

Cards are given out at the beginning of the session for Bubbles and other residents to read out.

These cards have positive statements to help set the scene and provide mental stimulation.

Bubbles participating in our yoga class



I have just returned from two weeks in Wellington, and participated in lockdown, albeit at level 2. I stayed in a retirement village with my mother enjoying a busman's holiday.

Watching her decline and in need of increasing care reinforces how important it is to family to know that their loved ones are safely looked after and acknowledge the importance of our role in the community.

We endeavour to look after our residents as if they are our family, knowing that the quality of care can make all the difference to one's senior years, making Halldene feel like home.

Best Wishes
Unit Manager,
Sue Pronk
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