

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

## Welcome Note

Winter 2021

While we keep warm in the current icy temperatures, it helps to remember we have passed the Winter Solstice and days will get warmer and longer.

Staying safe is a constant goal - COVID-19 outbreaks near and far are a stark reminder of the need to work together to beat this pandemic. Our second Vaccination Clinic is due on 8th July with residents and staff booked for **both** their second dose and others booked for a first dose.

There will be more visits but please do not delay - see Reception/ Nurse for a Consent Form and a booking.

Aileen with her letter of congratulations from HRM Queen Elizabeth



## Activities and Celebrations

The Activities team have had a busy time with the regular outings, Mothers' Day, Queen's Birthday and most notably Residents' Birthdays.

Our Team enjoy working with family & friends to make these occasions special. We can add decorations and catering support – Medirest kitchen staff have a selection of nibbles at a low cost any special occasion.

It was wonderful that we were able to help prepare and celebrate alongside Aileen Leedham and her extended family for both her 100<sup>th</sup> Birthday and her son's wedding ceremony

in the Resident's lounge in Suite 11 on 9<sup>th</sup> June 2021. Her 6 children and extended family and friends came from Australia and all over New Zealand to attend.

CHT St Johns has reached the 6 month milestone for the Auckland University Staying Upright and Stretch and Flex programs. Unit staff are going to complete a training session with the Physio next week and will continue to run this program for two days a week.

Whilst activities are usually managed by the activities coordinators team, our care team also helps with walking programs as well as using the activity resource boxes in each suite to turn 'down time' into fun time.

Rachel Millward and Janice Wilson enjoying a sunny day out in Cornwall Park



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## Improvements and Initiatives

The Unit has had the benefit for some months of being involved in the **POI (Palliative Care Outcomes) Initiative** led by Specialist Nurses – Charmaine Fowles and Terri Davies. This project is a joint exercise between Aged Care, the DHB and Mercy Hospice which reviews those residents who have been identified by our Nurses as having a potential decline in health.

The POI Nurses are available on Tuesdays as part of our regular MDT Meetings to talk to family members/ residents about their concerns. Please remember to book for the Meetings/ POI Team with a Nurse or Reception.

## Resident Stories

**Photo of Aileen with her daughters celebrating her 100th Birthday in style**



Aileen was born in 1921. She had 12 siblings and their parents were from Ireland and England. Despite the hardships following World War 1, Aileen still had a very happy childhood.

Aileen married Laurie Beatie just before his enlistment for World War 2.

They had 7 children, 6 of them are doing well with some living in Australia. Aileen married John Leedham. Both very active bowlers, card players and travellers. They have visited many places in New Zealand and loved their overseas trips that included England, Australia and Zimbabwe. However after John's death, Aileen lived independently in a retirement village until the age of 94, when she moved to CHT Royal Oak in 2015 and to CHT St Johns in 2019.

**Moimoi Ah-Siu and Marina Penaia (Walking Program)**



COVID –19 has affected so many of us over the past year. Staff recruitment is underway to address current vacancies and we are delighted to introduce R/N Patricia Lazaro who has brought the clinical team a fresh perspective with her energy and enthusiasm. I am sure you will join us in welcoming the other new staff to our team in due course. We are here to help and support you and your feedback to us is vital in achieving this. Please see me or complete one of the feedback forms located in each suite/ area of our hospital to let us know your thoughts or concerns.

Best Wishes  
Unit Manager,  
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