

### Welcome Note

Winter 2021

Welcome to the Winter Newsletter for CHT Waiuku.

One winter on from Level 4 Lockdown in 2020 the threat of COVID-19 remains a very high risk to us all. Our COVID vaccination program was completed on 15<sup>th</sup> June for residents. For family members you are encouraged to attend Waiuku Health Centre where a large vaccination programme is underway. Each day approx. 140 community members are attending to be vaccinated. A timely reminder to family and friends to not visit the facility if you are unwell. Please sign-in into the facility tablet & use the hand sanitisers to assist us protecting our residents.

### Activities and Celebrations

**Cooking-** Residents had a fun morning making, cooking and sampling Pikelets.

**Ardmore Airport-** This facility was visited twice last month as those who went on the first trip spoke so enthusiastically about the fun outing those who missed out were able to get on the second bus trip. The weather was perfect sunshine on both days making visibility of small planes, helicopters and Warbirds easily identifiable.

**Potato in a Bucket-** This competition has commenced. Who will grow the best or biggest or edible potato!!

Our residents are all very competitive. Thanks to Ross who drilled holes in 30 buckets to assist with drainage. Residents have been kept busy filling their bucket with compost and seed potato. In 100 days everyone is hoping for a successful crop. Judging will be undertaken by Shane from NZ Potato Growers.

**Music-** Residents were entertained by French horn player Anita Austin. Anita is a freelance professional horn player who has played with the Queensland Symphony Orchestra, NZ Symphony orchestra and the Auckland Philharmonic. Alongside her teaching career Anita gives her time to travel to Rest Homes/Hospitals to share her music with the residents. Anita is booked to return in October.

The choir from Wesley Boys College were welcomed to entertain the residents as part of their Pacifica week celebrations.

#### Potato in a Bucket



### Improvements and Initiatives

The majority of the renovations have been completed. In the spring a Pergola will be constructed on the grass overlooking the Estuary giving residents a comfortable place to sit and enjoy the view.

A generator has been installed to provide the facility with electricity when there are numerous power failures. Two new thermostats were installed on Bayview/Sandspit wings with the temperature being maintained at 24C on these wings. No one should be cold so please speak with staff if you feel cold in your room. Following requests from the residents the concrete path along Riverside wing & around the rear of the building has been replaced. This gives a smoother path for the walkers to do a loop of the building each day. Great feedback has been received from residents who enjoy walking.

### Resident Stories

Thanks to Dave who organises the monthly Men's Club. Dave contacts local community identities who are actively involved within the community. Barry who has long been associated with the Waiuku Community presented an interesting talk to residents outlining the plans and vision for the Waiuku River Trails.

26<sup>th</sup> July – Grant Sharman NZ wheelchair athlete, Paralympian & mouth & hand painter will visit & speak with residents.

Many of our residents enjoy participating in the Friday walking group. A great time to enjoy winter sunshine, view winter flowers in neighbours' gardens and say hello to others.

A big thank you to everyone from the Waiuku and Franklin community who readily give their time to our residents. The input from volunteers each week is very much appreciated.

We encourage family members and friends to join with residents for a 'cuppa' on our Wednesday coffee morning. Thank you to everyone who visits and brightens up someone's day.

#### Walking Group



Best Wishes  
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