

Newsletter February 2009

Hello everyone,

Thank you to those who gave us goodies for Christmas. Our waist lines have definitely appreciated them. Xmas 2008 has been and gone and the holiday season has come to an end with schools having started up again.

Xmas brought the usual activities, such as Christmas carol evening, complete with a visit of Mr and Mrs Claus. Thank you to all the relatives for being there.

On November 11 we celebrated the 100th birthday of resident Eleanor. Although her eyesight is not 100% anymore, she still keeps up to date with what is going on by listening to talk back radio. We are looking forward to her 101st birthday!



Things at the rest home seem to have settled down a little bit compared to when we first took over more than a year ago now. A lot of the paperwork has been revised and updated, but a lot is also still outstanding. However, from an administration point of view, the day to day running of the rest home has become more or less routine now. This is not to say that things are not hectic at times.

HCPNZ, an association of aged care facilities, held a competition for the best and most varied Christmas

activities that a facility had organised. Glenbrook Rest Home came out as 'highly commended'. They printed the photo above of our residents pre-Christmas dinner in their magazine. We are proud of that achievement and a big thank you to everyone who has given us a helping hand. We won \$200 worth of prizes.

We have also seen some more developments in our 'farm'. Firstly we had a rooster arriving and moving in with our five chickens. Because of his 'input' we now have seven baby chickens. They are about ten weeks old now and fully independent.

In November two llamas visited the rest home (see photo). They were very well behaved and house trained!

We also have two kunekune pigs which were kindly donated by resident Inge's granddaughter. The pigs are brother and sister and nine months old. They have



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been named Glen and Brook. The latest additions are two white peking ducks which were donated by resident Sybil's daughter. They have been named Dilly and Dally. All the animals live peacefully together (most of the time - see photo) in the paddock at the back. The ducks have a little pond (thank you Lynn) which Brook sometimes uses for a dip to cool down.



Resident Expenses.

Some of our trips involve paying for a show etc. We will take small amounts (up to \$20) out of the residents kitty. If a larger expense is involved, we will ring a relative. Please see us if you would like to discuss this. We pay for petrol and ice creams. As we only can fit seven residents in our van not all residents can go on all trips. If a planned trip is very popular, we sometimes use staff cars as well.

We had a resident meeting not long ago and most residents seemed happy. One thing that did come out was that larger dinner plates were preferred so it is easier to cut up food without spilling it on the table. As a result we have changed to larger plates. Anybody wanting to see the minutes of the residents meetings is more than welcome. Please see us in the office.

Barbeque

On **Saturday, March 14 at 12:30pm** we have another barbeque for residents, their relatives and friends, and rest home staff. Food and non-alcoholic drinks provided. We would like to see you all in large numbers to make this occasion a success. As we send out a newsletter to the first contact for every resident only, please notify any other friends or relatives you think might like to come.

There will also be a display and sale of **crafts** made by our residents. All proceeds go towards the residents crafts expenses.

Free Fire Wood!!

Well, not exactly free, a bit cheeky really. Getting it will involve some elbow grease and arborist skills and gear. There are four pine trees at the back of the rest home that need some drastic pruning. All fire wood collected is yours. Peter will lend a hand.

Some housekeeping ideas and reminders.

When visiting, please check that residents have enough toiletries such as soap, toothpaste, etc. Please ensure that if you bring in new clothes you name them. If you have no suitable pen, please bring the clothes into the office and we will mark them for you. Easy care, durable clothing are the best to get. They will last longer with the regime of frequent washing and drying.

Also, with the summer season slowly heading towards the changeover to winter, please check if any residents summer garment needs to be replaced with a winter one.

A suggestion for a nice resident present is a 'fancy' drawer liner, one with pretty pictures or a nice smell for instance.

Every resident has a three monthly visit by their GP. Some doctors will do a house call at the rest home, but at times Sharon may need to take the resident down to the surgery. Sometimes we may ask a relative to accompany the resident. Remember that at any doctor visit you are most welcome to be present. In fact we actually prefer to have your input too.

We have a podiatrist coming to the rest home every two months. This costs \$40 per resident. We realise that this may sound expensive, but in the long run it is the better way to go as the podiatrist is appropriately trained and equipped to look after feet and toes and knows how to deal with corns etc. Especially diabetics should be seen by a qualified podiatrist because of the increased risk of bleeding and infections.

Please note that the very long 'glenbrookresthome' part of our website and email addresses has changed to the more convenient and shorter 'gbrh'.

Last but not least, if you feel you have a rest home related problem you feel you cannot discuss with Peter or Sharon (heaven forbid!), there are advocacy services available you can contact on 0800-555 050.

Regards, Sharon and Peter.

PS Please remember the BBQ on March 14 and to fill in and return the enclosed survey. We always welcome feedback.

Activities.

Since the last newsletter we have been busy over the festive season. We had a trip out to watch the Harrisville School performance, which was thoroughly enjoyed by everyone who went. We also enjoyed a trip to the Waiuku Christmas light display which was spectacular! We had a visit from the Glenbrook Kindy children who put on a fantastic performance for us all (see photo). At the end of their show they gave every one of our residents a beautifully made flower arrangement, such a lovely gesture. The Senior Citizens



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Christmas Party at the Cosmopolitan Club proved to be very popular with most attending. Entertainment, festive food and a Christmas raffle all made the afternoon fun for all.

We also visited staff member Barbara B.'s beautifully decorated house where we had supper and sang songs. Thank you for having us.

About 15 residents visited the Positive Ageing Expo in Pukekohe on Sep. 26th 2008. Early February seven residents went to a performance of Joy Adams, a country singer come comedian.

Recently, we had a trip in the van to Clevedon where a refreshingly cold ice cream was enjoyed in the hot weather. We also visited Sharon's friend Jill's house down the road. It is beautifully situated next to a small lake with eels and ducks.

We now have a dart board up in the lounge and plan to have a competition between the staff and residents (after some practice I think!). Our plans for the coming months are to enjoy what good weather we have left by getting out for drives in the van regularly (ice creams included!!). A regular flower arranging session, continue with our ever popular scrabble afternoons and encourage more people to join our newly formed Ludo group.

Corinne McCormick, Activities Coordinator

Wrong answer ...

WIFE: What would you do if I died? Would you get married again?

HUSBAND: Definitely not!

WIFE: Why not - don't you like being married?

HUSBAND: Of course I do.

WIFE: Then why wouldn't you remarry?

HUSBAND: Okay, I'd get married again.

WIFE: You would (with a hurtful look on her face)?

HUSBAND: (Makes audible groan).

WIFE: Would you live in our house?

HUSBAND: Sure, it's a great house.

WIFE: Would you sleep with her in our bed?

HUSBAND: Where else would we sleep?

WIFE: Would you let her drive my car?

HUSBAND: Probably, it is almost new.

WIFE: Would you replace my pictures with hers?

HUSBAND: That would seem like the proper thing to do.

WIFE: Would she use my golf clubs?

HUSBAND: No, she's left-handed.

WIFE: - silence -

HUSBAND: bummer....