

Newsletter June 2009

Hello everyone.

Nearly half way through the year already again. Doesn't time fly. We're already planning the mid year Christmas dinner.

The swine flu (or H1N1) has not struck us at the rest home yet and we like to keep it that way. We have put up signs at the entrance gates asking visitors if they have been overseas in the last week and if they have any flu signs such as coughing and runny noses. If you show any signs of flu, we appreciate it if you could postpone visits to the rest home until the symptoms have disappeared. Our residents will be very grateful.

If anyone has a surplus of lemons, we would like them.

The results of the survey that was enclosed with the last newsletter were very positive and encouraging. We will take note of the results and try to improve those areas that were not 100% perfect. A lower number of surveys were returned this time. We think this might have something to do with the fact that we forgot to enclose a return envelope. So we'll do that again next time. Thank you to those who took the time to fill it in and return it.

There have been a few staff changes. Barbara Copeland (who did night shifts) has resigned as she has moved to Papatoetoe. Christine Mackenzie has left us as well for personal reasons. Christine used to work fulltime at the rest home and in recent years did casual work for us. We thank Barbara and Christine for their good work and wish them well.

We have welcomed Marike van der Merwe and Yvonne Fritz as two new caregivers. Christine Beale has joined us as housekeeper.

The BBQ we had in March was enjoyed by all. We look forward to the next one when the weather gets a bit warmer again.

Dr Ian Anderson, from Waiuku Medical Centre, has retired. Ian looked after three of our residents who will be taken over by Dr Ahmad Al-Ani.

When visiting at the rest home, could you please remember to check on stocks of toiletries etc. Also a reminder that it is mandatory that residents' electric blankets are checked out electrically annually.



Inge and James enjoying the sunshine



Sharon and Lynn rounding up Glen and Brook

Animal Update.

Our kunekunes Glen and Brook are doing very well. Together with the chickens, they hoe into the food scraps from our kitchen twice a day. Their tummies nearly touch the ground.

We got given a very cute bantam hen with six babies. Unfortunately one baby drowned in our little pond and four others were eaten by a feral cat. We have caught the cat and it won't do it again.

The two peking ducks have discovered the stream at the back and can only be seen when they come to feed at the chicken feed station. So far we have found three duck eggs. Two in the pond (!) and one in the middle of the paddock.



Our cute bantam

Sewing.

Minor residents' clothing repairs, such as sewing on buttons, we can usually do, no problem. More complicated alterations however are the responsibility of resident's relatives. Sometimes we might be able to do them, but we will have to charge for time and expenses. If you'd like us to do any sewing, please see Corinne.

Glenbrook Rest Home

We will be having a break from June 23rd till July 1st. Yes, we do need that at times. Anne Smalley will be the 'locum' nurse while we're away.

Regards, Sharon and Peter.

Activities.

We enjoyed a lovely late Summer with afternoon trips out in the van. We visited Clarks Beach, Tuakau bridge, Pokeno, Kariotahi beach, Te Toro and Clevedon. All with an ice cream stop of course!

Our darts team have been practicing and are now ready to challenge anyone to a game, 301 is their specialty! So feel free to ask our team for a game when you are visiting.

We now have a yoga/exercise class on the 1st Monday of each month at 3:30 pm. Yoga 'guru' Sarah has specifically designed a programme for our residents to enjoy.

Noes is still with us on Thursday mornings, providing a really varied exercise programme from 11-12 and a sing-along for the half an hour before lunch.

Walks are on our daily programme (weather permitting of course) and are usually either just before or after lunch.

Our woodturning demonstration was well received with some residents showing particular interest as they had either enjoyed it as a hobby or work. This in turn sparked a really interesting topic of conversation afterwards. So, thank you Alan for a most interesting and enjoyable morning.

Mid winter Christmas will soon be here and we will be making Christmas table centres and decorations to compliment our festivities.

If you have any crochet hooks, knitting needles, or indeed anything you think may be useful for our craft/ flower arranging sessions, these will all be gratefully received thanks.

Corinne.



Peter takes Eleanor for a 'run around the estate'.



The Waiuku Wood Turners Club recently did a demonstration on wood turning.

Blonde ...

Bob, a handsome dude, walked into a sports bar around 9:58 pm. He sat down next to a blonde at the bar and stared up at the TV.

The 10 pm news was coming on. The news crew was covering the story of a man on the ledge of a large building preparing to jump.

The blonde looked at Bob and said, "Do you think he'll jump?"

Bob said, "You know, I bet he'll jump."

The blonde replied, "Well, I bet he won't."

Bob placed a \$20 note on the bar and said, "You're on!"

Just as the blonde placed her money on the bar, the guy on the ledge did a swan dive off the building, falling to his death.

The blonde was very upset, but willingly handed her \$20 to Bob, saying, "Fair's fair. Here's your money."

Bob replied, "I can't take your money. I saw this earlier on the 5 pm news and I knew he would jump."

The blonde replied, "I did too, but didn't think he'd do it again."

Bob took the money...