

Newsletter June 2010

Hello everyone.

Yes, another newsletter again. What will we write this time? Well, to be honest, not very much extraordinary has happened in the last few months. Being in the middle of winter doesn't help either. We'll give you a rundown anyway.

Hand Washing

Just a reminder about the need for good hand hygiene. It is a well documented fact that 'dirty' hands are the most common way that germs are transferred. Dirty hands here does not just mean hands that are visibly dirty, it particularly refers to hands that look clean, but are laden with (invisible) bugs. So please, when visiting, sanitise your hands when you arrive and when you leave with sanitiser from one of the dispensers in the hallways. Your cooperation will keep us all safer from infections. Also, please postpone your visit if you are not feeling too well yourself. Wait until you're okay again.

Cold Season

The cold winter season is now upon us, so another reminder that on your next visit you check that your resident has sufficient winter clothes, so they can dress warmly.

Visiting and Activities

When you intend to visit, it always pays to ring the rest home beforehand. There are two reason for this. The first one is to confirm that the resident will be home, as they sometimes go out to Senior Citizens meetings for instance. Secondly there are some regular activities such as housie, card games, bowls etc. that residents don't like to miss. Of course they love you to come and visit, but they love it even more if your visit does not interfere with their activities.

Also, if at all possible, please make any phone calls to residents outside meal times as the dining room can be noisy, and, more importantly, the resident's food will get cold while talking to you!

Lunch is from 12:30 to 1 pm and dinner from 5 to approx. 6 pm.

For your information we have enclosed a copy of the General Activities Programme.

Animals and Grounds

With the drought over, the grass in the paddocks has turned to a luscious green colour again, much to the delight of Glen and Brook.

Some of you may have noticed the 'cascading waterfall' from the overflowing spouting in the corner of the deck during heavy rainfall. After digging up the underground drain pipe at the back of the rest home it was found to have been invaded by tree roots. Having cleared these, there should be no more Niagara Falls!

Rooms

'Upstairs', in the older part of the rest home, four rooms have full height (i.e. all the way to roof line) ceilings. These high ceilings make the rooms very hard to heat as warm air rises. Two options were available to address this: 1. Move residents' bed way up into the roof space, or 2. put in lower ceilings. We opted for the latter! Two of these rooms have now been fitted with a lower ceiling (also creating some additional storage space above). At the same time the rooms have been insulated and the walls relined and painted with a light coloured paint. With the addition of a basin with hot and cold water the rooms have been made warm, light and inviting. A vast improvement.

Kind regards, Sharon and Peter.

Activities

Hi Everyone,

Well, the weather has well and truly set in for the winter! Those lovely summer days seem such a distant memory. We do still manage to get out for walks during breaks in the weather on most days.

We have been busy with our usual programme of activities and have had some new activities and entertainment to enjoy. We had the Singing Cowboy visit us at the end of April and a very jolly morning was had by all, lots of audience participation!



The Singing Cowboy
'doing his gallop'

Glenbrook Rest Home

We have managed some trips out in the van, despite the weather, to Sandspit and Te Toro and a trip to the Dutch shop in Pukekohe where some of our residents enjoyed cheese tasting and some supplies for their wine and cheese afternoon, which was enjoyed by several at the beginning of June.

We have a new activity on our programme which is Tai Chi. Instructor Ben is now coming on Tuesday mornings to provide a varied programme specifically designed for balance and mobility for the more senior citizen. Noes still provides her "Movement for Joy" programme on Thursday mornings and a sing-a-long afterwards. We have our Mid Winter Christmas lunch on Tuesday 29th June and some of us are making decorations for our tables.

Corinne.

Age Activated Attention Deficit Disorder.

Recently, I was diagnosed with A.....A.A.D.D. This is how it manifests:

I decide to water my garden. As I turn on the hose in the driveway, I look over at my car and decide it needs washing.

As I start toward the garage, I notice mail on the porch table that I brought up from the mail box earlier. I decide to go through the mail before I wash the car. I lay my car keys on the table, put the junk mail in the garbage can under the table, and notice that the can is full.

So, I decide to put the bills back on the table and take out the garbage first.

But then I think, since I'm going to be near the mailbox when I take out the garbage anyway, I may as well pay the bills first.

I take my cheque book off the table, and see that there is only one cheque left. My extra cheques are in my desk in the study, so I go inside the house to my desk where I find the can of Pepsi I'd been drinking. I'm going to look for my cheques, but first I need to push the Pepsi aside so that I don't accidentally knock it over.

The Pepsi is getting warm, and I decide to put it in the refrigerator to keep it cold.

As I head toward the kitchen with the Pepsi, a vase of flowers on the bench catches my eye--they need water.

I put the Pepsi on the bench and discover my reading glasses that I've been searching for all morning.

I decide I better put them back on my desk, but first I'm going to water the flowers.

I set the glasses back down on the bench, fill a container with water and suddenly spot the TV remote.

Someone left it on the kitchen table.

I realise that tonight when we go to watch TV, I'll be looking for the remote, but I won't remember that it's on the kitchen table, so I decide to put it back in the den where it belongs, but first I'll water the flowers.

I pour some water in the flowers, but quite a bit of it spills on the floor.

So, I set the remote back on the table, get some towels and wipe up the spill.

Then, I head down the hall trying to remember what I was planning to do.

At the end of the day:

the car isn't washed,

the bills aren't paid,

there is a warm can of Pepsi sitting on the bench,

the flowers don't have enough water,

there is still only one cheque in my cheque book,

I can't find the remote,

I can't find my glasses, and

I don't remember what I did with the car keys.

Then, when I try to figure out why nothing got done today, I'm really baffled because I know I was busy all damn day, and I'm really tired.

I realise this is a serious problem, and I'll try to get some help for it, but first I'll check my e-mail....



'Cheese and Wine' get together.

Please pass this newsletter on to other family members or friends. This newsletter can also be found on our web site www.gbrh.co.nz