

## Newsletter September 2010

Hello everyone.

Here we are again. Yep, three months already since the last newsletter.

We hope you haven't had to sustain too much damage recently with the stormy weather. We got through it okay with a part power failure for half a day and a night. Some of the power points in the rest home lost their 'juice' so we had to run extension cords from the garage to keep fridges and freezers operational.

### Staff Training Day

On Thursday September 30 we are having a staff training day from 8:45 am to 4 pm. In the past we have always held 1.5 hour training sessions on a monthly basis, but this year we are trialling to cover all training in two full days, six month apart. So if you can, please save any queries for the next day as we will only have skeleton staff on that day.

### Christmas

Christmas is looming again. We have set some dates, so please note in your diaries **Monday, December 13**: Xmas Carols Night. Relatives and friends are invited to join us in singing some well known Xmas songs. Refreshments provided.

On Monday December 20 we have our annual resident Xmas lunch. Those new to Glenbrook Rest Home (GBRH) might be unfamiliar with this. We always organise our Xmas lunch before Xmas day, because that way we can get everyone together as on Xmas day itself several residents will be out to stay with family or friends.

### Animals and Grounds

We have gained a couple of brown shaver chickens that were given to us. Another new arrival is Ollie, a muscovy duck that used to live at Waiuku Primary School for a couple of years. The school was not very happy with the mess Ollie makes at times and via a few in between stations ended up with us. We had to round him up a couple of times from neighbouring properties, but he seems to have settled in now.

Kind regards, Sharon and Peter.

### Activities

Hello everyone. What has happened to Spring! We are waiting for some half decent weather to go out for some trips in our van.

Two weeks ago we had our first 'big screen' movie at the rest home, complete with intermezzo and ice cream! We rigged up our projector in the downstairs lounge and rearranged the seats to a cinema style layout. The movie played was the recent hit 'Boy'. Funnily enough the residents' responses to the movie were quite varied.

We enjoyed a lovely afternoon last Tuesday at Estuary Village playing bowls. Our team did really well considering they had to bowl twice as far as we do at Glenbrook. The final score was 18 to Estuary and 11 to us. Thanks to Linda and the team for making us feel very welcome. We have a Mini Golf match planned for later in the year.



Ollie



Watching 'Boy'

### PTO

## Glenbrook Rest Home

Tai Chi on Tuesday mornings is proving really popular. Tutor Ben has designed a programme specifically for the more senior person. We do enjoy watching Ben demonstrate how it should really be done and the history behind some of the moves.

Some of our residents have been busy creating a collage 'Balloons over Hamilton' which can be viewed up in the top lounge. Peg and Betty have been painting on canvas. Please go and have a look at Peg's work on the wall in her room. Quite a little art gallery!

We are off to the 'Positive Ageing Expo' in Pukekohe again this year which is on Friday the 1st October. We will have lunch there this year as there is always so much to see and do. We usually go there with the more able residents and any help from relatives and friends will be greatly appreciated.

Every year the Glenbrook Kindergarten organises a fundraising trip on the Glenbrook Vintage Steam Train and we always 'tug along' to support them. We try and encourage as many of our residents to come and enjoy the trip. Last year we had to cancel because of the norovirus outbreak. This year hopefully will be different. The trip is planned for Friday November 19. The train will leave from Glenbrook station at 11:30 am and the round trip to Waiuku will take about 45 minutes. If any relatives or friends would like to come along and assist us with resident transport and enjoy the train ride, please let us know. Any help will be appreciated.

After the train ride we will have a picnic and ice cream for lunch. Let's just hope the weather has improved by then.

Corinne.



In the van off to a concert at Harrisville School in Tuakau



Betty and Peg creating works of art!