

## Newsletter October 2014

Hello everyone. Here we are again with a newsletter. Winter is starting to fade away. Spring will be upon us soon. Because December is a busy time we thought a Monday night would good for our Christmas Carols night. We have tentatively put aside Monday 15<sup>th</sup> December. We also have a resident Christmas Lunch on Wed 17<sup>th</sup> December. We will contact you sooner to the date.

### Clothing

We are aware the cold weather is still upon us but now is a good chance to start to sort out family's summer wardrobe and looking into what Christmas presents they may like or need.

### Staff

Lissa and Paula have joined us as caregivers. Welcome to our team.

### Dining Room and Lounge

The dining room and lounge extensions have been finalised now apart from some minor 'dressing up' bits and pieces. So much more space to move around now.

The little kitchenette in dining room is up and running. Ask the staff to show you and you are welcome to help yourself to tea or coffee when visiting. We do have to put in some safeguards to keep residents safe so please supervise them if they are helping themselves to a hot drink.

### Audit

Good news. Glenbrook Rest Home was awarded a four year certification period. This is rare so we are very chuffed. We received only two low risk partial attainments (out of 137 boxes to be ticked). To see full report visit [www.moh.co.nz](http://www.moh.co.nz). We are thankful to all our staff in achieving this. Thank you to residents and relatives who gave nice comments when interviewed by auditors.

### Emails and Appointments

If you email Peter or Sharon about appointments or outings, please ensure there is enough time until the actual date for us to receive the email and read it. Sharon sometimes can't get to a computer till later in the day and neither Sharon nor Peter may look at emails during weekends. A follow up phone call is helpful to confirm details.

When residents get appointment letters we try to intercept them. If these are given to residents they may get mislaid or forgotten.

If an appointment needs to be changed because it is at an unsuitable date or time for you, we may ask you to organise this yourself directly with the service. It saves us having to go back and forth.

When appointment letters come to us and we have an email address, we will scan the appointment and email it to the First Contact.

If taking your relative out for an outing or appointment and you will have them out during a meal, please check in with a caregiver before leaving. Some residents are missing out on medication or there may be other instructions or papers we need to hand over.

### First Contact

We do get requests from time to time to convey resident progress to two or more next of kin, instead of just the First Contact. In certain circumstances we will honour this, but we prefer to deal with one contact only. This contact can pass on relevant details to other family. We appreciate there can be family dynamics that may make this difficult sometimes, but we ask that you understand that this could become very time consuming for us.

### Animal Section

Puppy Tai is growing up and starting to exhibit some good agility traits. A bit too much at times. Peshia gets a hard time from the two males so Barbara (one of our caregivers) takes her for time-out sleepovers with her dog Rosie.

### Care Planning

If you are invited to have input in your relative's care plan, make a list with questions, concerns, and observations that you would like to discuss.

Ask what the current care plan states (if there is one already).

Being involved in care plan development is your opportunity to ensure that all of your relative's medical and non-medical needs have been identified and are being addressed in satisfactory ways.

## Glenbrook Rest Home

You should be ensured that strategies are put in place to provide the best possible cares suitable for your relative as assessed by a health professional. Remembering that this not always means that everything will be done for your relative as at times the registered nurse might explain to you that it is in your relative's best interest to maintain a level of independence.

Ask for explanations and the reason behind some of these decisions and make sure you and your relative understand them.

Remember that residents have the right to choose and refuse any form of care or treatment offered to them.

Staff will understand when you ask questions and voice your concerns, as they have your family member's best interests at heart.

Good communication between all parties will prevent misunderstandings.

Use this opportunity to provide us with important background information that will improve care.

It is in everybody's interest to ensure that the care provided is individualised, so resident's needs and preferences are important bits of information.

For example, if your relative always had their shower after dinner, then let us know.

When making specific requests, be prepared to explain how the change or adjustment will be of benefit to the resident and improve their quality of life.

Questions you could ask:

Are there any changes since the last care plan review? If so why are there these changes? This can be changes to health, functional status, or behaviours

Is your relative participating in activities or social events?

Are they still enjoying their food? Has there been a change in weight?

Are glasses and hearing aids still in good condition?

Are there any changes needed in the care plan that the RN recommends and why?

Be the best advocate for your loved one you can be!

Kind regards and all the best from Sharon and Peter and the team at Glenbrook Rest Home.

### Activities

Hello Everyone,

We have been enjoying some regular entertainment at the rest home, with Colin King who sings and plays his guitar, banjo and mouth organ for us on the last Tuesday of every month. Parvati is now joining us on the 1<sup>st</sup> Tuesday in the month for a sing-a-long too. We really appreciate having such lovely people and sharing their talent with us.

We raised \$416.90 for Alzheimers with our *Have a Cuppa* event. See enclosed thank-you letter.

Kerry and I took some of our residents to the Franklin Art Expo a few weeks ago. Such amazing talent! Kerry had her fantastic 'Coat of Ties' on display which our residents were really interested to see, and well done to Kerry!! She won 2<sup>nd</sup> prize (we thought it should have been 1<sup>st</sup> of course 😊).

Our trip to the Botanic Gardens on Sep 24 was enjoyed by everyone. The Spring flowers, Cherry Blossom and Camellias were still out, which made for a very pretty display. We thank the 'Friends of the Gardens' for their train ride (see photo) and commentary which made our visit possible for everyone. We had some lovely comments from the residents, who always enjoy a picnic lunch and a stop for an ice cream on the way home.

We also went to the Ageing Expo on Friday 10<sup>th</sup> October and Sharon, Peter, Toby and Pesha were on the stage giving an agility demonstration. It went well, apart from the fact that the sound system didn't work and most of Sharon's commentary was lost.

Our annual trip on the Glenbrook Steam Railway is at the end of November and we will of course be having our yummy picnic lunch and ice cream before returning home.

We continue to have our usual afternoon bus trips, weather permitting and a trip to the 'Christmas Display' in Waiuku in early December. I can't believe I'm thinking about Christmas already!!

Best regards to you all. Corinne.



Botanic Gardens, Manurewa. All aboard the train!





# Alzheimers Auckland

5 August 2014

The Manager  
Glenbrook Rest Home  
131 Wymer Road  
RD1  
Waiuku  
Auckland 2681

THANK YOU TO DIANNE WHITEHEAD  
FOR HER CONTRIBUTION

Dear Glenbrook Rest Home Residents

Thanks so much for holding a cuppa for us! We hope your event was enjoyable and we want to say a very sincere thank you for giving us your time to arrange your generous donation. We really appreciate this gift.

Your gift will go towards our ongoing expansion in services so that we can reach more families who are in need of our information, education, advice and support. Your donation will make a valuable contribution to this.

Thank you for helping us achieve our mission of making life better for all people affected by dementia.

*Julie Martin*  
Julie Martin  
General Manager

\$416.90 WAS RAISED

Thank you so so much...  
I trust you had a wonderful occasion and enjoyed yourselves thoroughly!  
Sue Elay  
Fundraising Manager

**HOW THE ALZHEIMERS AUCKLAND CHARITABLE TRUST WORKS**

We provide dementia support to people with dementia, as well as their carers, families and whanau. Our team is passionate about, and committed to, empowering and enabling all people in Auckland affected by dementia to make the most of life.

**WHY OUR WORK IS SO IMPORTANT**

Alzheimers and other dementias can be very isolating and distressing diseases, and it is extremely important that people realise that they don't have to travel on this journey alone. Alzheimers Auckland provides support, information and practical help to anyone affected by dementia. Our socialisation team run weekly interest based groups and our key workers are out in the wider Auckland community on a daily basis providing telephone consultations and advice, home visits, carer support groups and educational resources.

**WHO ELSE SUPPORTS ALZHEIMERS AUCKLAND?**

Lots of people! Family and friends of people with dementia, and many others who understand that no one is immune from this incurable disease and want to do their bit to help.

**WHY WE NEED YOUR REGULAR SUPPORT**

Plenty of research is being conducted around the world to find ways to combat dementia, but the fact remains that so many thousands of people are living with the disease today, right now. This number is only going to grow as our population continues to age, so the resources we provide will be required more urgently than ever before.

**OUR FRIENDLY DATABASE**

Our database tries very hard to get all your details correct, but if anything is wrong please let us know and we will amend it immediately.

**DO YOU WANT A WORD WITH SOMEONE?**

Please call if there is something you would like to discuss;  
**09 622 4230**

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Ph 09 622 4230 Fax 09 636 0540 Email info@alzheimers.co.nz Web www.alzheimers.org.nz/auckland  
Charity registration CC 46885 Patron Professor Richard Faulk

Making life better for all people affected by dementia | Kia piki te ora mo ngā tāngata mate pōrewarewa