

Newsletter December 2015

Hello everyone. Here we are again with a newsletter. As this newsletter is out a bit later than we had aimed, we'll start straightaway with the date for the Xmas Party to mark on your calendar and in your diary. This will be held on Wednesday Dec 16. Residents' relatives and friends and staff and their family are invited. See enclosed/attached invitation.

Clothing

As the warmer weather is upon us it is a good time to start sorting out your relative's summer wardrobe. It's also a good time to contemplate what Xmas presents they may like or need. Ask one of the staff if unsure.

Also a reminder that delicate, or pure wool clothes are not always appropriate or realistic in a rest home environment. We really want the residents to look nice and feel comfortable in what they wear. At the same time we have to be practical: all up, we have 23 staff providing 24 hour care for up to 23 residents. With the number of people involved (and we're only small!) we still comprise a mighty large household and we're unable to cater for washing of delicate clothing items. These are better looked after by family. Please bear this in mind when considering clothing for the resident.

Staff

Unfortunately Christine, our one of our housekeepers, had to resign for personal reasons. We'll miss her, but she leaves us with her legacy through her artwork such as the pig house painting, the giant tui on the car park fence and the fantail on the chicken house.

Marcia and Joanne have recently joined us as caregivers. Welcome to our team.

Family Contacts

As we all know, in most if not all families, some of its members get on better with some than with others. That's just life. We appreciate and except this. For obvious reasons, we can however not get involved in any issues arising from this. When we inform family of a resident's progress or of things happening in his/her life, we like to deal with one family member (or friend), usually he 'First Contact' person. We rely on this person to pass on information to other relevant family members/friends. It is up to family to make this work. Other than that, of course we're happy to talk to any family members and answer any questions they might have when they visit.

Ears and Hearing Aids

Wolfe Hearing recently for the first time visited the rest home to attend to residents' ears and hearing aids. They checked for ear wax and removed if required. They also inspected hearing aids and carried out any necessary minor repairs. This was proven successful as it takes the hassle out of transporting residents to and from an ear clinic. The cost of an appointment is comparable. We'll organise this visit more regularly. It is recommended people with hearing aids to be checked 3 monthly. See the RN for further information.

Medications

If a resident goes to hospital and comes out with a prescription, please bring the prescription back to the rest home. Don't take it to a pharmacy to obtain the meds. We fax the prescription to our own pharmacist who arranges for the medication to be put into the same blister packs/foils that we normally use. Our pharmacist is Unichem Pharmacy Pukekohe.

Xmas and Holiday Season

The silly season is here again. This year's rest home holiday closure will be from Mon 21 Dec to Sun Jan 3. We'll reopen for business 9am on Mon Jan 4. Just kidding...

Some other Xmas related dates to be aware of in case you were thinking of visiting or taking out your loved one.

As mentioned above, you're invited to the Xmas party on **Wed Dec 16**.

Residents will have their Xmas lunch together on **Fri Dec 18**.

Other activities that may take place are usually written on our whiteboard opposite the dining room.

Please let the RN or Peter know if wanting to take your loved one out for Christmas Day, pick up time (so we can have the resident ready) and drop off time. We understand it is not always possible to plan times accurately, but even approximate times are better than no time at all.

Renovations

The upstairs renovations have finally taken off in earnest. It has been a bit of an issue to find a suitable and available builder. Graeme Miller and his team are doing the work and making steady progress while making sure the operation of the rest home can continue with minimal disruption.

The new nurses station next to the dining room has been completed and we're now in the process of moving in there.

The upstairs bathrooms and toilets have been demolished. Flooring and walls have been replaced. Work has also started on the exterior wall base for the new room where the old nurses station was and the adjacent enlarged room. The work has been delayed somewhat because of limited availability of aluminium for the window frames.

The pump house with the emergency water tank on top will be demolished to open up the area for better access. A new pump house has been constructed on the back of the concrete water tank. New furniture should be arriving soon for the dining room.

Feel free on your next visit to have a nosey. Peter will be happy to answer any questions.

Animal Section

Puppy Tai is no longer a puppy and has starting to compete in agility. He is still young and sometimes a bit hard to get him focused. However, he's had his first win already. Sharon was very pleasantly surprised. Pesha is the same as usual. We've had to keep her out of the dining room at meal times because some residents can't stop themselves from feeding little bits of food to her under the table. That would be okay for a one-off, but it becomes a bit much when twenty residents do this.

It's been nearly a year since Toby became paralysed and had his operation. He has now adjusted to his limited capabilities. For instance, when going out in the car he now knows to wait to be lifted in and out of the car. He is a happy dog and still enjoys some agility at times at home. Chasing rabbits is a favourite and it's surprising how he manages to run fast when he gets in the right rhythm.

All our newsletters are available on our website www.gbrh.co.nz.

Kind regards and best wishes for Xmas and a happy new Year from Sharon and Peter and the team at Glenbrook Rest Home.

Activities

Hello Everyone,

Seasons Greetings to you all. We have managed a few outings over the past couple of months. We had a 'Glenbrook Rest Home' trip to the Botanic Gardens in Manurewa in October to see the cherry blossom and spring flowers. We all climbed aboard the 'Wiri Rambler' for a lovely trip and commentary, then picnic lunch and ice cream on the way home.

We celebrated Melbourne Cup day with a sweepstake, drinks and nibbles and of course fancy hats!

We enjoyed our annual trip to the Glenbrook Steam Railway last Friday. Boarded the train for the 11:30am trip, then had picnic lunch at the station and an ice cream. The weather was just right for us. Didn't get the rain that was forecast.

A busy couple of weeks ahead with our Xmas festivities. Looking forward to seeing some of our families at our Xmas Party!

Best regards to you all. Corinne.

