

# VILLAGE NEWS

*The official newsletter of Elmswood Retirement Village*



Magnolia's baby Summer

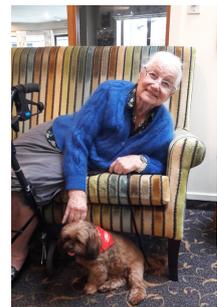
## Hello Everyone

Spring is here! We have had some lovely warm days and all the spring flowers and blossoms are looking stunning.

A big congratulations to Magnolia our Rest Home Registered Nurse who had her baby in September. Welcome to the world wee Summer - such a cutie!

We kept ourselves busy during August lockdown as you will see in the photos. The emergence of cases in Christchurch community is disappointing and we are doing all we can to keep everyone safe.

This is a timely reminder of keeping track of your movements, using good hygiene practises and staying home if unwell.



**Pet Therapy** Phyllis & Rosie Bessie & Rosie

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## Rest Home Residents

During August lockdown we split into bubbles for each wing and kept busy with bowls, word games, housie, arts and crafts etc. We had walks outside and armchair travel to Greece and other exotic locations.

When levels relaxed we began our van drives again, driving to Hagley Park, Brighton, Ohoka, Tai Tapu to name a few. These outings are always thoroughly enjoyed.

Our "Treasures From the Past" display brought back so many memories, and there were some real treasures on display. The rest home now has a new group called "Digging Up the Past" where we reminisce and share stories of days gone by.

October brought our own Oktoberfest were we celebrated in style.

We also had a visit from an animal farm, who brought along some adorable animals. Those that were keen got to feed, hold and pat the animals, bringing plenty of smiles.



Trevor and Ngaire



Noeline and Gwen



Bert, Ray and Geoff



Edith



Jenny



Rata Wing lockdown sunshine



Nola, Jenny and Joy enjoying outside



Charles - Ring toss



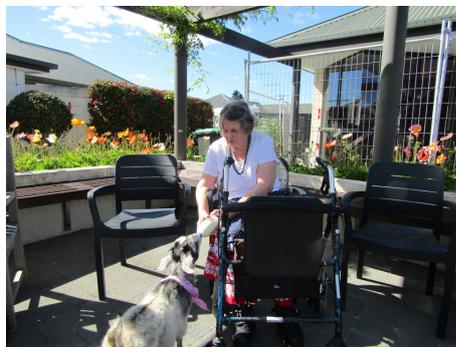
Treasures from the past



Shirley with treasures



Nola feeding the lamb



Margaret feeding the goat



Gwen and June B



Charles and Ray



Wendy and Elaine



Anne and Hazel

# Hospital Residents



Ross, Robyn and Pauline



Arthur and Leanne



Paul and Polly

Over the last few months we have enjoyed our regular activities such as exercise, quizzes, church, art and various games. We have also had some great events such as Oktoberfest, where we enjoyed a beer and entertainment with some tasty nibbles. The "Treasures From the Past" display was a big hit and we loved reminiscing over fond memories. We have also had a session with Trina from the rest home with spin poi which was new and fun.



Art Work

We have painted spring themes, Beatrix Potter characters and pressed some spring flowers, and get a lot of satisfaction from having our art work displayed on the walls. The flowers from the Elmswood garden that are displayed on our dining tables each day are really appreciated. We also had a visit from the farm animals which was lots of fun.



Pam



Paul and the lamb



Marion and the pony



Mary with the guinea pig



Spin Poi



Spring Art



Robyn and Hugh

# Apartment & Studio Residents

We have enjoyed lots of lovely van rides over the last few months to interesting places including Windsurfer Reserve, Pegasus and Tai Tapu. The Millbrook van trip in particular was a favourite. August lockdown was difficult as we were unable to get out and about, but residents kept busy with lots of outdoor walks, indoor bowls and other games including a great indoor golf course.

Many of the residents brought their own treasures to share at our "Treasures From the Past" display and it was lovely to hear the stories attached.

Several residents joined in with the Oktoberfest and animal farm visit which were much enjoyed.



Sunshine walks



Ellen and treasures



Treasures from the past



Mollie



Thursday afternoon drinks



Ellen, Claire and Mollie



Gina and Mary



Rayma - Oktoberfest



Gina and Mary



Ellen and Joyce



Colleen and Fay at Oktoberfest



Millbrook - Fay, Molly & Colleen



Millbrook - Ellen, Mary & Trina



Millbrook - Margaret & Ann

## Villa Residents

Residents enjoyed a lovely van drive to Kairaki Beach with a picnic afternoon tea watching the whitebaiters, a fish and chip lunch and the highlight was an Oktoberfest barbeque lunch. Beer, sausage and strudel, Wunderbar!

A big thank you to New World Durham Street who provided online grocery shopping during lockdown through the Elmswood reception, which was then delivered to the villas.

## Oktoberfest Photos



John & Sandy



Betty



Rosemary, Frances & Jeanette



Pam, Pauline & Esme



Ruth & John



Jill & Leanne



Murray & Dorreen

## Staff Profile, Tracy Woodward - RN Rest Home

I really enjoy working in Aged Care and working with the team at Elmswood, contributing to the quality of life and health and wellbeing of residents.

I live in Mt Pleasant and have three daughters - Rebecca and Hannah who currently work and study and a Nepalese goddaughter currently nursing in the UK.

I have worked as a registered nurse for thirty-five years, working in Aged-care for the last thirteen years.

Throughout my nursing career I have worked across a range of hospital and community settings in surgical, medical, psychiatry, psychopaedic, district nursing and school nursing. Over the years I have travelled extensively throughout Africa, Europe, and Asia and have had strong contacts in Nepal for many years.

In my spare time I enjoy gardening, walking my dog Zara and painting portraits and landscapes.

## Staff Profile, Kate Bishop - RN Rest Home

Hi I am Kate and I trained as a Registered Nurse in Wellington many moons ago and still love being a nurse. Wellington is also where I meet my husband, and we moved to Christchurch 16 years ago. We have four busy children, three boys and lucky last a girl. We have a dog called Molly, who I call our cat with bonuses as she loves the sun, sitting on our laps but barks at everything.

I enjoy getting out for walks on the beach and in the hills with my family and friends. I've worked between Fendalton and Elmswood for the last 4 and a half years and I still enjoy coming to work to help care for you all.

Thanks for continuing to have me in your home.



Wendy with Tracy & Kate

## **"Use It or Lose It" Clinical Advice**

I'm sure you have heard the phrase "Use It or Lose It" once or twice before. This stems from the growing scientific evidence that supports the benefits of exercising. Exercising not only promotes strength which we need to sustain our independence, it also helps heal our brain cells and promote our memory! One of the best exercises an older adult can do is the simple sit to stand from a chair or simply go for a walk. So go ahead, take a stroll and take your neighbour with you.

With summer and hot weather just around the corner, it is the perfect time for tummy bugs like Norovirus to thrive. Our key infection control procedures will help limit any spread; with hand hygiene being the most effective method of controlling these. For any visitors, please remember not to enter our facility if you are at all unwell.

## **Council Work - Blighs Pump Station**

### **Blighs Pump Station, corner of Blighs and Wairakei Road**

The Christchurch City Council will be replacing the well and installing a new secure above ground well head. Work commenced in October and is expected to take 12 months. Work will involve drilling a new well and decommissioning the existing well on the berm outside 20 Blighs Road. Drinking water will not be affected at all.

Drilling will take place intermittently from early December through to April with a break over the festive season. This will create noise, dust and vibration however the council aim to minimise this as much as possible. This shouldn't impact on your power, water, gas or phone services.

Temporary traffic management on Blighs Road will be in place while the old well is decommissioned.

The villas who are most affected have been contacted by City Care Water. If you have any concerns you can phone Mike Rhodes - City Care Water on 027 702 9525 during working hours, Monday to Saturday, 7.00am to 6.00pm

## Update of Elmswood Remedial work

### Serviced Apartments

The serviced apartments remedial work in Deans wing has commenced and Mainmark Contractors have finished levelling the building. The next stage will be to cut out the concrete floor slab. There will be intermittent noise for a period of approximately one week, then there will be a period of two to three weeks where they will remove the cut concrete and re-pour the floor. This process will be repeated three times and it is scheduled to be completed by the end of January.

Over the next couple of months there will be occasions that the road between villas 7 and 10 will be blocked off for short periods of time. Below is a picture of inside Deans wing with the levelling equipment.

### Villa Drainage Repairs

The remedial repair work of the villa drainages around the village community centre and villas are still work in progress. We are expecting to hear more soon. Will let you know once we have confirmation from EQC



### Code of Rights

The Code of Rights sets out your legal rights as a consumer of health and disability services with a purpose to provide protection and quality of service for consumers.

There are 10 rights in the Code of Rights and a poster of these rights is displayed at each of the entrances to the main building and at the Community Centre.

The 10 rights are:

- 1: The right to be treated with respect.
- 2: The right to freedom from discrimination, coercion, harassment and exploitation.

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- 3: The right to dignity and independence.
- 4: The right to services of an appropriate standard.
- 5: The right to effective communication.
- 6: The right to be fully informed.
- 7: The right to make an informed choice and give informed consent.
- 8: The right to support.
- 9: Rights in respect of teaching or research.
- 10: The right to complain.



## **Complaints and Compliments Process**

We welcome all feedback as it ensures we continue to provide a high level of service, and there are several ways you can do this:

Complaints, Suggestions & Compliments forms can be found in the Community Centre, the entrance areas for the Hospital and Apartments, or at reception in the Rest Home. Alternatively, you can speak to Julie Currey (Facility Manager) or one of our senior staff who will pass it on for investigation.

We will respond in 5 working days, and if investigation is required will advise on the outcome within 15 further working days. All complaints are reported to our Quality & Risk committee, and are audited by the Ministry of Health.

Compliments are gratefully received and are recorded in our staff newsletters.

We are committed to working to a high standard at Elmswood and strive to always meet the Health & Disability Commission's Code of Rights.

If you are not happy with the services and support you receive, you can:

1. Talk to the person you are not happy with.
2. Ask your family member or friend to help you make a complaint.
3. Call 0800 55 50 50 and ask for a health and disability advocate or email [advocacy@advocacy.org.nz](mailto:advocacy@advocacy.org.nz)
4. Call 0800 11 22 33 to make a complaint with the Health and Disability Commissioner.

## Retirement Village Code of Practice

When a resident purchases a Villa, Apartment or Studio they are protected by the Retirement Villages Code of Practice (CoP) which sets out the minimum requirements the operator must meet, or ensure are met, to fulfil their legal obligation under the Retirement Villages Act (2003). The code contains information that improves the residents protection and awareness, and provides a minimum standard that the operator must achieve or exceed.

## Puzzle Corner

### Word Builder

How many words of 3 or more letters can you make from the 7 letters below, using each letter only once? No foreign words or those beginning with a capital are allowed. There is at least one seven letter word.  
Good - 9 Very Good - 11 Excellent - 15

**EALLGOC**



### Riddles

What can't talk but will reply when spoken to?  
Answer: An Echo

I have branches, but no fruit, trunk or leaves. What am I?  
Answer: A Bank

What is always in front of you but can't be seen?  
Answer: The future

