

VILLAGE NEWS

The official newsletter of Elmswood Retirement Village



Van outing to Rolleston

In this issue

Rest Home Activities
Page 2

Hospital Activities
Page 3

Apartment/Studios Activities
Page 4

Villa Activities, Sales Update
Page 5

Covid-19 Update, Onsite works
Page 6

Keep safe healthy and warm,
Code of Rights
Page 7

Complaints & Compliments
Page 8

RVA Code of Practice,
A Word From Our Gardener
Page 9

Puzzle Corner
Page 10

Hello Everyone

Autumn is well and truly here judging by all the fallen leaves on the ground, the changing colours on the trees are stunning. Remember to stay warm if heading out and about with the cooler days arriving. It has been a busy couple of months and although we have been under some restrictions for Covid, the residents have managed to keep busy and entertained indoors and on van trips out and about.



Dawn & David watch
a new butterfly



Jenny & Noeline



Geoff - Raffle Winner

Rest Home



Carol - Rolleston van trip



Balloon tennis



Nola and Dawn on a van trip



Vic & Sandy - McLean's Island

We've had plenty of events over the last few months, including our ANZAC service which was well attended. St Patrick's day was a fun time of dressing up, singing Irish songs and playing bowls with potatoes which created much laughter. During the week of Valentines Day, residents, staff and family members brought in wedding items and outfits for a large display in the lounge that residents spent much time perusing.

The rest home van drives are very popular. Some recent favourites have been to Heathcote Domain, and a private garden in Rolleston on a hot and sunny day, where residents enjoyed sitting in the shade looking at the garden. Other recent highlights include a piano and saxophone concert, put on by one of our new residents' grandsons, where everyone appreciated his musical talent. "Treasured Toys" was a great session where all enjoyed looking at the many toys on display and reminiscing about their own childhood toys. Balloon tennis is a well enjoyed indoor activity with plenty of fun and movement.



Geoff & David enjoy the toy display



Jenny & a jack in the box

Wedding display



Maga's Grandson Ardarsh entertaining

Hospital

Autumn in the hospital



Residents in the hospital are kept occupied every day with a fun and varied programme, with a particular focus on the displays that have been done, which are always appreciated by the residents. A real highlight was an Autumn Harvest display, prompting discussion in the weekly chatters group of Autumn memories and preserving summer produce to enjoy throughout winter. Over Valentines week, Robyn also created a beautiful display of wedding items, creating much discussion for everyone, who enjoyed recalling memories of their own special days.

Weekly art and craft sessions are popular, and you will see the hospital walls adorned with creations, making the lounge and dining room look so lovely and colourful. In March we brought some butterfly chrysalises in and the residents absolutely loved seeing the butterflies once they had hatched.

Due to covid restrictions, video messaging has become popular again and the residents have really enjoyed being able to connect with those who are unable to visit in person.



Hugh with a butterfly

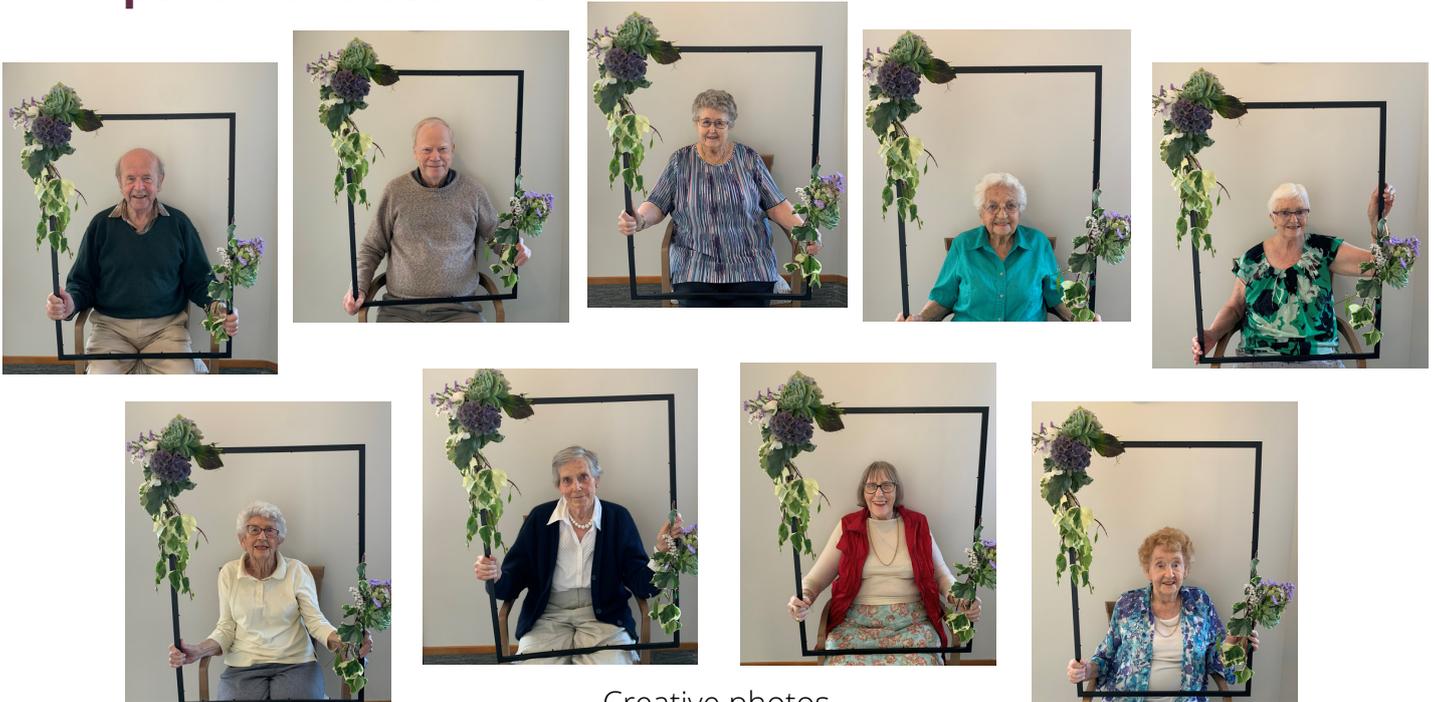


Pam creating some art



Arthur & Kiti meet some baby chickens

Apartment/Studios



Creative photos



"It's in the Bag" Margaret, David, Fay & Rayma

It's been a busy couple of months for the Apartment Studios residents who have been enjoying some new weekly activities, including a weekly art and craft session, a daily word builder challenge, discussion groups, floor scrabble and quizzes at the weekly happy hour. We have some budding artists amongst our residents and have enjoyed seeing some of the art and craft creations up on the walls. A new exercise programme has also been introduced with a focus on strength, balance and falls prevention. There have been some great destinations for van outings with highlights being visits to Lyttleton, the Earthquake Memorial (during the anniversary week of the 22 Feb), and a real favourite was Victoria Park in Rangiora.

The residents had a wonderful time at an "It's in the Bag" afternoon where some great (and not so great) prizes were discovered in the bags! They also had an afternoon posing for creative photos where some beautiful photos were captured.

Villas

Despite the Covid restrictions interrupting our usual activities, we have been able to start a new craft group, and a new exercise DVD with hand weights.

Rather than cancelling lunch outings, we arranged meal deliveries to villas supporting local businesses such as Aorangi Bakery, Café Berlin, and the usual fish and chips, and pizzas.

During Easter and ANZAC weeks, residents were delivered Easter eggs and ANZAC biscuits along with puzzle activity books.

We are really looking forward to restarting many of our usual villa activities such as van outings and lunches in the Community Centre. We so appreciate the patience of our villa residents during this time. THANK YOU!

A Note from Jules - Sales Consultant

What a busy few months it's been! Elmswood is proving to be a very popular choice and I have had many disappointed potential purchasers of late who have missed out on securing a villa. Currently there are no villas available, however I am still working with potential purchasers for the future, and continue to provide guided tours of Elmswood.

Recently apartment 433 became available and this is now being advertised. If you would like to know more about assisted care living and the various packages available in our apartments, you are welcome to contact me. We are also now able to provide rest home level care from these units which is reassuring for our new residents joining us there.

I'm looking forward to having a wee bit more time up my sleeve in the coming months to join you all for the occasional birthday morning tea!



Apartment 433



Covid-19 Update

It is evident there is still Covid-19 circulating in our community and in the public hospital. Please continue to follow the below procedures when visiting our care village building:

- Wear a face mask
- Hand hygiene, please hand sanitise on entry and departure.
- Temperature check
- Only two visitors at a time
- Visit only in the resident's room
- Maintain physical distancing
- Preferably complete a negative RAT test within 48hours before visiting
- If you are unvaccinated, or have recently completed isolation you MUST make an appointment by ringing reception.

To further limit the potential spread, our resident facing staff continue to RAT test daily, wear a face mask and are following infection control protocols. We hope that the numbers in Christchurch reduce, and we will be able to review these requirements.

We sincerely thank you for your support as we attempted to protect our residents and each other.

Onsite Works

Repair and renovation work on the current stage in Deans Wing continues and is due for completion in mid-September. Construction of the new walkways to connect the Hospital and Avon wing to the Rest Home and Apartment/Studio temporary dining room in villa 25 are progressing well and the photos below show some of the progress.



Preparing the ground to lay the concrete - viewed from the Hospital



Walkway framing, connecting Villa 25 to Rata Wing

Keeping Safe, Healthy & Warm

Dress warmly Layering is the name of the game, and be sure to have sweaters and jackets at the ready. Be mindful of footwear, as well. Non-skid boots and shoes with plenty of traction can help prevent slips and falls.

Ward off seasonal illnesses The frequency and severity of sicknesses escalates at this time of year. Hand washing is one of the most effective ways to prevent the spread of illness. We recommend washing hands with soap and clean, running water for 20 seconds. Wet, lather, scrub, rinse and dry. Older adults can also help boost immunity through good hydration, which can benefit the immune system during cold and flu season.

Take advantage of the harvest. Many healthy – and delicious fruits and vegetables are center stage this time of year. Adding seasonal produce such as beets, broccoli, Brussels sprouts, sweet potato, pumpkin, apples, eggplant and kale can help manage diabetes, contribute to heart health and promote a healthy immune system.

Beware of falling leaves. While colorful leaves are part of the beauty of autumn, they can present a safety hazard. When wet, they can become slippery and pose a fall risk. Piles of leaves can also hide potentially dangerous obstacles so avoid walking on them where you can.

Adapted from: www.firstlighthomecare.com/blog/2016/09/22/autumn-safety-and-wellness-for-older-adults/

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.

continues over the page



The 10 rights are:

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



A Word From Our Gardener

Autumn in the gardens

Well that's a wrap for Summer 2021/22!

It seemed to be a wetter season than normal, which was very helpful to us when it came to keeping everything watered. Our hedges and shrubs just kept on growing this Summer along with the lawns. Two months after trimming the hedges it seemed like they needed trimming again and the lawns kept Sam very busy with mowing, edge trimming and weed spraying.

We have just finished planting our winter/spring bedding plants around the village. This season we have planted Anemones, Pansies and Polyanthus. Hopefully we will have a lovely display in spring.

Over the next month we will be starting to fill in the gaps between the lawns and paths and patios where the weed eater has worn away the soil after years of trimming the edges. We will be filling the gaps with soil and lawn seeding them.

I hope you all manage to get out and enjoy some Autumn sunshine.

Sonya and the gardening team.



The nights are getting darker and the leaves are turning gold, we still have the sunny days but with a hint of cold. Lots of tidying in the village gardens is on the list to do, cutting back, weeding, spraying and fertilising too.

Puzzle Corner

Word builder

How many words of 3 or more letters, including plurals, can you make from the 5 letters below, using each letter only once? No foreign words or words beginning with a capital are allowed. There is at least one five-letter word.



R I S F E

Good 8 Excellent 11 Amazing 16

Riddles

Q. What has to be broken before you can use it?

A. An egg

Q. I'm tall when I'm young, and I'm short when I'm old. What am I?

A. A candle

Q. What is full of holes but still holds water?

A. A sponge



Sudoku

Fill each row, column and square with the numbers 1-9, without repeating any number within the row, column or square.

	3					1	
9							5
8		5	4		9	2	7
			3	9	6		
	8						2
			2	7	8		
3		7	8		2	5	9
1							3
	4					6	