



HBH HAPPENINGS

DECEMBER 2024



Meri Kirihimete!

As the year draws to a close, there's a wonderful sense of connection and reflection across HBH. November was a special month for us, with a heartfelt Remembrance Service led by our Chaplain, Yvonne, to honour residents who have passed away in the last six months. It was a moving time for families and residents to come together and reflect on the lives of those who are no longer with us.

Exciting progress is also underway at Stevenson Village, with the development of more social housing at 6B Botany Road is well on track. After a beautiful whakamoī blessing, the old house was removed, and the site is now buzzing with preparations for the new apartments.

We're also thrilled to highlight our 'Gifts that Care' Christmas appeal on page 8. This campaign is a meaningful way to bring joy and support to our residents and the seniors we care for. From Christmas hampers to special care packs, every gift helps us make a difference.

A warm welcome to our new residents—may you soon feel right at home with us. And don't miss our Resident of the Month feature, where we celebrate Corajeane Young from Howick Views.

Thank you to our residents, families, staff, and supporters for making HBH such a caring community. Wishing you all a joyful Christmas and a safe, Happy New Year!

Nga Mihi,



Juliette Tuckey
HBH CEO





CoraJean's story: "HBH really does deliver the whole package."

After many years of living on her own, CoraJean has fully embraced life at HBH. From the numerous social gatherings to the compassionate staff, she believes it's the holistic approach to care that makes HBH so outstanding.

CoraJean moved into HBH this year after spending over 60 years in her home, where she had raised her family. A few falls and hospitalisations accelerated her decision to relocate.

Luckily, several people had recommended HBH, and it was at the top of her list. "Having lived in the Howick community for so long, I had heard nothing but praise for HBH. It's very well regarded in the area," she says.

CoraJean also had friends from U3A - an organisation she is still actively involved with - who had already moved to HBH. Visiting them beforehand gave her confidence in her decision. "I didn't feel the need to look elsewhere. I enjoy being here - it's comfortable and secure. I have wonderful people around me for care and a whole new social circle," she enthuses.

"The care is obvious everywhere you look"

Moving into HBH hasn't slowed CoraJean down. She continues to be actively involved in U3A and regularly hosts one of the sub-committees at HBH. "I need mental stimulation," says CoraJean, who had a fulfilling career as an assistant school principal. "I've been on my own for a long time," she reflects. "When my husband died I learnt how important it is to have outside interests."

CoraJean appreciates the wide range of activities and social events at HBH. "There's always something happening, and I can participate as much as I want," she says. "It's wonderful to have so many options." She says this is just one aspect of life that makes HBH such a special place. "It's the total approach to care that makes HBH outstanding. Yes, I can just push a button if I need help with something, but it really does deliver the full package."

"Care here is more than just taking care of people's physical needs; it's about making sure our way of life is fulfilling, stimulating and enjoyable."

She says that while it's great that HBH is comparatively affordable, cost wasn't the primary reason she chose it. "Here, it's very well managed and I don't have to worry about anything."

And CoraJean says the icing on the top is the staff, who are all "just so lovely".

"From the caregivers to management - everyone is available, kind and caring. It's no surprise that HBH is a charity, because the care is obvious everywhere you look."



Our initial group of staff at Howick Views has wrapped up their 22-week Effective Communication Training course with the second group now underway, and we couldn't be prouder of their hard work and commitment to growth. Gracedale also celebrated the completion the training. To recognise this fantastic achievement, we hosted a morning tea—well-deserved for their dedication to learning and aligning with Eden Principle 9, which focuses on ongoing growth and development. Well done to all involved!



We recently held a pōwhiri to warmly welcome new staff at Howick Views and Gulf Views. A big thank you to Howick Intermediate for their beautiful contribution, which added a special touch to the event, and to Lee Watkins, one of our staff and also a member of HBH Te Ao Maori group for crafting a karakia specifically for HBH pōwhiris. These milestones remind us of the incredible people who make our community thrive.





HOWICK VIEWS CARE



The past three months at Howick Views have been a wonderful mix of connection, care, and celebration. School holidays brought plenty of laughter, with children filling the home with their bright energy. Residents and kids alike shared simple but special moments—whether it was a game, a chat, or just being together. The visiting kindy kids were another highlight, bringing smiles and a true sense of living in the present moment.

In the kitchen, baking sessions brought residents together, not just to make treats but to share in the joy of working side by side. It was a lovely reminder of how giving and receiving care can happen in the simplest of ways.

Halloween was full of light-hearted fun too, with costumes, decorations, and plenty of laughs as residents embraced the spooky spirit. The Melbourne Cup celebrations added even more colour, with residents, picking their favourite horses and enjoying the festive buzz of the day.

As the days get warmer, some residents have been spending time outdoors, enjoying a touch of gardening, feeding the birds and soaking up the sunshine. Inside, the festive season has kicked off with decorations going up in all the communities. Seymour, as always, has gone “all out” with beautiful decorations, some of them donated by families. If anyone has spare decorations, other communities would love to add to their festive displays.



GULF VIEWS CARE

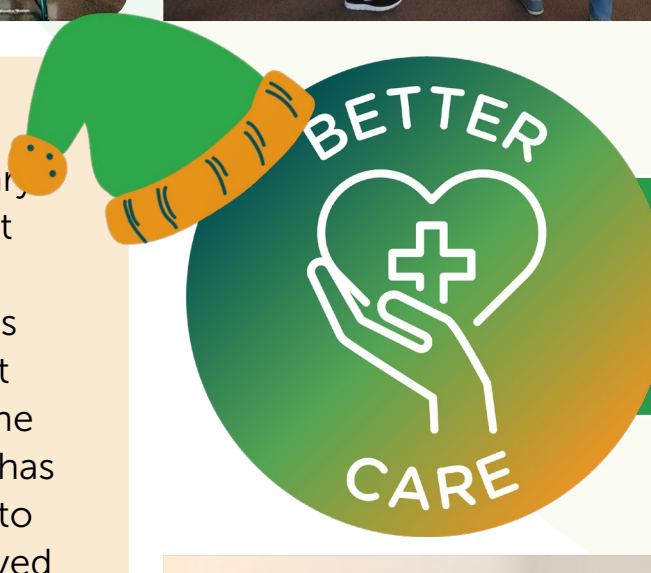


Our residents at Gulf Views have enjoyed heading out for shopping trips and coffee outings, making the most of time together in the local community. Māori Language Week was marked with a special museum visit, where residents explored exhibits and enjoyed lively conversations about New Zealand’s rich culture and heritage.

Diwali lit up Gulf Views with colour and joy as residents and staff dressed up and joined in the festivities. From music to laughter, it was a day filled with energy and togetherness. Melbourne Cup was another favourite, with residents decorating hats and dancing along to entertainers who brought plenty of fun to the home.



In August, Gracedale Care celebrated its 20th anniversary, with a gathering that brought together the board, staff, residents, and representatives from the wider HBH family. It was a chance to recognise the care and support Gracedale has provided over the years and to thank everyone who has played a part in its success. A special moment during the celebration was honouring staff for years of service including Anjani and Tonga, who have both reached 20 years of service and have been big part of Gracedale since it opened.



GRACEDALE CARE



HOWICK VIEWS APARTMENTS



Monthly outings have become so popular that two vans are often needed to accommodate everyone keen to join. Shopping trips continue to be a hit, giving residents the chance to run errands and enjoy time out and about. Weekend activities have also recently been introduced, adding even more options for fun and engagement.

Residents are staying active with weekly exercise sessions, while the first Monday of each month is reserved for celebrating birthdays—a much-loved tradition that brings everyone together to share cake, laughter, and good wishes.



STEVENSON VILLAGE



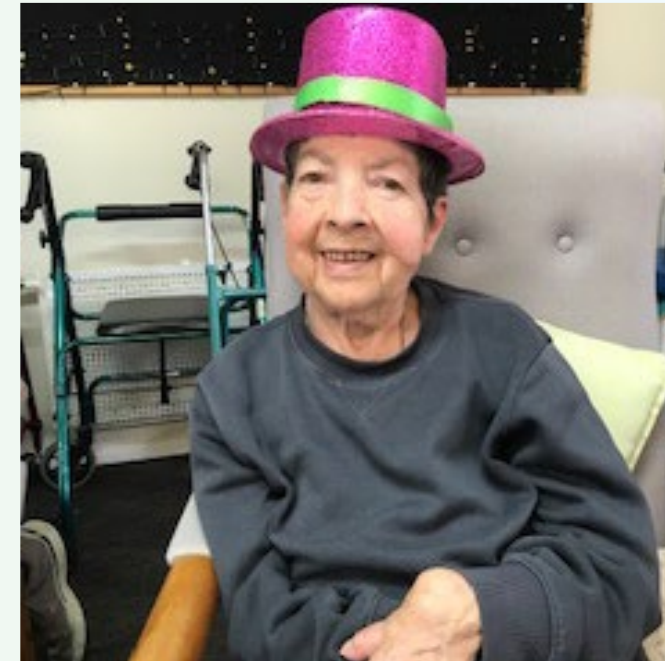
Stevenson Village residents recently enjoyed a lively Melbourne Cup afternoon at the Community Centre and a festive Christmas lunch, sharing a roast meal and desserts contributed by residents.

Our expansion project (building 10 additional social housing units) is in full swing. Since October, the site has been buzzing with activity. We welcomed representatives from Tainui to conduct a whakamoi blessing before the old house at 6B was removed. Earthworks, foundations, and retaining walls are well underway, along with the creation of five new car parks and modified access ways. Meanwhile, the ten new units are making great progress at the construction factory in Helensville.

This year, our Day Programme has welcomed even more attendees, reflecting the growing need for opportunities to connect and engage. The programme offers seniors in our community a chance to take part in activities they enjoy, make new friendships, and spend meaningful time together.



DAY PROGRAMME



This year, Virtual Village East has been a hub of activity and connection. Our members have enjoyed numerous informational talks, along with weekly walking groups and coffee outings that continue to grow in popularity.

We're also excited about the launch of VVNZ's Mighty Network app, now being trialled by some members. This app is a one-stop resource, offering everything from recipes and motivational quotes to a calendar of activities, making it easier than ever for members to stay informed and engaged.





Show you care. Give Gifts that Care this Christmas.

Introducing a wonderful way to bring joy, care and kindness to your loved ones at HBH and the other seniors in our care community. Support our new Gifts that Care Christmas appeal, and give the gift of love, companionship, comfort, movement, music, remembrance, and so much more. Every gift you give makes a difference – and helps the seniors we support to lead more meaningful and fulfilled lives, this Christmas and throughout the year.

Why give Gifts that Care?

As a charitable organisation that's committed to serving the Howick community, we prioritise a person's total wellbeing – emotional, mental, social, spiritual and physical care – ensuring they enjoy fullness of life to the best of their ability. When you give Gifts that Care, you're not only brightening up someone's Christmas; you're also supporting our mission of enabling seniors to age well and live fully.

How to give Gifts that Care ...

To browse our gift catalogue, scan the QR code below, visit giftsthatcare.hbh.org.nz, or pick up a brochure at reception.

Please consider giving Gifts that Care this Christmas in the name of a loved one, in memory of someone you've lost or simply because you care about seniors in our community. For many older people, it's the greatest gift you can give this Christmas.

"Christmas can be a very lonely time for older people, especially those who don't have family. Your gift not only brightens up their day – and their year – it also enables us to deliver on our mission of helping seniors to age well and live fully."

– Juliette Tuckey, HBH Group CEO

Just some of the Gifts of Care you can give this Christmas ...

Our Gifts that Care have been carefully chosen to enhance the lives of our residents and the other seniors we support, such as...



A special Christmas present for a resident who has no family – **\$35**



A Christmas food hamper for a Stevenson Village resident who can't afford to celebrate this year – **\$75**



A care pack for families or caregivers with a family member in palliative care – **\$97.50**



A beautiful rose bush and engraved plaque in memory of a loved one – **\$125**

To view the gift catalogue, simply scan this QR code with your phone or visit giftsthatcare.hbh.org.nz Thank you!



RELATIVELY SPEAKING

Relatively Speaking has hosted some incredible sessions that have informed, inspired, and connected our community. From understanding Grief & Loss to learning more about Parkinson's and the ins and outs of NASC Assessments, each session has offered valuable insights.

Our most recent event, Cherished Memories, session highlighted the power of keepsakes in cherishing love and memories.

We're excited to bring you more meaningful talks next year—stay tuned for the new schedule!



Sale Community has decided to spruce up their small outdoor area, a project led by Himat as part of his Eden Associate homework which reflects our ongoing commitment to creating a more vibrant and enjoyable environment for everyone.

Additionally, our RNs and leadership team recently completed the Eden Leadership training. The growth and development within our teams, ensures we continue to provide meaningful and person-centered care.



While Gracie may steal the spotlight as our camera-loving superstar, she's not our only furry friend. Louis, our other dog, is often MIA, usually sneaking off to the kitchen. Sadly, we said goodbye to Mandy, our beloved cat, and Rocco, her feline companion, has been coping with some sadness (and a bit of comfort eating).

The good news is we've welcomed more birds to keep our residents company. They're a bit camera shy for now, but we're hoping to share their photos with you next year!





Loneliness: A Silent Epidemic for Seniors and How We Can Help

Loneliness, boredom, and helplessness often affect older adults, especially during the holiday season. While this time of year is meant for connection and celebration, it can amplify feelings of isolation for those who lack close relationships or community support. Thankfully, small, intentional efforts can create a sense of belonging and joy.

TIPS FOR A HARMONIOUS HOLIDAY SEASON

The holiday season can be a wonderful time to connect, but it's often the small, thoughtful gestures that make it truly special. Here are some simple tips to create harmony and joy:

PLAN TOGETHER: Involve everyone, especially older relatives, in creating a shared schedule. It's a great way to ensure everyone feels included and reduces last-minute stress.

KEEP IT SIMPLE: Focus on traditions that matter most. A quiet meal or a stroll together can often be more meaningful than a packed calendar of events.

RESPECT INDIVIDUAL NEEDS: Recognise that older family members might prefer quieter activities or need breaks. Let them join in at their own pace.

ENCOURAGE OPEN COMMUNICATION: Talk openly about plans and expectations. Seniors appreciate being part of the conversation rather than having decisions made for them.

REDUCING LONELINESS THROUGH CONNECTION

Holidays can sometimes feel isolating for seniors, but a little effort goes a long way in making them feel included and cherished:

ENCOURAGE SOCIAL ENGAGEMENT: Introduce them to community programmes like HBH's Day Programme or Virtual Village East for meaningful connections and friendships.

INCLUDE YOUNGER GENERATIONS: Activities like decorating, sharing family stories, or playing games can bridge the gap between generations and create memories everyone will treasure.

STAY IN TOUCH: Regular visits or even a quick chat over tea can brighten their day and strengthen bonds.

CONSIDER RESPITE CARE: If you're travelling or need a break, explore respite services that provide a safe and engaging environment for seniors while giving families peace of mind.

At HBH we offer more than just care. We provide environments where older adults thrive through engagement, companionship, and meaningful connections. Our range of services, including rest home and hospital level care, respite, independent living, social housing, Virtual Village friendship network and our day programme, help ensure seniors stay active and supported.

A Holistic Approach to Wellbeing

Loneliness doesn't just affect mental health, it also has physical repercussions. Research shows social isolation can increase the risk of heart disease, depression, and cognitive decline, we address these challenges with a philosophy that prioritises the whole person. Our care model focuses on Eden Alternative's 7 Domains of Wellbeing: identity, growth, autonomy, security, connectedness, meaning, and joy.

For residents like CoraJean, this approach has been life-changing:

"HBH doesn't just take care of my physical needs. I've found purpose and fulfilment here—whether it's hosting my U3A meetings or just having someone to share a laugh with."

The Power of Intergenerational Connections

Intergenerational connections can profoundly ease loneliness for older adults. Spending time with younger generations provides opportunities for shared learning, joy, and a renewed sense of purpose. Activities like storytelling, cooking together, or playing games build bonds that benefit all ages. Research from the National Council on Aging highlights how these interactions boost mood and reduce feelings of isolation in seniors. We encourage families to involve younger members in holiday visits and activities. Whether it's grandchildren sharing stories from school or teens helping with holiday baking, these moments create a bridge across generations, fostering mutual understanding and care.

Navigating Family Dynamics During the Holidays

The holidays can be a time of joy, but they can also bring challenges. Balancing priorities, managing expectations, and meeting the needs of multiple generations can feel overwhelming. With thoughtful planning, families can make this season enjoyable for everyone.

Creating a Connected Summer

Loneliness doesn't have to define the holiday season for older adults. By nurturing connections, both within families and across generations, seniors can experience joy, purpose, and a sense of belonging. Residents like CoraJean show that vibrant community life is possible at any age.



"In all things I have shown you that by working hard in this way we must help the weak and remember the words of the Lord Jesus, how he himself said, 'It is more blessed to give than to receive.'"

— Acts 20:35

Heavenly Father,

As we celebrate Christmas and look forward to the new year, we thank you for the gift of each day and the hope you bring to our lives. Help us to embrace this season with gratitude and step into the future with courage, trusting in your good plans for us.

Bless our residents, staff, and families with strength and unity. Fill our hearts with love and joy as we care for one another and share in the moments that make this time of year special.

Let Christmas remind us of your love and bring us peace in knowing you are always with us. As the new year begins, guide us to live with faith, hope, and purpose, finding joy in each day and sharing your light with others.

Amen.



Remembrance Service

On the 13th of November, our Chaplain Yvonne led a heartfelt Remembrance Service to honour residents who passed away over the past six months. Family members and residents gathered to reflect, share memories, and pay tribute to their loved ones.

Yvonne's thoughtful words brought comfort and a sense of peace, reminding us of the impact each life has on our community and the importance of supporting one another through loss.

It was a meaningful time of connection and remembrance for all who attended.



Te Harinui

Not on a snowy night by star or candle light;
Nor by an angel band there came to our dear land.
Te Harinui, Te Harinui, Te Harinui
Glad tidings of great joy

But on a summer day within a quiet bay;
The Maori people heard the great and glorious word.
Te Harinui, Te Harinui, Te Harinui
Glad tidings of great joy

The people gathered round upon the grassy ground;
And heard the preacher say "I bring to you this day."
Te Harinui, Te Harinui, Te Harinui
Glad tidings of great joy

Now in this blessed land united heart and hand,
We praise the glorious birth and sing to all the Earth.
Te Harinui, Te Harinui, Te Harinui
Glad tidings of great joy



**“Aroha mai, aroha atu. Mā te Aroha e
kawe mai te rangimarie me te koa o
te Kirihimete.”**

**Love given, love received. Through
love, the peace and joy of Christmas
are shared.**

Meri Kirihimete!

