

HBH HAPPENINGS

A newsletter for residents, relatives, staff and our community

May 2024



Here's what has happened in the last month and what's to come!

In the last few weeks, we've celebrated some meaningful moments within our HBH Communities. This included the Anzac Day service headed by our Chaplain, followed by a wonderful Mother's Day celebration.

Although we had to postpone our Remembrance Day and Blessing of the Hands service to the 29th of May due to our chaplain being unwell, we are looking forward to it. The Remembrance Day service will provide an opportunity to commemorate those we've lost in the last six months, while the Blessing of the Hands ceremony will honor our dedicated staff who provide exceptional care to our residents.

As the weather gets colder, winter illness and flu becomes more common, and Covid-19 is still present

in the community. We kindly ask that visitors refrain from coming if they are unwell. Your cooperation in this matter is greatly appreciated, as it helps us maintain a healthy and safe environment for everyone.

We recently sent out a survey to our families and appreciate your honest feedback. Additionally, our 'Relatively Speaking' survey is still ongoing, and we would love to hear your thoughts on topics you would like to see covered. Excitingly, our Relatively Speaking Winter Series is starting in June, and we can't wait to share more details with you soon.

Thank you for your continued support and understanding. Stay warm and keep well!

Enjoy this month's update!



Juliette Tuckey

Juliette Tuckey
CEO

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Ersi's Story: Aging Well and Living Fully

Whether you're a staff member, a resident, or a visitor passing through Berwick (main) reception, you've likely seen one resident always colouring away. This is Ersi, and her story resonates with warmth, humour, and the kind of wisdom only a life well-lived can bring.

Born in 1936 on the island of Crete, Greece, Ersi had an adventurous childhood. Growing up with her twin sister, she always had a partner in crime to explore and create memories with. With a mischievous grin, Ersi recalls how they would leap off a massive rock into the crystal-clear waters below and attend dance parties where they sang and danced their hearts out. By the age of six, they were singing on the radio and performing in front of family and guests, captivating everyone with their lively tunes and infectious energy.

In her late teens, Ersi travelled by boat to visit her mother in Malaysia. She ended up staying there for two years where she studied short hand typing. Eventually, she, her mother, and her Kiwi stepdad moved from Malaysia to New Zealand. It was in New Zealand that she met her husband, a Greek man who had been raised there. Together, they built a life on a farm in Napier, raising four children—three daughters and one son. Ersi speaks of her family with pride and affection, her stories filled with laughter, love, and a fair share of humorous moments.



Despite growing up privileged in Greece and not knowing any domestic chores, Ersi adapted quickly to her new life in New Zealand. She learned the ropes of farm life and took on various jobs. She worked as a transcriptionist, helped with her husband's family Greek restaurant, and together they ran an antique shop next to the restaurant. The Paxie building, where the restaurant and antique shop were located, is now a

heritage building, and the lane next to it was named after the Paxie family.

Sewing, embroidery and cooking became three of Ersi's many talents, skills she honed to perfection over the years. She attended gatherings and parties in dresses she made herself as well as joined Embroidery competitions in Hawkes Bay where she won first prize, twice.

Her daughter Chrissy often reminisces about the delicious aromas that would waft through their home. One of their favourites was Ersi's calamari, which disappeared almost as soon as it came out of the pan. Ersi's signature dish was her famous pastitsio, a Greek dish similar to lasagne but with a delightful twist of macaroni at the bottom. Friends and family still rave about her culinary prowess, with old friends reaching out to Chrissy, fondly remembering Ersi's cooking.

Ersi's charm and vivacious personality made her the life of any party. Even now, at HBH, she is a joy to converse with, her laughter infectious, and her voice lively. Her favourite actor, Dean Martin, shows her impeccable taste but also a hint at her knack for appreciating good looks and charm. She always points out visitors or staff who are tall and good-looking, making everyone laugh.

Ersi started attending the day programme at HBH five years ago. A traditionalist, she initially refused to move into a home as it was not something they had in Greece. But after attending the day programme, she often came home happy, full of stories of making friends and the activities they did. Eventually, she agreed to move into HBH, bringing with her an air of exuberance and a knack for making everyone around her feel cherished. Her usual spot at the reception is where she's often seen, colouring away with her favourite hues of pink and yellow. Her absence was keenly felt recently when a fall kept her away from her spot.

Ersi's involvement at HBH extends beyond colouring and laughter. She adores the games, the visiting kindy kids, and Gracie, the resident dog. Gracie brings back fond memories of the dogs and cats Ersi cared for on her farm. She fondly remembers

having a pair of dogs that had 12 puppies together, which she eventually gave away because they were too many. Her love for dogs has always been a significant part of her life, and Gracie is a delightful companion who brings a touch of her past into her present.

A conversation with Ersi is never dull. She is full of practical advice, often shared with a hearty laugh. Whether it's tips on how to snag a boyfriend or the best ways to lose weight, her straightforwardness is both endearing and refreshing. Her wisdom, seasoned by years of experience, is always delivered with a sparkle in her eye and a laugh that can lighten the heaviest of hearts. When she disagrees with something, you can hear her down the hall saying, "Sometimes I like you, sometimes I don't," or teasing us for being "naughty." Her loud voice and laugh often lifts the mood, making everyone feel better.

Ersi's life is a series of rich experiences, filled with love, laughter, and wisdom. She is not only a beloved family member and friend but also a cherished resident at Howick Views. Her stories are a source of joy and inspiration, reminding us all of the beauty of a life lived fully and well. Her life here is a beautiful continuation of a story that began on the sunny shores of Crete.

Her presence is a gift, and when asked to share words of wisdom, she said:

"Do good and be good."





Welcome Maree Chisnall

Maree has recently joined the HBH Group as the new Village and Tenancy Coordinator. Maree brings a wealth of experience from her previous roles in Property Management, Sales, and Event Management, and she has a strong passion for building community connections.

Maree values effective communication and enjoys solving problems. She is committed to providing exceptional care and is honest and caring in her interactions. Originally from Taranaki, Maree has called Howick home for the past 20 years, where she lives with her husband, two children, two cats, two chickens, and a bearded dragon. She is excited to contribute her skills and experience to the HBH Group.

Please feel free to introduce yourself when you see Maree around the village. She is eager to meet everyone and become a part of our community.



An Anzac service was held at Inchinnan in April attended by 29 residents from various communities. The service was headed by Yvonne, our chaplain and was supported by five volunteers and staff members who assisted in transporting attendees to and from the service. The lifestyle team also decorated each community to commemorate Anzac Day, enhancing the solemn atmosphere. The response and attendance were marvelous, and everyone appreciated the thoughtful service.



Remembrance Service & Blessing of the Hands

Join us for a Remembrance Day Service as we honour the memories of our beloved residents who have passed in the last six months.

As a faith-based community, we celebrate the lives and legacies of those who have journeyed with us.

The service will also include a special "blessing of the hands" ceremony, acknowledging the compassion and dedication of our staff who care for our residents with utmost love and respect.

Wednesday
2:00 pm

29

May
2024

Location:

HBH Howick Views
Berwick Dining Room
139 Union Road, Howick



Stevenson Village



Students from Howick Primary recently visited Stevenson Village for a beneficial gardening effort. They, along with their parents, collected over 1000 moth plant pods and 800 roots. The invasive moth plant smothers native trees and traps local insects, threatening biodiversity. Local schools, including Howick Primary, compete annually to collect the most pods and vines. Thank you to all involved for their hard work and community spirit!

Howick Views Apartments



Last month, Howick Views Apartments residents enjoyed a delightful outing to the Devonport Torpedo Bay Navy Museum and a scenic trip up Mount Victoria. This month, they had a city lunch outing. Our Monthly Outings provide opportunities for socializing and exploring new places. If you know anyone interested in joining, we have apartments available.

Our common rooms have been refurbished with fresh paint and new wallpaper, with carpets and furniture to be replaced soon. Stay tuned for the new and improved look of our apartments!



Gracedale Care



We recently celebrated Anjani's, Gracedale's facility manager, 20-year anniversary with a staff-led event. She has been an integral part of Gracedale Care since its inception. A further formal celebration honouring both Gracedale Care's anniversary and Anjani's dedicated service will be held after the refurbishments are completed. Stay tuned for more details!





Howick Views

Howick Views has been bustling with activity this past month, embracing Eden Alternative Principle 2 by creating a vibrant human habitat where life revolves around close and continuing contact with people of all ages and abilities, as well as plants and animals. Best Start Kids nursery delighted our residents with regular visits, playing games and spreading cheer. St. Kent's students continue visiting Tuesday to Thursday including their much-appreciated Wednesday tech support.

Earlier this month, we celebrated Mother's Day with creative activities, including crafting photo frames, arranging flowers, baking treats, and planting succulents. Happy Hour was a hit, featuring live entertainment and sing-alongs to classics by Olivia Newton-John and Elvis Presley.

A huge thank you to our Lifestyle Team and volunteers for making these special moments possible!



Gulf Views was filled with fun and excitement this past month, embracing Eden Alternative Principle 5 by fostering an environment where variety and spontaneity thrive through unexpected and unpredictable interactions and events. Residents decorated biscuits for Mother's Day, danced during a lively Happy Hour performance, and enjoyed line dancing. They competed in bowls and indoor golf, and went on enjoyable bus trips and outings, including a visit to the museum. It was a fantastic month filled with diverse activities and joy!



Gulf Views





ON THE BLOG

What is Eden Model of Care?

At HBH, we believe in doing more than just providing care—we aim to create a life that feels full and meaningful for our residents. This is why we've embraced the Eden Alternative, a model of care that transforms the traditional approach to elder care into something vibrant and life-affirming.

The Eden Alternative began in 1991 when Dr. Bill Thomas and his wife, Jude, saw how traditional nursing homes often led to loneliness, helplessness, and boredom. They envisioned a different kind of elder care, one that prioritised companionship, purpose, and variety. This vision resonated with us at HBH, and we've integrated the Eden Alternative into our daily practices to ensure our residents can truly "Age Well, Live Fully."

The Eden Alternative is built on ten principles. These principles focus on promoting positive ageing, providing person-centred care, fostering companionship, encouraging meaningful activities, and offering variety and spontaneity. They also emphasise holistic care, personal choice, continued growth, and wise leadership. By adhering to these principles, we create a vibrant, engaging, and nurturing environment for our residents.

HBH started its journey with the Eden Alternative in 2014 and received full registration in 2019. With the arrival of the pandemic in 2020, most care homes who adopted the Eden Alternative including ourselves, were forced back into a more institutional way of operating. Principle 9 reminds us that implementing culture change is an organic process and is a never-ending journey. At HBH, Eden drives decision making at all levels of our organisation and we remain committed to creating an environment that has the resident at the centre and that challenges the status quo of eldercare- It can be different.

Additionally, the Eden Alternative outlines seven Domains of Wellbeing: Identity, Growth, Autonomy, Security, Connectedness, Meaning, and Joy.

These domains align closely with our values at HBH.

Aroha (Compassion): Our care is infused with compassion, ensuring that each resident feels loved and valued, promoting their sense of security and joy.

Whakaute (Respect): We treat our residents with the utmost respect, honouring their identity and autonomy, and involving them in decision-making processes.

Manakitanga (Hospitality): We create a warm and welcoming atmosphere, fostering connectedness and a sense of community.

Kaitiakitanga (Stewardship): We manage our resources responsibly to ensure the sustainability and growth of our services, ensuring that our residents and staff can grow and develop.

Ngakau Pono (Integrity): We uphold our promises and maintain high standards of care, ensuring the security and wellbeing of our residents.

The Eden Alternative is ultimately about creating home. This approach offers a level of care and engagement that truly makes a difference in the lives of our residents.

IDENTITY

It's about recognising and celebrating each individual's uniqueness, history, and personal strengths. Traditional healthcare systems often reduce people to their ailments or needs, but the Eden Alternative emphasises understanding and honouring each person's full identity.

GROWTH

It focuses on the continuous development and enrichment of individuals, rather than just preventing decline. In the Eden Alternative, both residents and their care partners are encouraged to learn and grow.

AUTONOMY

It's the freedom to make one's own choices and control one's life. This principle opposes the idea that good care means doing everything for residents, which can lead to dependence.

SECURITY

It involves creating a safe and respectful environment without overprotecting residents, which can diminish their independence and joy.

CONNECTEDNESS

This ensures that residents maintain meaningful relationships and a sense of belonging.

MEANING

This is about infusing every aspect of life with significance and purpose.

JOY

It is the experience of pleasure, delight, and contentment that arises from deep, meaningful relationships and spontaneous moments.

Virtual Village East



VVE members have been actively participating in the Seasons of Growth Programme and Manage Better Together workshops here at HBH. In addition to their weekly walking group, they also enjoy monthly outings. Next month, they will visit the Torpedo Bay Navy Museum in Devonport.

VVE is a network of friendship & support for seniors. If interested in joining, please head to their website. <https://virtual-village-east.org.nz/>

We concluded our Summer Series in late April with an insightful talk on Grief and Loss by Candice Thum. There is no Relatively Speaking session this month as we are using this break to prepare for the Winter Series.

Please take a moment to complete our survey on topics you're interested in for the Relatively Speaking Winter Series, which aim to start in later June.



Relatively Speaking

Day Programme



Many older people can find the days long and lonely in their own homes. Available five days a week, our much-loved Day Programme embodies our philosophy of caring for older people in diverse ways. The Programme offers a day of activity, friendship, and fun, as well as valuable respite for family and caregivers.



In early April, we held a Powhiri to welcome our new staff, featuring a performance by the Kapa Haka Group from Howick Intermediate.

The Maori Advisory Group is now planning our Matariki celebrations.



Gracie, our resident chihuahua, has found herself a new personal chauffeur in one of our new residents at Berwick. She's been making the rounds, sitting on laps, soaking up attention, and flashing her irresistible puppy eyes (if only they knew her tricks!). Overall, Gracie has been on her best behavior, with no escape routes to explore, so she's busy charming residents and visitors instead.



Heavenly Father,

We give thanks for the blessings you have bestowed upon us. We ask for your guidance and protection as we prepare for the winter season ahead.

Grant us the warmth of your love to sustain us through the colder days. May your presence be a comfort to those who feel lonely or in need, and may our community continue to be a place of support and care for all.

Bless our staff, residents, and their families with health, peace, and happiness.

Amen.