

# HBH HAPPENINGS

A monthly newsletter for Residents,  
Staff, Family & Friends



October 2023



## Kia Ora!

In the midst of the challenges and highlights of the past year soon to be released in our 2023 NZACA Annual Report, HBH stands resilient, ensuring warmth and best practice for our residents. From marking special occasions to introducing new entertainment and activities, we've also had a vibrant month in October. Join us as we reflect, celebrate, and look forward to more cherished moments at HBH.

With spring's refreshing touch, this month at HBH has been lively. We celebrated International Older Person's Day and Fiji Day, adding a festive spirit to our community. The melodies of our new entertainer have echoed through our corridors, and our Lifestyle Team has ensured our residents remain engaged and active. Embracing the season, our residents have initiated a gardening project. Not to be left out, two of our resident pets, Gracie and Rocco, have spread joy on their little escapades.

We look forward to sharing these moments with you and highlighting our continued efforts at HBH

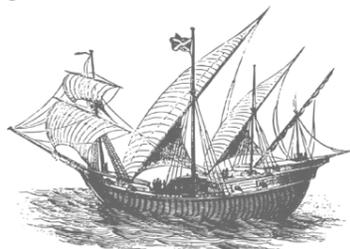
A handwritten signature in black ink, reading "Juliette Tuckey".  
Juliette Tuckey  
CEO

## Introducing Berwick Community

The naming of our communities within Howick Views carries a deep historical significance. The names chosen for our HBH communities honor Howick's pioneering roots, reflecting the stories of early settlers who journeyed to New Zealand.

As New Zealand began to see an influx of early settlers, tensions inevitably rose. In response, Governor Grey sought assistance from Britain, leading to the deployment of the Royal New Zealand Fencible Corps. This group of retired soldiers, along with their families, were given the responsibility of protecting and serving the Auckland community. Between 1847 and 1852, they arrived on ships such as the Minerva, Robert Sale, George Seymour, Clifton, Berhampore, and Inchinnan. Today, our Rest Home and Hospital communities bear these names, paying tribute to both the ships and the early settlers who played pivotal roles in our suburb's history.

Many of you are aware that HBH Howick Views has expanded its services to provide hospital level care within the rest home community. This pivotal change ensures that residents can receive enhanced nursing care without the distress of relocating, preserving their comfort and well-being. In light of this, Clifton and Berhampore have been unified under "**Berwick Community**", a nod to another esteemed Fencible ship. This name stands proudly alongside Sale, Seymour, Minerva, and Inchinnan in our community's vibrant heritage.



## Remembrance Day

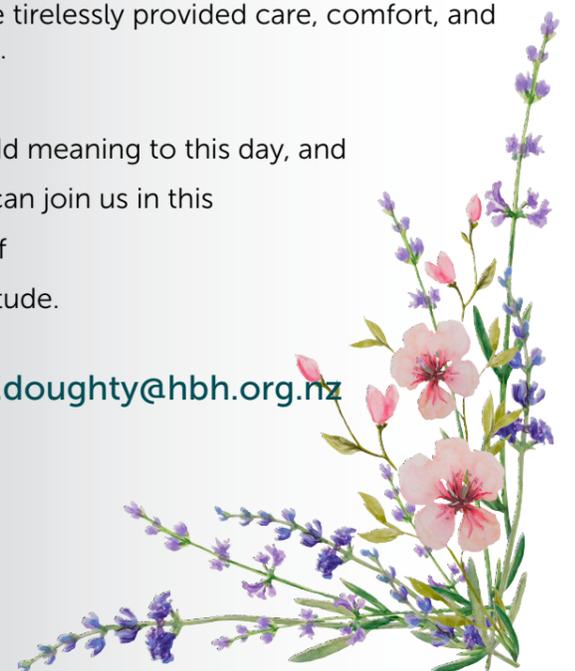
### Honouring Memories and Celebrating Dedication

On the 1st of November at 2:00pm, we will be holding an All Souls Day Remembrance Service, a solemn occasion where we pay our respects to the cherished residents from our home and village who have left us recently. It's a time to remember, to mourn, but also to celebrate the lives and the memories they've left behind.

Additionally, we will also be conducting a "Blessing of the Hands" ceremony. This is our way of showing appreciation for our dedicated staff. It's a symbolic gesture, recognizing and blessing the very hands that have tirelessly provided care, comfort, and support to our residents.

Your presence would add meaning to this day, and we sincerely hope you can join us in this dual commemoration of remembrance and gratitude.

Email or RSVP to [di.doughty@hbh.org.nz](mailto:di.doughty@hbh.org.nz)



Age well, live fully.



## MEET BRADLEY - OUR KITCHEN MAESTRO

We're thrilled to introduce you to Bradley, our Kitchen Manager who joined the HBH family in June. With years of experience in the aged care sector, Bradley brings a wealth of knowledge and a passion for creating nutritious and delicious meals for our residents.

### Here are some Fun Facts about him!

Could you introduce yourself and share a snippet of your journey in the culinary world?

I'm originally from South Africa, been in NZ nearly 22yrs. I've been cheffing since the age of 16yrs old, Started in hotels, been in some Restaurants and Retirement for the last 8yrs, I've move to aged care.

What are some of your favourite pastimes outside the kitchen?

Food from different countries, I make walking sticks from drift wood, Martial arts.

What sparked your interest in focusing your culinary talents on cooking for our elderly community?

The move to aged care came as I like the working hours. For me all customers are treated the same, be it hotels or a Retirement village.

Could you share a fun or surprising tidbit about yourself that most might not know?

I have been training in Filipino Martial Arts for 18yrs.



## Meet Molly - Thriving at 100!



*In every community, there are individuals whose stories inspire, whose presence uplifts, and whose spirit resonates with all. This month, we turn the spotlight to one such remarkable resident who has lived a century filled with experiences, challenges, and joys. As you read about her journey, you'll discover the strength, passion, and warmth that defines Molly.*

### A Glimpse into Molly's Past

Molly began her journey in the medical field at the tender age of 17, during the challenging war times. She trained at Auckland Hospital and later offered her services at Middlemore Hospital. As a registered nurse, Molly had a passion for bedside care, always ensuring her patients felt comfortable and cared for. She later took on the role of Health Supervisor, where she was responsible for the well-being of her fellow nurses. This included overseeing immunisation programs, annual chest x-rays, and promoting general wellness.

### Family Ties

Molly's family is the apple of her eye. She is blessed with two children, three grandchildren, and two great-grandchildren. Her sons, whom she proudly introduces to everyone, frequently visit, especially on weekends. These visits are a source of immense joy for Molly. Whether it's a simple get-together, an outing, or an appointment, Molly's family ensures they spend quality time with her, making memories.

### Hobbies and Interests

Molly has a diverse range of interests. She loves knitting, playing badminton, and immersing herself in a good book. In her younger days, Molly was an active member of writing groups, where she penned beautiful poetry. She also showcased her eloquence in public speaking events.

### Current Activities

Molly believes in staying active and connected. She regularly attends the gym, not just for physical fitness but also to socialize and engage in lively conversations with fellow gym enthusiasts and their families. Additionally, Molly is an active participant in the Social Calendar Programme. Recently, she took the initiative to conduct a Quiz for her peers at the Sale Community Centre, showcasing her leadership and organisational skills.



Photos & Story from Caitlin Verhoeff

Age well, live fully.



## HOWICK VIEWS HIGHLIGHTS

This month, we had a fantastic celebration in honour of International Older Persons Day. The festivities kicked off with a delightful brunch where our residents showcased their flair, dressing up in their favorite outfits. The special Happy Hour sessions tailored for each community were the cherries on top! A big shoutout to our Lifestyle Team for orchestrating these wonderful events. It was heartwarming to see our residents beam with joy and feel truly cherished.



## Good Times at Gulf Views

Gulf Views marked International Older Person's Day in a truly distinctive and heartwarming manner. Instead of the usual festivities, the day was infused with a touch of nostalgia. Residents were presented with a fun challenge: identifying individuals from a collection of childhood photos displayed around the community. Residents and staff had a blast trying to guess who was in the displayed childhood photos. As each photo was guessed (or sometimes misguessed!), laughter echoed as memories were shared and stories of yesteryears were recounted.



## Celebrating Birthdays & International Elders People Day

This month at 139, village residents gathered for a dual celebration: collective birthdays and International Elders People Day. The event was enhanced with morning tea and cake, as we took a moment to appreciate the wisdom and experiences of our elder residents.

## Insights from the Retirement Village Resident Association

We recently hosted a representative from the Retirement Village Resident Association. The main topic was the HUD-conducted survey on proposed changes to the RVA. The session shed light on potential implications, and we're grateful for our residents' active engagement in such pivotal discussions.



Age well, live fully.



## HOWICK VIEWS SPRING VIBES

With the promise of sunnier days ahead, our Lifestyle Team is excited to introduce the weekly Gardening Group in the Inchinnan/Minerva Courtyard, set to convene whenever the weather is on our side. Our inventive residents have fittingly christened this green venture 'Garden Pallet'.

Additionally, our Berwick Residents also make it a weekly ritual to venture out into the courtyard for a refreshing walk and a breath of fresh air.

As hands delved into the soil and conversations blossomed, an intriguing idea took root:

**"Do vegetables react to positive comments and their growth is affected?"**

To explore this, we've set up an experiment with Sugar Snap Peas and Silverbeet, divided into three distinct groups:

**Group 1 (P for Positive):** This set gets a dose of water and uplifting words.

**Group 2 (C for Control):** Our control group, these plants receive just water, no chit-chat.

**Group 3 (N for Negative):** Along with water, these might hear a few stern words!

Which group do you reckon will flourish the most?

We invite you to drop by, share your thoughts, and even engage in some plant pep-talks or light-hearted scolding!

*The latest update is Group 3 is growing fast, we might need some positive intervention!!*

A heartfelt shoutout for the generous herb donation to our burgeoning herb garden, graciously given by a resident's wife. These herbs aren't just for seasoning; they're a sensory delight, engaging sight, touch, smell, and taste.

They also pave the way for reminiscence activities, like crafting herbal sachets, especially beneficial for residents navigating cognitive challenges.

Stay tuned to next month's newsletter for an intriguing update!



## Fiji Day Festivities

Our staff truly outdid themselves in celebrating Fiji Day! Over at Howick Views, the team donned vibrant Fijian attire, transforming our space with a burst of tropical colors and joy. The traditional outfits paired with their heartwarming smiles were a sight to behold. It was a day where we wholeheartedly embraced and celebrated the rich culture and beautiful traditions of Fiji, bringing its spirit right here to HBH. A big vinaka (thank you) to everyone who participated and made this day special!



## Relatively Speaking

A heartfelt thanks to all who joined us for this month's "Relatively Speaking" session on "Cognitive Simulation Therapy". We extend our deepest gratitude to Carol Turner, our Occupational Therapist from Howick Views, for guiding us through such an enlightening discussion. If you missed out, don't worry! A PowerPoint presentation of the talk is available.

To get a copy, please reach out to [Jeanne.Atiwag@hbh.org.nz](mailto:Jeanne.Atiwag@hbh.org.nz).

Stay tuned! An invitation for our final session of the year will be dispatched shortly, detailing the topic and date. We eagerly await your presence!

Age well, live fully.



## “Nā tō rourou, nā taku rourouka ora ai te iwi.”

The literal translation of this quote is “With your food basket and my food basket the people will thrive.”

As we commemorate Older Persons Day, the wisdom of this whakataukī resonates deeply. Our elders carry with them a rich ‘rourou’ or basket of knowledge, experiences, and traditions. When combined with the energy, innovation, and perspectives of the younger generation, it creates a powerful synergy. Just as two food baskets ensure the well-being of the community, the interweaving of insights from both the old and young ensures our society not only survives but thrives. Today, we honor our kuia and kaumātua (elderly women and men) for the invaluable contributions they bring, reminding us that in unity and mutual respect, we find our strength and prosperity.



## Event's coming up!

Mark your calendars for November 1st! As previously noted, we're holding a Remembrance Service. But that's not all! On the 21st, Prepare for an exhilarating indoor golf showdown between the Berwick Residents and our Staff. Swing by and witness the Staff's (likely) defeat, as our residents have been training like pros!

Check out our facebook page for the latest updates!



## Gracie's Tail-Wagging Tale!

Hi there, it's me, Gracie! This month, I went on what you might call... a little adventure. I saw an opportunity at the big front doors and, being the curious pup I am, I just couldn't resist the call of adventure. Suddenly, I was outside with these huge zooming giants on wheels! My tiny heart raced, and for a moment, I wondered if maybe this wasn't such a good idea.

Just when I was feeling a bit lost, a gentle lady with kind eyes picked me up (from Botany Rd roundabout). She took me to this place that smelled so interesting and gave me some yummy treats. But as much as I loved the treats, I missed my mum and friends back at home. I could almost hear them calling for me.

And then, magic! I actually heard mum's voice. Oh, the joy! The wagging of my tail said it all. We were reunited, and it felt so good.

I've promised myself to stay close to home... but who knows? The call of adventure is hard for a pup like me to resist! Auntie Gwyneth was not impressed by my antics, neither was Auntie Ersie – but I know they love me anyway.

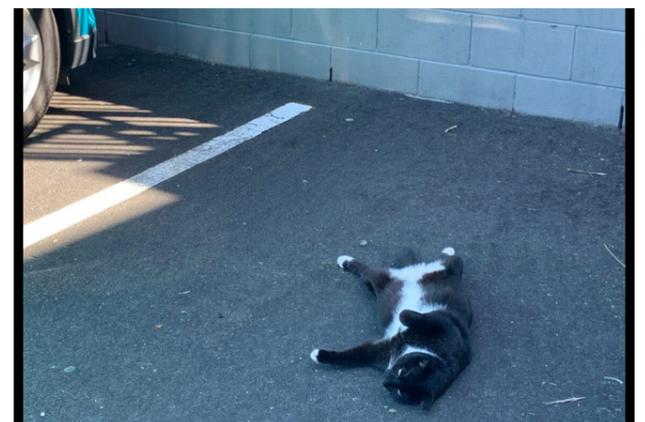
(Thanks to the lovely team at the Pet Doctors in Howick for taking such good care of Gracie for us)



## Personal parking available for pets at HBH

Parking at Howick Views is like finding a needle in a haystack, and guess what? We've unmasked the furry bandit monopolizing our precious spots!

How should we “paws”ecute this whiskered offender?



## A prayer

Heavenly Father, as October ends and the full bloom of spring graces our surroundings, bless our home with renewed energy and hope. Watch over our residents, their families, and our dedicated staff. Grant us moments of gratitude, resilience, and happiness in these blossoming days. May the colorful petals and the refreshing breezes remind us of Your unwavering love and the miracles that each day holds.

Amen

## 'Glowing older' rather than 'growing older'.



**OLD AGE NEEDN'T BE A PERIOD OF DECLINE, SAYS HBH GROUP CEO JULIETTE TUCKEY. RATHER, IT CAN BE AN OPPORTUNITY TO PROMOTE GROWTH AND WELLBEING, WHICH IS THE PHILOSOPHY AT THE HEART OF THE EDEN ALTERNATIVE.**

We all need to challenge ourselves about how we approach ageing and ageism explains Juliette. "We're bombarded by ageist attitudes – every ad, every magazine is about looking younger and feeling younger; it's inherent in everything we do. At some stage, 'growing up' becomes 'growing old' and we all begin to downplay our age. But ageing doesn't have to be a negative – there's so much to embrace about getting older and plenty of things you can let go of as you age."

Challenging ageist attitudes is one of many reasons HBH's care philosophy is centred on the Eden Alternative. Co-founded by Dr William H. Thomas, a world-renowned M.D., geriatrician and author is globally recognised for his many services to positive ageing, the Eden Alternative is a relationship-focused model of care that aims to create a real home for our residents.

It shows us how building relationships with staff, children, volunteers, and animals, creating a thriving habitat, and challenging current paradigms for ageing can help older people to live a fuller life, even when confronted with frailty.

Adopted by progressive care organisations around the world, the Eden Alternative is based on ten principles and seven 'Domains of Wellbeing' – identity, growth, autonomy, security, connectedness, meaning and joy. These guide our progress and keep us on track. "If you don't have some sort of guide, it's very easy to fall back into institutionalised thinking," says Juliette.

"Dr Thomas also coined the phrase 'glowing older' rather than 'growing older'," says Juliette. "And that's what Eden is all about. It's a culture change movement that's designed to facilitate wellbeing rather than mitigate decline."

**Creating wellbeing through 'voice and choice'**

What does wellbeing mean to an individual? "It's about having a voice and having choice," says Juliette. "Older people should be able to live fully and age well and be who they are, whatever age they are. They need a bit more breadth and space rather than being over-protected."

"There is always change. Many people are confronted with the challenges of having less independence and choice as they age, especially those who are being cared for in an institutional, systems-based model of care," says Juliette.

"Older people I speak to really want to have choice, spontaneity, and autonomy, just as they did in their own homes. They want to feel independent, but when making decisions about care, families want to protect their loved ones. So it's about finding a balance."

**Are we "caring too much"?**

"Aged care environments can create a sense of helplessness if we do everything for our residents," explains Juliette. "So it's about challenging those paradigms and challenging the sector."

"Systems and standards are important and there is a place for routine, but sometimes we can get to this place where everything is about safety, and we remove the element of choice from people's day. Wrapping older people up in cotton wool isn't allowing them to live," she says.

With more freedom comes more risk, such as going on a day trip or playing a sport, but with that comes more independence, joy, and fulfilment. "One of my roles here at HBH is to advocate for these things."

**A never-ending journey**

In the nine years since HBH began our Eden Alternative journey, we've seen our communities change and grow with more contribution from residents, families and teams, greater flexibility and spontaneity in our daily routines, and an improved physical environment.

"Principle 9 of the 10 principles of Eden is understanding that embedding the Eden philosophy is a never-ending process," says Juliette.

"In other words, it needs commitment to continually nourish growth. Nine years on, there's still plenty to do, but that doesn't take away from the journey we've already been on and the amazing effort of our team and community. As long as we keep nurturing and developing relationships, we can keep making a difference to the lives of the people we care for."

"Real wellness actually comes out of a powerful sense of 'we' – belonging and community. So this is reframing wellness from an individual to a community perspective. We can use technology and innovation to assist us, but relationships are always at the forefront. – Bill Thomas, Eden Alternative Co-founder

**"Label jars, not people," – Jill Vitelli, former Global CEO, Eden Alternative.**

## HOW TO STAY STRONGER FOR LONGER.



One of the five pillars of ageing well promoted by Virtual Village East is physical wellbeing. As we discovered at our recent information morning, there's always more we can do to keep ourselves physically well and stay 'stronger for longer'.

Most people think of their physical health in terms of cardio fitness, but as you age, strength becomes more critical said Bethan Collings, Age Concern's Senior Community Strength & Balance Coordinator. "Lack of strength leads to frailty, which in turn, can result in health issues and an increased risk of falls."

"From the age of 30 years, we start to lose muscle mass and by the time we're in our 50's, this has reduced by around 30%. Many people think that if they're gardening, walking, or playing golf, they're taking care of their fitness, but building strength requires its own exercise regime," she said. "The common misconception is that if you've got your heart pumping, you're keeping healthy, but you also need to build up muscle strength." Beth said weight and resistance exercises are one of the best ways to build strength, with slow repetitions and heavy loads, whether it's exercising at the gym, or doing Pilates or yoga.

### Keeping yourself in check

Another misconception is that because we're walking and standing, our balance is okay, but unfortunately, this isn't always the case says Beth. She cites an example of a woman who biked and swam regularly; yet couldn't stand on one leg for any length of time, despite having a high level of cardio fitness.

"Ideally you should do some balance exercises every day," says Beth. These can be relatively simple exercises, like standing on one leg at a time, but the consistency of doing them daily is critical." When you're strong, have good balance and are active, you're preparing yourself well for the years ahead."

Beth also mentions the health benefits of exercising with others, such as joining Virtual Village East's Safe & Strong exercise programme. "Social connections are one of the most important aspects of wellbeing as you age, so joining a class with your peers is a 'win-win'!"

### Eating well to age well

Diana Anderson, a Registered Nutritionist with Diabetes Foundation Aotearoa, also dispelled a few myths related to food during the seminar. She reinforced Beth's message about losing muscle mass as you age. She also pointed out that, as well as exercising, it's important to eat foods that support your muscles, particularly protein. Fibre is also very important as we age so rather than eating white rice or bread, change to brown rice or multi-grain bread. Oats and legumes are great at any age, and of course, so are fruit and vegetables.

Diana acknowledges that our social situation also changes as we age – rather than family mealtimes, you can often be on your own. "It can be easy to skip proper meals when you're on your own, but it's important to still eat healthily," Diana says. "An omelette or frittata, or even a baked potato with a healthy filling such as tinned tuna and veggies are good examples of quick and easy meals that are perfect for one person or a couple. A salad with some fish or chicken is also good, as it's important to eat vegetables on a regular basis."

Diana says it's vital to include Omega 3 fatty acids, found in fish such as salmon and tuna in our diets. "Tinned salmon or tuna is fine to keep costs down", she says. Eating some dairy is also crucial. "Plant-based milks are very popular at the moment such as soy, oat and almond but they are fortified with calcium which means they are digested differently to the calcium in dairy milk."

Proportions are also important says Diana, with Diabetes Foundation Aotearoa recommending that the average plate should contain one-quarter protein, one-quarter carbohydrates, and half vegetables (see image).

So, as our guest speakers pointed out, keep up the exercise (join our Safe & Strong classes), eat healthily (join our regular cooking classes), stay sociable (join any or all Virtual Village activities) and here's to staying stronger for longer!

**"As someone with diabetes, I found the tips from Diana Anderson were very helpful and practical. "I've made changes to my diet previously and seen the impact this can have, so I was most interested in what Diana had to say." – Janet, VVE member**

Virtual Village East is a network of friendship and support for seniors. It was initiated by HBH Senior Living as part of their mission to ensure that older people in our community have the care and support they need to enjoy fullness of life.

To find out more about Virtual Village East, please contact [Ninawa.Karimo@hbh.org.nz](mailto:Ninawa.Karimo@hbh.org.nz) or check out <https://virtual-village-east.org.nz/>