

# HBH Happenings

March – April 2025



## Kia ora koutou,

What a wonderful, long summer we've had, giving us all the chance to enjoy the sunshine before we head into winter. March and April have been a month of celebration and connection with residents and staff coming together to celebrate St Patrick's Day,



International Women's Day and International Day of Happiness. These special moments help strengthen the friendships and the sense of belonging that makes HBH feel like home.

In this special issue of HBH Happenings, we look at the future of aged care in New Zealand and how you and your loved ones may be affected (see '7 aged care myths' on page 2). Read on to learn how you can play a part in ensuring our services will always be available to our community, for generations to come.

On that note, with Mother's Day approaching, we're preparing

a very special Gifts that Care campaign to celebrate the mothers in our lives. We'd love for you to get involved in this amazing initiative – it's a wonderful way to support HBH while also making someone's day on Sunday May 11th!

Wishing you and your loved ones an Easter filled with peace, happiness and togetherness.

Ngā mihi nui,

Juliette Tuckey  
CEO, HBH Group



## Rethinking the future of aged care

As a charitable, faith-based organisation, HBH has always prioritised affordable, high-quality care to the Howick community. Yet, with an ageing population and current funding constraints, the future of this care is under threat.

Recent reports reveal that:

- **Over 1.2 million** Kiwis will be aged 65+ by 2034, putting even more pressure on aged care services.<sup>1</sup>

- **60% of seniors** without a home or private superannuation won't be able to afford residential care in the future.<sup>1</sup>
- **200,000 hospital beds** are currently under threat, which means the ill or frail may have nowhere to go.<sup>2</sup>

"Sadly, in the near future, New Zealand's aged care sector may not be able to meet the growing needs of our ageing population," says HBH Group CEO, Juliette Tuckey. "At the moment,

Government funding only covers the absolute basics of aged care – and even that is under threat."

Furthermore, more complex care is becoming increasingly difficult to access, prompting many providers to consider restricting these services to their residents only. "This is extremely concerning, as it means many seniors who are ill, frail or suffering cognitive decline will be unable to access the high-level care they need," says Juliette.

## Our mission

Guided by purpose, not profit, we aim to create opportunities for all older people to age well and live fully, through **homes, care, community and advocacy.**



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HBH is one of the few providers in the area providing more complex aged care services, but these services cost more,” she continues. “We’re also the only provider offering wraparound services to enhance the wellbeing of seniors – including dedicated respite care, our Day Programme and Virtual Village East – and we never want to compromise on this level of care.”

The increasing lack of standard rooms in the sector is also of great concern. “There is an assumption that standard beds will always be available in the future, but that’s not the case,” Juliette explains. “Unfortunately,

premium beds are how most aged care providers support their shortfall. Already, we’re having to turn away people who can only afford standard beds due to funding restraints, and this situation is likely to worsen in the coming years.”

These changes have led to a rethink in the way HBH is funded. “We’ve always had the best interests of our community at heart,” she says. “However, this does mean we will increasingly need to rely on the generosity of others to be financially sustainable. We’ve been serving the Howick community for almost 50 years. Now, we’re seeking the support of our community to ensure we can continue delivering high-quality care for the next 50 years.”

Sources: <sup>1</sup> <https://officeforseniors.govt.nz/better-later-life-strategy> <sup>2</sup> Aged Care Association article, Radio NZ, September 2024

## 7 myths about aged care in New Zealand

To give you an idea what the future of aged care in Aotearoa might mean for you and your loved ones, we’ve outlined some common misconceptions below – and the unfortunate reality.

- 1 MYTH: If I have enough money, I will be able to access the care I need.**  
**REALITY:** Money can’t always buy you the care you need. Already, many providers are turning away those with complex needs, regardless of their financial means.
- 2 MYTH: I’m fit and well, and I’m unlikely to need aged care.**  
**REALITY:** Unfortunately, even the healthiest and fittest people can become ill suddenly, or experience

cognitive decline as they age. Supporting HBH means that high-quality care will always be available in our community, should you ever need it in the future.

- 3 MYTH: We’ll look after each other in our old age.**  
**REALITY:** Looking after a partner who is unwell in later years can be extremely demanding, both physically and emotionally. And sadly, those who lose their partner in later life can struggle to cope on their own – and to find the right type of aged care if they need it.
- 4 MYTH: My family will be there for me.**  
**REALITY:** Families are often busy these days with the demands of work and children. Even if they want



to, many families simply don’t have the time and resources to provide high-level care if you have health or cognitive issues.

- 5 MYTH: If I need care, someone will provide it.**  
**REALITY:** Unfortunately, that’s not the case. Based on current projections, Aotearoa’s aged care sector will be unable to meet the needs of our ageing population.<sup>1</sup> To ensure better care for our loved ones (and ourselves), we all need to play our part now.

**6 MYTH: I can have a standard room if I need it.**

**REALITY:** Already, the aged care industry is struggling to keep up with the demand for standard beds (i.e. Government-funded rooms)<sup>1</sup>. Commercial aged care providers are offering more and more premium beds – and many low-cost charitable

providers are no longer operating, so there are fewer affordable beds available.

**7 MYTH: If I need end-of-life care, I'll have to go to a hospice.**

**REALITY:** For nearly 50 years, HBH has been providing palliative care to residents and other locals who require end-of-life care.

That means those who are terminally ill can remain in the community they love, close to their loved ones.

It's not all bad news! As a charitable aged care provider, we're doing everything we can to continue delivering high-quality care to all those who need it – including seeking support from our community.

Sources: <sup>1</sup> <https://www.stats.govt.nz/news/one-million-people-aged-65-by-2028/> <sup>2</sup> <https://www.thepost.co.nz/business/360619471/courage-needed-tackle-looming-aged-care-bed-crisis>

## To continue our charity, we're asking for yours



As a purpose-driven organisation, we're committed to ensuring quality senior care is available to everyone in our community, regardless of their financial situation.

That's why we're seeking support from our community, so we can always deliver excellent aged care to older people across the communities we serve, no matter what their circumstances.

"We believe that every senior should have the opportunity, not just to grow old, but to live a life filled with meaning and purpose," says Juliette. "The support of our community enables us to continue to provide quality care, affordable homes, connected communities and advocacy for all seniors in our care ... today and for generations to come. It truly makes a difference!



## Please choose HBH as your charity of the year

Please consider making HBH your charity of choice this year – every dollar you donate, every hour you volunteer, and every one of our Gifts that Care you purchase helps provide crucial care and support for seniors in our community, when they need it most.

**Ways you can support us:**

- **Donate** using the QR code below – or visit [giftsthatcare.hbh.org.nz/donate](https://giftsthatcare.hbh.org.nz/donate)
- **Give a monthly donation** to help us manage costs and plan for the future.
- **Volunteer** your time at HBH or Stevenson Village – it helps reduce our overheads and our residents love the companionship.
- **Create a legacy** by leaving a gift HBH in your will.
- **Give Gifts that Care** – brighten up someone's day and support HBH with Gifts that Care.

Browse the selection at [giftsthatcare.hbh.org.nz](https://giftsthatcare.hbh.org.nz) – and look out for our special Mother's Day gifts coming soon!

Your support helps provide crucial care and support for seniors in our community – thank you!

Scan to visit Gifts that Care or go to [giftsthatcare.hbh.org.nz](https://giftsthatcare.hbh.org.nz)



# What does our care mean to seniors in our community?

We're proud of the difference we make in the lives of the many older people we care for in our aged care facilities and in the wider community. Our Four Pillars diagram below shows the many ways we provide care and support to seniors across our community. You'll also see some of the heartfelt feedback shared by those whose lives we've touched.



Guided by purpose, not profit, HBH is caring for older people in Howick and surrounding areas by providing services that cover the full spectrum of needs – homes, care, community and advocacy.

“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.”

**CoraJean**, Care resident

“I feel so lucky that this level of care was available to both of us. It’s so important that everyone can be cared for with dignity, kindness and respect in their later life and that is what HBH does. HBH has a big heart, rather than big pockets.”

**George**, Respite care resident

“When my husband died, I was feeling very lost. Virtual Village East has helped to fill that gap. I’m so thankful that HBH Group is a charity that provides this free service for seniors.”

**Lorna**, Virtual Village East member



“I felt very insecure and financially vulnerable. HBH has changed that, and I now feel more secure about my future. It’s a great relief to be living at Stevenson Village.”

**Willem**, Stevenson Village resident

# March & April Happenings

## Homes

### Howick Views Apartments & Stevenson Village

There has been plenty to celebrate at Howick Views Apartments this month! Firstly, a very warm welcome to new resident, Dorothy – we're delighted to have you join our friendly community.

To mark Saint Patrick's Day and several birthday celebrations, Maree, our Village Coordinator, baked a batch of delicious cupcakes. Residents enjoyed the chance to come together, share stories and indulge in some well-earned treats.

To round off the month, residents are looking forward to an outing to the Knitting Factory and a visit to the Howick Historical Village Café.

Over at Stevenson Village, plans are progressing for the second batch of new units, with more details to be shared soon. Watch this space!



Our apartment residents enjoying St Patricks Day.

### Howick Views & Gulf Views



St Patrick's Day was enjoyed by all!

# March & April Happenings

## Day Programme & Virtual Village East

The Day Programme has been buzzing with activity, with full attendance most days, new activities and a growing number of clients. From morning exercises to crafts and social games, every day offers numerous opportunities for connection, movement, spontaneity and joy.

Last week, Virtual Village East members enjoyed a special outing to the Mormon Temple, taking in the peaceful surroundings and detailed architecture, followed by a delicious meal sampling South African cuisine at Food Culture Café.



Virtual Village East members enjoyed a number of outings last month including a trip to the Mormon Temple and to see the Warbirds at Ardmore along with the monthly coffee & catch-up.

## Resident Review

This month, our theme for Wisdom Wednesdays is keepsakes - the special items and memories we hold onto that tell the story of who we are.

Ersi, our artsy colouring diva, shared a powerful message: "Do good and be good", while Gordon, a former photographer, shared one of his favourite photos and reflected on how a good photo can tell a story and preserve a moment in time.



Wisdom Wednesdays continues to be a favourite time of the week.



Gordon sharing a memorable photo.

# March & April Happenings

## Staff Snapshot

Congratulations to our team members who recently completed an eight-week communications course.

This initiative reflects Eden Principle 9: we all have the capacity for growth and development, no matter our age or stage in life. These staff have embraced the challenge of continuous learning, building confidence, improving communication, and deepening connection across our care communities. Ka pai to everyone involved!



Congratulations to our wonderful graduates!

## Relatively Speaking

The theme of 'keepsakes' continued during this month's Relatively Speaking session, in which we welcomed back Dave Munn from Cherished Memories. A highlight was a wonderful video featuring Ersi, one of our residents, which drew a lovely crowd. Attendees stayed behind afterwards to chat and reconnect, and one resident shared that her paintings are being featured in local libraries - a wonderful reminder of the many stories and talents within our community.

Looking ahead to April, we're excited to welcome lifestyle coach, Jo Green, who will speak on the theme of connection. Jo will explore how truly listening can strengthen our relationships and how our inner narratives can impact the way we connect with others. Do join us for this inspirational session.



Supporting family members with knowledge and resources.

# March & April Happenings

## Te Ao Māori

Building strong relationships with Ngāi Tai ki Tamaki and O Wairoa Marae remains an important focus for us. These connections deepen our understanding of Te Ao Māori and strengthen the cultural foundations within our community.

The Te Ao Māori team is also working on a waiata booklet so that residents and staff can share and celebrate Māori music together. The team is also creating a series of karakia, ensuring that meaningful moments can be marked with the appropriate words and traditions.



Building relationships based on learning and understanding.



Daily activities that bring meaning and purpose.

## Eden Alternative

### Building connections across generations

Meaningful relationships bring purpose and joy to daily life. The Eden Alternative philosophy emphasises reducing loneliness and strengthening connections, which is exactly what our regular volunteers from St Kentigern College do.

Two to three times a week, these students bring energy, kindness and companionship. This week, they shared another batch of their 'Cookies that Care', a simple yet thoughtful gesture that brought smiles to residents and staff.

Thank you to St Kentigern College for your ongoing commitment to our HBH family. Your students truly make a difference.



## Prayer

Psalm 121:1

I lift my eyes up to the hills, where does my help come from.

Dear Lord In these times of uncertainty let us know our help comes from you.

Help us to turn our face toward your glory and power and praise you for all that happens in our lives.

Whether its good or not so good, let us praise your name and give thanks for your abounding love.

Amen

### HBH Group

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