



The Power of a Cuppa

"Life is like a cup of tea – to be filled to the brim and enjoyed with friends."

– Anonymous

If you subscribe to the belief that anything in life is better with a cup of tea, you'll fit right in here at HBH Senior Living. At any one time, we seem to have lots of people meeting for a catch-up and a cup of tea (or coffee)!

Sometimes, this takes the form of an impromptu cuppa between friends or neighbours in our care facility or one of our independent apartments. At others, it's a more formal gathering, like our monthly 'Coffee and Catch-up' mornings organised by Lee Warmington, our Virtual Village East Co-ordinator. This regular event is designed especially for older people in the East Auckland community who meet at a local café over morning tea ... and of course, a cuppa.

There are always numerous cups of tea and coffee being poured at our Day Club, where seniors and volunteers from outside the community enjoy coming along to HBH and connecting with others.

In the care facility, resident Sandy (along with her dog Coco) and other neighbouring residents, meet for a cuppa and a chat each morning in the lounge overlooking the courtyard. Sandy reports that it's a lovely way to start the day and enjoy the weather and the company of others.

What's more, our independent apartment residents run a Café every morning, which has quickly become a central gathering point for apartment owners and visitors alike. And just down the road at Stevenson Village, they also regularly meet for morning tea in the community room, run by one of the residents, Rosemary.

So what's brought about all of these tea-fuelled gatherings? It's just one part of the

Eden Alternative philosophy of making HBH Senior Living less 'institutional' and more home-like.

For example, morning tea was served in the dining room for years, but recently, there's been a move towards serving it in the more casual, comfortable atmosphere of our lounges – again, to make sure residents feel relaxed and more at home.

"We all believe in the power of a cup of tea," says Helen Parkinson, HBH Senior Living's Social Co-ordinator. "Over a cup of tea, whether it be a chat about the weather, friendships are formed and people start to connect. By providing more opportunities for both residents and other seniors in our local community to come together, we're helping to overcome isolation and



A CUPPA AND A CHAT IN THE SALE COMMUNITY

loneliness, and foster these important connections. It's just one of the many little ways we try to make life more wonderful here at HBH!"

Risk taking the focus at Eden conference

Several HBH staff attended the recent Eden Alternative conference, including CEO Bonnie Robinson, Juliette Bell (Eden Coach), Chris Dunlop (Director of Nursing) and Carol Turner (our Occupational Therapist).

The focus of this year's conference was understanding and managing risk while living a meaningful life. "Typically, aged care institutions wrap residents in cotton wool and don't allow them to take risks," says Bonnie. "This is referred to as 'surplus of safety', for example, if one person falls over while enjoying an activity, then everyone else is prevented from doing it. While we do everything we can to mitigate risks for residents, it's also important that they have the opportunity to enjoy life and try new things."

"We were encouraged to think beyond just having animals, children and plants – Eden is so much more than that. Our team had the opportunity to meet Dr Bill Thomas, a very humble and inspiring man who started the Eden Alternative philosophy."



THE HBH TEAM WITH DR BILL THOMAS

A fond farewell to our Chaplain

At the end of this year, we bid farewell to our much-loved Chaplain, Reverend Eleanor Keys. Eleanor has worked at HBH for nearly 14 years, supporting our residents' spiritual growth and pastoral care.

Eleanor says that her role has evolved over the years. "My role certainly grew when the new buildings opened, which led to the number of residents doubling ... and again more recently, when HBH purchased Stevenson Village and was appointed to manage Gracedale." Eleanor provides services and pastoral care at all three organisations.

"One of the special things about HBH is the Christian spirituality and love that is expressed to all that they care for. Residents tell me over and over how wonderful the staff are. They are such a credit to the organisation and make such a difference to the lives of the residents."

Eleanor and her husband have recently sold their house and are planning their next move. "I'm looking forward to having less to care for in the garden and fewer commitments. It's been a joy and a great



ELEANOR CHATTING WITH THE LATE ROSINA SPENCER

blessing to work at HBH," she says. "I've married a couple of the girls who have worked there – it's been a big part of my life and I will miss it."

Thank you Eleanor and God bless from all of us at HBH – we'll certainly miss you too.

Summer Series for Seniors off to a strong start

The next stage of development is underway for Virtual Village East, the network of mutual support and friendship for seniors in the East Auckland Community.

Facilitated by HBH Senior Living, the Summer Series offers members a programme of activities, all of which have been specially designed to help seniors stay connected, healthy and active – and to live independently at home. These include a 'Safe & Strong' exercise programme, monthly coffee and catch-up mornings, and Senior Chef cooking and nutrition classes launching in 2020.

"The Summer Series events have had a great turnout to date," says HBH Senior Living CEO, Bonnie Robinson. "It's exciting for HBH to be extending its expertise in positive ageing to benefit those living in the community and enabling them to age well at home. If you're a senior living in East Auckland, do come along and join us."

To learn more or become a member, visit virtual-village-east.org.nz.



EXERCISING AT SAFE & STRONG PROGRAMME

The Birth of Peace

Out of the busyness of Christmas shopping,
out of end-of-year celebrations,
and Christmas decorations,
out of the press of people, the crankiness of the season,
we come to a light shining boldly in the darkness.
A light guiding us to a place of birth and new beginnings.
May we reflect the peace of this new-found truth.

Meet Kim and Lee: our amazing Co-ordinators

We're delighted to welcome Kim Thwaites back to HBH Senior Living. Kim was our Volunteer Co-ordinator for three years until she left 18 months ago.

The equally amazing Lee Warmington took over her role, but Lee has now been appointed as Co-ordinator for Virtual Village East, so Kim has stepped back into the fold. Kim co-ordinates our 130 volunteers, who help out in all sorts of wonderful ways - from driving vans, to helping out with morning teas and entertaining our residents.



KIM THWAITES



LEE WARMINGTON