

## Hungry for food or company? Come to Milly's cafe.

Introducing Milly's cafe, a fantastic new initiative from staff member, Milly Pearce. After working in the household team for five years, Milly recently came up with the idea of creating an in-house cafe so residents have a place to socialise – and of course, enjoy a cuppa.

Milly was inspired by the Eden Alternative philosophy at HBH, particularly the principle of helping older people overcome the 'three plagues of loneliness, helplessness and

boredom'. "Most of the residents were staying in their rooms for their morning or afternoon tea, but many of them were lonely," reports Milly. "Now they've started coming to the cafe, interacting and learning more about each other."

Milly has set up a few tables in the dining room where she serves tea, coffee and cakes and scones from the kitchen, accompanied by music. The cafe is open Mondays to Fridays during the day and Milly says she's happy to open in the weekends on request too.

Well done to Milly for her inspirational idea - it really makes a difference!



## Gracedale: a welcome addition to the family

Gracedale is a 36-bed facility owned by Grace Trust, a private trust with strong links to the local Church of Christ congregation.

In early 2017, representatives from Gracedale's Board approached HBH Senior Living to ask if we would be interested in partnering with them to manage Gracedale's day-to-day operations. After several meetings between the two Boards and senior staff, it was agreed that there were many synergies in terms of being actively faith-based, with a similar organisational culture, size and approach to the delivery of care services.

HBH is now overseeing day-to-day operations

and supervising quality of service and management of audits. Over time, we will work more closely with Gracedale on ventures that can benefit both organisations.

Says CEO, Bonnie Robinson, "Our mission at HBH Senior Living is to ensure that older people have access to excellent, compassionate and responsive services that increase their quality of life. The addition of Gracedale to our 'family' means that even more Aucklanders can benefit from this philosophy of care."



GRACEDALE IS LOCATED IN MT ROSKILL

## A fond farewell to Lyn Ramsay

After 30 years working across many roles at HBH Senior Living, Quality Manager Lyn Ramsay has embarked on her next exciting role – retirement!

Lyn started working part-time at HBH as a Registered Nurse when her youngest daughter was six months old. Her plan was only to stay until her girls were a little older, but before she knew it, 30 years had passed!



LYN RAMSAY

"I wish everybody at HBH all the best and will pop in from time to time. I promise I will bring some baking!"

## And a warm welcome to Jejson Jose

Meet Jejson Jose, our new Quality Manager. Jejson joined HBH in December, following a year working in a similar role at the Selwyn Foundation.

A trained Registered Nurse, Jejson's new role includes quality control, auditing and risk management, education and training. He loves the Eden Alternative approach and the way that staff and residents are so well looked after. "Aged care is a very specialised type of nursing, so it's very rewarding," explains Jejson.



JEJSON JOSE



# A big Christmas ‘thank you’ to our volunteers!

HBH Senior Living has over 130 volunteers who play a crucial role in the wellbeing of residents and assisting staff to provide exceptional care.

Their contribution is always hugely appreciated by both staff and residents, so in late November, HBH held its annual Christmas brunch as a way of thanking volunteers for their time, energy and unwavering enthusiasm.

Over 40 volunteers attended and exchanged stories, chatted and laughed. The volunteers spoke about how much they gain from volunteering, especially talking with or listening to the residents who have so many fascinating stories to tell about their lives. As always, thank you to our volunteers, from the bottom of our hearts!



OUR WONDERFUL VOLUNTEERS

## Virtual Village is virtually a go

The ‘virtual village’ initiative outlined in the last issue of The Beacon is progressing well and we are seeking feedback from the Howick community to find out whether a Village without Walls @ Howick would be of interest to them.

The virtual village would provide a new way for older people to support each other in the community and create new friendships and connections. HBH Senior Living CEO, Bonnie Robinson, says ‘This is particularly important as we now know that loneliness is a major health issue affecting older people physically

as well as psychologically. In fact recent research shows that chronic loneliness is as bad for your health as smoking!’

**If you’d like to have your say about this exciting new initiative, pick up a survey from our reception, or complete the survey at [www.hbh.org.nz/village-without-walls](http://www.hbh.org.nz/village-without-walls).**

## Best of both worlds for apartment residents

The days are full and varied for the residents of HBH Senior Living’s independent apartments.



THE SINGING GROUP PRACTICES ON A WEDNESDAY MORNING

A recent foray into line dancing was just one of the many activities initiated by Social Coordinator, Helen Parkinson. ‘We have a weekly quiz practice, which is a lot of fun,’ she reports. ‘It’s amazing how much the residents know! On other days, there’s Scrabble, Rummikub, Mahjong, you name it,’ she reports.

There’s also a regular singing group on Wednesday mornings, and the ever-popular happy hour at 5pm on Wednesdays. While the apartment residents value their independence, they also enjoy the social connections and friendships – it really is the best of both worlds!

## For reflection

Living God, present in the baptism of Jesus and present still in our world, may your creative power continue to bring light to places of darkness, healing to all who suffer and transformation where there is injustice and conflict.

Jesus Christ, Lord of all that is and is to be, friend of all who are excluded, discouraged, disappointed and left-behind, help us to follow in your way of compassion, generosity, justice and risk-taking.

Holy Spirit, breath of life, sustain us with your grace when times are hard, challenge us out of our preference for what is safe and comfortable, inspire us with the vision and hope of the kingdom.

## Introducing Sharon, caregiver and all-round great person

Our wonderful caregivers help our residents with most aspects of daily life, from getting up and dressed for breakfast, to stopping for a chat or spending one-on-one time with them.

Take Sharon Pugh, who has been working as a caregiver at HBH for around 14 years. Sharon really enjoys her job and says she loves ‘looking after the oldies’. ‘I think of them as part of my family,’ she says.

‘Sometimes we just go and pick flowers or water the garden. It’s times like those when we develop some great friendships.’ Sharon also loves the friendly, team-orientated approach of HBH Senior Living. ‘All of us, from caregivers to OTs to cleaners, we’re all on the same level. We’re family.’

Thank you Sharon, it’s people like you that put the ‘care’ into caregiver!

