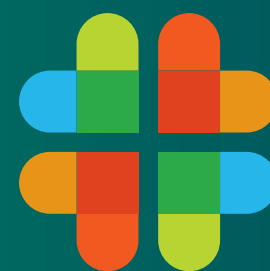


HBH Beacon

January 2016



HBH SENIOR LIVING
CARE & VILLAGE
In every little way, we care

Deck the halls

Once again, Christmas was a significant celebration at HBH this year.

Decorations abounded, with volunteers from the local Rotary club helping to set up and decorate 10 Christmas trees. Staff, residents and volunteers attended the traditional 'Carols by Candlelight' event, touring every community in HBH to share the traditional sound of the season. Our Chaplain organised special church services, and of course there was Christmas dinner with all the trimmings, and a visit by Santa and his elves.



MRS HOLFORD GETS A PRESENT FROM SANTA'S ELF



MRS FARRELL, MRS KENNEDY, MISS MATHEWS AND MRS CROUDACE ENJOY CHRISTMAS DINNER

"What was really great to see this year were community Christmas events, organised by the residents and staff of each community, such as secret Santa," said Bonnie Robinson, CEO "These types of resident driven and

spontaneous events are exactly what our Eden programme is about, which makes this a great place to live and work and of course share the spirit of Christmas."



HBH RESIDENTS ENJOY A FASHION PARADE DURING DIWALI CELEBRATIONS

HBH lights up for Diwali

The first week of November last year was full of colour, music and dancing at HBH with the annual Diwali celebrations.

Hospital caregiver, Yogi Archer and a team of staff, organised the event which incorporated many of the residents along with staff and some volunteers from outside of HBH.

Diwali is a traditional Indian celebration. Lights, lamps and candles are lit, giving the occasion its name – Diwali or "festival of lights".

All four communities in the HBH Hospital were decorated, with the Occupational Therapy room being the main focus. It was decorated with saris, lamps, flowers and traditional Rangoli designs. Residents were encouraged to visit the room throughout the week to enjoy the colourful scene.

One of the most popular events during the week was the fashion parade. Residents

and staff dressed up in Indian costume and paraded through the Hospital and Rest Home communities, stopping to dance for other residents along the way. This was a joyous, vibrant occasion that was loved by all!

Staff and residents were treated to more music and colour when an Indian dance group came to perform a traditional Bollywood display.

Other Diwali activities included henna hand painting and a shared lunch of traditional Indian food.

This was the second year of Diwali celebrations at HBH and everyone is looking ahead to the 2016 event, which no doubt will be even bigger and brighter!

A facelift for our website

In October the HBH website was refreshed to reflect our new look and name, HBH Senior Living Care & Village.



The new site now more accurately represents our broad offering and highlight all the services we provide. Our new brand uses multiple colours to radiate energy and warmth, portraying our vision to provide fullness of life and our mission to provide care services that are excellent, compassionate and responsive.

The new site is a great way to share the wonderful feedback we receive from HBH residents and families. If you haven't already, take a look at www.hbh.org.nz

In every little way, we care



Eden update

HBH continues on its Eden journey. This year HBH will be going for another three Eden Principles with the Eden Visit (audit) scheduled for the 1st of June. The three principles that we are working on for this audit are:

- **Principle 5:** Create an environment that is varied and spontaneous in which unexpected or unpredictable interactions can take place.
- **Principle 6:** Decrease emphasis on a pre-programmed activity approach to life and more activities geared to supporting the Edenising process and resident participation
- **Principle 8:** Encourage maximum decision making authority to be in the hands of those employees who are closet to the residents. Empower teams to make decisions within their defined parameters.

We are already well on the ways with these Principles, with lots of spontaneous events popping up, especially around Christmas.

One Eden change you will see and hear is what we call each area in our facility. "Wards" or "Units" is very institutional and we wanted a new way to describe each place. Residents discussed this at resident meetings and the consensus was to use the word "community". So you will hear us talk about Sale community, or Seymour community from now on.



LEFT TO RIGHT: JENNY, BELINDA, DAWN AND CHRISTINE

Friendly faces on the front line

Say hello to the heart of HBH – our wonderful Administration and Accounts team.

If there's one thing our Administration and Accounts staff share, it's a love of what they do. You'll recognise many of their smiling faces from HBH reception. Meeting, greeting and assisting everyone who walks through our doors is just part of this team's role. They are also key support for the Management Team, carers and volunteers. This means their tasks are varied, and they're always busy! But it's rare to see them without a smile.

Jenny has been with HBH for eight years and is passionate about her role, based at the rest home reception. "It's a great atmosphere, I love working here!" Jenny is unflappable as

she welcomes, directs and helps everyone who calls or comes through our doors.

Belinda Taylor has been with HBH for nearly ten years. As Operations Assistant, Belinda helps to organise and roster over 100 staff across the hospital and rest home. It's the supportive, family atmosphere at HBH that Belinda loves. And she considers her job to be a very rewarding one. "If I can say I've made just one person's day a little brighter, I've had a good day."

This HBH team is a great example of how in every little way, we care.

For reflection

People are often unreasonable and self-centred

Forgive them anyway

If you are kind, people may accuse you of ulterior motives

Be kind anyway

If you find happiness, people may be jealous

Be happy anyway

The good you do today may be forgotten tomorrow

Do good anyway

Give the world the best you have and it may never be enough

Give your best anyway

For you see, in the end, it is between you and God

It was never between you and them anyway.

Mother Teresa



ONE OF OUR NEW BUDGIES POSES FOR THE CAMERA

New residents are all squawk

HBH Hospital resident budgies George and Mildred have welcomed two new baby birds to the family.

The babies arrived late last year. They are yet to receive their names which will be chosen by the residents, as they did for the rest of the HBH flock: George and Mildred, Sky and Summer, and Poppy and Pete. Rose Christian, one of our HBH Hospital staff members shares the care of the HBH budgies and is thrilled with the new additions. According to Rose, "Mildred has been very busy and George is a very proud dad!" Our budgies are an example of the Eden Alternative philosophy in practice. Loving Companionship (especially with animals) is considered to be an antidote to loneliness and is one of the central beliefs in providing excellent residential care.