



Our thanks for keeping our residents safe and well.

Thank you to our wonderful HBH Senior Living community for your patience, support and understanding during lockdown. Our number one goal was to keep COVID-19 out of HBH and we all pulled together to achieve that – so thank you all for helping to make this possible.

It was certainly a challenging time. Our workforce was reduced as those who were ill or immune-compromised couldn't work and of course, there were no agency staff available. However, it showed how adaptable we can all be when needed.

On the upside, our residents and staff were amazing and discovered that life under lockdown was not too bad! HBH is a caring, tight-knit community and everyone did their bit to keep busy, active and sociable. Our staff helped many of our residents connect with family using social media apps, while other residents kept in touch with family and friends via regular phone calls and emails.

Mrs Dunbar, a very skilful knitter, knitted a teddy bear a week (note the earrings!) during lockdown. Mr Jefferies kept everyone active with regular indoor bowls and mini-golf challenges. And we celebrated Mother's Day in style with a lovely morning tea.



Staying in touch: the importance of technology

One of the big lessons we all learned during the COVID-19 crisis was the importance of technology to keep in touch with our loved ones. Many of our residents have learned how to use apps such as Zoom, FaceTime, and WhatsApp, and it certainly helped ensure that lockdown felt a lot less 'locked down'.

Now that we've all got the hang of it, we're encouraging our residents to have 'electronic visits' from their families more often. Rather than being limited to face-to-face visits, technology allows them to feel more connected, more often – especially for those with family in other regions of New Zealand or overseas.

"For some of our residents, speaking with family via Zoom or FaceTime was something they hadn't done before," says Trish, our OT Assistant. "It was so touching

to see how wonderful this was, particularly the first time they saw their relatives' faces – many had tears in their eyes as they saw them for the first time during lockdown."

Keen to connect with a loved one?

If you'd like to connect with your relative on any of the above apps (Zoom, FaceTime, WhatsApp etc), please contact Lee Warmington on 09 538 0827 or email Lee.Warmington@hbh.org.nz



Lockdown also showed us how helpful social media can be, so please follow us on Facebook and/or YouTube, and check our website and blogs regularly for updates.

Follow us on Facebook: facebook.com/HBHSeniorLivingAuckland

Subscribe on YouTube: [HBHSeniorLiving](https://www.youtube.com/HBHSeniorLiving)

Bookmark our website: www.hbh.org.nz

All local seniors welcome to join Virtual Village East

Virtual Village East is a social network designed to help seniors stay connected and supported through senior-friendly events, activities and mutual support. And it's not limited to those living at home!

If you reside at 139 on Union or Stevenson Village, you're most welcome to join. It's open to any seniors in the East Auckland community who wish to continue to enjoy life, meet like-minded people, stay fit and well and try new things! As its name suggests, it is a 'virtual community', which was particularly useful during lockdown where members kept in touch and active through emails, games, puzzles, recipes and inspiration.

"I joined the mindfulness class last week and along with 15 other seniors, I'm now learning the advantages of slowing down! It's been lovely meeting others in the class and trying something new."

– Beth, Resident, 139 on Union

If you'd like to hear about any of our upcoming events, activities and classes, please call Lee on 09 538 0827 or email co-ordinator@virtual-village-east.org.nz.



Please spread the word to other seniors in the community who may be interested – and follow us on Facebook by searching for 'Virtual Village East'.

Prayer

The season of winter is a time when plants stop growing and rest for the coming spring.

In March, our world went into lockdown, which was like an early winter. We were blessed by sunny days, so we could get outside and breathe in fresh air and walk well-trodden paths.

Now winter has truly arrived, we may not be able to go outside, but we can still breathe in and out and take a moment to reflect on how our world has changed.



As life seems to be winding up again, take a breath,

take care of yourself, give thanks for changes.

Our God is a God of order and seasons. This is a new season to adjust to and give Thanks for our Creator who is helping us walk this new path.

Reverend Yvonne Fisk, HBH Chaplain

We still need to take care. Lots of care.

New Zealand is a small, relatively safe haven in a sea of COVID-ness. We've all heard the horror stories as the coronavirus spread like wildfire through other rest homes, so our priority is to keep everyone at HBH Senior Living safe and well.

We encourage our visitors to continue to follow hygiene practices, including hand washing and hand sanitiser and if you're unwell, please stay at home and visit when you are well again. Thank you for your support and consideration to date – and again, thank you for helping us keep your loved ones safe.

An exciting new role for Trish

Trish Mataitini has worked as part of the household team at HBH for nearly 20 years and has recently been appointed as a Care partner in the Lifestyle team.

"My daughters and some of the staff here encouraged me to apply for the job – I love working at HBH and my new role," she says. "I started during lockdown, so it was a bit of a baptism of fire! But I think that helped me get underway with my new role quickly."

Every morning Trish makes the rounds of our 32 residents, wishing them good morning, checking in on their plans for the day, and sharing the activities she has planned if they wish to join in. "This is their home and I see us as a family where everyone can have a say in how they spend their time. It's so rewarding to see them comfortable, happy and content."



TRISH WITH JOAN, A RESIDENT WHO HELPS TRISH PUT TOGETHER THE ACTIVITY BOARD EACH MORNING.