

## Porridge, bananas & ice cream – the recipe for a long life?

Rhys Runciman reckons the secret to living a long and happy life is simple: a daily dose of porridge, banana and ice cream. And having just turned 102, we think he might be onto something!

Rhys is a regular attendee at HBH's Day Programme, so on Wednesday May 23rd, we held a fun-filled birthday celebration to mark his 102nd birthday. He also enjoyed a family get-together in the evening, which was 'a great catch up'.



RHYS RUNCIMAN

Rhys went to school in Auckland and trained as a steam engineer, and as a family they lived and worked in Rotorua and Edgecombe before returning to Auckland. He was married to his late wife, Janice, for 68 years and says they 'had a lot of fun'. Rhys still lives in the house they retired to 32 years ago, and says he is lucky to have a family that takes good care of him, inviting him on outings and involving him in family life.

When Rhys turned 100, he received dozens of letters, not just from the Queen, but also from the Prime Minister, the Mayor and the Leader of the Opposition. Congratulations from all of us too, Rhys!

## Final two Eden Alternative principles underway

**The Eden Alternative is a philosophy of care that aims to put the needs of older people at the centre of everything we do. The goal is to 'de-institutionalise' aged care by imbuing daily life with more variety and spontaneity, so that residents feel more at home and can live happier, more fulfilled lives.**

As one of only a handful of aged care facilities in New Zealand to be awarded eight of the ten Eden Principles, HBH Senior Living is now actively working towards achieving the final two. The first of these final principles recognises that loneliness is a major problem in aged care and calls on us to demonstrate our commitment to solving the problem. The second is about celebrating the successes, exploring what we haven't done so well and recognising that this is a never-ending journey that constantly needs ongoing commitment.

Juliette Tuckey is a consultant working with us on achieving the final two principles. She says that since achieving the first eight Eden Alternative principles, she has noticed "exciting

developments" in daily life at HBH Senior Living. "It's the little things that make the difference. It's about better relationships, empowering both staff and residents to make decisions, and challenging everyone to do things better in every way."



## A special visit from some feathered friends

On Friday April 20th, a group of volunteers from the Auckland Metro Bird Club created a very special 'bird show and tell' morning for our residents.



They brought along a fine collection of birds, including Henrietta (an aptly named hen), Tinkerbelle (a zebra finch), Denise (a parrot) and Cosmo (a budgerigar).

The residents enjoyed a lovely morning, filled with some very special moments as the birds and our residents got to know each other through touch and sound. A heartfelt thank you to the volunteers from AMBC for putting on such a great show and tell - the morning was a lot of fun and certainly 'flew' by!



# Great turnout for Virtual Village information morning

On Friday May 11th, HBH Senior Living and East Health Trust held an information morning so that interested locals could learn more about our Virtual Village initiative.

HBH Senior Living CEO, Bonnie Robinson, presented findings from a recent community survey exploring whether a Village without Walls @ Howick would support older people to age well and overcome loneliness and social isolation. Results indicated that there was a high level of interest in the concept, with loneliness, health and transport being the main concerns for respondents.

Bonnie talked about how a virtual village doesn't duplicate existing services, but rather works to fill gaps in services to combat loneliness and isolation. The key focus is on community building – introducing older people to each other so that they can form small communities of mutual support and

friendship. She spoke about how, despite many services being available, many older people are 'lonely in a crowd' and how a Virtual Village is designed to help overcome this by getting people engaged and helping one another.

Anne Williamson from East Health Trust also spoke about the benefits of the concept. This was followed by a presentation by Helen L'Orange from The Hub (a virtual village in Waverton, Sydney), showing how well the Virtual Village concept has worked for them.

**Following the positive community feedback, the next step is to form an establishment committee to take the concept to the next level – watch this space for further updates.**



LOCALS ARRIVING AND ENJOYING MORNING TEA



BONNIE ROBINSON EXPLAINS THE VIRTUAL VILLAGE CONCEPT

## The busy life of a CEO...

**In this occasional series, we look at different jobs within HBH and what they involve. This month, we look at the busy and diverse role of Bonnie Robinson, our CEO. Bonnie joined HBH in 2012 and is responsible for managing every aspect of the organisation.**

This includes overseeing our culture, mission and values, working with and reporting to the Board of Directors, managing our Senior Team, as well as strategic and business planning. Bonnie also has overall responsibility for financial management, legal and statutory regulations, health and safety, human resources, communication and marketing, as well as networking to keep up to date with changes in the industry, and managing any initiatives and one-off projects.

Basically the buck stops at Bonnie's desk. Of course, she doesn't do this alone - Bonnie points out that she has an amazing and supportive senior team, and 192 wonderful



BONNIE ROBINSON WITH STEPHEN JACOBS FROM THE UNIVERSITY OF AUCKLAND, AT THE VIRTUAL VILLAGE INFORMATION MORNING.

staff who all make HBH the great place it is and of course the residents and clients who always motivate her to do the best job she can.

## For reflection

God of the still small voice, you speak to us when we least expect it: We hear your voice in the moments of chaos, clutter and uncertainty.

Jesus, calmer of the storms, your very presence comforts us: we are upheld by your quiet authority.

Spirit counsellor, carrier of our pain and celebrations, we gather under cloak of soft down and sharp flight-feathers: we feel the flutterings of new birth.....

By Elizabeth Baxter

## HBH volunteers nominated for awards

At HBH Senior Living, we couldn't do what we do without the support of our wonderful, hard-working volunteers. So we're thrilled that several of our volunteers have been nominated for a 2018 Minister of Health Volunteer Award.

The Minister of Health Volunteer Awards are an opportunity to recognise the thousands of unsung heroes who support New Zealand's health and disability services.

Nominated for long service are Heather Jack (26 years), Jane Davis (25 years), Gay Dawson (23 years), Ann Lai (21 years) and Trevor Stretton (20 years). And Joyce Kraak has been nominated for dedication, loyalty and caring shown in many areas of volunteer work during the last four years.

Congratulations to all of the nominees and best of luck when the awards are presented during National Volunteer Week in June.



SUE ARMSTRONG, FLORAL ART SOCIETY MEMBER, IS ONE OF OUR WONDERFUL VOLUNTEERS.