



A rewarding new role for Lorraine

Lorraine Le Roux has been managing our popular Day Club for over ten years. Recently she has expanded her role to include Social Activities Coordinator for our independent apartments, 139 on Union.

Lorraine, a nurse, loves managing the Day Club, which has doubled in size from 25 to 55 clients. "Developing the Day Club has been so rewarding. Every day, I enjoy seeing our clients have a fulfilling, stimulating day among friends and familiar faces. The Day Club not only provides respite for carers, but it also gives our clients companionship and friendship, and keeps them active and stimulated."

Lorraine's new role includes coordinating activities and outings at our independent apartments, managing medication and

providing a first port of call if there's a medical emergency. "I take a weekly Sit-exercise Programme and we have a number of mini-bus outings planned," she explains. "The residents meet for coffee every morning and I pop along – it gives me a chance to get to know them and talk about any ideas they may have or support they need.

"I'm really looking forward to developing my new role," says Lorraine. "I'm so proud to work at HBH as it has such a wonderful reputation in the community."

View to the future: HBH purchases Gulf Views

In August, HBH Senior Living purchased Gulf Views, a boutique, 45-room rest home in Howick. As its name suggests, Gulf Views boasts expansive views of the Hauraki Gulf, as well as a lovely garden and well-appointed facilities.

Established in 1991 by the late Scotch Macdonald in memory of his wife Annette, Gulf Views is known for its caring, family approach, which will continue to be fostered by HBH Senior Living.

The rest home has remained under the ownership of the Macdonald family until this year. However, with the retirement of long-serving Nurse Manager, Sue Milton, the family decided it was time to find another provider that could deliver the same high standards of care. As a well-respected provider of aged care services in the Howick community, HBH Senior Living was an ideal choice.



EXPANSIVE VIEWS OF THE HAURAKI GULF FROM GULF VIEWS REST HOME IN HOWICK

HBH Senior Living and Gulf Views have been working closely together to ensure a smooth transition for residents. All staff

have stayed on and Donna Janssen, a senior Registered Nurse from HBH, is Acting Charge Nurse, with oversight from HBH's Director of Nursing.

"The purchase of Gulf Views is a natural fit," says HBH Senior Living's CEO, Bonnie Robinson. "Gulf Views is very well known in Howick and brings with it a great reputation of care, so we are keen to build on this high standard. Gulf Views will keep its name and will continue to run as the family-friendly home it has always been."

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Meet Jack: making the most of life at HBH

Originally from Holland, Jack van Kampen says he met the two most important people in his life within three months of moving to New Zealand: "my wife and Jesus."

Like many of our residents, Jack makes the most of life at HBH and partakes in as many activities as he can, including "the fierce competition" at mini-golf on Tuesdays and playing UNO on Thursdays.

Jack says he can see how the Eden Alternative makes a difference at HBH, imbuing life with spontaneity and fun, and involving residents in many aspects of daily life. "The staff involve us in daily tasks, like setting up activities or teaching others how to play or participate," says Jack. "HBH is very homely and relaxed, all staff are so approachable," he continues. "HBH is a place that you can make home, very quickly."

To learn more about the ten Eden Alternative principles, check out the posters displayed around HBH.



Prayer

We thank you Lord for another successful lockdown, for the good health of all residents and staff at HBH, for wisdom and good decisions from management, and for ensuring our families understand as we take precautions to keep everyone safe.

As we move back to our new normal lives, we pray for guidance to adjust to change. We ask God to give us direction to make any alterations that are necessary and accept what life has become. We pray for our future and trust in You, that we will cope with any challenges we encounter. Give us strength and grace in these uncertain times.

Reverend Yvonne Fisk, HBH Chaplain



Happy residents. Happy families

Our 2020 survey results show that relatives and residents of HBH are very satisfied with level of care, feel safe and secure, and enjoy our activities and involvement in the community. To learn more about the results, look for the colourful posters displayed around HBH. Thank you for helping us keep your loved ones safe.



VVE's new walking group: good for body and mind.

A recent survey amongst Virtual Village East members showed that walking was the most popular activity during lockdown followed by gardening, exercises, baking and reading.

Until recently, the most well known benefits of walking have been physical, in particular cardiac health – however new research shows that walking also has a positive impact on our mental health and wellbeing. A recent USA study of 6,000 women aged 65 plus found that age-related memory decline was lower in those who walked more. Women who walked 2.5 miles per day had a 17% decline in memory, compared to 25% for those who walked less than half a mile per week. Walking is also a great mood booster and is known to encourage creativity - and best of all it's free!

Now that we're in Level 1 and enjoying warmer weather, VVE is starting a walking group in early November. The details are as follows:

Date: Thursday 5 November at 10am

Venue: Lloyd Elsmore Park

Meeting point: 10am at the Homestead Café

Address: 2R Bells Road, Pakuranga Heights

RSVP: Lee Warmington – VVE coordinator on email: co-ordinator@virtual-village-east.org.nz or phone: 538 0827.

All are welcome: feel free to bring a friend or share this invitation with others. We hope to see you there!