

## Laughter and camaraderie in Sale Community

Walk through Sale Community and you'll discover warm, welcoming spaces full of conversation, friendship and good humour.

Sale is home to 27 residents and a range of staff including registered and enrolled nurses, caregivers, activities, maintenance, physio and household staff and the hairdressing salon and volunteers. The Community is a great example of the Eden Alternative in action. The Eden approach focuses on companionship, spontaneity and variety, and meaningful activity, which provides opportunities for residents to give something back rather than just receiving care. Sale Household team member, Trish Mataitini, has noticed a positive change in residents since HBH started the Eden journey. "At Sale, we encourage residents to do a range of normal everyday tasks like helping to set tables, serve morning and afternoon tea, cut up fruit and butter bread. They seem much happier, and feel they have a purpose and meaning." This is a feeling echoed by the residents. To Mrs Brookes, "Helping is like a kind of therapy.



MANDY THE CAT AND FELLOW RESIDENTS PLAY A GAME IN SALE COMMUNITY

It makes me feel more useful to be able to contribute to something meaningful." Residents enjoy taking part in activities, spending time in the Sale Community Centre and looking after Mandy, the resident cat. Sale has a mini courtyard and garden where

the seedling pots and vegetable garden are thriving. The general consensus is that Sale is a very friendly place to be, enjoyed by everyone there. In the words of one caregiver, Riza Misa, it's her "second home."

## Medi-Map: helping our nurses care for our residents

**A new electronic medication tool is improving the way HBH nurses administer medication.**

Medi-Map was implemented throughout HBH early this year and has rapidly increased efficiency in medicine management. The online system allows nurses to chart, record and update medication records via handheld tablet computers. When a General Practitioner updates a resident's medication record online, an alert is sent to nurses and the pharmacy, allowing the pharmacist to dispense the new medication immediately. The new system does away with a great deal of paperwork and has created a streamlined management programme. HBH Registered Nurse, Janice Williams, says Medi-Map has been easy to implement and has many benefits. "It's great that any changes a GP



makes to medication can take effect almost immediately. It saves the nurses a lot of time – time that we can spend taking care of our patients. Everyone is feeling very positive about the change."

## Open Day: Sunday 20th November 10am to 1pm.

**We're opening our doors to our friends, families and the community to give everyone a chance to see what life is like at HBH.**

If you have any family members or friends who are considering moving or are just curious, please bring them along. Our friendly staff will be on hand to show you around and answer any questions.



# Domains of Wellbeing

As part of our Eden work towards Principle 7 you will be seeing Domains of Wellbeing posters popping up in residents’ rooms.

A question that has long challenged those of us who work in residential care is: What makes life worth living and how do we measure it? The Domains of Wellbeing are an attempt by the Eden Alternative to identify the key components of wellbeing. These are defined as:

- **Identity** – being well known
- **Connectedness** – being loved and connected
- **Security** – feeling safe
- **Autonomy** – freedom to choose and a sense of control
- **Meaning** – purpose and hope
- **Growth** – unfolding
- **Joy** – having contentment and delight

Our Domains of Wellbeing posters ask residents to identify things in their life that bring them each of these aspects of wellbeing. These might be big things, for example, “my children bring me connectedness” or small things, “I like to choose what to have for breakfast – this brings me autonomy.” By completing these posters we get to know our residents better and learn about the things that are most important to their wellbeing, be they big or small.



## Our new blog is live!

We’ve introduced a blog on our website to keep everyone up to date with the latest views and news from the team at HBH.

Our latest article by HBH CEO, Bonnie Robinson, discusses the benefits and rewards that can come with moving to a senior care facility. Read it here, [www.hbh.org.nz/news](http://www.hbh.org.nz/news)

# 2016 Apartment residents survey

Every year we survey our Apartment residents to get their feedback on our facilities and services, and this year the results are once again extremely positive. Here’s a snapshot of some of the feedback.

Residents rated our performance in the following areas:



Over 90% of residents are satisfied with 139 on Union.



## For reflection

Seeking the Lord

O gracious and holy God,  
give us diligence to seek you,  
wisdom to perceive you,  
and patience to wait for you.

Grant us, O God,  
a mind to mediate on you;  
eyes to behold you;  
ears to listen for your word;  
a heart to love you;  
and a life to proclaim you;  
through the power of the Spirit  
of Jesus Christ our Lord.

Amen

St Benedict 480-543