

A new lease of life for Stevenson Village

In 2017, HBH Senior Living took over Stevenson Village, a 36-unit retirement village in Howick that provides affordable, social housing for older people.

Built in 1975 by Sir William and Lady Stevenson and the local RSA, Stevenson Village offers comfortable, independent bedsits and one bedroom units, as well as a community hub where residents can gather to socialise.

The purchase of Stevenson Village was 'a natural fit', says Bonnie Robinson, CEO of HBH Senior Living. "As a values-based organisation, we wanted to make sure that this wonderful resource of affordable housing for older people remains available, both now and in the future," she says.

As well as a commitment to current and future tenants, HBH will be making additional support services and activities available to residents, supporting them to remain as independent as

possible and to live life to the full.

HBH's Social Co-ordinator, Helen Parkinson, explains how HBH's care philosophy is already being incorporated into Stevenson Village life. "We're making the community centre more homely with things like pot plants and cushions," she says. "And we've introduced new activities such as games afternoons, barbecues, wine and cheese evenings and a bus for shopping. The residents can now enjoy regular gatherings and activities – and come along to events at HBH as well."

Helen says that residents are thrilled that HBH Senior Living has purchased their beloved village. "Many residents were concerned about the future," she says. "Now our residents are really happy with the changes."

Appreciating the culture of our Chinese community

HBH staff recently took part in a cultural training session that focused on our Chinese community.

With a growing Chinese population in Howick, we are keen to foster strong links within this community and further improve our understanding of the needs of Chinese people in aged care.



XIU AND LUCY LEAD DISCUSSIONS

Xiu and Lucy from the Auckland Chinese Seniors Support Group spent an afternoon with HBH staff to impart their knowledge of Chinese custom and culture. HBH Occupational Therapist, Carol Turner, said the staff found their knowledge extremely valuable. "We learnt a lot about food, environment and cultural preferences, such as outings to cafes for green tea and the way the layout and colours in a room can make a real difference." HBH currently has some Chinese residents and many members of our Day Club come from the wider Howick Chinese community. While the staff training was underway, a group of Chinese dancers from the local Chinese Positive Aging Group performed for our residents. These dancers are regular performers at HBH and once again their display was greeted with enthusiasm.



Day Programme Audit

All HBH's services are audited by the DHBs or Ministry of Health on a regular 3 to 4 yearly cycle.

In June HBH's Day Programme was audited. The results were overwhelmingly positive, with clients indicating how much they value the service. Congratulations to Day Programme Co-ordinator, Lorraine LeRoux, and all the staff for their hard work and the excellent service they provide.

A virtual village for Howick

If you walk down the corridor in the Rest Home right now you will see a sign on the spare office door which says "Hive HQ". Until February this office is being used as the hub for a new project that HBH Senior Living is working on in partnership with East Health PHO.

HBH and East Health are working together to explore whether establishing a "Virtual Village" in Howick would be beneficial to older people living in their own homes in the area.

The idea came about after CEO, Bonnie Robinson, met with residents of our retirement village, 139 on Union. "Many of our residents said companionship was one of the great things about living in a retirement village. However many older people can't or won't move to an actual village. I started asking how we could take some of the benefits of a village out into the community."

After a bit of research, Bonnie discovered the "Village to Village" movement – an idea that started in Boston in the USA, where older

people join together to ensure that they age well in their communities. Bonnie also visited the first Virtual Village in Australia, known as the Hub, and was impressed with its results.

"Hub members said what a difference it had made to their lives. Older people who had felt very lonely and isolated now know people in their local neighbourhood and feel supported and confident again."

Virtual Villages do not seek to replicate what existing older persons' organisations are doing, but to build on these and link more older people in with them. A Virtual Village's main focus is deliberate community building for older people, ensuring that they are linked with others in their community and have a group of friends and neighbours they can rely on for mutual support.

For now, HBH's role is to host the Virtual Village administration but in the future might make available activities that the Virtual Village can offer. It's all part of HBH's philosophy of caring for older people.

If the scoping project shows that a Virtual Village is of benefit, it is hoped to launch it in February 2018. If you would like to know more or be part of establishing a Virtual Village in Howick contact Bonnie Robinson, CEO, HBH Senior Living, Telephone 538 0080 or bonnie.robinson@hbh.org.nz.



CLAUDIA BEGINS PLANNING FOR THE HOWICK VIRTUAL VILLAGE

New tenant for old home support building

From the beginning of October you will notice some new things happening in the old home support building across the driveway at HBH.

Tranquillity Mind and Body has leased the building and will start offering services from early October. The business will offer a range of wellness services including, yoga, massage, nutrition and naturopathy.

HBH would like to develop the home support building at some point in the future but for now it is surplus to requirements and so we have been able to offer it for lease.

Once Tranquillity Mind and Body is up and running they will distribute information about

their classes and treatments for any residents or staff who might be interested.



For reflection

God the Creator, you in love made us
Who once was nothing but now have grown.
We bring the best of all our life offers;
For you we share whatever we own.

O Christ the Saviour, you in love called us
Who once was no-one lost and alone.
We pledge to go wherever you summon,
Making your will and purpose our own.

O God the Spirit, you in love move us
Who once was nowhere and felt unknown.
We know our need of you for companion:
All things can change when not on our own.

And with the people summoned together
To be the Church in which faith is sown.
We make our promise to live for Jesus
And let the world know all are his own.



ROCCO

Rocco gives HBH the paws up

Meet Rocco the cat, a relatively new resident at HBH.

Rocco previously lived in a house next door and used to visit HBH on a regular basis. He loved it so much that just over a year ago he decided to stay – with the blessing of his prior owners. Each morning, Rocco arrives with one of his biggest fans and caregivers, day care manager, Lorraine. He spends his time wandering around visiting staff and residents and has found a few favourite spots for naps. One of the guiding principles of our Eden Alternative philosophy is Loving Companionship, and Rocco is a prime example of this in action. A much-loved member of the HBH community, we're delighted Rocco chose HBH as his new home.