

The key ingredients to ageing well

Enjoying old age takes good planning, good support and a great attitude says HBH Senior Living CEO, Bonnie Robinson. Bonnie believes it's important to plan ahead, not just for the 'young-old' years but also for our 'old-old' age.

"When most of us think about retirement, we tend to think about the 'young-old' years – from 65 to around 80 or so," explains Bonnie. "We don't tend to think about what would happen if we live longer – to say, 90 or 100 – and what we want to get out of that stage of life."

These days, the number of people living into their 90s or even into their 100s is growing rapidly.

What's more, it's inevitable that the longer you live, the higher your chance of having some sort of health or disability issue. That's why Bonnie believes it's crucial to ask yourself 'what strategies do I need to enjoy life and what's my attitude going to be?'

"It's really important to think about the whole of our older lives," Bonnie says. "Keeping fit, staying connected, trying out new things – these can all help you age well, whatever your age."

Bonnie has seen first-hand that it can be a real challenge for people to stay positive if

they do have health issues. "It is normal to grieve for a while for the things you have lost", says Bonnie. But she believes that this is also where attitude comes in to play. "For example, being told you can't drive any more is of course upsetting, but you can either stay at home feeling sad or you can think, "well, okay, I can't do that, but what else can I do?' Sure, you'll have to plan a bit more and be more reliant on others, but you can still get out there and enjoy life."

The other thing that can really help you thrive in old age is to learn to accept support. "Independence can be overrated," says Bonnie. "Independence isn't about having no support, it's about continuing to have a say in your life. I suggest to many older people that they just get the support they need to lead a good life. If you need a walker and it means you can be more mobile and get out more, then get one, embrace it."

The beauty of an environment like the one at HBH Senior Living is that residents are supported with the help they need to have a



BONNIE ROBINSON, CEO HBH SENIOR LIVING

great life. "Some older people fight the idea of living in a retirement village or care facility, but there's no point sitting at home alone all day. It's about giving yourself permission to try new things – you never know, you may just find that you enjoy it!"

"The Eden Alternative (which is a key part of HBH's philosophy of care) also provides a fantastic framework for older people to think about what they want out of life. It's based on the pillars of 'companionship, connection, meaning and purpose' – the things that make life worth living," says Bonnie. "Our job is to help our residents find those things – they can definitely help them have a more positive older age."

The 'Virtual Village' concept currently being explored by HBH Senior Living will also make a difference to older people in the Howick community. "The Virtual Village is all about overcoming loneliness and social isolation and having a great old age," Bonnie points out. "It's about older people in the community supporting each other, creating connection and purpose, and using the skills they've gained in a lifetime. It's also about giving back – because if you're helping others, then no-one is completely dependent."



HAVING A POSITIVE ATTITUDE MAKES AGEING A VERY DIFFERENT EXPERIENCE

Congratulations to our long serving staff

One of the wonderful things about HBH Senior Living is the length of service of so many of our staff. In this issue, we celebrate the 2018 work anniversaries of several staff – ranging from ten to twenty years. Congratulations to you all and thanks for being an invaluable part of the HBH team for so many years!

- Janice Williams, Registered Nurse, 20 years' service
- Anila Govind, Registered Nurse, 20 years' service
- Roselyn Lata, Caregiver, 10 years' service
- Sophie Flavell, Household, 20 years' service
- Vanitha Pillay, Caregiver, 15 years' service
- Dawn Grant, Accounts Administration, 10 years' service
- Raewyn Jones, Caregiver, 20 years' service
- Shareen Sahib, Caregiver, 10 years' service
- Yogi Achar, Caregiver, 10 years' service
- Colleen Michelle Hill, Caregiver, 10 years' service
- Donna Rae Little, Enrolled Nurse, 10 years' service
- Sharon Pugh, Caregiver, 15 years' service
- Belinda Taylor, Operations Assistant, 15 years' service



CONGRATULATIONS TO OUR LOYAL, LONG SERVING STAFF MEMBERS. BACK ROW (LEFT TO RIGHT): SHARON PUGH, RAEWYN JONES, SHAREEN SAHIB, BELINDA TAYLOR. FRONT ROW (LEFT TO RIGHT): SOPHIE FLAVELL, DAWN GRANT, ANILA GOVIND, JANICE WILLIAMS. ABSENT: ROSELYN LATA, VANITHA PILLAY, YOGI ACHAR, COLLEEN HILL, DONNA LITTLE

The first year anniversary for Stevenson Village

It has been a year since HBH purchased Stevenson Village and the community is going from strength to strength. Helen Parkinson, the social co-ordinator, visits each week and spends time with the residents. Sometimes they get together for a catch-up and a chat in the main activity room and other times they come together for a more planned activity such as bingo or a games afternoon.

"It's a wonderful community of residents. Many are involved in the Howick community and participate in various activities but they also enjoy spending time together," says Helen. "Once a week they share a meal together in the main activity room and they run a bingo session every Wednesday afternoon."

HBH is gradually upgrading the units and making sure that any maintenance requirements are dealt with quickly. "Overall, I think the residents feel well-supported and very pleased that HBH has come on board," says Helen.



HELEN ENJOYS CATCHING UP WITH THE RESIDENTS AT STEVENSON VILLAGE



RESIDENTS CAME TOGETHER FOR A MOBILITY SCOOTER FORUM

Update on the HBH Eden journey

Many of you may have seen Juliette Tuckey at HBH during the past few months, often with Coco the dog hot on her heels! Juliette has joined the team to help us continue to grow and develop the Eden philosophy. There has been a lot going on and here are a few of the highlights!



Gracie spending time with Hetty, a regular visitor to HBH

Animals are an important part of the Eden Alternative and you'll be seeing more of them in the future. They not only offer unconditional love but they also enable residents to be helpful and take care of others. And with animals around, you can be sure there will be a good dose of spontaneity and fun!



Dolly helping at the café

Rather than residents seeing HBH as a facility, the aim of the Eden philosophy is that they feel like it is their home – one to participate in and contribute to. This helps keep residents active and engaged and provides them with a new purpose to give care as well as receive care.



The Mad Hatter's tea party at the Seymour community

It's easy for boredom to set in when the same routine happens day in and day out. Laughter, fun and spontaneity are an important part of family life and one that we are making sure happens more often at HBH. Be prepared for the unexpected!



A pat on the back for the Sale community

Moving from an institutional model to a home-focused, resident-directed model of care takes time, training and encouragement. Each fortnight, an education forum takes place within each community to help embed the Eden Alternative philosophy. The Sale community were encouraged with this Pat on the Back training session where their individual strengths were celebrated.



High Tea at the Inchinnan community

Creating meaning is one of the principles of the Eden Alternative and what better way to do that than High Tea! The Inchinnan community recently held a high tea for residents and staff – delicious food, a beautiful table setting and a hot cuppa – a winning combination that was enjoyed by all.



Meet Juliette Tuckey, the HBH Eden Coach

Juliette joined the HBH team earlier this year to further develop the Eden culture. She is involved in mentoring and training staff as HBH moves closer to achieving full registration in all ten Eden principles. "HBH is an amazing place and it is a privilege working alongside staff and residents," says Juliette.

A lot of love goes into HBH's laundry service

In this occasional series, we look at different jobs within HBH and what they involve. This month, we focus on our friendly, hard-working laundry staff – Marie Palma, Colleen Hill and Lilian Hetaraka.

Every morning, the team of three works to a roster, collecting washing from the four communities at HBH Senior Living, before sorting, washing and folding it to return back to them on the same day.

It's a busy place – the machines start running at 7am until 3pm each day – meaning they're putting through nearly 300 loads of washing every week!

"It's hard work, but we're busy and it's satisfying to be so productive," says Colleen, who has worked at HBH for eight years. "I like the fast pace – the day flies by – and when I go home to my own washing, it's a breeze!"

"We do a bleach wash for the sheets, towels and other linen, and put the clothes through in a separate wash. We don't iron, but we do take care how we fold and dry the clothes so they go back well presented. We don't want to see our residents out and about in crumpled clothing," says Colleen.

HBH caregivers carefully label the clothes so that each item can be returned to the correct resident. "Often the caregivers label the

garments at night when things are not quite so busy and there'll be garments newly labelled for us in the morning," says Colleen.

Marie tells us that when she started, she thought she'd give it three months. Five years later she's still enjoying it and says it's because the residents really appreciate what they do. And it's no wonder, when you see the effort they put in to ensure everything is "just right" for the residents.



MARIE DRESSED FOR SPRING AND ABOUT TO TACKLE ANOTHER LOAD

For reflection

Gracious God,

We celebrate spring's returning and the rejuvenation of the natural world.

Let us be moved by this vast and gentle insistence that goodness shall return, that warmth and life shall succeed, and help us to understand our place within this miracle.

Let us see that as a bird now builds its nest, bravely with bits and pieces, so we must build human faith.

It is our human duty, it is the highest art; it is our natural and vital role within the miracle of spring: the creation of faith.

Amen.

Michael Leunig

Cafe mornings popular at 139 on Union

A new café is becoming a must-go destination for residents, friends and families of 139 on Union, HBH Senior Living's independent apartments.

Held every morning from 10am to 11am, it's an opportunity for residents to catch up over tea, coffee and delicious food provided by the kitchen, and get to know one another better – encouraging connection and friendships.

"Cafés are wonderful places to catch up with friends as and when you wish and that's where the idea came from," says Helen Parkinson, HBH's Social Co-ordinator. "We thought we have a wonderful room flooded with morning sun, a kitchen that creates delicious food, tea and coffee making facilities – all the key ingredients needed for a café. It has been wonderful to see the idea so well supported by residents and having it run over the weekend means that residents have somewhere to bring visitors if they wish."

Mrs Booth, a 139 on Union resident, is enjoying the new café. "There's been a great turnout and we've all been enjoying the

opportunity to sit down and have a good chat rather than a 'quick hello' as we pass each other in the corridor."



RESIDENTS ENJOYING A CUPPA AND A CHAT AT THE CAFÉ