

WHANAU NEWS

CHALMERS HOME

November 2021

The Sun has been shining; everyone has been enjoying the gardens and fresh air. The happy feeling of 'Summer is here' and 'Christmas is coming' is being felt by all.

To allow more families to visit their loved ones, Enliven has introduced a new visiting system. This system is an interim measure prior to the Government introducing its own traffic light system.

A letter to families has been sent out outlining the visiting protocol under different traffic lights. We are currently operating under "GREEN" light. If we do experience outbreak out in the community or within our home, we will communicate the plans with you at the time.

To continue to keep our vulnerable residents safe – wearing masks and infection precautions within the Home remains in place.

Stay safe and well.

Our garden is looking beautiful. We have some nice Poppies and the sweet peas are growing so fast, you can smell it straight away when you come to the garden.



Residents are spending a lot of time there with this nice and warm weather! We all can feel that summer is around the corner!



Tip of the Month

Older people often have difficulty making choices especially if they have some level of dementia. You may have noticed that when you ask if they would like to do something they usually say no. If they have dementia this is most likely because they are unable to think through the answer, especially if there are multiple options. Saying “no” still leaves them in control even if it is clearly not the best option. You can assist your loved ones to remain in control and to make a beneficial decision by using supporting language and limiting choices. For instance, in Enliven homes, we have found that if we ask if someone wants their dressing changed, they are likely to say no. This isn’t really an option so the staff are better saying, *“Its time for your dressing to be changed. Today, is it the bed or the chair that you would like to sit on?”* That promotes choice but facilitates a correct answer.

Avoid questions like? “Would you like” or “ Do you want?”. These almost always result in a **NO** response.

Try making it something they are supporting or helping you to do. Keep options to two.

“I’m quite hungry,
how about a sharing a
sandwich or a sausage
roll?”

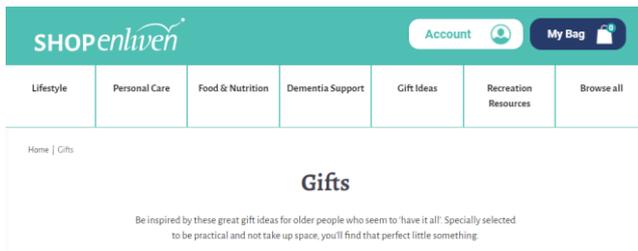


We are very grateful for having Jan our volunteer as a gardener. With the residents helping she does an amazing job keeping the garden nice and tidy.

“I need a walk. Do you feel like wearing the coat or the jacket?”

Gift idea:

- **White board for the fridge or wall for reminder messages**
- **Visitors book**
- **Adult colouring book**



We are continuing to source and stock gifts on Shop Enliven that are suitable for those who don't need anything. We are keen for ideas so please advise the Home Administrator if you have a great gift idea for the older person.

Eden Alternative™ Seedling
Domain of Wellbeing:

Autonomy

Everyone needs to feel like they have control over their lives. Often, when someone moves into aged residential care or even when they are still at home but increasingly dependent, they can feel like they have less control over their lives. This loss of control can be displayed in different ways, including depression and

sadness, anger and even loud and aggressive behaviour. Behaviours, such as deliberately irritating someone, can be seen as taking back control. Even those who are quite dependent can usually make some decisions for themselves, what they eat, what they wear,

whether they sit in the chair by the window or the chair by door.

You can encourage your older relative to maintain autonomy by allowing them to make some choices, even if they seem a bit odd. Finding no fail activities are important. If your loved one is still physically able, putting their own clothes away and moving items around their room shows they still have autonomy over their own space. If there is something annoying you, for instance toothbrushes standing up in a vase on the dressing table rather than the tooth brush cup on the shelf, ask yourself if it really matters if it stays there? You are likely to receive an adverse reaction if you move something that is considered personal.



Enliven Central

@EnlivenCentralNZ · Retirement & Assisted Living Facility

Check out the Enliven Facebook page and see the wonderful things happening in Enliven Homes.



Join our team

Eden members

Our Eden team would like to invite those who are positively spirited to join our team and make a difference in the lives of our elders through Eden Philosophy.

Please come and see Joan or Eugenia for further information.

Volunteer

Do you know of someone who might be keen to donate some of their time? We are looking for volunteers to

- Provide companionship
- To provide one to one interactions
- Gardening support people
- Lounge assistance
- Volunteers to assist with activities and crafts

Please call (06) 758 5190 and ask to speak to Eugenia or email Eugenia.Llentilin@psc.org.nz

Job opportunities

We're also looking for dedicated and skills people to join our team in the following paid roles.

- Cleaner
- Health Care Assistant
- Registered Nurse
- Kitchen hand

For more information visit:

<https://psc.gjumpers.co.nz/jobs/>

Another year goes by and Melbourne Cup arrived at Chalmers, all the residents dressed in their best outfits, hats and fascinators ready to see the most important horse race in New Zealand.



We started the day with a morning of fascinator making so most of the residents had a fascinator to wear in the afternoon. After lunch we had a floor game using wooden horses and then afterwards, we had a staff/volunteer race with horses on a stick - there was lots of laughter and banter. Followed by our manager Jenny judging the best fascinator for staff and residents - Lisa our admin won and Colleen one of our residents won with her hand made fascinator.

Then we had happy hour



the race -

followed closely by Melbourne Cup we had seven

sweepstakes going so the residents and staff



were ready with their tickets. The winners got their cash prize as well as a



Chalmers made cup and medals. To finish of the day most of the residents enjoyed a finger food dinner. It was a great day, lots of smiles and laughter. Chalmers really 'cantered' home with this Melbourne Cup

