

THE CHATTERBOX

February 2016

I hope it's not too late to send you our best wishes for the New Year! We hope you've found some time to relax and enjoy the great summer weather.

Outing

Our residents enjoyed a recent trip to Lake Pupuke, they had morning tea at the Pump House and fed the birds after. We're still planning to go visit some beaches and have BBQ lunches before it gets cooler again.



Physio

We've recently made a tie up with PhysioAction Glenfield to improve our exercise program, and hopefully, promote better health for our residents preventing falls and injuries. A physiotherapist comes every two weeks and works with our Activities Coordinator, Diane, to create programs for our residents, both individual and group.

Vegetable Garden

Our residents have been enjoying our homegrown vegetables with their meals. Beans, rhubarb and silverbeet have been our most successful, while tomatoes and strawberries are a bit of a challenge. They would sometimes pick them themselves and bring them to the kitchen for our chef to cook!

Keep hydrated

Summer is always a good time to go outdoors and spend quite a bit of time under the sun, but, most of us don't realize how much fluids we're losing when we're having fun, remember to drink plenty of fluids to keep your body hydrated.

Here at the home, residents are welcome to turn the air – conditioners on when it gets too warm, ice blocks are also a favourite during the warmest times of the day. We made some changes on our menu too, serving cold meat with salad instead of casseroles.

Elderly people can dehydrate so suddenly, so be vigilant when you're taking them out, common signs are increased thirst, dry mouth and headache.



New Staff and Management

Most of you have probably met our new Activities Coordinator, Diane.

Diane is a mother of 3, and has a lovely and caring attitude. She has experience of working with the elderly, bringing lots of ideas that we're hoping to integrate to our activities program.

We also have two new male Caregivers – Brad and Dennis – who are now both our permanent Night staff. They are both very competent and experienced.

The Manager's office is going to be relocated once again before the end of this month. It's going to take up some space in the upstairs lounge with temporary walls. You're free to see and have a look next time you visit!