

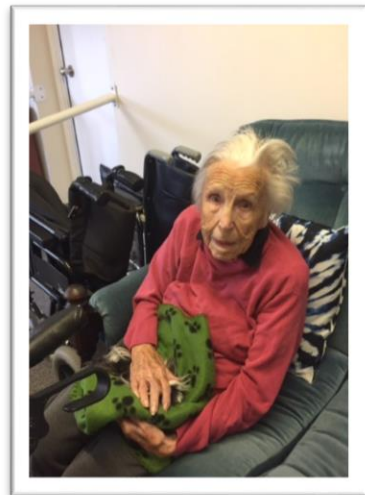
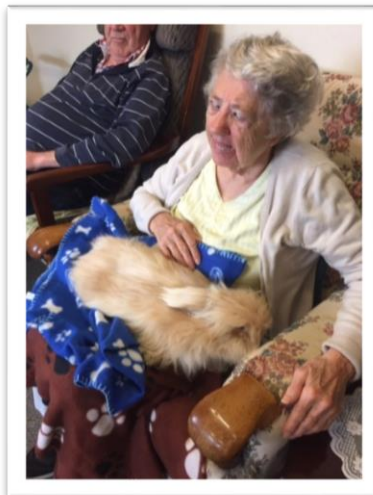
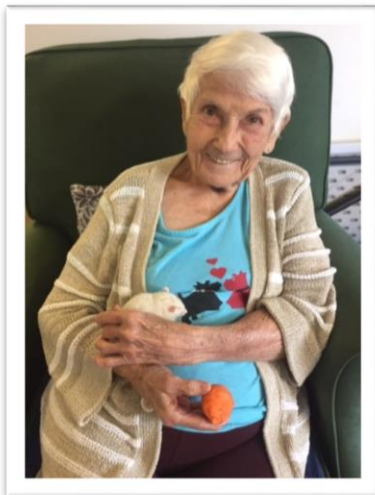
# THE CHATTERBOX

November 2016

Welcome to our November issue of Chatterbox, Glenhaven Resthome's own 3 monthly publication! We are now heading into the warmer months so once again our residents will be able to enjoy the outdoors, our garden and trips to our local beaches and parks.

## Activities

We have been enjoying a variety of different groups visiting us over the winter months including the local cubs, James Street Kindy, Millie the dog with her owner Leanne and the animal therapy group Outreach. All of these groups were welcomed and enjoyed.



Our vegetable and herb garden has been replanted with the help of the residents, we look forward to being able to enjoy Kale, Cauliflower, Tomatoes, Beetroot and Herbs in our meals.

Our Individual exercise and group exercise programme continues to be popular amongst the residents. And now with nicer weather we are enjoying walks outdoors also.

## Staff Changes

During this quarter we sadly said goodbye to Rachell as she embarked on full time study with the University of Auckland – we wish her all the best.

We welcome to our team Neelma Cleaner/Caregiver, Jenny, Ann as Caregivers, Graham (Big G) part time Cook, Christina Activities CoOrdinator and Diane has moved into an Administrative role.

## Keeping our Residents involved:

All of us make decisions every day about all sorts of things that affect our lives yet for many residents when they come into Glenhaven they suddenly stop making decisions about things that affect them. Here at Glenhaven we continue to look at ways we can encourage our residents to continue making decisions and be an integral part of the home, after all it is “their home”. Our monthly Residents meetings give all our residents the opportunity to give us ideas and suggestions for what they would like to see happening around the home, outings and of course food!!!! Recent suggestions saw the garden planted, changes to our menu and some great ideas for outings over the coming months.

## Celebrations

We recently celebrated Christmas with residents family and friends. Murray and Graham created amazing food, Eloisa, Ann, Christina, Mark, Neelma Judy and Diane all provided superb waitress skills to ensure a lovely relaxing time was had by all.

