

theBUZZ what is happening around Te Hopai

Welcome to another edition of 'the buzz', an informal newsletter from The Activities Team to let family and friends know what activities & events have been happening, and what is about to happen around the place.



Vaccinators in Sheriff disguise

What a great shot!! Malik and Donna rolled up the sleeves of staff members, and out came their only weapon, as they administered Flu Vaccines.

Colourful Cowboy Costumes for our mid winter celebration

With her imaginative creativity, Mariandel transformed the Rest Home Lounge into a BARN; playful bunting dangled above a hand crafted wall with south-facing windows, grand orange barn doors designed to open and warmly welcome all our guests, fairy lights drooped down on wooden pallets and empty beer crates, all completed timely under pressure for our community-orientated mid winter celebration 'Barn Dance'.

Unfortunately, the barn doors had to remain closed due to a covid-19 outbreak, but we still did what we do, staff and residents utilised the opportunity to dress up; cowboy hats with matching polished boots, sheriff badges, top-to-toe denim, wrangler jeans and shirts. We pulled out plan B; residents competed in gumboot and quoit throwing games, sing-a-longs, country and western jokes... we still created a BUZZ around the place!

UP coming event;

Te Hopai Olympics, Thursday 12 August, 10.45am

The Rest Home residents had craft sessions to make the lounge look like a barn ready for the party. I got my sewing machine out and made a gingham dress. Checked tablecloths, aprons and napkins created the 'barn' theme for the residents mid winter menu; free range pork ribs and a glass of something from the drinks trolley.

A good time was had by all. Ye ha. Mariandel (DT, Rest Home)



Music therapy sparks memories

We are delighted to have Avalon and Anita, Music Therapy Students, working with us until October.

It is a delight to observe a resident hear a piece of music that sparks memories, the network is activated which can lead to something magical as different feelings and emotions are touched. Avalon and Anita will be coordinating individual and small groups, we know they will bring many moments of magic to the place as we hear them working alongside our residents.

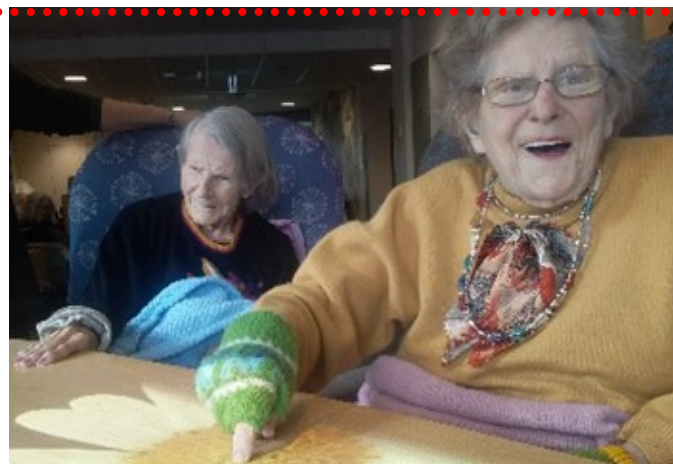


Tovertafel

The power of purposeful play

We were fortunate to have the Tovertafel (a console with interactive games that project onto a table) with us on a trial basis. We had many moments of fun and engagement with our residents alongside their family members. Purposeful play designed around memorable moments can improve the quality of life with people with cognitive challenges, we observed some wonderful laughter and communicative engagements, we understand why it is called the **MAGIC TABLE**.

We have booked another trial next month, we will keep you posted when it is going to be with us so more family members can come and join us with more 'purposeful play'.





Kowhai

We have been chugging along through these cooler months keeping ourselves flexible with a regular seated yoga/dance session. It was very motivating to have the Midwinter Barn Dance as a goal for us to work towards, we were booked to perform two of our Country and Western numbers at the event but due to the latest Covid 19 Level 2 restrictions we will have to wait for another opportunity to show off our dancing skills. It has been great to have David Evans and Vicky (his daughter), and other people from the hospital coming to join us for these sessions.

We are also lucky to have a group of young people from Wellington East Girls High School coming to spend an hour with us on Wednesday afternoons as part of their volunteer club afternoons. They have been dancing, singing and chatting with people. We plan to do some baking with them over the next few weeks.

We have been collecting items for our Retro Lounge project and have been trying out a typewriter that has been donated, this generated quite a buzz of conversation and brought back memories for many.

By Libby; DT Kowahi



Health & wellbeing from Malik our Quality Manager

Vaccination; protects our residents from flu and Covid-19. More than 77% of our residents were vaccinated in April with flu vaccine and more than 91% of them were fully vaccinated with Covid-19 vaccine in June.

Our staff were also vaccinated with flu and Covid-19 vaccines. More than 85% of staff were fully vaccinated with Covid-19 vaccine and 40% so far are now vaccinated for flu. We are aiming for more.

Oral care project; Poor oral health and care can negatively affect residents' wellbeing. In June, we started a quality improvement project around oral health care. The project looked at changing ideas and that may improve our services and cares related to oral health. We increased the awareness of oral health and proper oral care for our residents and with our staff. We selected five residents to use electrical toothbrushes to see if these brushes would increase the residents' independence. We also put an option for the management to discuss with residents' families about dental home visits.



Matariki time to Reflect, Celebrate, Aspire

Matariki is a chance for us to māharatia (reflect), whakanuia (celebrate) and wawatatia (aspire) - bringing light and togetherness to the winter months.

Reflect; our newly established 'Green Team' are working behind the scenes to introduce an effective and user friendly recycling system. The Team is motivated, working collaboratively (well, with a little bit of competition). We had a 'Design a Slogan' competition. This Slogan will be used for educating and encouraging sustainability in our workplace. Perfect timing as it coincides with Matariki, a time for us to reflect on our behaviours toward the land.

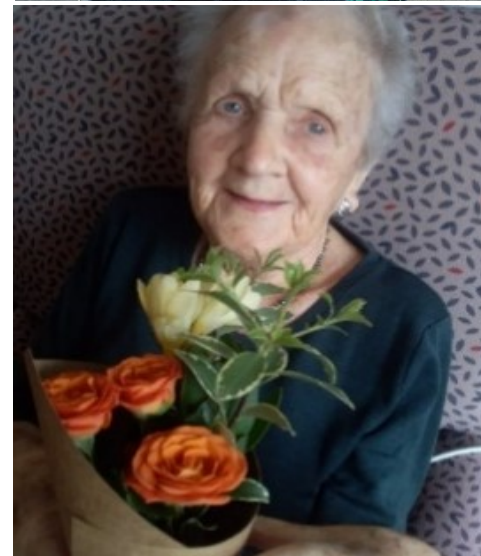
Celebrate; juggling working, motherhood and study. Well done to Kirin who has successfully completed her Careerforce workplace-based training in Health and Well-being. What a wonderful role model to your daughter... the more you learn, the higher

Aspire; A florist with a social purpose

"....to bring joy to as many people as possible through giving and receiving flowers"

We observe our residents faces light up as they smell, touch and admire a gifted bunch of colourful flowers. Angela from JOY (great name for a florist) kindly brings us individually wrapped bunches to pass onto residents..... senses are stimulated and stories are shared.

The JOY of giving!!



Thank you, to our staff & Volunteers

for always going above and beyond what's expected of you! Your work and dedication to our residents is outstanding. The interactions you have with the residents, big or small, are valued. You are always willing to listen and chat, you join in with dance and song and contribute your suggestions and ideas to bring joy to our residents at Te Hopai. We appreciate you all!
Amanda; DT Hospital

