



Tasman
NELSON

October 2013

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Family Newsletter

A message from Arah and Chrystal

We would like to very warmly welcome everyone reading our newsletter. We hope that everybody is well and have not suffered from last winter's coughs and colds that have been making the rounds in the Nelson Region.

Time has gone by so quickly and unbelievably, six months has passed since our last newsletter. This has been a very eventful time for everyone at Tasman. We held this year's first Orientation for Families and Sharing the Journey sessions this past May and June. Arah had a lovely time getting to know residents' families and loved ones better in these sessions. She is finding it very exciting to be able to share Tasman's vision, values and philosophies with families and loved ones. We feel so strongly that these are what makes Tasman a special place.

We will be holding the next Orientation for Families sessions this November and Sharing the Journey in December and hope that families of residents we have welcomed in the past 6



months will be able to join us.

We have said farewell to several valued members of our team in the last 6 months: Emyrose, Rachel, Jacque, Sunitha, and Ken, who has obtained his registration as an NZ registered nurse and moved on to an RN position elsewhere in our organization.

Claire is on maternity leave since the latter part of July and has given birth to a lovely baby girl. Summer is fast approaching and we are hoping to install some shades and canopies on our outside areas so residents and families will be better able to enjoy the beautiful sunny weather that Nelson is famous for.

We are also planning to put more benches in the areas overlooking the

lovely reserve next to Tasman for residents and families to delight in the lovely view.

We have shared wonderful moments over the past 6 months and together with all the staff at Tasman we look forward to making countless more!

We wish you all a wonderful summer!

Arah and Chrystal

Magic and Healing Moments

Every day we are privileged to experience special moments with the people we care for, moments which remind us of the power of living 'in the present moment'. There may be no 'cure' for dementia, but these moments affirm that there is definitely joy, empowerment and healing. We keep a 'magic moment book' to record these in, which you are also welcome to use. We would like to share some of these special moments with you.



The seasonal autumn wall decoration made by Bonnie and Aio residents



Our newly landscaped front entrance

A male resident was watching our bowling game and he laughed out loud when I bowled the opposing team's ball out of the way. He was also actively watching and chuckling throughout.

A male resident was standing near me. I smiled at him and said, "Hello [Name] and took hold of his hand. He smiled at me, raised my hand and kissed it.

I was cleaning the floor and a female resident called me saying "Honey! Honey!" When I asked her why she was calling me she told me, "You know I love you so much!"

When I was doing a Diversional Therapy shift in Aio I was giving a hand massage to a male resident. During the hand therapy he gave me his other hand as if to say that he wanted to have that hand massaged too.

A male resident in Rangī was very happy when I invited him to play combined games in Ata Hapara. For the first time I really saw him participating along with other residents which was really unbelievable. He was really enjoying the game.

Every time I meet up with a female resident in Ata Hapara, I always greet her with the words, "Shake it Baby!" ... and she will shake her whole body with a giggle, and we laugh together.

When she hears those words she will smile and feel better.

A female resident was wearing a flower printed gown and she was so happy that she kept on looking at the mirror and smiling at herself. She was so happy.

A rest home resident had complained to the cook about the quality of the mustard sauce. So that evening I arranged a cooking lesson with the resident where she came to the main kitchen and supervised the process safely from the doorway, did some taste testing and had a laugh. There were no complaints about the mustard sauce that night!

Planning for excellence

As we move towards the end of the year a number of significant projects forming part of our annual business plan are now well underway.

These include important initiatives such as falls prevention and a reduction in staff and resident incidents and injuries.

We have a significant focus on medication, comparing the use of antipsychotics both within our facilities and hopefully with comparable external agencies. Our aim is to continually strive to achieve the best balance for each resident, with the least possible medication our constant objective.

As always, our activities programme is high on our list of priorities, with a renewed focus on familiar, homely activities which are age-appropriate

and lead to a sense of purpose and fulfillment.

Staff education has taken place recently in falls prevention, protection and prevention of pressure areas, and abuse and neglect.

In addition, a new role of BPSD (Behavioural and Psychological Symptoms of Dementia) Advisor has been created to provide a specialised 'go-to' person for any concerns or challenges relating to residents. Sharon Powick is our BPSD Advisor at Tasman.

An organisational continence specialist is also soon to be appointed to assist our staff team in the continuing quest to maintain continence and enhance the personal dignity and quality of life of our residents.



Summer's on the menu!

With daylight saving comes summer and the re-introduction of our summer menu.

As well as taking the dietary requirements of our residents into account, the menu devised by our dietician changes with the seasons. The hearty soups, stews and hot puddings that provide warmth and comfort in winter give way to lighter, more summery seasonal fare featuring fish, pasta, chicken, cold meats and salads, sandwiches, savouries and quiches.

Desserts remain a highlight of every meal, with ice cream and fresh fruit

salads, mousses, jelly whip and crumbles being among the favourites.

Fresh home baking is always on offer for morning and afternoon tea.

Please remember that there is an open invitation for you to join your loved one for a meal.



A beautiful day for a van outing!

Courses for families

If you are new to Tasman you may not be aware of the two short courses we run for family members, Orientation for Families and Sharing the Journey.

These courses are a free, fun and supportive way of introducing you to many of the practical aspects of having a family member in residential care, and of understanding more about the dementia journey. People who attend the courses find them both enjoyable and enriching.

Please pop in and speak with Chrystal or Arah to find out more about the courses and register your interest!

A special request

Our organizational accounts team here in Nelson has asked us to bring your attention to the importance of giving the resident's name as a reference for any payment, whether on an account or an Automatic Payment.

If any other name is given, such as the person making the payment or the EPOA, for example, it can take time to identify which resident the payment applies to, and there is greater potential for confusion and mistakes.

Thank you for your assistance with this.

Heading away?

Please remember that if for any reason you are heading away, it is essential to leave our RN with contact details (whether a cell phone, close family member or email address) so that we can reach you if we need to for any reason.

It will also give you peace of mind while you are away, knowing that we are able to notify you immediately if anything unexpected should occur.



The homely activity of folding towels



Baking chocolate chip cookies

Our Thanks to You

A poem for our volunteers

by Diversional Therapy Team Leader
Helen McLeane and residents of
Millvale House, Levin

Thank you for the gift of time,
You've given us so often,
The kindness of your voice and care
Has helped our journey soften.

Your smiling face, the words you share,
Can touch our hearts and minds,
And while we may not often say,
We love that you are kind.

You share your joy, your song, or words,
Or maybe just a smile,
And on a day when life seems hard
You stop and stay awhile

There are no words to capture
and value what you do.
Today is just a little chance
To show our thanks to you.

At times our lives are busy,
Or we seem far away,
But always know you've left a mark
And on our heart it stays.

Please know how much you mean to us,
And trust these words we say,
You've made a difference in our lives.
A gift we can't repay.

We wish you love and happiness,
And joy in all you do,
Our world has been a better place
Because it's shared with you.

