



Leighton House  
GISBORNE

November 2014

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# Family Newsletter

## A message from Arrah and Teresa

It is wonderful to see summer on its way and know that we can pack away our winter woollies for another year!

Christmas will soon be upon us and Leighton House is starting to prepare for this special time. On December 17<sup>th</sup> we will be having our family Christmas afternoon tea. We look forward to welcoming you to this special time with family and friends.

On 10<sup>th</sup> December we will be holding an afternoon tea for all the volunteers & entertainers who have given up their time throughout the year to support Leighton House. Invitations to this will be sent out soon.

If family have any concerns around clinical issues, please remember that Arrah, our Clinical Manager, is the appropriate person to speak with. However, it won't be long before Arrah goes on maternity leave in preparation for the arrival of her baby. We all wish her everything of the very best for this exciting and wonderful event. Prue, well supported by the organizational team, will be taking care of everyone in the home while Arrah is away.

We join in welcoming Jade Schollum, our new diversional therapist, and Jennie Bangkilas, Registered Nurse, to our staff team.



We would like to extend an invitation to families to attend a talk by a lawyer from the Community Law Centre on the important topic of Enduring Power of Attorney. If you'd like to know more about care and welfare, property matters, legal process, and the importance of appointing an EPOA to take care of these matters, please join us on 26<sup>th</sup> November at 3pm in the Garden Lounge.

Thank you all for your support over the past year. It is wonderful to have you as part of our Leighton family. We wish you everything of the very best for Christmas and the coming year.



*You are very warmly invited to join us for our  
Christmas Gathering*

*Wednesday 17th December 2.00-3.30 pm*

*We look forward to welcoming you! Please RSVP to Teresa or Wendy*

## Important reminders

### Front door access

I have received a number of enquiries asking why the front door lock has been removed during daylight hours.

I apologise if the letter sent out did not clearly explain the reasons for the change in security.

Recently the DHB brought to our attention the fact that free access and egress is required in a Rest Home/Hospital environment. The people living at Leighton House are not assessed as requiring a secure residential environment.

What is now in place:

The front doors will be open between the hours of 7 am – 5 pm.

The positions of the keypad and the large white button have been switched around. We now have a release button in place which allows the door to be released. This can be switched on and off at any time.

Outside the above hours the door will be locked and the combination code will need to be entered to gain access. If the combination is not known then visitors will need to press the white button at the front door to alert staff.

### Keeping our residents safe

A letter was sent out earlier this year after several incidents involving slips and falls due to footwear with slippery soles.

It is strongly suggested that families provide non-slip slippers or non slip socks for their loved ones. With Christmas around the corner, these make wonderful gifts. If you wish to purchase these, they can be sourced from "Life Unlimited" store. Prices vary from \$14-\$17 for the non slip socks.

Open-backed slippers (scuffs or mules) and especially bed socks can pose a

significant falls risk to elderly people.

When choosing slippers for your loved one, please choose closed slippers which are easy to put on but fit correctly. They should have non-slip soles.

A big thank you to families for supporting us in this.

### Multi D Meetings

Twice a year we contact families regarding attendance at 'Multi-D' meetings, so called because they are attended by representatives from many of the disciplines involved in caring for our residents.

These meetings provide a valuable opportunity for families to be informed about and have input into their loved one's care. Your attendance at these meetings is warmly welcomed and much appreciated.

### Enduring Power of Attorney (EPOA)

There may come a time when your loved one can no longer handle their own affairs, make an informed decision or communicate their needs. Therefore it is crucial that when entering and an aged care facility you consider appointing an EPOA.

If a person loses the capacity to appoint an attorney, their family may have to go through expensive Court proceedings to determine who should be appointed to manage their property and personal welfare.

Please attend the talk at 3 p.m. at Leighton on 26<sup>th</sup> November or contact Age Concern or the Community Law Office for more information on this important subject.



Glen Gordon with one of his prize orchids, which he offered to place at the front door for all to enjoy.



Sandra, Goretti and Wendy preparing afternoon tea for Daffodil Day



Residents made flower table decorations for the Daffodil Day afternoon tea gathering.

## Come into my World

Among our greatest organisational strengths are our outstanding staff team and comprehensive ongoing staff education programme. The cornerstone of this is our Best Friends Approach to Care course, which teaches staff to connect with each person as they would a very best friend. A 'best friend' accepts you as you are, believes in you, respects you, really listens to you, jokes with you and loves to hear you laugh.

We have recently developed a new education programme building on the Best Friends Approach to Care course, which we have called Come Into My World. This is based on the premise that to truly appreciate the experiences of a person living with dementia, it may be necessary to leave our own reality, suspend disbelief and enter another world: the world of the person who has dementia.

The programme incorporates many of the principles of Virginia Bell and David Troxell's 'best friends' approach, and also includes some new skills. It explores possibilities and encourages staff to share knowledge gained in their own journey in caring for someone living with dementia.

Skills and approaches include using reminiscence to help the person retrieve previous coping mechanisms, using genuine eye contact, matching and mirroring emotions, looking for meaning within the context of conversation. Role play is used to enhance learning during the programme.

The course encourages staff to explore their own reactions and behaviour, and develop new approaches and strategies to help them enter the world of the person living with dementia.



Our Diversional Therapists Sandra and Wendy dressed up for Pink Ribbon Day in support of Breast Cancer.

## Wellness support

We have recently created a new position in support of our Diversional Therapy teams in the North Island.

Building on her previous role of Diversional Therapy Team Leader for Dementia Care NZ, Helen McLeane will take up the key new position of Wellness Support Advisor, assisting the diversional therapy teams in meeting the needs of our residents through meaningful and creative activity programmes in the North Island.

We have identified key staff members in each facility with skills and experience in focusing on the behavioural and psychological symptoms of dementia (BPSD). These staff members are our BPSD support people. As Wellness Support Advisor, Helen will work closely with these support people in meeting the needs

of people with dementia in managing BPSD.

Helen will also utilize nonviolent crisis intervention training and expertise in running regular training programmes for staff, enhancing the care, safety and wellbeing of all on a daily basis.

Helen's appointment to this pivotal new role will promote a holistic approach in meeting the needs of our residents on an individual basis and ensure staff are supported, guided and empowered to meet these needs in a professional, caring, homely and loving manner.

We look forward to developing this role further as time progresses.



Helen McLeane



## Doing what we can

**Alison Hume**

I have been feeling a deep concern about recent events in our world. The uprising of terrorist groups is of particular concern. All living beings are dependent on each other. I have shared my thoughts with a number of people lately. All people I have talked with have expressed worry and have said things like, "I don't know what I can do about it" or "there is nothing I can do." I too have been feeling similarly. Powerlessness threatens and we need to remind ourselves that we affect each other. The choices we make and the things we do count. Collectively, our efforts add up. We can create a more peaceful world.

Our Vision and Values at Dementia Care NZ include a statement at the very end:

"In these ways we enrich each person, the community and the world."

I meet with every staff member and talk about the importance of giving care that is congruent with our Vision and Values. Always, we talk together about how we can make a difference to the world by giving loving care just where we are. We must never underestimate the impact we can have.

DCNZ is shaped by our people, our residents, their families and our staff team, drawing on beliefs that have come from all over the world. What an opportunity: to know each person really well and to be with each person as if that person is our very best friend.

This means that we:

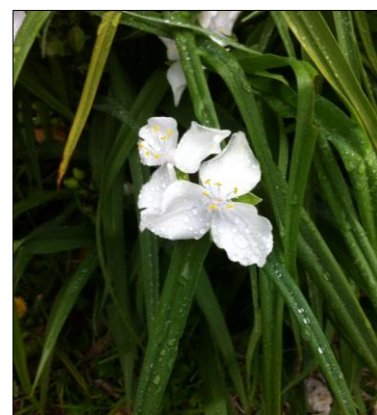
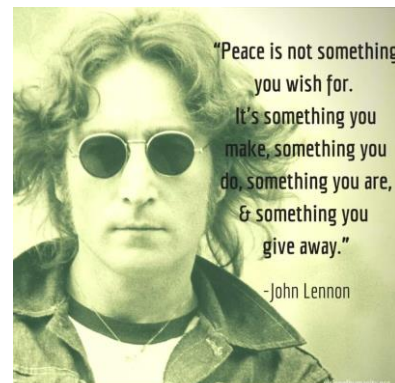
1. try to understand each other and accept each other,
2. hold each other with deep respect,
3. enjoy each other in every possible way.

The small homes in which we offer care to residents and our close knit staff teams help us with this. As with a family, our residents and our staff team are able to help each other to manifest who we are in the world. We experience exhilarating moments of full aliveness as we watch our residents and each other rise up again and again. We aspire to great things, and compassion and love abound. As Rumi says "When you do something from your soul you feel a river moving in you, a joy." But, we are flawed – if you are anything like me, I have these inexpressibly beautiful moments, and then it is very possible, in the very next moment, that I will do something hurtful. It takes some understanding to realise that this is part of our humanness and this too is to be expected and accepted.

It is my belief that by actively appreciating and loving the people we are closest to day by day we will find more compassion and care about humanity everywhere. Transformation will occur through love. Hazrat Inayat Khan says "There is no greater power to inspire than the power of love. The desire for service, gentleness, tolerance, kindness, forgiveness, all come from love."

It was John Lennon who said "Peace is not something you wish for. It is something you make, something you do, something you are and something you give away."

May we have peace in our hearts.  
May we have peace in our world.



## Enjoying the summer together

Now that the weather is improving it is wonderful to see more residents out and about in the garden enjoying the sunshine, be it walking, sitting with a friend, or gardening.

Activities are a large part of our resident's lives, and it is much easier to connect with someone if you're sharing an activity together. Family members who plan their visits around an activity often find that the visit is more successful and a time they remember with great pleasure.

With this in mind we have put together a few ideas for outdoor activities you could plan to do with your loved one:

- Get the hose out and water the garden, or get out the rake or a watering can; this can be a fun activity filled with lots of reminiscing.
- Do some hand washing, walk to the line, and reminisce. This practical and productive activity will enhance your loved one's self esteem and sense of purpose. Talk about the sunshine on your face, the feeling of the water. Your facility will happily provide the equipment needed.
  - Make sandwiches and a thermos of tea or coffee; find an outside seat for a picnic.
  - Gather flowers during a walk through the garden. Stop to smell the flowers, and talk about the colours. On your return create a flower arrangement and invite other residents to help.
  - Weed the garden, or plant some veges
  - Bring or pick roses and lavender to make potpourri
  - Sit outside with your sun hats and a good poetry book to read together
  - Take a drive to the river to feed the ducks
  - Bring a freshly picked rose and enjoy the scent together, gently reminiscing
  - Sit together near a window where you can feel the warmth of the sun on your backs.

A word about outside activities: the sun's rays in NZ are very powerful. We would like to remind you of the advice given for outside activities. The cancer society reminds us to 'slip, slop, slap and

wrap' at all times (slip into a shirt and clothing that offers good protection or into shade, slop on some sunscreen, slap on a hat with a wide brim and wrap on a pair of sun glasses).

We will do all we can to help you make this summer a special and memorable time filled with magic moments for you and your loved one!

### Important

We would like to remind you of the vulnerability of our elderly residents. The danger influenza and gastric infections pose to vulnerable elderly people is extreme. They can and have proved fatal. Please take advantage of flu inoculations for yourself and your loved one, and before entering always use the hand sanitiser at the entrance.

**Important:** Please postpone your visit if you are experiencing any of the following symptoms:-

1. Temperature
2. Sneezing, runny nose, cough, sore throat
3. Stomach ache, body ache, nausea, vomiting, diarrhoea (for 48 hours after you are symptom free).

### Naming clothes

Please remember that all new items need to be clearly marked with the owner's name before they arrive. This is especially important at Christmas time, when many lovingly chosen new items are given as gifts by family members. We discourage expensive woollen items, which are easily damaged in the wash. Please select easy care clothing wherever possible.

### Outing reminder

If you intend to take your loved one home for the day or afternoon over the Christmas period please discuss this with a Registered Nurse so that medication and comfort requirements can be arranged.

For safety reasons outings of this nature first need to be discussed and approved by the EPOA.