



Our Home



Warmest Greetings from our Leighton Team!

Nau Mai Haere Mai Koutou Katoa Ki Te Whare Maanaki

Ngā Mihi Nui Mo Te Tau Hou Rua Mano Rua Tekau Ma Toru

We open this newsletter by acknowledging the devastating impact of Post-Tropical Cyclone Gabrielle on our region, our community and our friends. As heart-breaking as it is to know how many lives and homes have been affected, it is also inspirational to see how such a disaster only strengthens the bonds that unite us. We would like to thank you all – residents, family, friends and our courageous and committed staff team – for your trust, love and support during one of the most challenging times we have ever faced.

We would also like to take a moment to pause and thank Teresa McGregor for over 20 years of dedication and commitment to ensuring the day-to-day operating of this facility while providing exceptional quality of service to our residents and their whānau. From all our staff, residents, and families, E mihi aroha ki a koe mo tou haerenga hou (farewell Teresa and we wish you all the best in your new adventure).

Moving forward, we would also like to acknowledge Preet Lail as the new Operations Manager. Preet, a Registered Nurse back in India, has the full support and confidence of our dynamic team. We are delighted that one of our own had the courage to take on such a challenging yet rewarding position.

Special thanks also to Violet Kiriona for writing and collating the front page article and photos for this edition of our Newsletter while Preet was on leave.

'Mā Pango, Mā Whero, Ka Oti Te Mahi'

This is a whakataukī (Māori proverb) that refers to different people or groups of people cooperating and combining efforts to achieve a common goal. To ensure that our facility remains operational with a healthy team at full capacity, we still require the effort and cooperation from everyone to self-manage with daily RAT testing. This procedure is the only way that we can prevent or minimise the possibility of COVID-19 entering the home. We ask you to please, be patient with staff who are one hundred percent committed to keeping residents safe and connected with their loved ones, friends, and the rest of the community.

Apologies for the renovations that have been ongoing in the East Wing bathroom areas. Local Electrician Marty Lloyd and his skilled team of men worked hard to ensure that the necessary work was completed to a high standard within the shortest possible timeframe.

Relay for Life is back! This year we hope to put forward an energetic team to support whānau here in the home (including staff) who have been affected in some way or other by cancer. We are also looking at fundraising before the event to give a donation to the Cancer Society. Staff have put together a collection of a variety of items that we will have on the day to give in exchange for a koha.

The activities team have been attending workshops to educate themselves about how to apply the Aroma Touch hand technique impacting the physical, emotional, mental, and spiritual wellbeing of our residents. This new initiative has now been implemented into the 'pamper day' as a regular activity and part of the one on one session time with our hospital care residents.

We wish you all the very best for everything 2023 may hold for you and your loved ones.

We do things differently, and it works.

March 2023

Greetings from Andrew Sheard

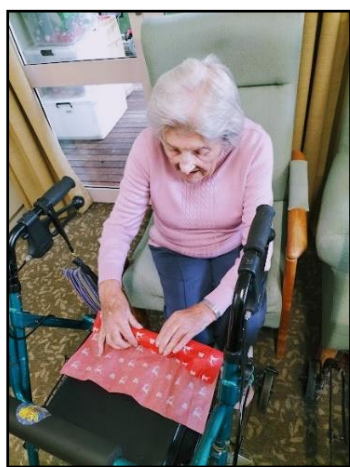
New COVID testing system

We would like to invite all families/regular visitors to take a few RAT test kits home and complete the test at home before visiting the facility. Just bring the completed test in with you when you come, and we will check it and dispose of it for you.

We believe this will make things easier and more convenient for you, and save time when visiting.



Enjoying the healing benefits of Aroma Touch therapy



Making Christmas crackers

Summer is one of my favourite times of year with long evenings making it possible to catch up with people close to us, complete a few long-forgotten projects or just relax. I hope you have all enjoyed the holiday season and found some time to relax and recharge.

I've enjoyed the opportunity to spend time with my family over the summer and reflect and refocus for 2023.

Our residents have loved summer, making the most of the settled weather to shed a few layers of clothing, sit out in the garden with friends, get out and about into the community, or even just relax with the door open enjoying the fresh air. I've been loving the photos shared on our Facebook pages showing many special moments – biting into an apple picked fresh from the tree; trips to the beach; a visit from the ice cream truck; catching up with favourite pets; neighbourhood strolls, and of course plenty of traditional Kiwi barbecues.

I really enjoyed seeing some of the pictures from the Christmas gatherings last year. Many of you attended and as I visited the homes over the Christmas period I heard a number of stories describing how much the gatherings were enjoyed by residents, their whānau and friends, and staff. I know the team at Levin were very disappointed that their gathering could not go ahead due to COVID-19 cases.

Last year presented many challenges, from ongoing COVID-19 cases among residents and staff to the staffing shortages which continue to affect aged care homes nationwide. This makes it even more important for us all to get together, share our experiences and enjoy time with family and friends.

I would like to thank you all for your support as we've worked our way through these challenges. I know restrictions on visiting your loved ones have been tough and we will continue to see some of this in the coming year as well. Your patience with the restrictions, messages of support and even putting your hand up to help if needed is so much appreciated.

There is a lot to look forward to in 2023.

Last year we renovated and extended some of our homes, rolled out a new website (dementiacarenz.co.nz) and looked at ways we can further improve the cultural support we provide for residents. We will be continuing with this work over the coming year.

All of these initiatives are about creating an environment that is happy, peaceful, accepting and welcoming to all. This is what our Vision and Values are all about and is the foundation for the work we do, supported by the passionate and committed staff teams who are at the heart of the service we provide.

Together we wish you and your whānau all the very best for the year ahead.

Supporting family and friends



Watching the river rise ... a week none of us will ever forget



Enjoying Christmas here at our home



The whole team gathered to give Teresa an epic send-off after over 20 years of dedicated service

Many of us working for Dementia Care NZ have been discussing the need to support families and friends of those we care for, in their journey through dementia. It is, for many, a difficult experience without familiar signposts or landmarks. It can be easy to get lost on this journey without direction, support and a companion.

The diagnosis of dementia can be extremely difficult to accept, and the subsequent decline of our loved one is heart-breaking to behold. This is not what we expected or imagined the last years of our life to be.

However, as I spend time with people living with dementia, I see people who are busy in meaningful activity. I see people laughing, dancing, chatting about their lives. I see people enjoying their twilight years with things to look forward to and pasts to reflect on and remember with pleasure and pride. It is clear that there are many moments of joy.

Dementia Care NZ has offered supportive education sessions to families and friends in the past, called 'Sharing the Journey'. We reluctantly stopped running these groups as families and friends seemed to find it difficult to find time in their busy lives to come along.

Many of our facilities offer an independently facilitated, confidential support group for families and friends. Ask the manager at your facility for details. Local Alzheimer's Societies also offer support groups for families and friends of people in the community with dementia.

Our Registered Nurses and senior staff, as well as the GPs who visit our facilities, are also a source of support and knowledge and would be happy to discuss anything with a family or friend.

I am also happy to meet with any family and friends and share any knowledge and experience about the dementia journey. I travel to all of our facilities on a regular basis. Ask the manager at the facility if this is something you would like. We don't want anyone to feel that they are taking this journey alone.

Simon Hamley, Education Coordinator

The joy of caring

Since we moved into the newly-created Regional Clinical Manager roles in mid-2022 we have embraced many opportunities for growth, sharing and collaboration. Every day is day of learning, finding answers and solutions, updating information, advocating for others, and making sure everything is working well. There is sharing, energy, and much joy.

Being in this role, we have both learned the importance of always being prepared for anything, knowing that you can learn, adapt, implement and improve. Key to this is the importance of self-care in making sure we're able to care for others, and encouraging our team-mates not to lose sight of their own wellbeing in focusing on that of others.

We each have our own allocated homes which we're responsible for. We visit them regularly to provide clinical support to the team and meet with residents and their families. We come to know them well. Between visits, we spend lots of time connecting with our clinical managers and Registered Nursing teams via phone and Zoom. We are never far away. We are closely connected with the events, challenges, joys and achievements that make up their daily lives.

While spending time within the homes, we see our team engaging with residents so naturally that it seems the residents are part of their families and the facilities are an extension of their homes. The care, love and pride of every member of our team shines through. It is humbling and inspiring.

There have been many challenges and changes in aged care over the past few years. We have needed to be proactive, adaptable and creative. Changing times call for changing strategies. In the face of ongoing Registered Nurse shortages throughout New Zealand, the way we use our caregiving team has needed to adapt to continue delivering the highest standard of care to our residents. A new Registered Nurse Support role has been introduced in our homes to compensate for this shortfall. The RN Support staff are overseas-trained nurses with extensive nursing skills and experience. Employed as Level 4 Caregivers, their qualification opens a window of opportunity to become Registered Nurses in New Zealand, and we are committed to supporting them on this journey. In turn, we rely on their knowledge and skills to ably support our care team and ensure the appropriate care, comfort and safety of our residents.

We feel privileged to be part of this amazing team and look forward to continuing to work collaboratively with residents, families, staff teams, clinicians and allied health services to provide our residents with the very best care possible.

If you happen to see us during your visits with your loved one, please come and say hello. We would love to meet you!

Urmee Rahman and Arrah Bagtang, Regional Clinical Managers



Our residents love attending the popular Age Concern morning teas held twice a month. It's a great opportunity to catch up with friends old and new, and enjoy a scrumptious morning tea and exercise programme. We love getting out and about in the community here at Leighton House!



All hands on deck preparing our home for Christmas