

VILLAGE NEWS

The official newsletter of Fendalton Retirement Village



Marie and Ellen

Welcome to Fendalton's Autumn Newsletter. Hope you are embracing the lovely crisp mornings and enjoying the beautiful colours of the trees at the moment. Now the leaves are beginning to fall and the temperatures drop, remember to stay warm if heading out and about.

We have been busy as always, with plenty of events happening over the last couple of months. If you have any feedback or suggestions please let us know.

Manager update:

I am delighted to have taken over the role as Unit Manager at Fendalton.

A familiar face, I have worked at Fendalton Village for the past year as an Administrator. Prior to this I was a relief Manager at Oceania and was Assistant Manager at Golden Healthcare Group before joining the Fendalton team.

I have worked in Aged Care since 2005.

My door is always open for you to pop in at any time.



Dee

Leaves

by Elsie N. Brady

How silently they tumble down
And come to rest upon the ground
To lay a carpet, rich and rare,
Beneath the trees without a care,
Content to sleep, their work well done,
Colors gleaming in the sun.

At other times, they wildly fly
Until they nearly reach the sky.
Twisting, turning through the air
Till all the trees stand stark and bare.
Exhausted, drop to earth below
To wait, like children, for the snow.



Waitangi Day this year featured a wonderful wall display created by Katrina



W . Our weekly discussion featured Maori entertainers with video clips of Pixie Williams singing "Blue Smoke", through to the Maori Showbands that launched the careers of Howard Morrison, Billy T James and John Rowles .

In March St Patrick's Day is always a chance to celebrate the Irish heritage of many of us and a chance to dress up.



Residents were also "On Safari" for much of March with two separate outings to Orana Park, each including a guided interpreted tour and picnic lunch. The Safari theme continued with fabulous decorations through the home and a musical soiree with entertainment by "The Showmen" who performed the famous "Awimbawe" song together with many other favourites. Special thanks to Katrina and other staff for their huge contributions to these memorable events.



Easter festivities were a feature of the early part of April with themed decorations creating a colourful backdrop to this important event in the Christian calendar. The Easter raffle is always popular, with this year's winners being Colin Smart and Patricia Whitley (who was heard to say "I never win anything!").

In recognition of Anzac Day, the month's outings concluded with a visit to the Airforce Museum and a guided tour .

Music and especially live entertainment is always popular with our residents. A recent performance by "City People" singing largely "acapela" (without instruments) attracted a good crowd with a rousing response from residents as they joined in with the numbers they were most familiar with.



The Easter Bunny

Staff Profile

Von Catampo

Clinical Manager

Hi my name is Von Christopher Catampo, you can call me " Von ". For some of you I am not new because I previously worked at Elmswood as Unit Coordinator in the hospital and am now stepping up to Clinical Manager.

I am excited to be part of the team at Elmswood & Fendalton Retirement Villages.

My nursing background has mostly been working in acute hospital care, mainly managing general medicine patients. My fields of expertise are in Cardiology, Respiratory and Renal nursing. I have been a Registered Nurse since 2010. In my free time I love playing golf and basketball, I also have a strong affinity for the outdoors and enjoy walking with my partner Mary. We both love the adventure of walking, our favourite place to walk is the Godley Head track in Sumner. I look forward to meeting all of you.

Welcome Von to the Elmswood and Fendalton Team



Laundry

While the weather is cold, our residents are wearing more woollen layers. We try our best to ensure that woollens and delicates are washed appropriately, however there are times these pieces do get put in the normal wash. Therefore, if families are concerned that any damage might occur to these items, we ask that you take them home and wash them.

This is also a reminder that all clothing items need to be named. Next time you visit, or purchase new items, please ensure everything is labelled with a name or room number

Family/Next of Kin Contact Details

It is important the information we hold on file is accurate and up to date. This ensures that when we need to communicate with family/next of kin we can do so in a timely and efficient manner. Please let us know if family/next of kin details change. We would appreciate their email address, so we can keep them informed about what is happening in our village.

If you think the information we have is out of date please speak to Dee at reception to get it checked.



Influenza Season Approaches - Prepare



As we'll soon be heading towards another flu season, and with the continuing uncertainty around Covid-19, it is a good time to discuss the simple things we can all do to help prevent the spread of any illness.

Good hygiene practices remain essential - remember thorough and frequent hand washing, and coughing or sneezing into your elbow. Visitors are asked to stay home if you are at all unwell.

Don't forget your seasonal flu vaccine when they become available around the beginning of April, from your GP or Practice Nurse. For rest home and hospital residents, these will be arranged onsite by the clinical team.

A word about the Gardens



Our Gardener Chris, retired after 11 years at Fendalton and he became a friend to many who stopped to talk to him. He did more than gardening around the village and we were all sad to see him go, and wish him well for his retirement.

While we recruit another Gardener, the team of Gardeners from Elmswood will oversee Fendalton so you will see Sonya, Mark and the team about over the next couple of weeks.

It is a busy time of year in the garden and although the lawns are starting to slow down, they still need mowing, as well as spraying and lawn maintenance, so come Spring, they will be green and healthy. It's an ongoing job to keep gardens weed free as many of you know!

FUN GARDENING FACT

Some of our favourite fruits are part of the Rosaceae family! apples, pears, peaches, strawberries, raspberries and cherries are all part of the Rose family.

Complaints and Compliments Process

We welcome all feedback as it ensures we continue to provide a high level of service. There are several ways you can do this:

Complaints, Suggestions forms can be found in the studio lounge, reception library and Day Lounge and at the Post Box by Reception. alternatively you can ask any staff member.

We will respond in 5 working days, and if investigation is required will advise on the outcome within 15 working days. All complaints are reported to our Quality & Risk committee, and are audited by the Ministry of Health. Compliments are gratefully received and are recorded in our staff newsletters. We are committed to working to a high standard at Fendalton and strive to always meet the Health & Disability Commissioners Code of Rights.

If you are not happy with the services and support you receive, you can:

1. Talk to the person you are not happy with
2. Ask your family member or friend to help you make a complaint.
3. Call 0800 555050 and ask for a health and disability advocate or e-mail advocacy@advocacy.org.nz
4. Call 0800 11 22 33 to make a complaint with the Health and Disability Commissioner.

Call Bells

Emergency call bells are installed in residents villas, serviced apartment/studios, care rooms. They are checked twice a year to confirm they are working correctly.

When a call point is pressed it displays on the carer's pager & will show up where assistance is required. If you are unfamiliar on how the call bells work, please let reception know and they can organise someone to go through this with you.



Puzzle Corner

Word Builder

How many words of 3 or more letters including plurals, can you make from the 5 letters below, using each only once? No foreign words or those beginning with a capital are allowed. There is at least one five letter word.

R S U T B

Good - 9 Very Good - 13 Excellent - 15



How many words of 4 letters or more can you make?
Each letter can only be used once and must contain the letter "C".

R	C	A
L	C	E
T	I	U



Sudoku

Fill each row, column and square with the numbers 1-9, without repeating any number within the row, column or square.

	4			2		8	6	5
7			6		8			
1					4	7		2
	1	8	7	4				
		5	2		9	6		
				8	6	1	5	
9		1	5					6
			8		2			7
8	7	3		6			2	