

VILLAGE NEWS

The official newsletter of Fendalton Retirement Village

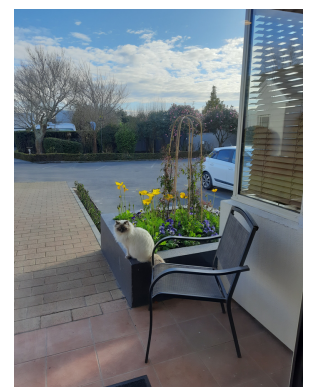


Fish N' Chips at the Beach

Hello Everyone

With Spring truly upon us, its great to be enjoying this lovely season and all that it brings. The blossom on the trees, lambs frolicking in the paddocks and new growth everywhere.

We have some new visitors both four legged and web footed who are enjoying the gardens and they pop in from time to time much to the delight of everyone.



Manager update:

We had some great results from the recent Residents Survey. This is the residents and families opportunity to let us know what we are doing well and where we can improve on our services. Out of our 34 residents 27 of you completed the survey and on the whole residents were happy with the staff and nursing care which was rated at 92%. Food services came in at 75% with met or exceeded expectations. Housekeeping was 92% with Laundry, Activities, Maintenance & Gardening coming in at 96%.

You would like to see an improvement with activities at the weekends. We are looking at ways we can improve on this over the coming months. Please let Sandy or Felicity know if you have any ideas or suggestions.

Congratulations to our staff member Presha who gave birth to her beautiful daughter Niva on 5th September. They visited us recently and Niva managed to sleep through the whole visit. Enjoy the upcoming summer months, lots to see and do around the facility.



Presha



**Baby Niva Born
5.9.23, 3.4kgs**



Niva & Margaret

Dee

Update from Activities

What's been happening over the last few months.....

Well Spring is finally upon us, masks have gone and we are looking forward to picnics, BBQ's and lunches in the great outdoors.

We've enjoyed the spring blossoms and daffodils on drives around Harper Ave and greater Christchurch and at our daffodil picnic at Avebury House Richmond.

Our own garden is looking great, thanks to Mark the gardener and we regularly receive lots of lovely comments about it from our residents. We had our first windy fish and chip picnic at Sumner and afternoon tea whilst watching the white baiters at Kairaki.

We have celebrated several events within our village, we all had fun at Presha's baby shower and John and Wendy celebrated their 55th Wedding Anniversary lunch here.



Our knitting group has re-formed and residents are busy knitting blankets for Operation Cover up.

Have you ever heard of 'speak like a pirate day'? we hadn't either but George and Noyle certainly got into the spirit of it! 'Aye me hearties!!

Activities continued

The village held it's annual fundraiser for Daffodil Day on National Daffodil Day, 31st August. At Fendalton we raised over \$90 for the Cancer Society.

Thank you for supporting this great cause.



At the beginning of September, we welcomed in the Spring by arranging some flowers. It was a fun activity, where everyone's personal touch was seen in each vase, and it definitely filled the room with the sights and scents of spring.



Jean, Elaine & Margaret



Janie & Avalon

A few years ago, I 'm sure you remember
It was a beautiful day at the beginning of December
I was invited to your house, to spend Christmas Day
I was so shy and scared I almost ran away
A couple of years passed and we seemed to feel! You know
We'd cuddle and kiss and feel a warm glow
I waited till your Dad got a bit tiddley one night
Then blurted out, we want to get engaged, is it alright?
There was an awful long silence, it seemed like a year
Then there appeared in his eye just one single tear
You realise he said "Your asking for a wife"
Thats not for five minutes lad its for the rest of your life
To this day my Love, I still feel that glow
It seems like five minutes , but that was fifty years ago

By George Sharp

How I spend some days by John Hinton

Tuesday mornings are very special for our Villa Resident John Hinton. John can be found with his walking group and was recently on a very pleasant short walk of only about three kilometres around the newly developed Te Kuru Wetlands. There was no wind and the only problem was that we have not had much rain in last three weeks and the wetlands is losing water, but still a lot about. Nice to see lambs about and birds flying around. When the sun did come out there was quite a bit of heat in it. Spring is here. Photo shows myself (on left) telling the group in the wetlands car park about how the Council is developing the area to minimise the likelihood of floods in Cashmere Stream and the Heathcote river.

We went to the cafe afterwards and had a chat over a coffee. The group is well organised and i find them a friendly lot and i have to work quite hard to keep up and it is good exercise.
On this particular day 24 walked with me

*Well
done
John*



**John & Walking
Group**

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.



Hydration

As we become older and the weather heats up, we become more vulnerable to dehydration.

The amount of water in our body decreases by approximately 15% by the time we are 80 years old, therefore we become more susceptible to dehydration from the loss of a small amount of body water.

Our sensation for thirst is also diminished and we don't have the drive that makes us drink more.

Dehydration can lead to falls, confusion and hospitalisation.

It is therefore recommended to:

1. Drink on a schedule
2. keep a stock of beverages you prefer to drink.
3. Congratulate yourself when you drink certain quantities in the day.



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.



Puzzle Corner

Word Builder

How many words of 3 or more letters including plurals, can you make from the 6 letters below, using each only once. No foreign words or those beginning with with a capital are allowed.

NMTEMO

Good - 10 Very Good - 15 Excellent - 17



Riddles

I jump when I walk and sit when I stand, what am I?

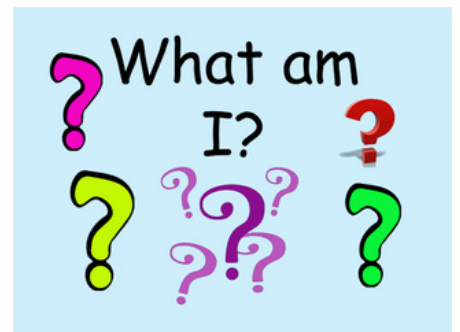
A Kangaroo

If two fathers and two sons are in a car, yet there are only three people in the car. How can that be?

A grandfather a father and son

What breaks but never falls, what falls but never breaks?

A. Day and Night



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

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