

THE LINK

The Marianne Caughey Smith-Preston Memorial Rest Homes Trust Board

March 2006

Remember our email address:

residents@caughey-preston.org.nz and visit our website www.caughey-preston.org.nz

A WELCOME TO 2006

2006 has gotten underway in a very busy fashion here at Caughey Preston.

We move into this year with a key focus on our strategic plan, which was developed at the end of 2005.

This plan looks to the future of Caughey Preston—a future which is exciting and committed to providing excellent care. In fact, a future committed to excellence in all areas. You may notice our Vision statement at the bottom of each page of this newsletter. In our Units you may have already noticed our strategic plan displayed in prominent locations.

Often at times the expression of an organisation's vision is seen as just words. However, to all of us here at Caughey Preston, it is far more than that. It is the reason we are here, and our entire focus as we move forward, committed to our residents and staff alike.

So, 2006 is underway with a very positive view, very high occupancy and a year of research ahead of us. When we make decisions in the future around development of additional services we will know that what we are planning will meet growing and changing needs in the community and we will be seeking input from a wide sector within the community to support that.

If you would like a copy of our strategic plan please see Glenys Wilkinson on 523 4750. She'll be happy to send you a copy.

I take this opportunity to extend our very best wishes to you and your family for the year ahead. May it be all that you hope for.

Gloria Budgen, General Manager

Activities and Events

Welcome to all residents, families and friends of Caughey Preston.

Summer is now well and truly with us and Christmas a well and truly distant memory! It was an extremely fun filled and busy time for us during December with all the festivities across site. To begin with there was the "big Christmas buy up" where over 200 gifts were purchased for residents on behalf of the Trust Board at Smith & Caughey's. Each gift was individually chosen, beautifully wrapped, and given out at the various unit functions.

Upland Home had an afternoon celebration of entertainment and festive nibbles. The Hospital hosted an "Around the Nativity" family lunch which proved even more popular than the previous year as over 55 guests attended on this occasion. After the food and wine everyone was entertained by an orchestra from Baradene School. Ventnor Home provided in-house entertainment on their special day, which included a staff cultural performance, a "Night Before Christmas" comedy skit, and gift giving by Santa. Families also enjoyed a festive afternoon tea in our Special Care Unit. The City Lights tour was enjoyed by residents of Upland and Ventnor Homes, with a night trip to view the lights of Franklin Road, followed by sherry and mince pies under the Harbour Bridge! And then the launch into the new year! All the activities staff worked hard to complete their 2006 Activity Planners. They have many exciting themed events in store including the Flapper Years, Spring Festival, the animals and us, gadgets new and old, performing arts, A & P Show, Fashion & Beauty... watch this space for more.

Sherry and mince pies under the harbour bridge



OUR VISION

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Summertime Upland Home Style

“Beaches, Baches and Barbecues” has been the theme over Summer in Upland Home. Our residents have enjoyed bus trips to Maraetai, Buckland’s Beach, Muriwai, the Viaduct Harbour and the Auckland Waterfront. At home the residents have had the opportunity to enjoy barbecue lunches and Christen the new inner courtyard deck. Fruit kebabs, colourful green salads, new potatoes, sausages and fried onions are the order the day, with ice cream cones providing a cool finale. From the animated buzz of conversation and positive feedback this is a very popular activity.

Ventnor Home has also decided to host BBQ’s which have taken place around the gazebo off the main lounge.



“BBQ Art”

Sun Smart Advice

It’s Summersun, sea, sand and sunburn. In the last Link we reminded everyone to don those sun hats. Here are a few pointers for those of you who will be buying one:

- Make sure that the hat is made of tightly woven fabric which doesn’t let the sun’s rays through
- Choose one which shades your face, neck and ears
- Make sure that it feels comfortable-cool but firm around the headband
- A darker colour will keep out the sun’s rays better
- A brimmed cap with flaps offers the best protection
- Safety—make sure that you can see under and around the brim
- The occasion dictates the style of the hat—you may need more than one.
- If you wear a cap you will need to protect your ears and neck with either hair, collar, bandana, or sunscreen

Advice excerpts drawn from the Cancer society of New Zealand website: www.cancernz.org.nz

Trash or Treasure...down Memory Lane

The Activities Coordinators are planning to set up reminiscence boxes of household items and are appealing to anyone who might be having a Spring (Autumn!) clean. Evoking past memories is an important aspect of our role as Activities Coordinators. So if you have any item (blast from the past) that “grandma always had” in her kitchen, cleaning cupboard, sewing box... we would love to hear from you. Please phone Phillippa Redwood at Upland Home on 523 4750 ext 730. Thank you.

The Secrets of Successful Ageing: What Science Tells Us About Growing Older

Why do some men and women defy the chronological odds and live a longer life? Some explanations for successful ageing are obvious. We have all been told that the best way to stay healthy is to eat the right foods, keep a good weight, get rest and relaxation, and exercise and hope that you have good genes. However, how we age may be linked to our personality traits, the social relationships that we have formed and, most importantly, how we deal with stress.

Scientists have estimated that the potential physical human lifespan is about 120 years! Undoubtedly genetics play a part in the ability to live to an extreme old age...remember the advice to “chase your grandparents wisely”. But more importantly researchers are viewing stress, or how we handle it, as one of the most influential factors on how we age. Learning to effectively manage our stress may contribute to successful ageing. Recent research has identified that ageing may be positively influenced by:

1. Keeping friends and family close; successful agers are not loners and may be better at handling stress due to the support they get from their significant others.
2. Having personality traits such as optimism, adaptability and a willingness to try new things.
3. Being in control
4. Being informed; stress doesn’t take as much toll if we can predict it

(Ref: Headlines National Newsletter, Volume 7, Summer 2005)

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A very Special Honour for a Very Special New Zealander.

Recently in the Link we featured Willow Mackie who is a resident in Caughey Preston Hospital. Willow is known and loved throughout New Zealand as one of our leading composers of folk style music. As such she was honoured with the Queen's Service Medal in the 2006 New Years Honours List.

Willow is a prolific writer, with 113 songs, 92 lyrics, 14 settings, 300 poems and an opera to her credit at last count. She composed her first poem at the age of three.

Willow's mother brought a Spanish guitar from Texas when she came to New Zealand as a girl. Willow became familiar with it and when the right time came looked for a teacher. Her choice was a Maori teacher, Walter Smith who gave her lessons on the guitar.

When Willow first began to play music her piano teacher—Albert Bryant—encouraged her to compose a tune, a little melody to some verses of her choice. He took a fancy to it—said it was 'very good'.

In 1960 Walter Harris, (then Head of the New Zealand Film Library), who had taken an interest in Willow's songs sent her a copy of the NZBS Junior Song Book, and wrote on the cover, 'Thousands of children will be singing your *Ballad of Captain Cook* this year'. This was a great comfort to Willow. New Zealand had had so little to build on in the way of a musical tradition, and she'd hoped to fill that need.

The song that we all know Willow best for is 'Te Hari-nui', the New Zealand Christmas Carol. This song was published in London in 1957, but it was another two years before it was sung in New Zealand—by an Australian choir!

Congratulations and thank you Willow for all the richness you have given us through your songs.



All aboard!

It was out on the open seas for 8 residents from Upland Home who went across to spend the day on Waiheke Island. The sun was ablaze, the picnic was packed, and the van was loaded onto the Sealink Ferry. After a morning cuppa on picturesque Onetangi Beach we tiki toured around the island before our lunch stop. Thanks to Barry Kirkwood a resident's son who allowed us to have our picnic lunch at his residence on the cliff top above Palm Beach. Some of our residents enjoyed the experience so much they thought they might book in!!

To complete our (overseas?) adventure we drove through the township of Oneroa and explored the western tip of Waiheke before returning to the mainland on the 3pm Ferry.



Boarding the car ferry



Looking down on our morning tea spot on Onetangi Beach

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Early Memories from Mrs Jamieson

This month we would like to introduce Mrs Jamieson who is a resident of Caughey Preston Hospital.

Mrs Jamieson was born on the 27th May 1906, in the small rural town of Riverhead. As her father was an engineer in the newly established paper mill, the Jamieson family lived in one of the employee villas. It was here that Mrs Jamieson was born at 8am in the morning as the horn was blowing to herald the start of the day shift in the mill. As the township was built around the river the main form of transport was the steamer. Mrs Jamieson remembers that her mother would frequently be late returning home from shopping in the “city” as the steamer was stuck in the river bed. On those occasions her older brothers were left to cook the evening meal on the coal range! The only other way of getting to the city was to walk into the nearby town of Kumeu and then catch the train.

The township had one small school where the children wrote with chalk on slate, a community hall that doubled as a church, and a general store where Mrs Jamieson loved to buy liquorice straps and aniseed balls. As meat was scarce they had plenty of tinned corned beef, with any fresh meat stored in a meat safe. Of course there was no TV or radio so the children amused themselves by playing rounders or going for bush walks.

Mrs Jamieson subsequently lived in Auckland and Drury. Here she has early memories of the icecream vendor bringing his horse drawn cart to fill household jugs, bread and milk deliveries by horse and cart, doing the laundry outdoors with the wash board (and the Wekas eating the soap!), trips to school on the pulley train trolley, and the small town of Newmarket with its one picture house and English pie shop.

Caughey Preston would like to wish Mrs Jamieson all the best for her upcoming 100th birthday. She claims that a life time of walking has been the key to her good health.

ASSISTED LIVING UNITS—VACANCY

One of our assisted living units is vacant. It is a lovely one bedroomed unit located near Ventnor Home.

If you know of someone who still lives independently on their own but may appreciate the security of living here at Caughey Preston with access to our activities programme and emergency clinical support, please get them to contact Barbara Houlding 523 4760

Out and About

Care and Craft Centres of NZ Trust is an organisation that runs day centres for older adults who wish to participate in social and craft activities. Local centres are at Remuera and Mission Bay where sessions run from 9.30am to approximately 1.30pm every Wednesday. For a minimal cost of \$2.00—\$3.00 people can enjoy a morning tea and lunch whilst participating in crafts that are run by different volunteers. For more information contact Cathy Lavelle on ext 709.

AVIAN INFLUENZA

As you are aware over the past few months there has been an enormous amount of publicity regarding the Avian Influenza Pandemic and how would Organisations manage if this Pandemic eventuated.

At Caughey Preston we have been preparing and planning how we are going to handle day to day operations on our site in the event of Avian Bird Influenza (H5N1) in New Zealand.

It is important to remember that the virus is able to be transmitted from infected birds living in close contact with humans, but at this stage the virus does not have the ability to transmit from human to human.

We have developed a basic, easy to read and understand, handbook for your information. The information contains Caughey Preston general information which identifies symptoms and how to care for yourself and your family during a pandemic.

The Ministry of Health has recommended that everyone have the influenza vaccination as that may afford some protection in the event of the Avian Flu becoming transmissible from human to human. Consent forms have been sent to residents’ families offering vaccination which is free to persons over the age of 65. Caughey Preston staff are offered free of charge the influenza vaccination as well and this will take place at the end of March.

The information handbooks are available from the Receptionist or Service Manager of each unit so please feel free to take one home with you to discuss with your friends and families.

For further information regarding the Avian Influenza Pandemic the Ministry of Health Web Page is <http://www.moh.govt.nz/pandemicinfluenza>

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