



Leighton House
GISBORNE

Our Home

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In this issue:

- A message from Liz and Teresa
- Dealing with the heat of summer
- The importance of flu vaccination
- An open letter to our staff team from Andrew Sheard
- An invitation to our Facebook page
- Concerns and complaints: Your gift to us
- Caring for possessions
- Second Point of Contact

A message from Liz and Teresa

Welcome to 2020 and our first newsletter for the year. We hope you all enjoyed the festive season and enjoyed a bit of rest and relaxation over the holiday period.

December 2019 was a hive of activity, with a bit of excitement in the air...

Our Christmas Family Gathering was such a great opportunity for us to catch up with family and friends. We had a great turnout on the day. Thank you to all who attended and thank you also to the cooks who every year put on an amazing spread.

Recently we have welcomed two new RNs to the Team, Asha Thankachan and Joju Joseph, and we also welcome Hannah Pride who has joined us as one of our cooks. Hannah has worked for the NZ army as a chef instructor and brings high level of cooking skills and good old fashioned home baking which our residents love. (Her pinwheels are already a favourite with residents.)

We also want to give a special mention to Shirley Karika, Polly Hovell-Moeke, Erika Kuil and Krissi Barbarich-Singh for completing Health and Wellbeing Level 3, and to Jo Beattie, Hine Brown and Roberta Smith for completing Health and Wellbeing level 4. Congratulations to all – it is wonderful to see our staff team working hard to gain skills and expertise to the benefit of our residents.

For many years now our Activity team has supported our residents and local charities by making gift hampers and raffling these off. All proceeds are donated to a deserving charity or put back into creating extra activities and outings for our residents. Recently we held a “Strawberry Day” which our local hospice initiated. Leighton House decided to join in and created an afternoon tea where we served all things strawberry and took the opportunity to create a “Red Hamper” to



raffle. We raised \$100 which went to hospice.

A big Thank you to family, friends, contractors, couriers, Health teams and everyone who visits us and buys a ticket we have such an amazing community and we appreciate your support.

A reminder to family it is that time of year to have your loved ones electrical appliances safety checked and certified. If you would like Teresa to organise this for you please contact her or call Tim Klay 027-501-0060 to book a time to complete.

As most families are aware Three Rivers, Puhī Kaiti and Te Whare Hapara medical centres have had Kylie Morrissey as their Nurse Practitioner for the past five years, who has done an amazing job providing care and service to Aged Care in Gisborne. Kylie will now be joined by Natasha Ashworth who share the NP role. Natasha has worked at Gisborne TDH for many years, and has already met with some family and residents during her introduction in December 2019 and her weekly rounds. If you have any questions about NP or GP visits please contact Liz.

We look forward to sharing a wonderful year together here at Leighton House and hope to welcome you here often to enjoy special times with your loved one.

Dealing with the heat of summer

As we continue through the warmer months some families express concern regarding the comfort and welfare of our residents on very hot days.

An article published in the NZACA's Insight magazine in August 2018 acknowledged that indoor temperatures in aged care homes could have a dramatic impact on the wellbeing of residents, particularly those with dementia, according to research out of Australia.

The World Health Organisation suggests that older people should not be exposed to temperatures lower than 20 degrees, while the International Organisation for Standardisation recommends maximum temperatures not exceed 26 degrees.

The study noted that it was interesting that residents felt comfortable over a wider range of temperatures than staff members.

It has been suggested that we consider installing air conditioning in our rest homes for use in the warmer months. This has in fact been done at some of our rest homes, but is not an unqualified success and has itself led to complaints. People experience temperatures differently, and older people in particular tend to feel extremes of cold more than those of heat. Temperatures which active younger people find distressingly hot are not experienced as such by everyone, especially those who are not mobile.

We have complaints of 'drafts' from residents who do not enjoy the sensation of cool air indoors. Everyone has different preferences. People of our residents' generation are not usually used to air conditioning, as this was not common in family homes of their era. They are accustomed to being hot in summer and cool in winter. It is generally not harmful for them to experience seasonality in this way, and may even provide opportunities for conversation and reminiscence.

Our care staff, under the guidance of our Registered Nursing team, are aware of the effects of hot weather on the elderly and of the importance of ensuring that this is appropriately managed. Measures for doing so include the following:

- Take residents out into the garden area and let them enjoy the shade under the trees
- Ensure residents are wearing loose, light clothing
- Keep doors and windows open, especially door to the outside garden area
- Keep fluid rounds regular, and encourage residents to drink often
- Keep fans on and air circulating as much as possible

Rest assured that we will do all we can to keep our residents happy and comfortable during the summer months.



We had such a great turnout at our Family Christmas Gathering



Santa and Josie Markie

The importance of flu vaccination

As summer draws to an end we ask you to begin thinking about the annual influenza vaccination which is offered free of charge to all residents.

We strongly advise EPOAs to take advantage of this to protect their loved one from the serious effects of the dangerous strains of influenza which are

prevalent every winter.

There is a very clear correlation between those residents who struggle with persistent ill health over winter, and those who did not have the flu vaccine.

Please choose to vaccinate this winter, and help your loved one stay well!

Our amazing staff team

Reflecting on the blank page before me I see faces pass across it like a slideshow: the faces of our staff.

Real faces of real people I work alongside, chat with, and pass by each day.

Some of them are so young it astonishes me. Some are older.

Some are Kiwis, some from other countries close by, and some from far across the world.

Every single one of the faces I see is smiling.

One of the things that brings me most pleasure in my role is receiving positive feedback from residents and family members about our staff. At least once a week a letter, a card or a returned survey is received by our admin team praising them. "Do you know how wonderful your staff team is?" I am often asked. In fact no-one knows it better than Jim and I do. Why? Because we are around and about a lot, and our job is to notice things.

It's the job of the facility manager to be the boss, the 'face' of the rest home, the contact person for family members, and to know each and every resident individually. It's their job to lead the staff team, to recognise their achievements, to mentor, coach and guide them. It's

Andrew Sheard

their job to ask them to do things, and to thank them when they do.

A long time ago I was the Operations Manager of not one but two facilities, and I miss the close contact with staff that brought.

Most of all, I miss it being my job to say "Thank you." Thank you for taking the time to explain that this is a lemon soufflé dessert and will taste delicious. Thank you for stopping work for a minute or two to join a game of balloon catch. Thank you for pausing to sit down and listen – really listen. Thank you for sharing a joke and laughing together. Thank you for keeping our home bright and shining. Thank you for singing when you work. Thank you for bringing your own home, your culture and your family to work with you, invisible but always present. Thank you for your warmth, your care, and your generosity in sharing your time, energy and love.

Our staff are awesome and I am privileged to work alongside them.

Thank you for letting us know that you appreciate them too.



Jo Kendall, David Smith, Caroline Mitchell, Carol Green and Ray Stokes enjoying Christmas Day lunch together



Residents enjoying a game of Target Toss

An invitation to our Facebook page: "Leighton House"

Have you visited our Facebook page yet? If not, we warmly invite you to pay a visit and 'like' the page by clicking the button below the bannerhead. Any future posts will then come straight to your newsfeed.

In response to family suggestions we have a strong focus on using the Facebook page to provide fresh, topical stories and photos about life in our home. Stories include outings, cooking and baking, gardening,

special occasions, staff changes and other items of interest.

With permission, we use photos of residents and family members to honour them and the energy and love they bring to our home.

We love receiving comments on the posts to keep the page fun and interactive.

It's your forum, so please come on board and join us!



Concerns and complaints: your gift to us

As we strive each day to provide the very best possible care to our residents, it can sometimes be hard to identify where changes are required to improve upon the service that we provide.

We would like to say a special thank you to each and every one of you for providing us with feedback, either positive or negative. We really appreciate your honesty and the time it takes to let us know when things have not gone quite the way you would wish. Your concerns and complaints provides the opportunity for us to pass on this feedback to all our staff and take corrective action when needed, as part of our ongoing quality improvement programme.

Please remember that our door is always open. You are welcome to pop in for a cup of tea and a chat.

Caring for possessions

Occasionally we have incidents of treasured jewellery, especially rings, going missing. We would like to remind you of the importance of taking residents' rings away home with you.

It is important to stress that we cannot be responsible for any loss of property, and that this is very likely to occur, especially in an environment where people with dementia are cared for.

If a resident has a strong sentimental attachment to a particular ring, we suggest that you consider substituting an inexpensive copy for the original,

Please ensure that any complaint is made directly to either Liz or Teresa. If they are not available then the complaint can be made in writing on a complaint form to ensure that it goes through the correct investigation and resolution process. Complaints forms are readily available in the entrance foyer. If you have trouble finding one, please ask a member of staff.

Advocacy Services (0800 555 050) are available to assist you if required.

We always welcome your ideas and concerns, and your loved one will never be disadvantaged by anything you may share with us.



Marie, Gwen and Martyn having a game of quoits

which can then be kept safely by your family.

We require all clothing to be named upon admission, and any new items to be clearly marked before they arrive. Names or initials written with laundry pen onto existing clothing labels are not sufficient. Commercially printed labels either sewn on or ironed on will significantly reduce the likelihood of clothing being misplaced.

Please remember that we discourage expensive woollen items, which are easily damaged in the wash. Please select easy care clothing wherever possible.



Jo Kendall was the winner of our Strawberry Day hamper

If you would like to receive our newsletter via email, please email your name and email address to amy@dementiacarenz.co.nz.

Second Point of Contact: Sometimes, for a variety of reasons, there may be a need for a second point of contact to discuss an issue with. Vicky Jones, our Operations Management Leader, is available Monday-Friday 8 a.m. to 4.30 p.m. to discuss any issues of concern. (03) 347 7724 or vicky@dementiacarenz.co.nz