



Admatha
CHRISTCHURCH

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Family Newsletter

A message from Sue

Warmest greetings from all of us here at Admatha!

Changeable weather and winds have ushered in spring this year, but with the arrival of daylight saving and the new leaves on our majestic old trees we look forward to long and settled days with our residents able to get out and enjoy the beautiful gardens.

We are excited to announce that we will soon be replacing our old van with a wheelchair hoist van to accommodate those of our residents whose mobility is challenged. The van will also be useful for hospital visits.

We have seen some changes in our clinical team recently. Ruth has now been promoted to Regional Clinical Manager (South Island), and her permanent position as Clinical Manager of Admatha has been filled by Maria Ylaren. Maria has worked for us for some time as a senior registered nurse at Avonlea, and we are delighted to be promoting this very able and experienced staff member into a position of more responsibility within our organisation.

Karen Baruis, who has done a wonderful job of filling Ruth's shoes for the past six months, will be

returning to her previous role of senior registered nurse here at Admatha. We all join in thanking Karen for the wonderful job she has done of leading the RN team and caring for our residents and families during that time.

I would like to thank our residents and visitors for their patience during the recarpeting of Admatha Home. This necessitated the closure of the lounges for a period, which resulted in inconvenience for us all. The results are well worth it, however, with soft, clean new carpet underfoot for us all to enjoy.

Our residents and staff recently enjoyed a black and white 'theme' day, dressing up in black and white and enjoying black and white theme baking, decorations and games. We have also recently had a spring daffodil theme, with our noticeboards appropriately decorated and fresh spring flowers to enjoy.



We are delighted to welcome back our church volunteer hymn singers for the first time since the earthquake. It is good to feel that things are truly settling back into their normal routines!

I would like to remind you of our family support group. Independently facilitated by Pam Barrett, this group meets in my office at the Lodge 11 am every second Wednesday of the month. You are very welcome to attend, and no prior notification is required.

We look forward to making many happy memories and special moments with you and your loved one in the months to come.



Hymn singing

'The Power of Eternity'

Every day we are privileged to experience special moments with the people we care for, moments which remind us of the power of living 'in the present moment. There may be no 'cure' for dementia, but these moments affirm that there is definitely joy, empowerment and healing. We keep a 'magic moment book' to record these in, which you are also welcome to use. We would like to share some of these special moments with you.



Senior Home Manager
Helen Knighton celebrates
Black and White Day

A male and female resident were sitting together. Suddenly the female resident started to weep. The male resident took hold of her head and placed it on his shoulder, offering his shoulder for her to rest her head on and gently patting her back.

Staff sitting doing crosswords with 2 residents at the Lodge, and the residents' delight when they knew many of the answers!

Two female residents walking hand in hand down the hallway together deep in conversation.

I was walking in the hallway when a male resident greeted me and gestured to me to follow him into his room. He went straight to the wall where a family picture was hanging. He pointed to the picture and said "These are the girls," and "This is Mum" and "That's me!" I was so touched by the way he was still able to recognize his family and how much the picture meant to him.

While I was replacing light bulbs in the lounge one of our male residents came up to me and held the chair I was standing on. He did not leave until I had finished all the bulbs. At one point he tried to hold me steady, as if he was afraid I might fall.

On night shift I sat down to have a cup of tea. One of our residents walked in and said to me, "Are you having a cup of tea?" "Yes," I said. He said to me, "Have you got extra?" I said "Yes. Sit down and I will make a cup for you." He sat down and I offered him cake

and sandwiches. When he had finished he looked at me and said with a lovely smile, "Thank you. I'm going to bed now."

During conversation one of our female residents told me that her son was her "Power of Eternity"!

A heartwarming moment of bonding when two male residents were seated together in conversation, one holding the hand of the other.

We had fun and enjoyed dancing with a male resident in the lounge with him smiling and carried away by the disco music on the radio.

When I told a male resident "I have finished working here and I am leaving today" he said to me, "God bless you dear." It was really a blessed moment for me.

Smiles of delight from a female resident when she was playing ten pin bowling, saying "I'm lucky!" as she hit down the pins.

Playing with the big beach ball with a female resident who kicked the ball and it hit a male resident on the behind as he was bending over. With barely concealed delight she exclaimed: "That was a good shot!"



Steve Oliver and Sue
Denton receiving the prize
of a knife set from
Foodstuffs representatives

Planning for excellence

As we move towards the end of the year a number of significant projects forming part of our annual business plan are now well underway.

These include important initiatives such as falls prevention and a reduction in staff and resident incidents and injuries.

We have a significant focus on medication, comparing the use of antipsychotics both within our facilities and hopefully with comparable external agencies. Our aim is to continually strive to achieve the best balance for each resident, with the least possible medication our constant objective.

As always, our activities programme is high on our list of priorities, with a renewed focus on familiar, homely activities which are age-appropriate

and lead to a sense of purpose and fulfillment.

Staff education has taken place recently in falls prevention, protection and prevention of pressure areas, and abuse and neglect.

In addition, a new role of BPSD (Behavioural and Psychological Symptoms of Dementia) Advisor has been created to provide a specialised 'go-to' person for any concerns or challenges relating to residents. Sandra McArthur is our BPSB Advisor at Admatha.

An organisational continence specialist is also soon to be appointed to assist our staff team in the continuing quest to maintain continence and enhance the personal dignity and quality of life of our residents.



Snow in June:
Admatha Lodge

Summer's on the menu!

With daylight saving comes summer and the re-introduction of our summer menu.

As well as taking the dietary requirements of our residents into account, the menu devised by our dietician changes with the seasons. The hearty soups, stews and hot puddings that provide warmth and comfort in winter give way to lighter, more summery seasonal fare featuring fish, pasta, chicken, cold meats and salads, sandwiches, savouries and quiches.

Desserts remain a highlight of every meal, with ice cream and fresh fruit salads, mousses, jelly whip and crumbles being among the favourites.

Fresh home baking is always on offer for morning and afternoon tea.

A wonderful new cook, Carol, has joined our kitchen team recently. She is a wonderful homely cook who takes pride and pleasure in adding special touches to the meals she prepares, and our residents are loving her delicious food.

We recently won a magnificent set of knives in a Trents Foodstuffs competition. Our cooks are putting them to good use!



Fresh from the oven: a home-baked cake to celebrate Banana Week!

Courses for families

If you are new to Admatha you may not be aware of the two short courses we run for family members, Orientation for Families and Sharing the Journey. These courses are a free, fun and supportive way of introducing you to many of the practical aspects of having a family member in residential care, and of understanding more about the dementia journey. People who attend the courses find them both enjoyable and enriching. Please pop in and speak with Sue to find out more about the courses and register your interest!



Delicious home made treats prepared by our diversional therapists and residents

A special request

Our organizational accounts team in Nelson has asked us to bring your attention to the importance of giving the resident's name as a reference for any payment, whether on an account or an Automatic Payment. If any other name is given, such as the person making the payment or the EPOA, for example, it can take time to identify which resident the payment applies to, and there is greater potential for confusion and mistakes. Thank you for your assistance with this.

Heading away?

Please remember that if for any reason you are heading away, it is essential to leave our RN with contact details (whether a cell phone, close family member or email address) so that we can reach you if we need to for any reason.

It will also give you peace of mind while you are away, knowing that we are able to notify you immediately if anything unexpected should occur.



Our Spring celebration

We would like to thank Mary Roberts for sharing her inspirational poem with us all.

The Friendship Tree

Plant a seed of friendship in the fertile soil of caring.

Feed it with love, patience, understanding and forgiveness.

Watch it blossom into a beautiful tree that will

Support you in dark times,

Rejoice with you in your triumphs,

Shelter you from the storms of life,

Embrace you with its branches of thankfulness

For your generosity of spirit.

This "Unique tree of Friendship" will

Reward your loyalty tenfold with the pleasure

You will receive from watching it flourish.

The years will make it stronger.

It will share its strength with you.

A strength to sustain you through the seasons

Of your Life.

A SEED WELL WORTH PLANTING

August 2013

