

## Message from our Facility Manager

Hello and welcome to you all. Isn't it great Spring has sprung, and new life is growing everywhere I look. The blossoms and magnolias have beautiful buds bursting into flowers; daffodils are still looking great and so are we here at Cairnfield.

Recently, we have had the builders in fixing the roof where needed and making sure we are watertight and looking our best.

One of the fun things we have been enjoying with the residents is cultural food day. This was decided upon with the residents at their meeting and they have been involved by suggesting some countries / food they would like to try. Once a week we take a recipe from our menus / or search one that has been asked for and find the origin of that food, then I read about these origins to the residents in all three wings as the meals are being dished. Mandy and Anju assist me, and we play a national song of that country while showing a large picture of the food. We sing along and dance to the music which seems to heighten the resident's moods as they enjoy the meal of the day.

Our cook is enjoying cooking these foods as she is using more traditional ingredients.

So far, we have had food from Mongolia, Greece, Italy & New Zealand. This week we are going to England for the mighty fish and chips.



Regards Lesley Middleton

## Changes & Improvements at Cairnfield House

- Roof and Ceilings are being repaired
- A cultural meal from around the world once per week
- New HCAs
- A new Registered Nurse
- A new receptionist

## RECENT TESTIMONIAL



### Appreciation for care!

**"We would like to thank all the staff for their loving care and attention you gave to our dad / husband for the two months he was there. He was not keen to have to go into a home, but we were not coping at home. We obviously chose the correct home as nobody could have cared for him better".**



facebook

**Remember to like us on Facebook to see what we get up to!**

<https://www.facebook.com/Cairnfieldhouse/>

**Residents Clothing** - Please ensure your family member/whanau/friend that is staying with us has their personal clothing items named – this way we can ensure residents receive the correct items back from our laundry.

# CAIRNFIELD HOUSE REST HOME AND HOSPITAL

"WHARE OKIOKI ME TE HOHIPERA"



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## SPRING NEWSLETTER 2024

## ***Hello from Activities! October 2024.***

Spring is here!

Last week we were enjoying warmer weather and our lovely residents who make our verandas' look so colourful had all their spring flowers blooming but now as I write this, we are having our last winter blast with rain beating against the windows. Luckily yesterday we got our first sausage sizzle lunch in and brushed the dust off the BBQs.

In May we had all our usual entertainers and activities, and we started a relationship with the Salvation Army Friendship Group and visited their new premises for a morning of games and morning tea. We then returned the favour and the Friendship group came to us in August for an Olympic games morning. We hope to keep this relationship going.



**Olympic Games fun with the Salvation Army Friendship Group.**

June was a month of celebrating and embracing Matariki. With weaving, soup making, poi, waiata and we had a visit from the Kuia and Kaumatua kapa haka group which was fabulous. We finished our Matariki celebrations with a hangi.



**Matariki Soup Making**

July saw more of our van rides, Tai chi, usual Happy Hours, Art activities – we are lucky now to have a volunteer who comes once a month and does planned art projects with us. The end of July saw us have an opening Olympic ceremony and we continued into the middle of August with Olympic and Paralympic games, discussion and following our talented New Zealanders in competition.

We ended August with a lovely visit from the Otangarei Kura junior Kapa Haka group. The lounge was bursting at the seams and some residents were moved to tears by their performance.

The residents seem to be enjoying their cultural lunches each week as we learn and taste about different foods from around the world. As we move into September, we have celebrated all our male residents with a Father's Day morning tea.



**Father's Day Morning Tea**

Finally, we are looking forward to being outside more and enjoying the sunshine as things warm up.

As always, we remember our lovely residents' who have passed, and we welcome new faces to our home.

Take care out there and stay safe and happy.

*Kia mau, kia koa*



*Mandy*



*Anju*