

## Winter Update from Activities!

June and July 2025 have been a busy couple of months for us. We started June preparing for Matariki Celebrations by making Kites.



On 20<sup>th</sup> June we welcomed Matariki by pausing, remembering those who came before, cherished the present and we look ahead with hope. Mānawatia a Matariki!



We even learned to use Poi and enjoyed Poia atu taku poi, (swing far my poi) while Charles H sang a Waiata to us all. It was fabulous!

We have been blessed with all our usual musicians through June and July and have enjoyed Cairnfield staff dancing along with residents. We've also had wonderful art and craft sessions along with bingo, games and newspaper reading etc....



**Making Rainbows**



**Cooking Pikelets for morning tea**



**Afro Lady Art**

We welcome our new DT named Denize who joins Raewyn in bringing your loved ones extensive engaging ideas Monday – Saturday.

**Kia mau, kia koa**



*Raewyn*



*Denize*

## Message from our Clinical Manager

Winter is here – sort of. I think some days the season is confused if it should be cold or warm.

Residents have been keeping warm and active. The lounge has been busy with Matariki, including a hangi and winter activities – check out our Facebook page to see what they have been up to.

We are keeping vigilant with the flu season. We had a few residents and staff present with flu last month, but our staff worked with stringent infection control measures, and it was kept under control. A reminder to all, if you are unwell or have had close contact with sick people family or friends, please don't visit until you are well.

Please ensure your loved one's clothing is labelled when you purchase new clothing items for them. We prefer professional labels – iron on or sewn on. Vivid pen is only temporary as with washing and drying it "bleeds" and before you know it, we cannot read the name on the clothes – resulting in it ending up in lost property. We have lots of lost property – new clothes with no names – you can find the lost property items in the main lounge at the trestle table under the heat pump.

Keep safe and warm, and phone your loved one you haven't talked to them in a while.



*Belinda Haskell*



## Message from our Facility Manager

Hello everyone! Welcome to all our new residents along with their families.

I hope you are all keeping warm and dry this winter. Today as I write this piece I have heard there has been a mini tornado happen up in Tauranga Bay. We don't hear of that sort of thing happening often in Northland, thank goodness.

I am happy to announce that we have hired a new Diversional Therapist named Denize. Raewyn and Denize are working well together bringing new ideas with them that the residents seem to be enjoying.

Our cook Ruth is very accomplished and has been making some amazing meals because of our monthly cultural food days. Some recipes have been so well received they have been added to our menu.

We have been updating a lot of the pictures throughout the home lately, so we hope you enjoy the different views as you walk down our hallways.

We do currently have rooms available for individuals and couples. We welcome you to share your experiences of Cairnfield and guide people to check out our Facebook page or even pop in to say hello to view. They won't be available for long!

On a personal level, John and I are looking forward to a trip of our lifetime next month. We are travelling overseas fulfilling our bucket list and meeting extended family. I will tell you all about in when we return.



Lesley Middleton

## Changes & Improvements at Cairnfield House

- New Vehicle (Replaced the white Mazda)
- New Kitchenette in Manuka Wing
- New safety rail at kitchen side door

### RECENT TESTIMONIAL



To all our Cairnfield Superstars! A Huge thanks to you all for being so amazing with Mum in the last 2 years of her journey. You have gone above and beyond with her care, meals, laundry and cleaning. Every day you have also provided her with smiles, laughter, fun, music and friendship, all of which were so important to her. You also looked beyond her illness to see her as a person.

The name Cairnfield House came from the ground it was built on, as "cairn" means a stony field in Scottish Gaelic. This elegant home was built in 1904 and apart from a new roof, the house is in its original state – even including some of the wallpaper.



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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## WINTER NEWSLETTER 2025