

Aria Gardens

Newsletter

1st December

Last Newsletter of 2020...

What a year 2020 has been with COVID19 dominating most of it. I would like to thank the residents, visitors, and staff for getting through these months and continuing to support us each time we have a community case. I don't suppose anyone could have predicted what has happened across the world and in New Zealand. We do have a lot of staff who have been affected by COVID 19 personally with their families being overseas and so we do thank them for their continued support of Aria Gardens.

Please be assured that we continue to be vigilant and put the needs of the residents first.

Just a reminder - Aria Gardens - Visiting Guidelines:

Visiting precautions will continue throughout the Christmas period in line with Alert Level 1 settings:

- Please do not visit us if you are sick
- We are happy for you to come in anytime, however it is mandatory for you to sign in and out in our register at every visit– by signing in our register you will also be signing a declaration stating that you (and everyone at home) are well and have not been in contact with anyone who is currently being tested or working in a quarantine facility / airport ...etc.

- We would like to encourage you to sanitize your hands before and after your visit.
- Wearing masks is optional but highly recommended as it will provide an added layer of security to your loved ones.
- Visitors must continue to follow the Ministry of Health's and the Care Centre's infection prevention and control measures, for example hand hygiene and physical distancing.

Guidelines for visitors who have gone through Quarantine:

Please ensure you call ahead if you are a visitor from overseas and wish to visit family or friends in one of our Care Centres. The following additional precautions have been put in place for overseas visitors for a further 14 days from the completion of their isolation stay:

- You will be asked to provide evidence of successfully completing the 14-day isolation period and evidence of two negative COVID-19 tests.
- You MUST wear a mask and maintain your physical distance while in the Care Centre
- You must visit only in the resident's room and not linger or meet and mingle with other residents or families on their way in and out of the Care Centre.
- At that point, provided the visitors remain well we can return to normal visiting protocols. Please note that if the overseas visitor is staying in the same household with family members who are also visiting the Care Centre then these other family members will also be asked to wear masks and maintain a two metre physical distance for two weeks to keep everyone safe.

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Continue to play it safe

Viruses such as COVID-19 and the flu are easily spread by close contact with people who have symptoms. You may also get infected if you touch surfaces or objects with droplets and then touch your mouth, nose, or eyes.

Please stick to the Golden Rules to keep everyone safe:

- If you are sick, stay home. Do not go to work or school. Do not socialise.
- If you have cold or flu symptoms call your doctor or Healthline and make sure you get tested.
- Wash your hands. Wash your hands. Wash your hands.
- Sneeze and cough into your elbow, and regularly disinfect shared surfaces.
- If you are told by health authorities to self-isolate, you must do so immediately.
- If you are concerned about your wellbeing or have underlying health conditions, work with your GP to understand how best to stay healthy.
- Keep track of where you have been and who you have seen to help contact tracing if needed. Use the NZ COVID Tracer app as a handy way of doing this.
- Stay vigilant. This is a global pandemic.

Thank you

Thank you once again for your support, understanding and cooperation. The success we have had at keeping our Care Centres COVID-19-free is due to the cooperation and support we have had from our residents, their families, and our team.

Please feel free to get in touch with us if you have any questions or concerns on this matter.

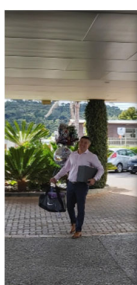
Residents Survey:

Thank you for participating in the resident's survey we had a 64% return rate which was slightly higher than last year. Results should be out in early 2021.

Research Participation:

"Standing Upright in Residential Care" – our falls prevention research project starts this month. Thank you to those residents who have volunteered to participate and to the staff for becoming our "moving well" Champions.

Staffing:



We said our fond farewells to Johann Tan our Care Manager for the Hospital side. Johann has moved on for promotion to become a Regional Quality Manager and we really do wish him all the best in his new endeavours. He has promised to keep in touch and pop in for lunch.

This was an exciting opportunity for Johann. I will personally watch his career with great anticipation. I believe he is a great asset to the Aged Care sector, and it is nice to think that he started that career at Aria Gardens. We love to think we are developing the leaders of the future.

Lucky for us Johann had developed his team so that we have a replacement in situ. Kristel Estillore, one of our PM RNs is stepping into his role. We have a number of newer RNs stepping up into leadership roles; so, we will be introducing a mentorship programme for the RN's over the next year to ensure that they are supported throughout the year in their new positions.

Welcome Kristel as Care Manager of the hospital

Here is a quick introduction to Kristel:
Hello Family and Friends,



My journey as a nurse started due to a personal experience. I was inspired to be a nurse after witnessing my Dad's journey while he suffered from his life limiting disease. I was with him during his emergency room visits,

ward admissions and ambulance rides. I was in awe to see the compassion, kindness and dedication show by the healthcare workers that assisted him. My Dad died after few months of care, but he died with dignity and in comfort. From this experience, it motivated me to become a passionate nurse who wants to render the best quality care that I believe everyone should receive.

Throughout my 12 years of nursing experience in different countries and being exposed to various care setting, I have learnt that my best teachers and mentors are my patients. Their health journey has developed my nursing knowledge and shaped my perspective toward life. Now that I am taking on a new role of leading our wonderful team to provide quality and safe care, I will strive hard to continue to exemplify the spirit of compassion and camaraderie in all that we do.

I am proud of our staff here and one day, should my mum need care, I would recommend Aria Gardens in a heartbeat.

I am excited to start as the Clinical Manager for our Hospital and I look forward to meeting you.

Kristel Estillore

The Attitude of Living Well.

In 2021 we will be starting our family and resident bi-monthly meetings. These will be evenings meetings, usually on the last Thursday of the month. We intend to make these as social events with cheese and wine. Each meeting will cover one of "attitude of living well" pillars. Invites will be sent out at the beginning of January with further details.

So how have we been living well in the last month?

Engaging Well:

Engaging well is about engaging with our environment, with our families and with each other. It is also about having social gatherings that are meaningful and interesting to the residents and to the staff.

We have a small team of engaging well partners who oversee this aspect of our care.

Our "engagement activities" continue to be varied and fun. These have included resident-led activities – card club, bingo, puzzle club and the walking team. The resthome is heavily into their golf putting and of course there is always the social happy hours and singalongs

Moving Well:

Our moving well pillar is all around keeping active.

We achieve this by encouraging residents to walk as much as possible. We have various exercise classes as well as Yoga. In addition, our Physio arranges exercise plans for the residents

There is no better exercise then dance and when our long-time entertainer Dave comes in on a Friday, there is plenty of dancing to be seen.



Thinking Well:

Going forward we are thinking more and more about our different cultures both within our resident and staff families.

November saw Aria Gardens celebrate its first Diwali party put on by our Indian staff family. I would like to thank the following staff who provided all the food and entertainment for the afternoon: Robin and Taburuk from the kitchen, Atish, Guna, Rajni, Jagjit, Neli, Tojo, Manjot, Harpreet, Karmjeet, Mala and Jass from our Wellness Teams.

It was an amazing afternoon. The food was delicious and the dancing so beautiful.



There was a huge audience of residents and they all enjoyed the food provided – the spicy and not so spicy!

We hope to have many more events where we actively encouraged residents and staff to think about each other and what makes us who we are.

Resting Well:



We are gradually looking at enhancing our environment throughout the building. Check out the Kauri garden. The residents have been busy painting birdhouses and we have created a Birdhouse Wall. The garden is beginning to really take shape. Thank you to the residents and Staff who have really taken this project on board.

It is a lovely resting haven of peace.

Eating Well:

At Aria Gardens we welcomed November as “Nutritious November”. All the Arvida group got together to discuss and look at ways to improve eating and drinking within our villages.

One challenge was to come up with a new napkin to replace clothing protectors. Our team put on their thinking hats and came up with using scarves which had been donated. They were trialled at our new monthly Garden Café Breakfast day and were a big hit with the residents.



Modelling the latest range in dining wear

The second challenge was to get a corn fritter recipe from a resident and have them make the fritters. The residents made and presented the fritters using a selection of fresh herbs from the garden and different accompaniments. Chef Robin was there to give inspiration and tips.



Corn fritter challenge

And thirdly we were asked to create meals which incorporated Ad Vital, a product which contains energy, protein, vitamins, and minerals. The meals were made to order at our special breakfast. As you can see from the photos Chef Robin and his team did an amazing job.



Avocado, poached egg, tomato, toast, micro greens & balsamic glaze



French toast with banana, fresh berries, mascarpone & maple syrup

Chef's Corner: Corn Fritters

This recipe makes 12 fritters and serves 4.

Prep Time 10 mins

Cook Time 15 mins

Total Time 25 mins

Ingredients

- 3 cups (525g) fresh corn (can substitute with frozen or well drained tinned corn)
- 1 small red onion chopped
- 2 eggs
- 1/4 cup coriander leaves and some stems (lightly packed)
- 1-2 grated courgettes
- 1 grated carrot
- 1 tsp sea salt
- Freshly ground Black pepper
- 1 cup plain flour
- 1 tsp baking powder
- 3 tbsp olive oil

Avocado Salsa

- 1 large (or 2 small) ripe avocado, stone removed and diced
- 1 1/2 tomatoes, seeded and diced (about 3/4 cup, diced)
- Finely chopped colourful bell peppers
- Chopped basil & parsley
- 2 tbsp lemon or lime juice & zest
- 1 dash Tabasco sauce, optional
- 1/2 tsp sea salt
- Freshly ground Black pepper
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Instructions

1. Turn on the oven to very low - just to keep the fritters warm.
2. Place 2 cups of the corn kernels and the onion, eggs, coriander, salt and pepper in a bowl and whizz with a stick blender until most of the corn is pureed (but still lumpy, not completely smooth). You can also do this step in a blender or food processor.
3. Stir through remaining corn, flour, and baking powder, courgette, and carrot until just combined.

4. Heat 1 tablespoon of the oil in a skillet/fry pan over a medium high heat.
5. When the oil is hot, drop 2 heaped tablespoons of mixture per fritter into the pan and cook in batches for 1 1/2 minutes each side, or until golden.
6. Transfer to a baking tray and keep warm in the oven while you are making the rest of the fritters.
7. To serve, stack 3 corn fritters on each plate and top with avocado salsa and extra coriander leaves if desired.

Avocado Salsa:

Combine all ingredients, toss very gently.

Suggested accompaniment:

Sundried tomato pesto mixed with sour cream and fresh chopped dill.

Need some Help with our new ideas.

Kauri's Gardens – We are still looking for cuttings for our Kauri Garden.

Postal Stamps – We now have a box on front desk for collecting stamps. We are so looking forward to doing a stamp college with the residents when we have enough stamps.

Fundraising Raffle Prizes – Part of Arvida's philosophy is to give back to the community. We do this by having fundraisers for worthy causes. This year we have chosen Dementia Auckland as our charity. At our Christmas Parties will be conducting a secret raffle where can people buy raffle tickets and if they are a winner, choose a secret box to discover the prize inside.

We are looking for donations to add the prize pool. So, if you can, could you kindly drop off your donations to reception for Sapphire to keep safe and Secret!

Family Favourite Recipes – We would love for family and residents to challenge our chef with your favourite recipe. If there is a recipe or type

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of food close to your heart, we would love to have a copy. Robins challenge would be to make it and produce it for the residents.

We may even have an Aria Garden Cookbook by the end of the year.

New Ideas: Bridget (our Wellness Leader) is always keen to chat and we are all keen to try some new ideas. If you have any ideas, please do contact Bridget Ph.09 415-7932 or email wellness@ariagardens.co.nz

Hairdressing Services

Samantha Kent is back from Alert level 2 and I am sure a lot of our resident (and Staff) will be welcoming her back with open arms.



Price List

Ladies Shampoo & blow wave or set \$45.00

Shampoo & Set from \$30.00

Wash/Blow wave from \$30.00

Colour Tint \$60.00

Colour with blow wave & set from \$95.00

Perms \$70.00

Perms with Bow Waves & Set \$95.00

Shampoo only \$5.00

Men's Haircuts shave or buzz \$20.00

Men's cut \$23.00

Aria Gardens Reception Shop!

If you did not already know, we have a shop at reception to service all our residents' small item necessities and comforts! And sometimes, if they have not all been eaten by one of our cheeky residents, you can buy some chocolates too!

From disposable razors, toothbrushes & toothpastes, deodorants, hand creams and hairsprays, to yummy snacks like biscuits, chocolates, lollies, and chippies!

We also have more specialty items like Polident Denture Adhesive Cream, and Schick Extreme Razors.

We like to keep the shop stocked full of items the residents use, so let Sapphire, our receptionist know if there are any special requests, especially resident's favourite treats so we can make their day!

Comments and Suggestions



Please do not hesitate if you have any comments or suggestions, we would love to hear them. There is a box at the front desk where you can leave your feedback.

Important Dates for November and December:

- **Wednesday 9th December- Kauri Christmas Party.** Time: 2pm

Venue: In Kauri Main Lounge and garden. Dancing and Singing will be the order of the day.

- **Thursday 10th December - Rest home Family Christmas Party.** Time: 2pm

Venue: In Kowhai Lounge, Garden and Carpark. There will be a mobile barnyard, stalls, music, and food.

- **Friday 11th December - Hospital Family Christmas Party.** Time: 2pm

Venue: In hospital wings and gardens areas. Special afternoon tea and musical entertainment.

There will be a raffle at each party \$2 a ticket of 3 for \$5. Funds raised will go to Dementia Auckland for all the support they give us through the year.

Finally ...

Thank you all who have supported Aria Gardens. As always it is a privilege to look after your loved ones and we thank you for entrusting them into our care.

We welcome any comments and feedback you have. We do not get everything right, so it is valuable to hear from you on whatever topics you would like to discuss. I will be on site on the at the weekend on Sunday 27th December. Please feel free to drop in to have a chat.

Also, if there any photos you see in this newsletter that you would like copies of, please let Bridget know.

Lastly please find attached to this newsletter a plea from one of our families to find a quilt that seems to have missing.

Please contact us if you know anything, we would love to find this precious

Thank you!



Carol Andrews,
Village Manager
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Manager@ariagardens.co.nz

Popular events from Novembers Wellness:

Melbourne Cup



Diwali Festival



St Andrew's Day

We celebrated our very first St Andrew's Day! Many of our residents and staff are Scottish or have Scottish lineage. Luckily for us, one of our ladies just happens to be friends with some pipers. We had three bagpipe players and two drummers come in especially to walk in the haggis (which was surprisingly nice!) and play throughout the village. Many a tear was shed.



Wellness Partner Dee & our Scottish lassie Doreen



Barbara reading the "Address to the Haggis"



The Haggis!! With whiskey sauce.



A whiskey toast