



## JANUARY 2021

Wow, what a busy month we have had leading up to Christmas. We started off with Market Day, The Wood Social, followed by Pre Christmas Lunch, Lunch at Upper Moutere, Cultural Day, Family Fun Day and even Santa came for a visit. Photos of these events are on the following pages, so check them out. It was lovely to see you and our residents at all of these events leading up to Christmas. Sorry I missed a couple as I was in Dunedin for our daughters graduation. Thank you to all of the staff who worked on Christmas Day and these holidays and all of the effort you have put in the run these special events. You are very much appreciated. Christmas Lunch was great on the 25th of December.

Thank you for your vigilance of infection control and keeping us bug free during 2020. This and other health issues mean we can remain vigilant and keep sickness out of The Wood. The full guidelines for COVID-19 are on the following page.

Air Conditioners will be on shortly, across the day and night. In areas where these are going, keeping doors shut lets them work well and keep areas cool. Open doors and windows mean this is less effective, but if you want ranch sliders open in rooms, just keep door to halls closed, as much as possible to assist others. This is however, your home, so this is only a suggestion, to keep your home cool.

Our gardens are looking amazing as usual and now the sun has come out a bit more, please enjoy the outside areas.



Wishing you all a safe New Year and January. I hope you have a restful time with your loved ones.

*Nathan Davis*

*Village Manager*

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## Coronavirus Alert Level 1

### Care Centres

Visiting restrictions will continue throughout the Christmas period in line with Alert Level 1 settings. Please check with the Care Centre for visiting hours and **do not** visit the Care Centre if you are unwell. Screening will remain in place and masks are recommended but no longer mandatory. **All visitors are asked to complete the declaration as they sign in with a particular emphasis on declaring they remain well every visit.** 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.

### Overseas visitors

**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:**

- They will be asked to provide evidence of successfully completing the 14-day isolation period and evidence of two negative COVID-19 tests.
- They **MUST** wear a mask and maintain their physical distance while in the Care Centre.

**They 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.**

### 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.

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The Wood Retirement

NEWS

## *The Wood Garden*



Welcome to our new resident, Sandy S.  
Welcome to our new staff: Nadz, Max, Jabin, Tamara, Aanchal and Rani.

### ***Accommodation News***

**We have one studio available.**

This downstairs studio has a lovely outlook to a garden. If you wish to come and have a look or would like to know more, please contact:

Karen Bothwell  
03 545 6059 or 021 489 524  
[reception@thewood.co.nz](mailto:reception@thewood.co.nz)

[www.thewood.co.nz](http://www.thewood.co.nz)



**The Wood**  
ARVIDA RETIREMENT & CARE

156 Milton Street,  
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Phone 03 545 6059



The Wood Retirement

NEWS

# The Wood Social



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NEWS

# Pre-Christmas Lunch



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NEWS

# Family Fun Day



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NEWS

# Cultural Day



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## Important Dates in January

Friday 1st—New Years Day

Saturday 2nd—Day After New Years Day

Monday 4th—Day After New Years Day Observed

Monday 11th—To Kmart for shopping

Tuesday 12th—Trip to Rabbit Island, leaving at 9am and trip to library leaving at 2.30pm

Thursday 14th—Shopping at Countdown

From Monday 18th to Friday 22nd we are having our five pillars represented on each day of the week and are doing corresponding activities to suit the pillar of the day. These include a listening quiz, art, meditation, walking club, scooter races, pudding/dessert gathering session for a recipe book, cooking demos, sensory room, trip to the restore, sleep hygiene education, presentations and long afternoon tea. Look out for these activities on your monthly calendar and let reception know if you would like to go on any outings.

## Arvida The Attitude Of Living Well.

### Eating Well

Healthy fresh food prepared daily

- Choice
- Variety
- Taste
- Smell
- Experience

### Moving Well

Encouraging your choice of movement

- Mobility
- Balance
- Strength
- Choice
- Flexibility

### Resting Well

Rest & Relaxation

- Quiet
- Peace
- Early bird
- Night owl
- Sleep in

### Thinking Well

Engage your mind

- Wisdom
- Learning
- Discovery
- Mindfulness

### Engaging Well

Engage with friends, family & local community

- Connection
- Purpose
- Belonging
- Sharing

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