



## FEBRUARY

### 2021

Air Conditioners are on, 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 the door to the hallway closed, as much as possible to assist others. This is however, your home, so this is only a suggestion, to keep your home cool. We are aware that these big units can be pretty chilling if sitting too close. But we are trying to ensure the best cooling across large spaces. These units can be turned down fan wise or off if you are wishing to sit in a area they are blasting into. Please let us know when we can turn them back on, once they are not going to chill you or you family too much. Thank you - we know this

is our residents' home and we want it to be as pleasant as possible.

We have 4 new lightweight, traveller wheelchairs for taking residents on local walks. You are welcome to use them out into the community – Queens Gardens or local cafes.

Renovations of Villa 4, Apartment 9 and studios are underway. Our apologies for any noise and disturbance whilst these areas are renovated.



Studios are now available for purchase. Please see Karen on Reception / Sales for more information.

Our main fountain area and garden areas are looking great and are a lovely spot for a catch up with friends and family in the sun or shade. Also there are some lovely local cafes close to The Wood *Bobby Franks, Sprig and Fern Milton Street, and the Suter Café* by Queens Gardens.

Covid-19 - thanks for your vigilance of infection control and keeping us bug free. This and other health issues mean we need to remain vigilant and keep sickness out of The Wood. We need to just keep doing what we have been. Keep safe. We will let you know as any developments happen. If you or a household member has been in managed isolation, please give us another week to be safe before visiting. Contact Nathan of Katrina if you have any questions

For improving the wellness of our residents, four households have been identified in the Continuous Care Wing (CCW). As part of the implementation of the Household Model Caregivers will become Wellness Partners. This is still in its early stages and a date for meeting with families and residents will be announced shortly before any changes are implemented.

Wishing you all a safe rest of the summer. We have sunscreen and are encouraging keeping fluids up. There are also ice creams for residents to be able to help themselves too. This is their home and we hope they are able to share this time with you, their loved ones. I hope you all have a restful time with your loved ones.

We have had a steady summer student workforce over the Christmas holidays. These allowed some staff off on leave and to get some other projects done. We wish them the best as they go back to college and studies.

Wishing you all a safe start to the year. I hope you have a restful time with your loved ones.

*Nathan Davis*

*Village Manager*

Welcome to our new residents: Eric, John W, and Arthur  
Welcome to our new staff: Anju Jose, Fin, Vincenzo, Gillian, and Lane.

## **Accommodation News**

### **We have studios available.**

These downstairs studios have a lovely outlook to the 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

## **Coronavirus Alert Level 1**

Please **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.**

**Following 28 days from the date of arrival in NZ, 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.

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

*The Wood  
Garden*



**The day monarch butterflies came to visit...**



## *The Wood Garden Bird Feeders*

We know that we have some avid bird watchers at The Wood, so over the next couple of weeks, we will be adding coconut shell bird feeders around all of the garden areas.

We trialed one feeder over the New Year holiday period, and it was so popular with the birds, it was empty within 48 hours.

So, we will be adding 13 more feeders and they will be all hanging from trees.

These are refillable feeders and our fantastic Diversional Therapists have agreed, with the help of our residents, to make fillings, which we can place in the coconut shells when they are empty.



We would also like to ask that no food, cake, muffins, seed, bread etc be thrown out onto the ground for the birds. We would love the birds to feed up high in the trees. This keeps the birds out of harms way from our 5 neighbourhood cats, and also keeps the pathway areas clean and rodent free.



# Five Pillars Themed / Wellness Week

**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



Our 5 Pillars help us to focus on our relationships with both residents and each other. Quality of life is important and our Arvida Attitude of Living Well is a revolution in aged care which is changing lives for everyone here.

Not only do we provide excellent clinical care, we're focused on the holistic wellbeing of every resident - and we challenge ourselves to make our resident's lives better with everything we do, every day. We respect and value our residents for their contributions to our community, and we help

maintain their feelings of purpose, self reliance and meaning by providing as much normality, choice and autonomy as we can. Rather than staff working in workplaces, we see ourselves as partners working in the residents homes, supporting them to live life as normally as they can and at their own pace.



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**The Wood**  
ARVIDA RETIREMENT & CARE

156 Milton Street,  
Nelson 7010  
Phone 03 545 6059

# NEWS

## The Wood Retirement

## Rest Well

Sensory Room

Body & mind, calm & kind meditation

Massages

Sleep hygiene by Anju

The Forbidden Kingdom of

Lo Mangthang presentation



S : Sleep schedule

L: Light

E: Environment

E: Exercise regularly and Eating habits

P: Practice relaxation skills



## 18th to 22nd January celebrated Arvida's 5 Wellbeing Pillars

The week included a listening quiz, art, meditation, walking groups, scooter races, pudding recipe gathering for a recipe book, cooking demos, sensory room, trip to Restore, sleep hygiene education, long afternoon tea, and an audiovisual presentation of a journey through the Forbidden Kingdom of Lo Mangthang.



Wellbeing Advocates:

Think Well—Averil, Rest Well—Anne B, Move Well—Ann K, Eat Well—Carolyn, Engage—Well Jean

## Think Well

- Bingo
- Listening Quiz
- Art with Jan
- Motueka Pipe Band





# The Wood Retirement

# NEWS

## Move Well

Walking Club

Indoor Bowls

Scooter Races

Exercises

Tai Chi



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## Eat Well

- Easy, healthy snacks
- Pudding/dessert recipes gathering for book
- Cooking demo
- Resident-led baking
- Berry shakes
- Gardening
- Potato growing
- Ice creams & BBQ
- Summer menu project
- Trip to Restore Cafe



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# The Wood Retirement

# NEWS

## Engage Well

Coffee Club

Church service

Exercise group

Long afternoon tea

Happy Hour

Singing group

Visiting dog



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## Life Without a Car

We provide information about keeping mobile when we are no longer driving. Not driving doesn't have to limit our activities or prevent us from enjoying life. Adjusting to life without a car doesn't mean losing independence and freedom. Our Life Without a Car session:

- \* highlights a range of possibilities to remain mobile
- \* offers alternative ways of getting about in the community
- \* suggests many options to keep involved and enjoying activities
- \* gives valuable insights into adapting our lifestyle
- \* encourages living positively without driving

THE NEXT SESSION HELD AT:

**The Wood Retirement Village**  
**Thursday 8<sup>th</sup> April 2021 at 2.30pm**

Need more information?

Phone Marrit at Age Concern Nelson Tasman  
on 03-5447624 ext: 4  
or email [community@ageconcernnnt.org.nz](mailto:community@ageconcernnnt.org.nz)



## Trishaw Bike

Mum loves the opportunity to be outside with a change of scenery. People love seeing the e-bike too. We get lots of greetings, waves and big smiles from the local community.

Cheers, Jude

**We are looking for Volunteer Drivers for the Trishaw electric bike. Please see Bee if you are interested.**



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The Wood Retirement

NEWS



# Staying Safe

a refresher course for older drivers



This FREE classroom based course will help you re-familiarise yourself with traffic rules and safe driving practices. It will also increase your knowledge about other transport options and help you remain independent for longer.

**DATE:** Monday 19<sup>th</sup> April 2021  
**TIME:** 9.30am - 12.30pm  
**VENUE:** The Wood Retirement Village, 156 Milton Street, Nelson  
**BOOKINGS:** Marrit at Age Concern on 03-5447624 ext 4

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Out and about in The Wood's van



Robert—the resident inventor and woodworker with the seat he has made

## *Kowhai Lounge...*

Check out the writing desk and sewing machine for residents to use



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

## Wanted...

- ◆ Any residents, family/whānau, friends who would like to read the newspaper to residents
- ◆ Anyone who would like to hold a stall at a Friday Market Day at The Wood
- ◆ Audio books to be used by residents
- ◆ Good quality tools and in working order electrical tools for The Wood's new Mens' Shed

Please see Bee or email her [activities@thewood.co.nz](mailto:activities@thewood.co.nz)



**Bike to Work Day**

**Wednesday 10<sup>th</sup> February**

**7am-9am free breakfast @**

**Church Steps**



**Bike to Work Month**

**We encourage you to bike to work**

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

The Wood Retirement

NEWS



Friday 12<sup>th</sup> of February  
from 1.30pm – 3.00pm

The Wood Retirement Village  
RH Dining Room

*Everyone Welcome!*



*Anyone welcome to have a stall for \$5. Please see reception.*

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



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## Activity Dates in February

Saturdays— 10am Audio Book in Activities Room

11am Reading with Ian in CCW

1.15pm Movie in Activities Room

Sundays— 10am Bowls practice

1.15pm Movie in Activities Room

3 Feb Trip to Mapua township 9am

5 Feb Trishaw ride 2.30pm

9 Feb Podiatrist at The Wood

9 Feb Trip to Pigeon Valley Museum 11am

12 Feb Trip to Oakwoods

12 Feb Market Day 1.30-3pm Everyone welcome!

12 Feb Mad Hatters Tea Party outside Kowhai Lounge 2.30pm

17 Feb 9am To Washbourne Gardens & Riverside Pool

22 Feb Meeting for Wellbeing Advocates and anyone interested in being one 2pm

23 Feb To Isel Park 9am

25 Feb Podiatrist at The Wood

Look out for these activities on your monthly activities calendar and let reception know if you would like to go on any outings.