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VOLUME 14

RANFURLY CARE

EST. 1991



APRIL'S HIGHLIGHTS

It's been a while since our last newsletter, but we plan to provide more regular updates in the New Year. Expect another newsletter, possibly two, between now and Christmas, so stay tuned!

Change is a constant in life, and the past few months have certainly proven that.

A heartfelt thank you to Linda for her guidance during this transition. I would also like to express my sincere gratitude for all the support from the Executive, the wonderful staff, families, residents, and students.

This past July, we underwent a Ministry of Health audit, and the auditors spoke highly of Ranfurly, underscoring the strength of our team. Job well done, everyone!

We pay tribute to our dear resident, Bobbie Carter, who passed away last month. Bobbie had been a cherished resident since 1992. Her warmth and kindness touched our lives in so many ways, and her delicious lemon slice and cheese scones, which she so lovingly shared, will be fondly remembered. She will forever hold a special place in our hearts.

I also want to extend a sincere thank you to Grace for her hard work and dedication to Ranfurly as she embarks on her new role as a Community Physiotherapist. We wish her the very best in her future endeavours. At the same time, we are excited to warmly welcome Tanya, who will step into the role of Mews Coordinator.

A special mention goes to the fantastic Art Exhibition that showcased everyone's talents and creativity, it was a remarkable success!

We hope you enjoy this instalment of news from around the Ranfurly Care community.

Until next time, remember: *"Change is inevitable. Growth is optional."* – John C. Maxwell.

April Aragon

Manager

Bobbie Carter

26 March 1948 – 29 September 2024

I had the privilege of sharing thirty-one wonderful years with Bobbie, a dear friend and resident of the Ranfurly family. Our connection began when she and my daughter attended IHC services together.

My friendship with Judy, Bobbie's mother, grew during our efforts to secure the Ranfurly property, a space built with love by dedicated families. Together, we shared our experiences and learned how best to support Bobbie.

When we opened the Ranfurly residential service in February 1992, Judy, an artist, beautifully captured our vision with a drawing of the Activity House and an oak tree, which remains our logo today.

From the start, Bobbie delighted in writing me letters, often like a daily diary, each ending with sweet phrases like "I love you very much, cuddles and kisses from guess who," or playfully declaring, "You can't catch me; I'm the gingerbread man", or, "I'm the flying nun".

Creativity flowed through Bobbie, whether she was crafting embroidery, writing heartfelt notes, acting in our Shakespeare plays, or baking delicious cheese scones and desserts for resident dinners. Her artistic spirit shone in everything she did.

Bobbie loved dressing up, especially for theme nights, parties, and our plays. She truly shone in Shakespearean performances, capturing the essence of the Queen beautifully. Every St. Patrick's Day, she made a special effort to celebrate in style. When visiting her sister Lynne, they often hosted dinner parties where Bobbie reveled in dressing up. In addition to her passion for dressing up, Bobbie cared for many of our residential cats and had a soft spot for dogs, treating them as cherished family members. Bobbie also had a deep love for Country Music.

Bobbie's interests were wide-ranging; she loved knitting, beading, dressing up, dancing, and celebrating birthdays with friends. She cherished moments spent engaging in crafts and colouring. I have kept her treasured letters, filled with her thoughts, feelings, jokes, and stories about her adventures and friendships. Her involvement with the Special Olympics brought her joy, whether participating in indoor bowls, swimming, or skating, and she took immense pride in being a member of the committee.

Volunteering was a significant part of Bobbie's life. She found fulfilment in her work with elderly patients in the Occupational Therapy department at the Elizabeth Knox Home. Her compassionate nature was evident from her time at the Home of Compassion, where she supported mothers and their babies, in her role at a childcare centre. Caring for others was a true theme throughout her life.





Family meant everything to Bobbie. She had a special bond with my daughter, Linda - Lou Lou, whom she affectionately referred to as her sister. Bobbie was like a guardian angel to her, often spoon-feeding her and sharing stories.

Every week brought joy as Bobbie rode the bus to shopping centres, always returning with Whittaker chocolate bars for the staff, claiming they were essential to keep us energised. Bobbie didn't care for chocolate herself, but she often bought it for staff and friends, knowing they enjoyed it. Her favorite sweet treat, however, was ice cream.

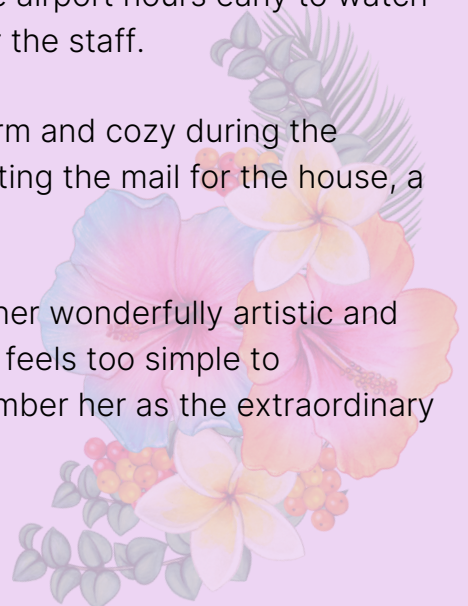
Travel was a highlight of Bobbie's life. Her local and overseas adventures, especially her time in Fiji, were cherished memories. We shared a memorable Pacific cruise with Val, Dawn, and her Ranfurly friends. Family holidays and trips to Whanganui to visit Lynne and her dog were always lively topics of conversation. Bobbie loved flying, often arriving at the airport hours early to watch the world go by, and she always returned home with lemon slices for the staff.

Bobbie's daily chores included lighting the fire to keep the house warm and cozy during the winter months. One of her most important responsibilities was collecting the mail for the house, a task she took very seriously.

Bobbie led a vibrant, fulfilling life, and I would love to share some of her wonderfully artistic and thoughtful letters. She lived fully, with warmth, kindness, and care. It feels too simple to encapsulate her life in a page of a newsletter but let us always remember her as the extraordinary person she was.

Rest in peace, dear Bobbie, alongside your beloved mother.

Linda Nelson



Notes 1996



I Continue to go down to Elizabeth Knox Home. Each morning. I have learnt a lot of things which I did not know. For example I now help the residents to make greeting cards cut up vegetable for pickle etc. My friend Janet is a resident at Knox Home at present and it is a pleasure for me to see her and assist her in any way I can. I often wheel her back to her room after OT and her smile makes me feel happy and gives me a lift for the rest of the day. Each afternoon I go over to the Activity Centre to help with different Activity. Most nights I feed Lou with her vegetables and her drink of Milk.

I felt I am getting lots of Satisfaction because of her smiling and happy face. She is a treasure to have around.

I Continue to help the staff prepare our dinner. Still making my famous White Sauces and Scones for supper.



BOBBIES LETTERS

Bobbie was not only capable but also truly enjoyed her work.

She had a delightful sense of humor, frequently sharing elephant jokes in her letters.

In one letter, she wrote about my daughter Lou "climbing" out the window so they could stroll to the park—a playful twist, especially since many of you know Lou couldn't walk.

This lightheartedness was a hallmark of Bobbie's character.

I cherish these moments and letters, which date back to the early days of Ranfurly.

Dear Linda, What would you like for your lunch Today?

I made some Scones down at Elizabeth Knox yesterday. We had lots of old folks in OT Dept for my scones and a cup of tea or cup.

Q How do you lift an elephant?
A I put him on an acorn and wait twenty years!

Q Why did the elephant and the donkey fight?
A It was an election year!

Q What did one elephant say to the other?
A Nothing. Elephants can't talk!

Q How do you stop a herd of elephants from charging?

A Take away their credit cards!

Q Why do elephants wear green sneakers?

A To hide in the grass!

Q How do you make an elephant float?

A Two scoops of ice cream, soda and some elephant!

Q Why do elephants have teeth?

A To chew their toenails!

Q Why do elephants have toenails?

A So they can have something to chew!

Q Why do elephants go to bed late?

A They spend hours setting their tails!

Would like some Daisies...

SomeBody
Cares"

Just to know that
Someone Cares
And hears and answers
all our prayers
Makes our heavy burdens
Lighter
And our hours
of darkness "brighter

It's special friends
like you Mummy



That make the
World go round..



To My Wonderful Mummy
Who work hard in The
Office in Ranfurly Care
I do enjoy what
you do for the people here
and me to lift me in
the car. put me in to bed
at night. I try to say
Thank you when I smile
at you. I wish I could
talk. you know what I
mean: Mummy.

There are more words than
I can say
love + cuddles, kisses

Love Bobbie

BOBBIES ARTWORK

These are some of Bobbie's friends and the residents of Ranfurly House in the 1990s.
Bobbie's dear friend was Geoffrey, who lived in the upstairs flat.



BOBBIES LEMON SLICE RECIPE

Lemon Slice

Bobbie Carter Recipe

150g butter

1 1/2 cups Champion standard grade flour

1/2 cup icing sugar

preheat oven to 180C Grease a 20x30 sponge

roll Tin and line base with baking paper
Melt the butter. Remove from heat and mix
in flour and icing sugar. Press over the base
of Prepared Tin. Bake for 15-20 minutes
or until lightly golden

Topping

2 Tablespoons Edmond Custard powder.

1/2 teaspoon Edmond baking powder

1 Cup Sugar

1/2 Cup lemon Juice

1 Tablespoon grate lemon Zest

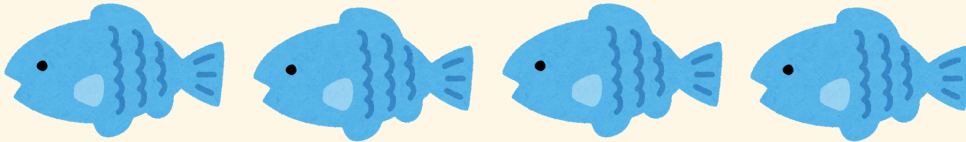
3 eggs

To make the Topping mix Custard powder
baking powder Sugar lemon Juice lemon
zest and eggs Together until Combined
Pour Topping over base and bake for a
further 25 minutes or until Set-Cut
into Slices When Cold.



COUNTING WITH ACTIVITY CENTRE

Count the summer items and write the number in the box.



Activity Centre

ART EXHIBITION

PAST, PRESENT, FUTURE

On Saturday, 31st August and Sunday 1st September 2024, our talented students showcased their creativity at the annual Ranfurly Art Exhibition in the Activity Centre Hall.

The exhibition featured an array of imaginative pieces, from giant ice creams and wings to intricate paper mâché sculptures, vibrant paintings, stunning mosaics, and beautiful clothing. Each work reflected the students' thoughts and emotions during the creative process.

This year's theme, "Past, Present, Future," inspired students to breathe new life into recyclable materials like bottle caps, fabric, egg cartons, broken china, and old newspapers and magazines. Their creations beautifully captured the cycles of life, exploring both the highs and lows of existence while reviving cherished memories through art.

Some pieces took up to four months to complete, a testament to the dedication and effort of our students.

A big thank you to the staff, students, friends, and family who supported this inspiring event.

The Ranfurly Art Exhibition was a true celebration of artistic expression, showcasing remarkable creativity amid the winter chill.

Explore our mini tours on our YouTube channel below!









Power of the Park

Mark Cusack

On Thursday the 12th of September 2024, an enthusiastic group of students joined in on the fun at Power in the Park, a community day all about supporting people living with disabilities.

The event took place at Eden Park and was organised by Permobil, makers of wheelchairs and seating cushions.

Everyone received a \$25 food voucher to enjoy some tasty snacks, and we got to check out a bunch of cool activities designed just for people with disabilities.

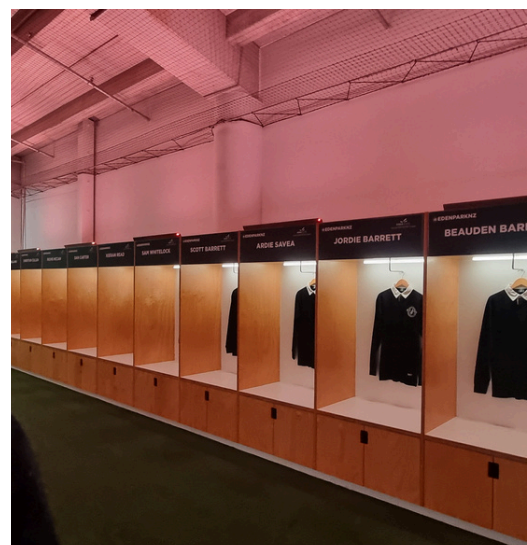
We had an amazing tour of Eden Park, checking out the trophy cabinets and the All Blacks' changing rooms. One of the coolest moments was walking through the tunnel onto the pitch and peeking into the coaches' box where they break down the game.

Our group had a blast exploring different stands, asking questions, and advocating for themselves.



The top floor was buzzing with fun activities like wheelchair rugby, cricket, and a rugby passing skills game.

Big congratulations to Vicki, Hasini, Janice, and Christie, who crushed it in every competition and took home Auckland Blues themed rugby balls as prizes!



will&able[®]

Eco-Friendly Cleaning Products with a Social Mission



We took a tour of the Will & Able factory in Papatoetoe to learn about joining the workforce.

The experience was engaging, and we enjoyed our time there, asking questions and expressing genuine interest in their operations.

We discovered that Will & Able manufactures and packages cleaning products while collaborating with Air New Zealand to ensure all flights are equipped with functioning headsets for entertainment. They employ 105 people with disabilities, offering support and guidance throughout their workday.

Overall, it was an insightful and rewarding tour.

Mark Cusack

02.10.24

Job Creation

Will&Able products create meaningful jobs for people with disabilities right here in Aotearoa New Zealand.

All their products are eco-friendly, septic safe and free from animal testing.

Vision

Their vision is pretty simple.
Every Kiwi with an intellectual disability should have equal employment opportunities.

Upcycle Your Empties.

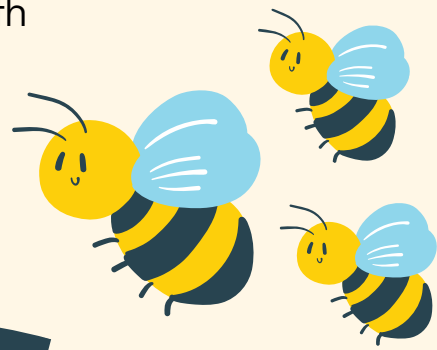
Send your bulk empties back and they will close the loop, wash and reuse your 5L & 20L containers!



CORNWALL PARK

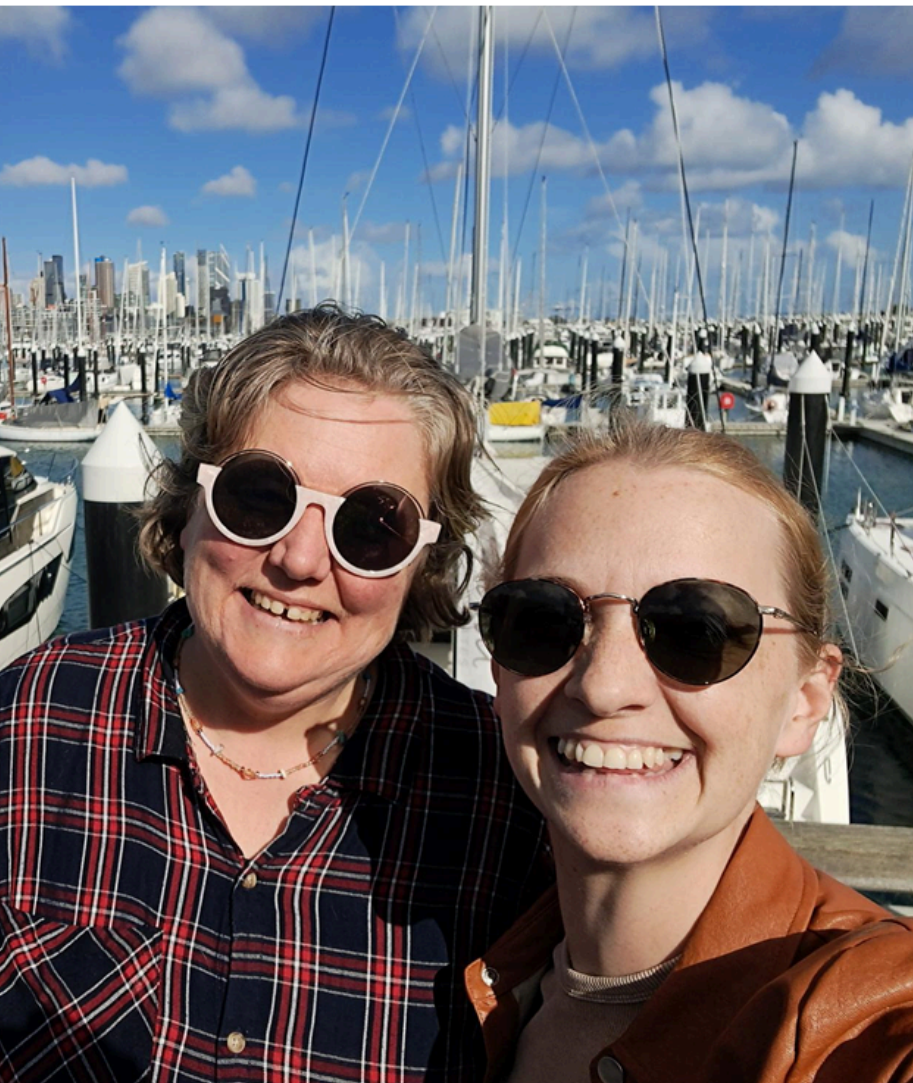
BUGS MAZE CHALLENGE

Can you help the bees find the flowers?
You have 5 minutes to find the correct path





At Westhaven Marina, Bridie is out and about enjoying the sunny Auckland weather alongside staff member Tanya in the vibrant City of Sails.





Oh What a Night

25.09.24

Vicki and a few friends had a great night out at Archie Brothers in Newmarket. They enjoyed a delicious meal, danced to lively music, shared plenty of laughs, and enjoyed each other's company.





Well Done Jaimee!

October 2024

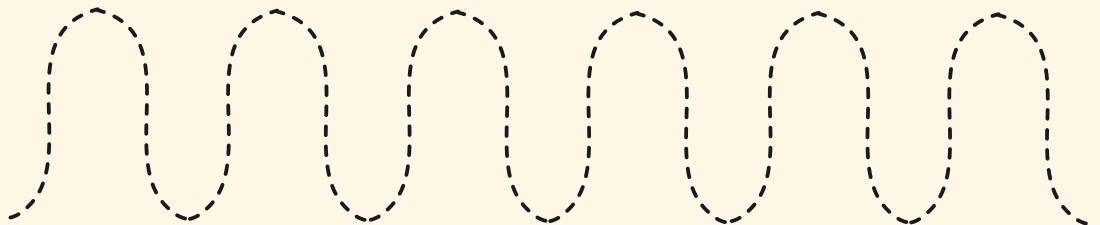
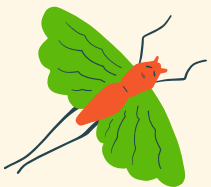
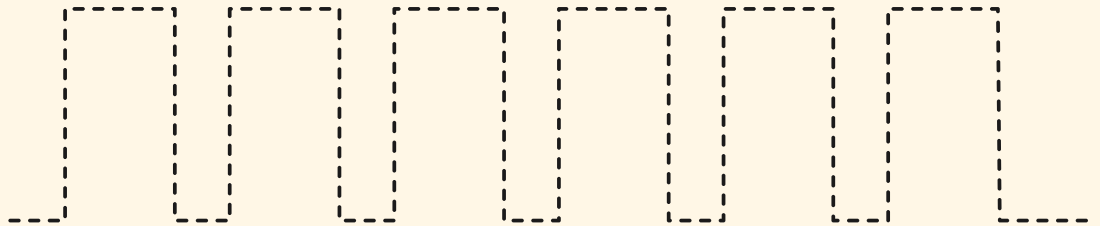
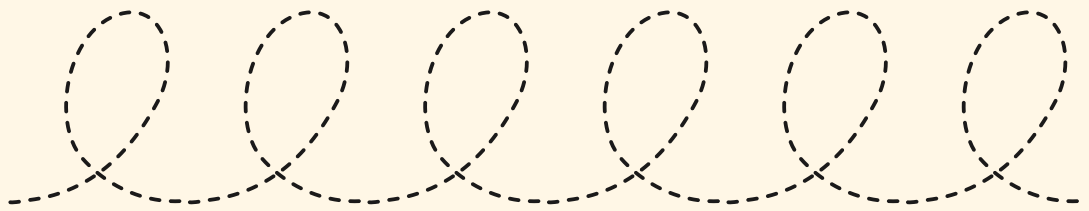
For successfully achieving your 2024 goal of baking an apple crumble and sharing it with your friends at CPA.

Baking not only fosters creativity and boosts confidence, but it also creates opportunities for social connection.

DUNCAN HOUSE

BUGS TRACING ACTIVITY

Trace the line for each bug



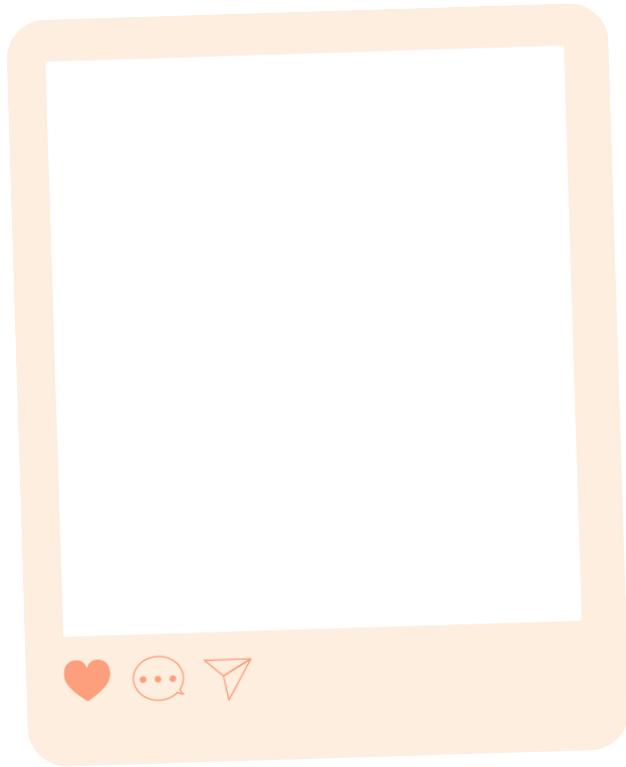






SUMMER PLANS WITH THE MEWS

Draw pictures of the activities you plan to do
during the summer.



Transitions in Care:

Thank you Grace, Welcome Tanya.



While we are sad to see Grace leave us, we are incredibly happy and supportive of her next role as a Community Physiotherapist just a couple of streets away. In this new position, Grace will work closely with patients and their families/whānau to help them reach their potential and live as independently as possible through tailored assessments and interventions in their home and community environments. This is a significant undertaking, and we have no doubt that she will thrive.

Grace's dedication, initiative, and pragmatic, easy-going nature have been invaluable to the Ranfurly Care team. Our residents, their families, and the staff in the Mews will certainly miss the exceptional care and support she has provided over the past six years. Thank you, Grace, for your commitment to our residents and the positive impact you've made.

As Dr. Seuss wisely said, "Don't cry because it's over, smile because it happened."
Thank you Grace for your years of service.

As we say goodbye to Grace, we're pleased to welcome our newly appointed Coordinator for the Mews, Tanya Booth.

Tanya joined Ranfurly Care in May, working at Cornwall Park three days a week and the Mews on Tuesdays. With her background in Active Social Care in the UK, where she worked with children and adults with intellectual disabilities in a day program like ours.

Tanya is no stranger to the residents at the Mews.

Her professionalism and experience will undoubtedly enhance the care we provide.





Getting to Know You



BINGO with Ranfurly House

Find someone that fits each description and write his/her name in the corresponding spaces.

**SOMEONE WHO
LOVES TO
DANCE**

**SOMEONE
WHO HAS A
LONG HAIR**

**SOMEONE
WHO HAS A
BROTHER**

**SOMEONE
WHO IS
WEARING
EYEGLASSES**

**SOMEONE WHO
IS AFRAID OF
SPIDERS**

**SOMEONE WHO
LOVES FRUITS**

**SOMEONE WHO
CAN PLAY A
MUSICAL
INSTRUMENT**

**SOMEONE
WHO LIKES TO
READ BOOKS**

**SOMEONE WHO
LOVES SPORTS**

**SOMEONE
WHO CAN DO
A CARTWHEEL**

**SOMEONE WHO
CAN SPEAK
ANOTHER
LANGUAGE**

**SOMEONE
WHO OWNS A
PET**

**SOMEONE
WHO IS LEFT
HANDED**

**SOMEONE WHO
IS SCARED OF
HEIGHTS**

**SOMEONE
WHO LOVES
TO SWIM**

**SOMEONE WHO
IS BORN ON
THE SAME
MONTH AS YOU**



Connection and Comfort

We recently equipped the middle lounge with new computers and chairs, making it a welcoming spot for our residents to connect and explore.

This space is now being used more frequently, providing a cozy and inviting area where everyone can relax, watch TV, and enjoy some leisure time together.

