

DEC 24 - MAR 25

ISSUE #001



RANFURLY CARE

ARA MARAMA | THE ENLIGHTENED PATHWAY

EST. 1991



Kiwi Art Trail



Valentines Day



Photography Group



Coffee Club Group



Cornwall Park



2024 STAFF CHRISTMAS PARTY

REFLECTING ON THE PAST, LOOKING AHEAD TO THE FUTURE

It's hard to believe it's already been 91 days since our last newsletter, sent on 23 December 2024.

As we kick off 2025 (276 days until Christmas!), time seems to fly by, depending on how we look at it. Whether you're a "glass half full" or "glass half empty" person, much of it comes down to where you focus your energy.

Time often feels like it speeds up when we're excited - whether it's planning for a holiday or spending weekends at home with friends and family. But it can feel slower when we're facing challenges. One thing's for sure, though - the future is full of opportunities.

As we reflect on the past year, it's a great time to think about what we've achieved, what worked, what didn't, and what we can change moving forward.

Setting goals helps keep us inspired and focused, drawing on the lessons of the past to shape our goals for the future.

With that in mind, our students and residents will soon set their annual goals during their Life Style Plan (LSP) meetings.

These meetings are a wonderful opportunity to come together, reflect on personal growth, and set meaningful goals - whether it's a primary, secondary, or dream goal.

These goals are all about what matters most to each person, inspiring action and guiding support to turn those dreams into reality. We encourage everyone to embrace new experiences, build independence, form new friendships, focus on health, and keep striving toward big dreams, even the ones that take time.

In this issue, I'd also like to reintroduce you to some of our amazing staff who are dedicated to supporting our students, residents, and facilities.

I am proud of our staff who do an excellent job across the board, which to me is what truly stands out about everyone. They are flexible and always ready to roll up their sleeves and get things done. Whether it's cleaning, cooking, caregiving, or supporting our students, residents, and one another, they're always there when needed.

Here's to a year of growth, joy, and new adventures for all of us.

April Aragon xx



2024 ANNUAL SATISFACTION SURVEY - WE NEED YOUR VOICE!

Thank you to everyone who provided feedback in last year's Satisfaction Survey. We appreciate your time and effort.

While we received some valuable input, the response rate was, unfortunately, low once again.

We'd love to hear from more of you next time, as your feedback is crucial to help us improve and meet the Ngā Paerewa Health and Disability Standards required for our Ministry of Health Audit. Your input directly shapes how we plan and deliver care.

We understand that life gets busy, but taking just a few minutes to complete the survey can make a big difference. We're committed to improving the experience of our community, and your feedback helps us stay on the right track.

Though last year's response rate was low, we've implemented some of the suggestions we received. For instance, we've expanded our newsletter with more senior-focused content and are working on reinforcing memories with residents.

In the past few months, we've introduced more outings and welcomed a new Activities & Events Organiser, Rupa.

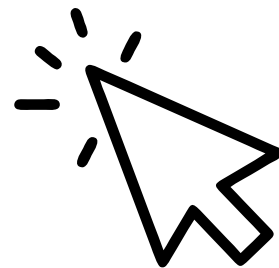
We're also putting more focus on meeting the individual needs of each resident, as we recognise the importance of capturing more events in our community.

Some suggestions will require further discussion with staff and coordinators to fully explore and implement. However, we value your input and are committed to considering these ideas as we continue working to improve our services.

In the meantime, we'd love your thoughts on how we can improve survey engagement.

Are there any barriers you or your student/resident face when trying to complete the survey? How can we make it more accessible or valuable for you moving forward?

Please click on the arrow below to share your thoughts, ideas, and suggestions on how we can improve survey engagement.



The Dedicated Team at Ranfurly Care

Following on from the survey, we thought we'd share some fun facts and stats!

- Activity Centre: 11 team members supporting 74 students (43 from the community).
- Administration: 4 team members + Nikki, our Accounts contractor.
- Cornwall Park: 10 team members caring for 11 residents.
- Duncan House: 2 team members managing our residents' weekly getaways.
- The Mews: 6 team members looking after 8 residents.
- Ranfurly House: 22 team members caring for 14 residents.



NOTE: Some staff work part-time or casually, and we're proud to support our students and residents with diverse needs.

We're also lucky to have some talented contractors at the Activity Centre:

- Melissa & Olivia - Art
- Jim, Lori, & John - Drama
- Madeline - Tai Chi
- Alan - Kapa Haka
- Tanzi - Dance

We're so fortunate to have such a diverse, dedicated team supporting our community!



26 Years of Service

We have 4 incredible staff members who have been with us for 26+ years!

SHOUTOUT to Chrissy, Kiona, Linda, and Clive!

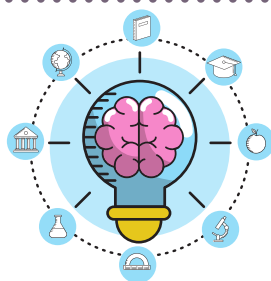
Your dedication is truly inspiring.

8 Average Years Employed

Our team has a fantastic range of experience.

On average, staff have been with us for 8 years.

6 Fun Facts & Stats



111 Years of Experience

16-20 years: Kirsty, Rena, Manori, and Melissa – 72 years combined.

11-15 years: April, Bobbie, and Jacqui – 39 years combined.

Total: 111 years of experience! across this cohort.

2 Work Anniversaries

Jessie is celebrating 10 years at Ranfurly Care this year! She joined the team on 20 October 2015.

Rena is hitting a 20-year milestone on 29 May.

Time flies when you're doing great work!



Newbies?

We have 34 staff members who have been with Ranfurly Care for 0-5 years.

They bring fresh energy and new ideas to the team, from Anna to Tanya B.

We love seeing new faces make an impact!



6 Milestone Birthdays

This year, 6 staff are celebrating milestone birthdays.

We have: 2 turning 30, 1 turning 50, 2 turning 60, and 1 turning 65.

Who do you think is celebrating which milestone?



ADMIN TEAM

NEWS AND UPDATES

Behind the Desk: Meet Our Admin Team!

Just a quick update and friendly reminder about our Admin staff.

Leading the charge is **Kirsty**, our Office Manager and the longest-serving member of the crew. With years of experience, she's the go-to person you'll often hear on the phone and see buzzing around the office.

Kirsty wears many hats, way too many to list here but she keeps things running smoothly!

Supporting her is **Rachel**, who works Monday to Friday as our Office Administrator and Health & Safety Officer.

Rachel also helps out at Cornwall Park as the Acting Coordinator when Anthony is away.

Then there's **Linda Nelson**, our Property & Finance Administration, who's with us on Wednesdays and Thursdays.

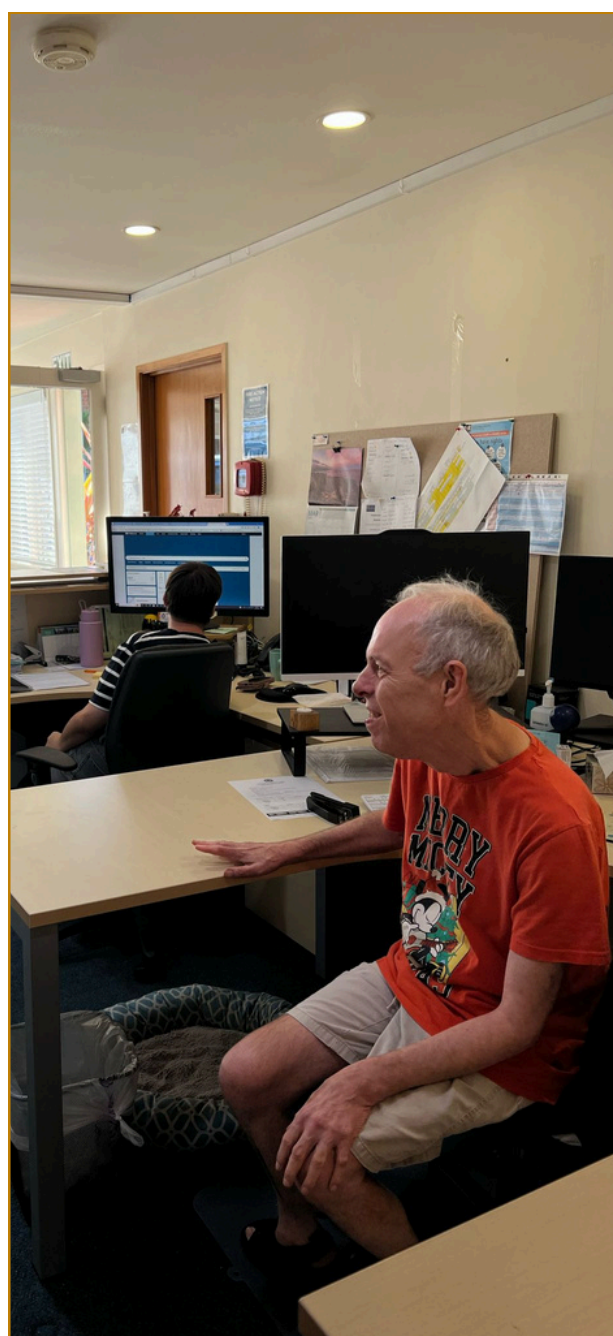
Linda manages property repairs and maintenance across all our centres and takes care of the payroll all very important jobs.

Part of our team is also **Nikki**, our accountant, who works on Thursdays.

You might have spoken with Nikki on the phone, but if you have any account-related questions, it's usually easiest to reach her via email at accounts@ranfurlycare.co.nz.

We also have **Cindy**, who works on Thursdays and Fridays. Cindy manages our newsletters, website, reports and all sorts of other projects.

She's gearing up to launch our social media channels, so stay tuned 😊





Continuing the Legacy: ANZAC Day Service at Marivare Reserve

As we approach ANZAC Day on Friday, 25 April 2025, we're pleased to share the good news that the Epsom Memorial Archway Charitable Trust is working alongside Maungakiekie Rotary to continue the annual ANZAC service at Marivare Reserve, Epsom.

Since 2014, Linda Nelson has been a member of the trust, which was founded by Louis and Mavis Fenelon, who are now retiring after establishing this community event.

The service has been a collective effort, with contributions from the Ranfurly community, including Kirsty, who kindly typed the service sheets each year.

The event's origins trace back to Clive, who began placing poppies at the Marivare Archway following his annual ANZAC service. Mavis and Louis, after learning of Clive's involvement, visited Ranfurly, which marked the beginning of a close relationship.

This connection led to Clive's godson, Hamish, playing "The Last Post" during the service - a tradition that Clive can further explain.

Rotary is eager to take on the organisation of this year's event. The Trust members have already passed on the necessary materials, including crosses, poppies, and details from previous services, as well as contact information.

Louis and Mavis have expressed their hope that, if possible, we will continue to attend the Epsom ANZAC service.

This tradition has grown out of our collective gratitude and respect for the members of our families who rest on foreign soil, and for all ANZACs and New Zealand Armed Forces personnel, wherever they are laid to rest.



ACTIVITY CENTRE

NEWS AND UPDATES



Celebrate Good Times...

Last month, we celebrated Clive with a surprise shindig to mark his milestone birthday. It's a milestone he's keeping close to his chest, so we kept it low key and said – HAPPY BIRTHDAY, Clive!

Still, Clive's Ranfurly family wanted to take a moment to celebrate him. We love a good birthday, and more importantly, we wanted to acknowledge the infectious energy, fun, care, and love he brings to everything he does.

Happy Birthday, Clive! Thank you for all that you are and all that you do. We truly appreciate you, and we look forward to celebrating many more special moments together!

Our Groups

We offer a variety of groups for students to participate in, including Coffee Club, Gym, Water Walking, Drama, Green Projects, and, new this year, Photography – which the students are really enjoying.

Each group is carefully considered, taking into account interests, staffing numbers, costs, and other factors to ensure it's a great fit for everyone.

We do our best to cater to each student's needs, abilities, and interests, aiming to provide a balanced and engaging experience for all.

Coming Up Next...

In the next newsletter, we'll be sharing highlights from our Papamoa holiday, Waiheke jaunt, Tuesday Night Club Gallery, St. Pat's Day celebrations, and a few other surprises!



2025 Goal Achieved



Beading Group
18 Feb 25



Tuesday Drama Group -
King for the Day
18 Feb 25



Our Day as Aviators.
Today Michael and a group of friends went to Silverdale to fly the air simulator and to play some lazer tag.



Wellness with Hannah



It's been wonderful to run the Wellbeing group again this year, we had our biggest group yet, which is a fantastic sign of how the program is bringing us together and making a positive impact.

I'd like to extend a big thank you to Louise Porter for the *Take a Moment* book. It has been an excellent resource for us, and we've been selecting and practicing many of the activities from it. The exercises are not only fun but have also helped us build new skills and enhance our overall wellbeing.

We appreciate your generosity, Louise!

We're looking forward to continuing these sessions and seeing even more progress as we move forward.

Thanks to everyone who's been a part of it – your participation and enthusiasm truly make all the difference!

Here are a few ideas to try at home

12 Ways to Practice Mindfulness

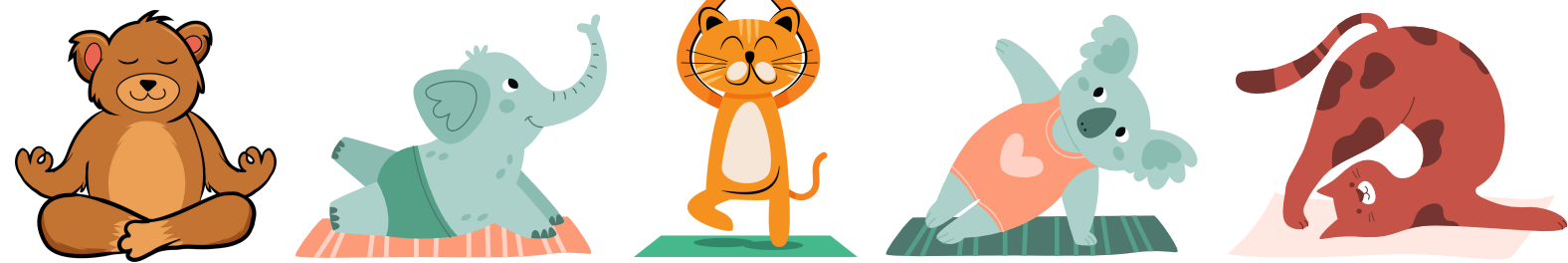
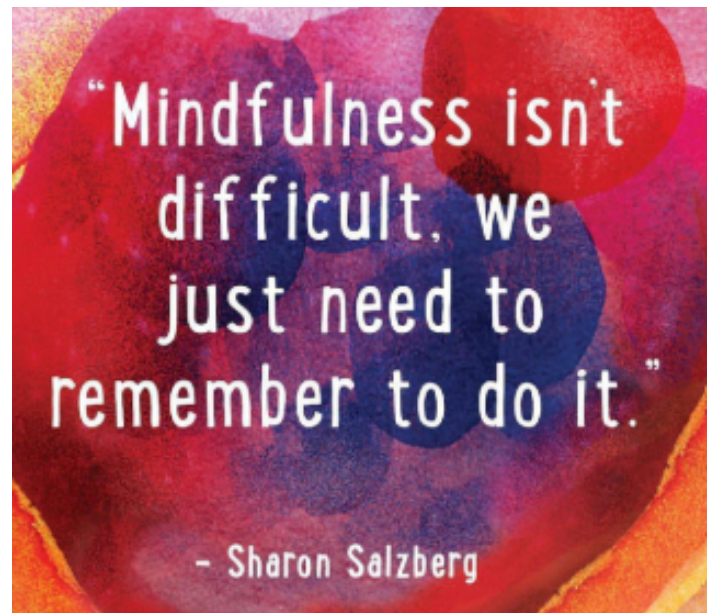
Take a mindful brain break  Practice breathing techniques  Check in with your emotions 

www.thepathway2success.com

Use senses to observe an object  Take a mindful walk  Recite positive affirmation 

Spend time writing in a journal  Mindfully listen to music  Practice yoga or stretch 

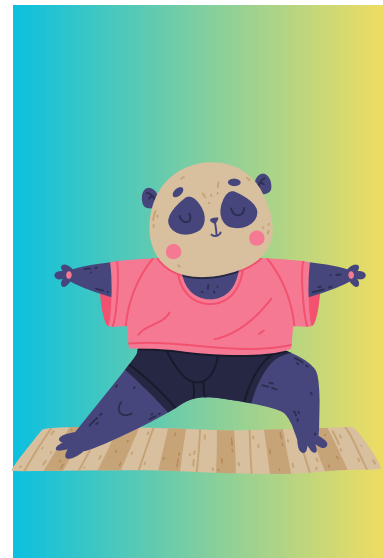
Draw, color, or doodle  Read guided imagery for relaxation  Spend extra time outside 





**Monday
Wellbeing
Group
with
Hannah**

25 Feb 25





CORNWALL PARK

NEWS AND UPDATES



The outings were a great mix of fun and relaxation. We had everything from afternoon teas and picnics to walks, café visits, and tiki tours around the city.

We also made sure there was plenty of downtime with beach trips, shopping for food and clothes, and some chill moments at home watching TV, listening to music, doing crafts, hanging out with flatmates, and visiting friends and family.

Our regular ten-pin bowlers also kept up with their games, as they're part of the Special Olympics team!

To mix it up a bit, we took a couple of cultural and scenic trips, like a visit to the airport to watch planes come and go. It was fun imagining all the amazing places the planes were flying to, and the residents had fun dreaming up their own travel adventures!



Fun Facts about Cornwall Park Outings:

- There were 5 beach trips in total, including visits to Mission Bay, Narrow Neck, Eastern Beach, and Browns Bay.
- Bowling appeared multiple times, marking it as a popular activity (seems like a go-to for fun!).
- Ice cream was a consistent treat, enjoyed across many outings whether at the beach or after drives.
- The Extravaganza Fair and Takapuna Festival brought in a great mix of food, music, and performances.

Over the past two months, the residents at Cornwall Park have been on a roll with a total of 73 outings! This includes the Christmas and New Year period when they weren't at the Activity Centre. On average, each resident got out about 6.64 times during this time.

Of course, these outings depend on the weather, available staff, and budget, but we always do our best to make things happen!





DUNCAN HOUSE

NEWS AND UPDATES

For those who are new to Ranfurly Care, Duncan House holds a special place in our hearts. It was generously gifted to us by our late, dear friend, Gwyn Duncan, whose legacy we are forever grateful for. In honour of Gwyn and her husband, Ian, we named the property 'Duncan House.'

Gwyn was a great friend who thought highly of Ranfurly, which is why the family chose to make this special gift. The location by the sea holds particular significance, as the beach was their favourite place to be.

Moss and Gwyn were founding members of the Society and played an active role in the ladies' fundraising group. Their son, Ian, who had been a student here since the Society's inception in 1992, lived with us at Ranfurly Road for approximately five years starting in 2004. Ian became ill and passed away peacefully at Ranfurly, leaving behind a cherished memory in our community.

Throughout the year, Duncan House provides a cozy retreat for our residents and students, offering short getaways from Monday to Thursday. During the holiday season, we continue to make the most of this beautiful space - a place we've worked tirelessly to maintain for everyone to enjoy.

Many of you may already know that we've recently made some significant upgrades to enhance accessibility and comfort, ensuring everyone can have a memorable stay.

Jacqui and **Maria** are the dynamic duo who manage and maintain the property, ensuring everything runs smoothly and that our residents are well-supported during their stay.

For many of our lucky guests, the highlight is a trip to Puhoi Pub, where they enjoy a non-alcoholic beverage or a Shandy and a bowl of hot chips.

Duncan House is an excellent base for exploring local gems like the Honey Centre in Warkworth, Matakana Village, Sculptureum, and Sheep World. A fan-favourite outing is the trip to the Puhoi Pub for some 'Light Beer & Hot Chips.'

Our Holiday Highlights:

Warkworth Adventures: Keith, Craig, Jan, and Poppy enjoyed a riverside walk, lunch by the water, and a scenic tiki tour to Duncan House.

Beach Fun: David, Anna, Shelly, and Warren had a great time swimming at the beach, followed by a visit to Long Bay Regional Park.

Sunflower Farm & Scenic Tours: Christie, Janice, Helen, and Peter visited the sunflower farm, while Joanne and Anne explored Snells Beach.

Wenderholm & Movies: Craig, Tina, Poppy, and Jan had lunch at Wenderholm Park, watched Paddington in Peru, and enjoyed a bingo session.

Crystal Mountain: Vicki, Vincent, Rachel, and Filia had an amazing outing to Crystal Mountain, riding the train, seeing animals, and exploring the museum and playground.

Relaxed Outings: Vicki, Vincent, Rachel, and Felia enjoyed a peaceful day at the mall with some light shopping and a leisurely walk.









THE MEWS

NEWS AND UPDATES



We've had a few staff changes at The Mews recently. First, congratulations to Christina, who welcomed her beautiful baby, Baby Christina, into the world. Both mum and baby are doing well. Christina is now on maternity leave until early next year, and we wish her and her little one all the best as they take time to bond and focus on their new journey together.

We're also happy to have Cecilia, from Ranfurly House, helping out at The Mews on Thursdays. This is great for our residents, as it gives them the chance to experience a change of staff, and it's also an opportunity for Cecilia to work with different residents and support a variety of needs, including outings.

Congratulations Christie!

A huge congratulations to Christie Ryan, who was awarded a Certificate of Merit and Participation in Bocce at the Special Olympics Award Ceremony on 15 February.

Christie has been a dedicated participant in Bocce for years, and this achievement is a testament to her commitment. The sport has been great for her physical, mental, and emotional wellbeing, and she truly enjoys the social aspect of it.

We are so proud of her accomplishments and the effort she puts into both the sport and her personal growth. Well done, Christie!



Out and About

Lastly, we've put together a few photo collages showcasing the outings, lifestyle activities, and living skills our residents have been involved in over the past couple of months. They are certainly well supported and continue to enjoy a variety of activities.



The Mermaid
Parade - 22 Feb 25

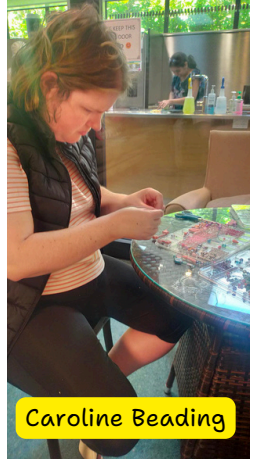




Sweet Treats at Manawa Bay - 28 Dec 24



Weekly Shop with the girls



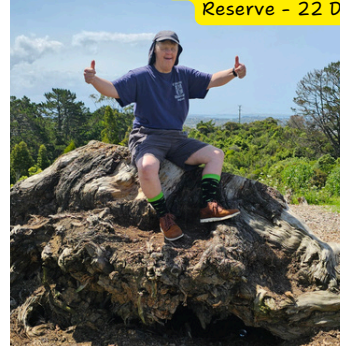
Caroline Beading



Nature Stroll at Point View Reserve - 22 Dec 24



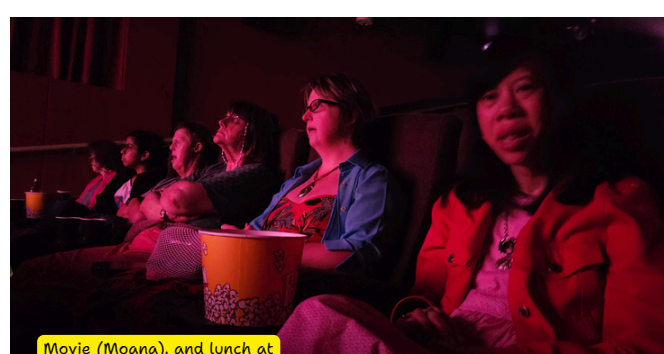
Sun is shining at Cornwall Park 04 Jan 25



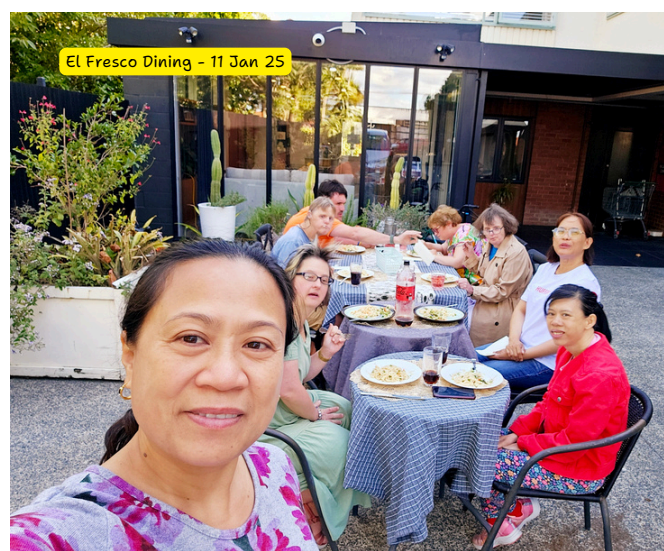
New Years Day at Duncan House



Clarks Beach 07 Jan 25



Movie (Moana), and lunch at Lloyd Elmore - 09 Jan 25



El Fresco Dining - 11 Jan 25



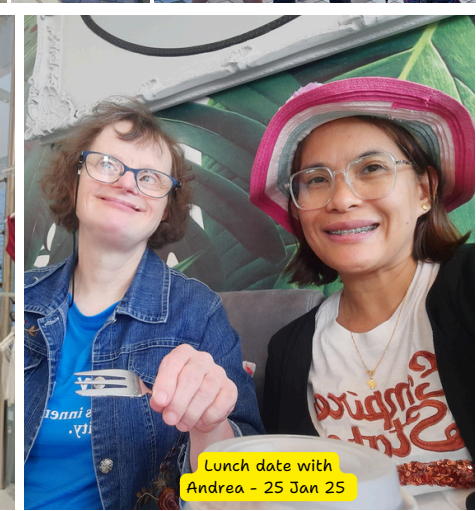
Fresh Cuts, Before & After - 13 Jan 25



Out & About in Tamaki - 18 Jan 25



Shopping & lunch with the girls - 28 Jan 25



Lunch date with Andrea - 25 Jan 25



Dinner at Joe's Garage - 18 Feb 25



Sam's Choice - Dinner at Tanto - 25 Jan 25



A Walk around the Block - 9 Feb 25



RANFURLY HOUSE

NEWS AND UPDATES

A lot has happened in the house since our last update, and most of it has been positive – a real blessing!

We'd like to extend a warm welcome to our new team member, Jae. We're excited to have Jae on board!

Residents and staff have been keeping busy with some awesome outings and evening activities, making the most of the great weather.

Goal Achieved!

Steven's 2024-25 LSP meeting is all wrapped up! He achieved his goal for the year, along with his buddy Warren, and they both had a blast at the Hamilton Zoo. It's awesome seeing their enthusiasm for discovery and adventure. For 2025-26, Steven's new goal is travel-related, building on that love for exploring!



Coming Up Next...

They say a picture paints a thousand words... so up next are a bunch of pictures that will paint a million words about what our residents have been up to, with the support of our wonderful staff. The following pages reflect some of the neat things we've done over the past couple of months.



On the Move: Celebrating Monique's Next Chapter

After 21 years, 5 months, and 10 days of dedicated service at Ranfurly Care, we bid farewell to Monique Jones, who has reluctantly resigned due to health reasons.

Monique was our Card-Making Extraordinaire, bringing joy every Wednesday and Sunday afternoon as she created beautiful birthday cards with our residents in Ranfurly House - cards for students, residents, staff, and family members.

Young at heart and full of love, Monique wasn't just about card-making.

She also helped with outings, dinners, reading, and crafts, always bringing her warmth and care to everything she did.

Monique will be greatly missed by both residents and staff, but she assures us that she will pop in from time to time to say hello.

Thank you, Monique, for all the love and joy you've shared with us over the years. We wish you the very best and hope for your continued health.

We look forward to seeing you whenever you're able to visit.

Valentines Day Ranfurly House Moments

Valentine's Day, celebrated on 14 February, started as a Christian feast day honouring Saint Valentine, a martyr.

Over time, it evolved into a global celebration of love and romance, blending cultural, religious, and commercial traditions. Whether you're celebrating with someone special or enjoying the spirit of love, it's a day to spread joy!

Here at Ranfurly House, our residents are spreading the joy of love, togetherness, and happiness.





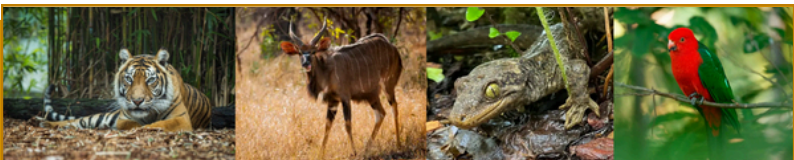
Devendra has been stepping up and helping out around the house.

He likes arranging the lunches to take to the Activity Centre, something he takes pride in and it's clear he enjoys looking out for his housemates.

It's great to see him growing and shining!



Our residents love their Ranfurly birthday parties! They look forward to their house celebrations - yummy food, great presents, and good vibes!



CERTIFICATE OF ACHIEVEMENT

Presented to

WARREN CHALLINOR

For successfully reaching his 2024-2025 goal of exploring Hamilton Zoo.

Through this experience, Warren demonstrated curiosity, learning, and an appreciation for wildlife conservation and nature's beauty. Warrens walk through the Zoo exhibits reflects his enthusiasm for discovery and adventure. Well done!



APRIL ARAGON
General Manager

JOHNDELL UBIDO
Residential Coach



Elvis in the Park - 12.01.25



Out & About with Vicki - 13.02.25

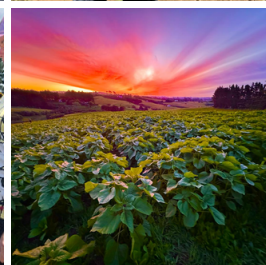
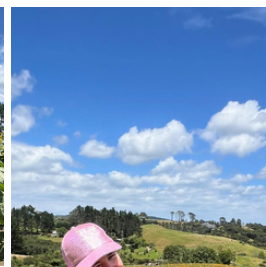


A Sunday Treat - 16.01.25



Picnic @ Cornwall Park - 18.01.25

Exercise @ Totara Park - 09.01.25



18 January 2025



LEGENDS IN CONCERT

01 FEB 25

BRUCE MASON CENTRE - 1 FEB 2025
AUCKLAND.LIVE.CO.NZ



Afro Festival, Aotea Square -
08.02.25



Sleeping Beauty Ballet,
Sky City - 15.02.25





David & Craig's
Train Adventure

22 February 2025





SENIOR GROUP

NEWS AND UPDATES

A Blooming Good Time

On Friday, 21st February, Linda Nelson invited the senior ladies to her home for a lovely morning tea.

Linda prepared a lovely array of treats, including Afghan biscuits and cold drinks, while the ladies enjoyed plenty of conversation and catching up with her.

The vibrant colours and sweet fragrance of Linda's garden bed at the entryway were a highlight, adding extra charm to the visit.

The scenic drive back to Ranfurly left the ladies feeling relaxed, happy, and full of smiles.



Sending Birthday Cheers

Things have been a bit different for Linda Robinson lately, as she's spent more time in the hospital than she'd like following a fall.

Although she's receiving plenty of care, she's eager to return home to all of her comforts.

Linda celebrated her birthday on Sunday, 23rd February, surrounded by love. She had visits from her friends Anthony, Joanne, Keith, Vicki, Elizabeth, Letty, Peter, and Anna.

The CPA family also sent their best wishes with a birthday card and flowers, bringing a little extra cheer from everyone at CPA.

We look forward to seeing you soon, Linda!
xx





**Selwyn Centre
30 Jan 25**



Susie shares a strong bond with her sister Julie and Julie's husband, Don. We're fortunate to have family members who actively support Susie and help maintain that vital family connection.

Although Susie is non-verbal, she communicates wonderfully through facial expressions, sounds, and hand gestures. She's got a great sense of humour, and when staff tell jokes, Susie's belly laughs are the ultimate sign we've told a good joke!

Here's a glimpse into Susie's daily life.



**CMA Remuera
04 Feb 25**



**CMA Remuera
18 Feb 25**



**Puzzle Time
21 Feb 25**



It's been a while since Elisabeth stayed at Duncan House due to her mobility challenges, but with the new lift in place, she was able to visit again, but better yet, stay overnight.

Although it took her some time to settle in, Elisabeth enjoyed her stay. She fell asleep around 1 a.m., as she kept asking when she was going home, but eventually she dozed off had a good sleep and woke up happy the next morning, in saying that she was glad to return to Ranfurly House.

Elisabeth's sister, Cate, also came by during our stay to catch up with Elisabeth, which was lovely.

We're pleased to now have a lift that provides better access for our residents and students. As part of a new initiative, we're planning to take smaller groups to Duncan House, allowing them to fully enjoy the space.





**Totara Park
15 Jan 25**



**CMA Remuera
28 Jan 25**





Ladies at Leisure
03 Feb 25



Ladies at Leisure
03 Feb 25



Picnic at Kohimarama Beach
05 Feb 25



"AN EXCELLENTLY EXECUTED, HILARIOUS AND SIDE-SPLITTING BIT OF NONSENSE TO CREATE TEARS OF JOY" ODT

AUSTEN FOUND

THE UNDISCOVERED
MUSICALS OF JANE AUSTEN



STARRING **PENNY ASHTON** (PROMISE & PROMISCUITY),
LORI DUNGEY (M3GAN) & **GREG WARD** (IMPROV BANDITS)
Q THEATRE LOFT | MARCH 27TH & 28TH | 7PM
BOOK: QTHEATRE.CO.NZ | INFO: HOTPINK.CO.NZ