

# RANFURLY CARE E-NEWS

“Don’t criticize what you don’t understand, son.  
You never walked in that man’s shoes.” - Elvis Presley



Janice, Shelly, Dan, Andrea, and Caroline at De Fontein Belgian Beer Café, Mission Bay



Warren, Peter, Craig, and Keith at the pub



Christie window shopping in the city

Update from  
Linda Nelson - 2

Get to know - 3  
News from the Crew - 5

Photo boards - 7  
Fun facts - 10

Calendar - 11

# BEHIND THE SCENES

by Linda Nelson

Another month has flown by since Monday 25 July shutdown. All services are still operating in the Orange Light setting in the Covid protection framework as we enter the beginning of Spring with the beautiful new growth, blossoms, and frolicking lambs we have visited on the Cornwall Park walks. I could not believe we are on the countdown to Christmas with only 117 days to go. It has been a busy month for the Activity Centre as we welcomed back all the returning students. The Activity Centre has booked the Papamoa Holiday for the 28 November, goal outings are all go, as are booking for shows, movies, use of the swimming pools etc. On 17 August we treated half of the students to a mid-winter lunch at the Swanson RSA and the second half go on the first and then the 7th of September.

Blossoms brought to mind a recent chat with our gardener Sophie Juttla requesting her profile of her previous interesting work and experiences in the newsletter. It has been a massive undertaking and catch-up working for us for over a year at both Cornwall Park and Ranfurly Road from having no gardener for two years. Glynis is restarting her summer garden project which fell over during Covid, and once again tomato plants in the glass house, and two worm farms to care for. Sadly, the community garden in Onehunga closed that we used to frequent once a week.

We are currently providing services for sixty-nine residents and students plus eight seniors who have their own senior daily timetable. A quick survey of the age of the residents and students shows there are ten people in their twenty's, twenty-three in their thirty's, ten in their 40's, sixteen in their 50s, and ten in the 60s. An interesting mix not that the residents focus on age it is all around friendship and fun.

Whaikaha the new Ministry of Disability have appointed their chief Executive Ms Paula Tesoriero, a Paralympian gold medal winner in the Beijing games.

The services continue to struggle with the amount of staff sickness or catch-up annual leave. Juanita has been a blessing covering staff although is returning soon to USA back in December. The residents are making full use of Duncan House again with April full of current ideas for outings and exercise. With no response in endless adverts for another nurse we are pleased that April Sia is back working in the office Thursdays and Friday.

Brett has been part of the team in many diverse roles for seventeen years until recently working for the police as an Authorised Officer. Regretfully Brett is leaving Ranfurly in September to complete the full police recruitment course.

Letty from CPA is away for three months following surgery. Daniel Kumararajan an enrolled nurse is working part time studying for anaesthesia with MOH working in all departments. Norma Jean Skelton is starting as a housekeeper at CPA and is planning to complete support worker training. Preiyashna Nand is an experienced support worker who will work at CPA. Shirley Lewis is helping by taking the Activity Centre students to the popular Milford craft sessions.

Mike Smith is leaving 26 August 2022 after twenty-one years' service. He has been away since March 2021 due to a bungled back operation and was due back Monday part time. Mike has decided to get a local job because of the travel from Manly, Whangaparoa.

Staff training is high on the agenda with Tricia Dore Q-XCEL onboard to provide a training programme for all staff covering twenty-four topics.

For your interest we have connected with an excellent buddy service 'Forget me Not' run by Carolyn Harris, who we discovered worked at IHC Ranfurly 40 years ago. We reminisced of the past as she knew several of our residents.

Hannah (Ranfurly's Wellbeing Counsellor and Social Worker) has been flexible in attempting to support staff and meet the needs of the residents/students. Grief and loss support has been provided to residents who have lost family members over the last few months.

By Friday, the two security entrance gate motors will have been replaced now with a battery back-up. Duncan House is in the throes of being refurbished. All windows are now double glazed, a lift ordered from overseas, sixty doors and kitchen cupboards sprayed lacquered white, the interior repainted, some new drapes and white slat blinds for all rooms except the 6.4 metres front windows with the 180-degree vista. We are eternally grateful for the amazing gift enjoyed by so many from our deceased resident Ian Duncan's family.

We all send our best wishes to a Ranfurly member Georgia Jensen Proctor who is recovering very successfully from an operation.

Congratulations to staff Anthony, Rupa, and Chis on obtaining New Zealand residency after an extremely long wait.

Blessings to you all, from Linda



# GET TO KNOW

Filia



Solomona

## Favourite

Colour:



Animal:



Food:



Singer:



Filia at school



Birthday 2022

How to support me:

Please be aware that my

eye sight is limited and it  
can be tricky at times.

I will let you know if I  
need help.

Thank you.

## About me...

My name is Filia.

I was born on the 19th of August in Auckland. My birth name is Ara ite tini Solomona, my mum changed my name to Filia when I was 8 years old after my dad died, his name was Filia too.

I lived in Mt Eden with my mum and dad, and I walked to Mt Eden special school every day. I made lots of friends and some of them I still see today.

My mum was a nurse in Rarotonga, her name was Rima. When mum moved to NZ she worked in a sewing factory and made pancakes every weekend, I LOVED her pancakes. My dad was a truck driver, he delivered carpets to people's houses. After my dad died my mum took me to visit family in Australia and Rarotonga. It was fun on the plane, but I got scared looking out the window and seeing the water.

Ever since I was a little boy I LOVED Elvis. I stood in front of the mirror and sang all the Elvis songs into my hairbrush.

My sister Coralie looked after me when I was a baby. I have a brother who lives in Rarotonga. I miss my family and I love my family; Sister, Trina, Sulusi, Nikki, Faleti, Kita, Trisha, Sam, Johnny, Hayley, Samantha, Minh, and Matthew.

Ranfurly is my home.

Love from Filiia.



The life and times of Sophie the Gardener.

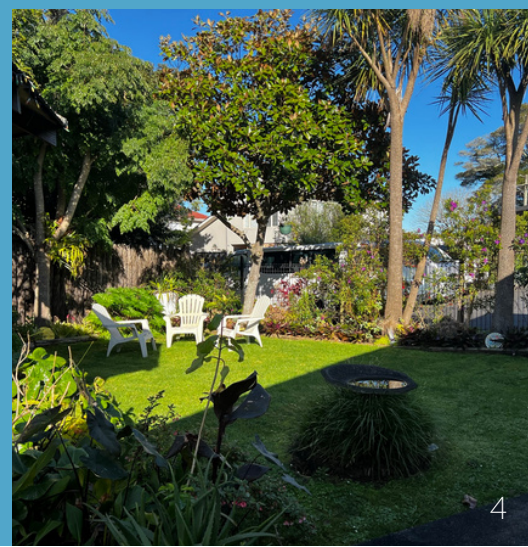
At age 27 I returned to college to do my city and guilds qualification in horticulture and the RFS exam (Royal Horticulture Society). Whilst schooling I worked at Eltham Winter Gardens, a huge Victorian heated glasshouse.

I moved to a commercial glasshouse growing colourful bedding plants for street hanging baskets and window boxes. We made the news when a duck decided to lay its eggs in one of the baskets on Marylebone Road.

The beautiful gardens of Belgravia Hampstead and St Johns Wood are where I held the position of Head Gardener working for the rich and famous, Lords and Ladies. Very fond memories.

So I was delighted to return to NZ and find the little gem of gardens at Ranfurly. I get told all the time how lovely the gardens are by the residents, staff, and passersby.

I feel very lucky. What more do you want from life?





## ACTIVITY CENTRE

**Mike's Farewell:** Mike wished to have a low-key farewell with the students. There were lots of sausage sizzles, well wishes, and happy memories shared. It is not goodbye but 'see you later' as Mike will be sure to visit us in the future.

**Singapore Day:** Aimee made a scrumptious pork and vegetable stir fry to commemorate Singapore's independence from Malaysia in 1965.

**Recycling:** Glynis and crew were out and about doing some great work at the recycling centre, see Christie Ryan's contribution below.

**Tomatoes:** With spring just around the corner we are getting back to nature and growing our own tomatoes for our kitchen.



Aimee's stir fry



Recycling Warriors

## RECYCLING WARRIOR

by Christie Ryan

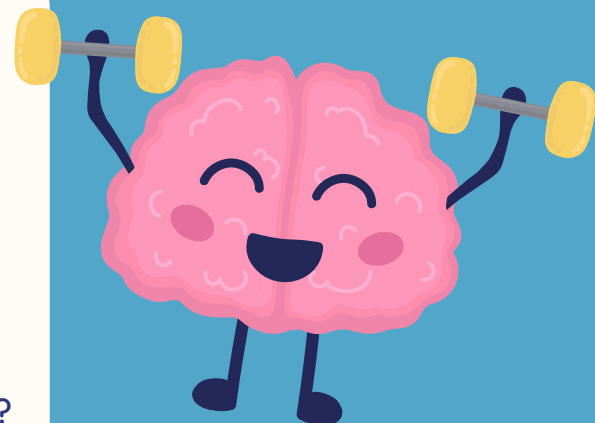
We went to Endless Metals, Scrap Metal Recycling in Onehunga to load black bags with coke cans and weigh our cans. We all have lots of money \$18.

I helped to take a video of the experience, getting Everyone into the van putting flat boxes in the van, and putting cardboard in the yellow bin. The forklift lifts piles of paper into the large factory.

This is my Article for the Newsletter about our Recycling efforts at Activity Centre. Our video will be on YouTube Ranfurly Activity Center soon. We learnt No Mixing Glass, paper or cans. Put them in separate bins. Mitre 10 Have bins to Recycle Light bulbs and polystyrene.

## BRAIN TEASERS

- 1) What gets more wet while it dries?
- 2) The more there is, the less you see. What is it?
- 3) What is full of holes but can still hold water?
- 4) You can find it in Mercury, Earth, Mars, Jupiter, and Saturn but not in Venus or Neptune. What is it?



Answers: 1) A towel. 2) Fog. 3) A sponge. 4) The letter R.



## WELL BEING

Colour me in



## CORNWALL PARK

Residents enjoyed a few outings this month, a visit to the Botanic Gardens, MOTAT, cinema, haircuts, and shopping. Frances had a nice win at CMA Bingo.

## DUNCAN HOUSE

August has been a great month for Duncan House stays as we are through the COVID patch, and various renovations. Residents are enjoying the improvements to the house.



Frances wins BINGO



Craig, Keith, Peter, Warren

## RANFURLY HOUSE

During the residents downtime (and in between the heavy downpours of rain) we have managed to get in quite a few walks around the city, and managed a couple of picnics in the park.

## THE NEWS

It has been a full on month as residents packed in a few social outings with their friends, family, and housemates.

Dan achieved his 2022 goal,



Andrea, Christie, Dan, Shelly



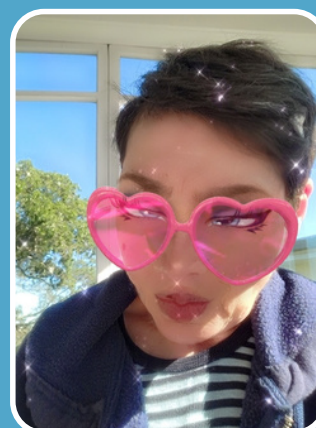
Jan G and Tania (staff)



Jan H, David, Aimee



Dan completes his goal



Frances



Pam, Jan H, Jan G





Mike and Christie



Janice, Mark, Rachel, Christie, Peter, Anne



Anna



Ihab



Mike and Rachel



Michael





Hasini



Sausage sizzle



Staff members - Chris and Rudon



David



Linda, Rachel, Clive, Mike



Munija





Royal NZ Ballet, Tane and the Kiwi



Recycling Warriors



RSA Luncheon



NZ Warbirds at Ardmore



Auckland Museum



# INTERESTING EVENTS AROUND THE WORLD

## 09-07 August - Elvis Week at Graceland

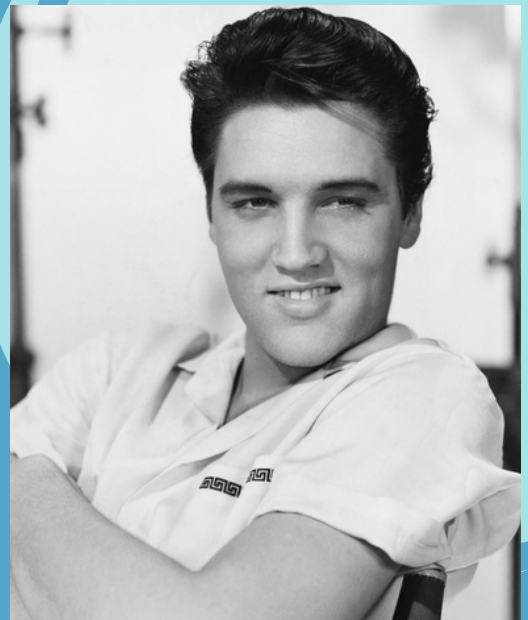
45th anniversary honouring Elvis the King of Rock n Roll.

## 01-26 August - Ghost Month or Zhongyuan Festival

Chinese customs believe the spirits of their ancestors wander the living realm during this period, they feed the spirits to appease them.

## 31 August - La Tomatina, Buñol

Thousands upon thousands of people from around the world gather to join in the worlds 'Biggest Food Fight'

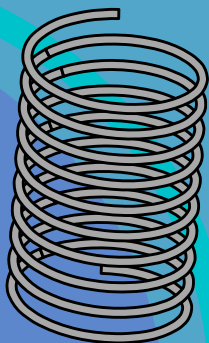


## History

- 1st August 1987 - Te Reo Māori is recognised as an official language
- 4th August 1965 - The Cook Islands achieves self-government
- 7th August 1908 - The first train runs the length of the main trunk line



Taihape Railway, 1908



### Ranfurly Word Finder

C	A	W	V	T	E	Y	K	K	B	C	D
N	B	R	H	F	K	D	V	B	P	A	P
Z	A	B	A	O	W	A	S	N	X	T	K
W	N	W	P	O	Y	L	U	Y	K	D	G
X	A	G	P	T	S	P	R	I	N	G	U
G	N	J	Y	T	I	P	W	E	S	U	W
R	A	I	J	E	H	E	D	S	J	K	Q
V	K	F	M	C	S	B	U	O	F	R	Z

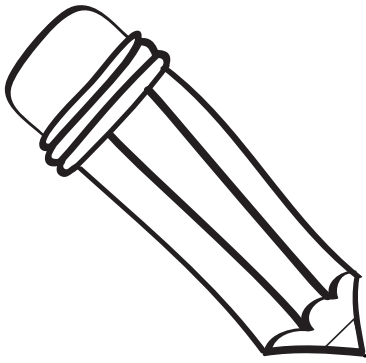
Find the following words in the puzzle.  
Words are hidden → and ↓ .

BANANA  
CAT

FOOT  
HAPPY

SPRING



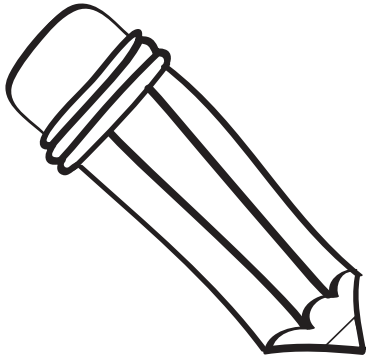


# What's happening? AUGUST 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 1 In 1744 English chemist John Priestley discovered Oxygen, isolating it in a gaseous state.	2	3	4	5 International Beer Day. 	6
7	8	 Construction of the Tower of Pisa began in 1173	10	11	12 The sewing machine was patented by Isaac Singer in 1850. 	13
14 Va's Bday 	15	16 Kezia's Bday 	17	18	19 Filia's Bday 	20
21	22	23	24	25  In 1932 Amelia Earhart completed her trans-continental flight.	26 Warren, Timothy, and Alex's Bday 	27 The Guinness World Book of Records was first published in 1955.
28	29  Walt Disney's Mary Poppins was released in 1964	30	31 Karen Hutley's Bday 			





Colour in Spring

**SEPTEMBER**

**2022**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1  In cinemas today	2	3 APO 4 Kids in Space 
4 Tina's Bday 	5	6	7 Disability Connect - Annual Transition Expo.	8	9	10
11 Happy Birthday Helen 	12	13	14	15  In cinemas today	16	17 Bridie's Bday 
18	19	20	21 Ian's Bday 	22	23 International Day of Sign Languages 	24 David's Bday 
25	26 Mental Health Awareness Week (until 02 Oct) 	27	28	29	30 Rebecca Molloy's Bday 	