

# RANFURLY CARE E-NEWS

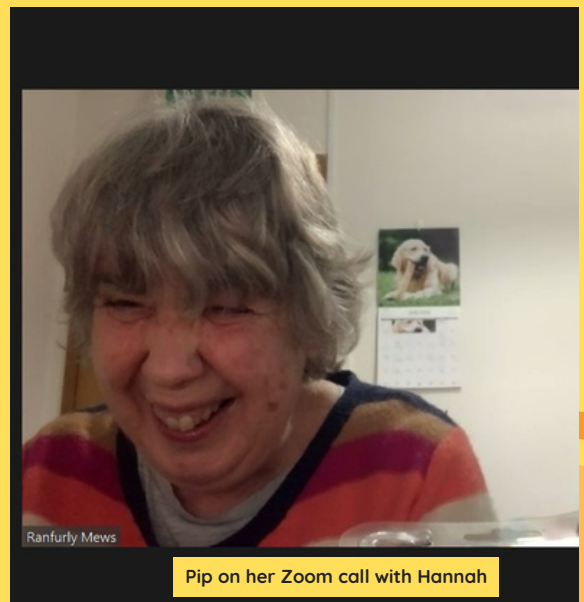
"If you have good thoughts, they will shine out of your face like sunbeams and you will always look lovely" - Roald Dahl



Ranfurly House residents celebrating Pam's birthday



Filia, Frances, and Joanne enjoy Ten Pin Bowling



Ranfurly Mews

Pip on her Zoom call with Hannah

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## MID WINTER

### Linda Nelson

It has been quite a week ending with the Rugby loss and the following news and postmortem from so many critics.

As you will be aware from the email and phone calls last Friday we had no option but to close the Activity Centre this week due to staff shortages in the centre and homes. Lockdown is over this Wednesday for the Ranfurly home and Friday for the Cornwall Park residents. Fortunately, all residents and most staff have only had a mild dose with no one hospitalised.

We had eighteen residents in the current cluster and six staff away, I am quietly confident we will be back to normal next week with Clive fully recovered and ready to go. Rudon received a joyous homecoming when he returned from an overseas family holiday as we stole him to work in the Ranfurly home this week. Residents have been entertained and are enjoying getting out of the home with drives planned all week. Staff were incredibly pleased to receive a Prezzy card thanking them for all their help during the past few weeks. They are all amazing - we are extremely fortunate to have such a wonderful team.

Duncan House, the Arkles Bay holiday home is in the closing stages of twenty-two windows being replaced with double glazing and large sliding window openings along the 6.4-metre front.

We are all waiting for Spring to chase away those wet, chilly days of the winter blues. I have already seen promising signs unfolding in the garden, with many buds appearing.

Blessings to you all during the disruptive school holidays and ever-changing times. Take care.

Below are my tributes to three wonderful mothers who were admired by all who knew them for their devotion, love and care of their son and daughters. Fond memories by Linda.

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### Hilary Reid

I have known Hilary as a dear friend since the 1970's back in the days of IHC fundraising when we sold thousands of Christmas cards and Graeme was involved in the sector internationally.

We shared a journey that led to the formation of Ranfurly Care in February 1992. I feel truly humbled that both you and Graeme believed in what we could achieve and what we did achieve together, especially in the tumultuous July/August of 1991, the start being so vital to Ranfurly Care's founding.

The introductions you and Graeme shared with me to people who could help and did help were invaluable. Ranfurly Care might not exist today if it were not for the dedication and foresight of you and Graeme. Your belief in me has never wavered, and for that, I am grateful. Later on it was through Graeme's generous donation we were able to purchase the Cornwall Park property.

If it were not for our intellectually disabled daughters we might never have met, but somehow, I think fate intervened to create the Ranfurly legacy. We will strive to ensure that our legacy continues into the future.



## Sanne Hill

We thank the Hill family for allowing us to express our condolences to Bertie, James, Prue, and Poppy. We understood the family's request for their privacy during that time.

We first met Sanne in 2013 when Poppy joined the Ranfurly home. Sanne was a real ray of sunshine, her contagious smile would light up the room.

Sannes boundless energy, candour, and positivity are what we will admire and remember the most.

Sanne is admired by all for her tenacity and amazing courage throughout her illness and indeed with life itself.

Bertie has shared some special photos with us, telling us that Sanne loved chooks and all birds but understandably not cats. The other photo is taken with Dolly the tortoise whom the family looked after for a couple of months but hardly ever saw.

We are all happy to have known you Sanne.



## Margaret Van Veen

Michael's mother Margaret passed away on the 11th of April 2022. Linda and Clive attended the funeral to support Michael and his family.

We have known Margaret since July 1998 when Michael first moved into the Ranfurly home.

Margaret is fondly remembered for her sewing, delicious almond tarts, and yoga classes with Chris which were always a laugh trying to position into some awkward poses.

Early on Margaret was involved in the women's auxiliary where she made lots of goodies to help fundraise for the Ranfurly home. We are eternally grateful to Margaret who many years ago made all the net curtains in the residential home. It was quite a task. Weekly she would also pick up the resident's clothes for mending.

Her infamous almond dutch chocolate cake at Christmas time was always a hit with the staff.

Sadly missed by all.



## MONDAY MINDFULNESS

### Hannah Kift - Ranfurly Wellbeing Counsellor and Social Worker

The Monday Wellbeing and Mindfulness group has enjoyed meeting a new group member recently called Meddy Teddy.

Mindfulness means paying attention to what is occurring with kindness and curiosity. Meddy has been an excellent addition and has been helpful in reminding us about the importance of smiling, slowing down, sitting peacefully, and appreciating the present moment, showing kindness to ourselves and to others.

Stay tuned for some mindfulness exercises the group has been practicing next month.



## THE NEWS

### Congratulations

Christie & Shelly won 1st place at the Special Olympic indoor bowls tournament on the 9th of July. Well done ladies!!

### Out and about

Residents enjoyed many outings including watching the Minions movie and Cheltenham beach, dodging the rain. Lots of fitness and walks around Gribble Hirst Park, and Cornwall Park, of course, balanced with a few coffee outings too.

### Welcome back

We welcome Nicole Dick back to the Mews. Its great to have you back in the home after a long COVID hiatus and your big trip to Europe.

### Celebrate

It was Dan's birthday on the 14th of July.

### Guns N' Roses

Janice is hoping to see GN'R live in concert later this year.

### London and Fiji

Helen and Sam are looking forward to their upcoming trips overseas. Sam is off to London and Helen is off to Fiji.

### Technology

We have a new computer in the house thanks to Kirsty! We love playing computer games on it.

### A treat

Maurice treated Andrea and Philippa to a special dinner night.

### Praising Dan

We want to praise Dan who has done really well during our 'isolation period'. He has demonstrated patience and understanding amid the changes. Dan has been keeping himself busy and showing initiative by helping out around the garden.

### Masterchef

Helen made her flatmates Mexican mince for dinner which was given a thumbs up.

### Explore Wellington

Sam and Caroline both went to Wellington.

### Friendly reminder to family

Please contact staff ahead of time if you are picking up your resident, especially during these isolation periods.

## ACTIVITY CENTRE

What a month it has been!

As Linda mentioned we closed this week due to staff shortages. Thankfully Rudon returned from his family holiday in the United States.

Glynis, Wendy, and Rudon have been holding down the fort this week.

There have been a number of community outings and activities this month.

Looking forward to seeing everyone back at the Activity Centre next week.

## CORNWALL PARK

Residents and staff would like to thank Clare O'Connell's family for their kind donation. Clare's family donated an outdoor bench for everyone at Cornwall Park to enjoy. A lovely reminder of our friend Claire.

Today (21st July) is Jaimee's birthday. We plan to have a shindig when she is well and out of isolation. All the residents are looking forward to it.

Life at Cornwall Park is ticking along, residents are in good spirits we continue to try and make these times as fun, enjoyable, active, and routine as possible.

## DUNCAN HOUSE

This month we closed Duncan House so that we could install some new double glazed windows.

During this time Jacqui took some much needed annual leave to visit family in the United Kingdom.

Meanwhile, we have seconded April to work at Cornwall Park and Ranfurly House during the closure.

Duncan House stays are due to resume on Monday 25 July 2022.

We know residents have been missing their Duncan House stays. I'm sure everyone will enjoy the new comfort and warmth.

## RANFURLY HOUSE

COVID-19 has affected our residents and staff again. Fortunately no one has had any major issues and we continue to adapt and move forward.

Staff are doing a fantastic job of entertaining residents with lots of music, dance, and activities.

Residents have also been watching some great movies on the Disney Channel.

Chris (staff) made a stack of pancakes for afternoon tea, residents loved it, and of course residents still enjoy their Fish & Chip Friday.

## GET TO KNOW...



## PAM BARTON

Pam celebrated her 79th birthday on the 1st of July.

In 1992 Pam attended the Ranfurly Care Activity Centre day program part time.

In 1996 Pam became a full time resident at Ranfurly House after her mother Majories health deteriorated.

We sat down with Pam and asked her a couple of questions about her life.

Pam said she moved to NZ from Australia in 1943, she remembers coming by boat.

Pam enjoys going out for coffee, CMA, and shopping, she also likes going to Duncan House and going for short walks.

Pam likes to keep busy when she is at home, she helps with wiping down tables, putting the washing away, and keeping her room tidy.

## BHAVNA TAILOR

Bhavna has been a part of our Ranfurly House team for just over 2 years, and works fulltime at a special needs school!

Let's find out a little bit more about Bhavna...

Q. What is it that interests you in working with people with disabilities?

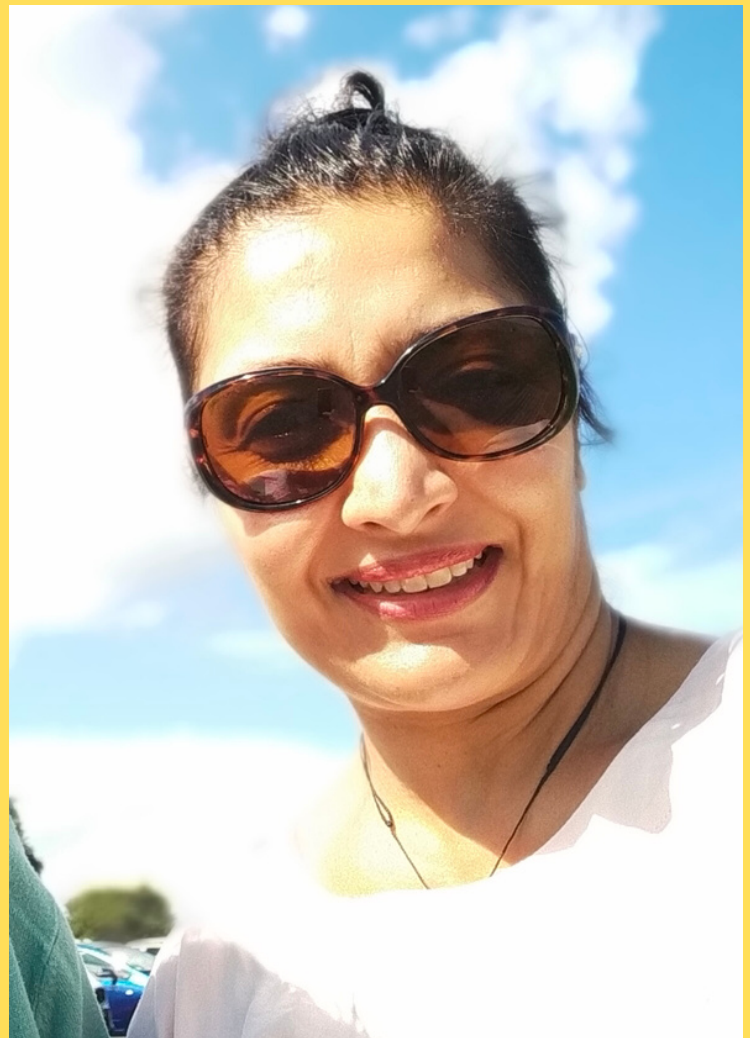
A. Helping people from all walks of life. I want to help others whenever possible. I am empathetic, patient, and understanding.

Q. What is your favourite thing about working at Ranfurly?

A. The friendly, caring, positive, supportive atmosphere of residents, staff, and management.

Q. What do you like to do when you're not working at Ranfurly?

A. I like to keep up with my fitness by going for walks, gym, reading, cooking, baking, and spending time with my girls.





Vinnie playing with his new Lego



Christie, Janice, and Dan at Cornwall Park



Andrea focussing on her Jenga Tower



Warren, Fila, Steven and David enjoying a break at St Heliers



Dan, Shelly, Andrea, Janice and Christie at Cheltenham beach



Mews residents out for coffee



Rachel Fearon made a new dress in Manori's dress making class



Tina and Jan Green at the park



Linda at CMA



Janice, Helen, Christie, and Dear Harry taking a break from their walk



Dan on his daily walk around the block



Vicki, Clive, and Dougal having a moment





Fun times at the Activity Centre



Jan Horrocks, and Jan Green enjoying their coffee outing



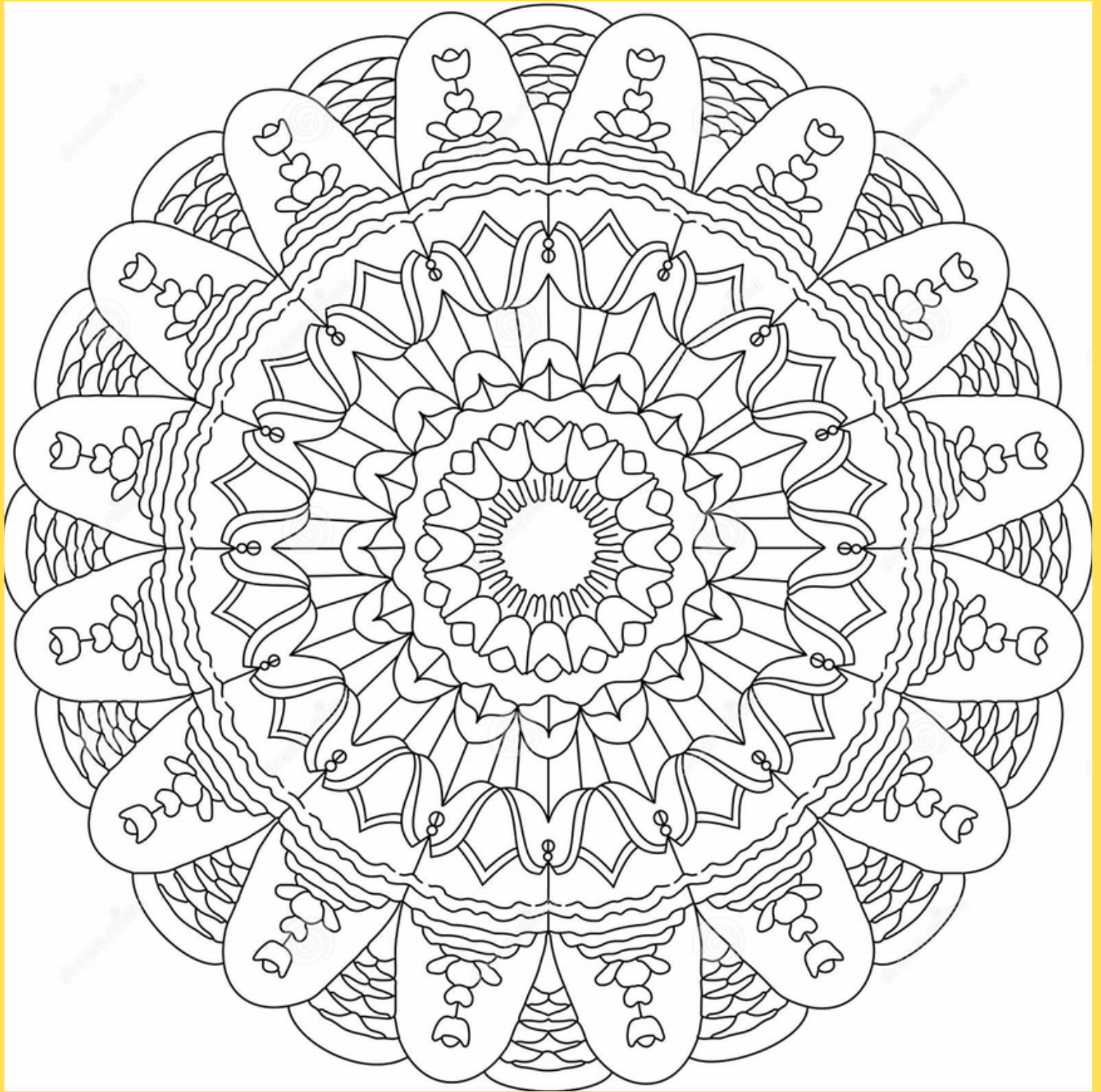
Helen and Dear Harry walking around Orakei Basin



Rachel Fearon having fun making her dress



CPA resident meeting 30 June 22



## Fun Facts about July

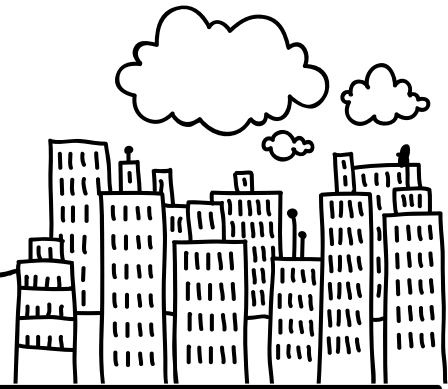
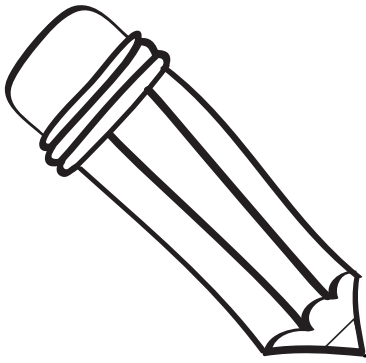
The birthstone for July is; Red Ruby which represents wisdom, love, and health.











The most common names that derive from the month of July are; Julius, Jules, and Julian for boys. Julie, Julia, Julianne, and Juliet for girls.

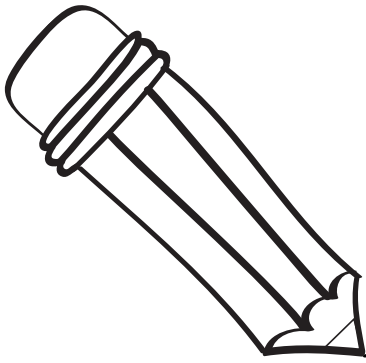
Leo (the star sign), and Ruby (the birthstone) are also popular names for people born in July.



# Events JULY 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Rachel Fearon's Bday 					1 Pam's Bday 	2 on this day in 1938 the electric trains came to Wellington
3	4	5	6	7	8 End of School Term 2 	9
10 on this day in 1967 NZ adopted the decimal currency	11	12	13	14 Dan's Bday 	15	16
17	18 on this day in 1855 NZ's first postage stamp went on sale	19	20 on this day in 1969 Neil Armstrong was the first person to set foot on the moon	21 Jaimee's Bday 	22	23
24	25 Start of School Term 3 	26 on this day in 1865 Parliament moved to Wellington	27	28	29	30 Chris's Bday 



# Upcoming Events

## 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 			