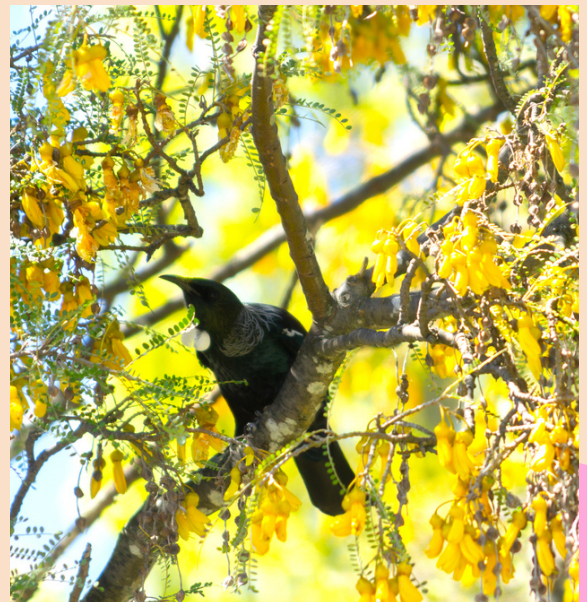


RANFURLY CARE E-NEWS

“Spring is nature’s way of saying, Let’s Party!” – Robin Williams



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FOND FAREWELL

Linda Nelson

This morning there were several bleary-eyed people at work after staying up to watch the sombre British pageantry farewelling a beloved wonderful Queen. The only topic on the majority of people's minds is witnessing the end of an era with the emotional passing of the Queen who has been part of our lives and background history. The solemn farewell watched by thousands of people lining the streets of London to get a glimpse of the



Queen's casket on the final journey has been a profound pouring of grief in the loss of an amazing woman. A once in a lifetime historical event to be remembered on the special holiday in her honour to be held next Monday. On a lighter side we remember the delightful Paddington Bear friendship and 007 meetings, her love of horses and corgis all enlightening moments in the Queens life which still put a smile on one's face. For some of us our memories will be of the Christmas tradition to listen to the Queens Christmas message or how we have enjoyed watching all the Royal weddings, and many scandals. In 1953 school children, me among them, celebrated her visit to New Zealand a time when she gave her Christmas message from Wellington and commiserated with all the families who lost their loved ones in the Christmas Eve Tangiwai rail disaster.

We have our own empty space as we will all miss Brett with yesterday being his last day after seventeen years at Ranfurly where we have appreciated his versatility with so many skills he applied in all centers in a variety of roles. There was nothing Brett could not tackle as a valued employee. Thanks to Clive our master of ceremonies, the students, residents, and staff enjoyed a sausage sizzle in the hall so as one can imagine there was much hilarity, fun and laughter. Much reminiscing ensued of the drama group called the Ranfurly Players especially remembering the classics, Macbeth, Three Musketeers, Hounds of the Baskervilles and many more plus of course the Ranfurly hospital series enjoyed by so many. We all wished Brett the best of luck in his new adventure of now completing the Wellington course to move from an Authorized Officer to becoming a fully-fledged Policeman. One must admire his tenacity and perseverance by following and finally achieving his dream. Despite having to jump through a million hoops. The position means Brett will be working six days on and four days off so will continue with some of his roles at Ranfurly when it suits his roster as a disability advocate.

On the home front the 24 training sessions are well underway each Monday and Friday and all students have now been treated to a lunch at the Swanson RSA. We are still experiencing a lot of staff illness which is causing staff roster headaches. With eight away at the moment.

Blessings to you all,
Linda

ACTIVITY CENTRE

The Crew

Spring Food Appeal

As we are all aware the cost of food and household items has risen greatly this year. Ranfurly is partnering again with the Salvation Army Onehunga in October to collect a selection of canned/dried food/hygiene and cleaning products, to be distributed to people in need.

If you feel you can contribute to this appeal it would be greatly appreciated.

CORNWALL PARK

The Crew

Movie month

This month Linda and Anne were excited to organise a couple of movie outings for their housemates. Linda chose DC League of Super-Pets, followed by lunch at Hollywood Bakery. The group gave this movie 5 out of 5 🍿🍿🍿🍿🍿 There were plenty of laughs and it had a nice storyline. Anne chose Top Gun Maverick, the group gave this 4 out of 5 popcorns, it lost a point because it went on for too long.

DUNCAN HOUSE

The Crew

Living Skills

Residents have been enjoying the new changes at Duncan House. The double glazed windows, new blinds, carpet, and paint have brightened up the place and make the home feel very warm, comfortable, and cosy. We continue to support residents with their living skills, creating a safe space for them to explore and learn new skills.

MOON FESTIVAL

by Aimee Lim

The moon festival is a Chinese custom that dates back to ancient emperors who prayed to the moon in Autumn, and the sun in Summer. It brings families together and symbolises harmony and unity. Click on the photo of the mooncakes to find out more about the Legend of the Moon Festival.

Many countries around the world celebrate with mooncakes, there are many shapes and yummy flavours, my favourite flavour is durian.

MEWS

The Crew

Social gatherings

It has been another month of social engagements for our residents. It's great supporting and encouraging their extra curricular and weekend activities.

A couple of their highlights so far has been having a drink with the NZ Sailing team, Helen's birthday party, Jellicoe Park, and a Saturday night outing to The Brickworks.

RANFURLY HOUSE

The Crew

Looking ahead

It is the middle of Spring and things are warming up nicely, despite the sometimes rainy days. Roll on Summer!

Every month we are lucky to have at least one birthday celebration, on the 4th of September we celebrated Tina, and on the 24th of September we will celebrate David who is excited to be turning 55.

We have a couple of fun outings and events planned for our residents next month for example Night at Auckland Museum: Glorious Greeks, Peter the T Rex is King, Halloween, and three October birthday celebrations!



GET TO KNOW...

RUDON OCCENA AKA BUDZ

This month Rudon celebrates 6 years at Ranfurly Care. Here are some things you may not know about Rudon...

1. Why did you choose to work at Ranfurly all those years ago?

I was looking for a new field of work, being a nurse for a longtime, I thought I would do something different.

2. What do you enjoy most about your job? The interaction with the guys.

4. What is your favourite thing about your career? The love you get from the students and residents.

6. What is your proudest accomplishment? Getting my New Zealand Citizenship.

8. What is weirdest thing you have ever eaten? Pig Intestines.

10. List two pet peeves.

- Pineapple on Pizza, just NO!
- Bad Grammar

12. What famous actor/actress would play YOU in the movie about your life? Denzel Washington.

14. What is your nickname, and why do people call you that? Budz (pronounced Boodz). Was supposed to be Rudz, but people say the "B" was easier to pronounce than an "R".

16. If you could live anywhere, where would it be and why? Hawaii. I love the sunny beaches.

3. What motivates you to work hard? My wife, and my family.

5. What is your biggest complaint about your job? It can get really busy at times.

7. What is your favourite restaurant? Spicy House (Dominion Rd).

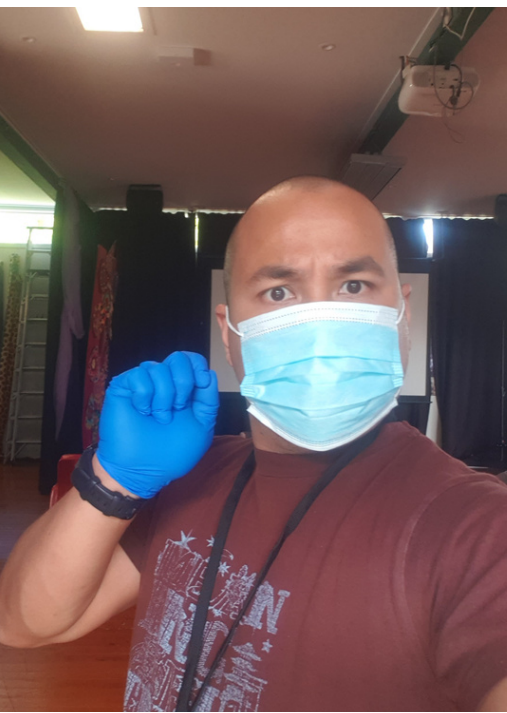
9. What food combination do you love most? Fried rice, sunny side up egg, bacon.

11. What is your favourite movie quote? "You can't handle the truth!"

13. List 5 songs that will feature in the movie soundtrack about your life.

- Time of my life - Dirty Dancing
- Careless whisper - George Michael
- Nothings gonna stop us now - Starship
- Especially for you - Kylie & Jason
- It must have been love - Roxette

15. Do you have any ridiculous goals in life? To be retired by the age of 50 (is that possible?).





Filia at Ten Pin



Andrea and Shelly at Ten Pin



Warren and Dan at Ten Pin



Warren concentrating on the task



Poppy getting in some exercise



David visiting mum (Eileen)



Ladies lunch - Tina, Jan H, Frances, Linda, Anna, and Elisabeth



Andrea, Grace (staff), Janice, Christie



Janice, Andrea, and Christie at MOTAT



Janice, Christie, and Andrea



Lunch at the RSA



Aimee and Christie with their vase



Jan G, Jan H, Pam, and Bobbie at the Winter Gardens



Daniel (staff) at the Transitions Expo



Scott, Steven, Michael with their lemon and blueberry cake



Jaimee chuffed with her baking skills. It was delicious!



Vinnie at jewellery class



Jan at the pub



Helen's birthday party



The Mews enjoying drinks with the NZ Sailing team



I'LL BE
BACK

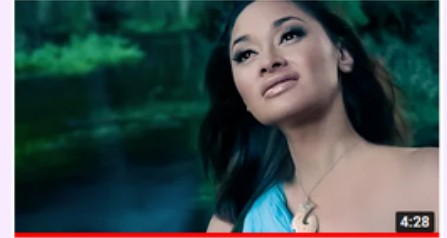


Te Wiki o te reo Māori

Brush up on your basic te reo Māori through our quick quiz!
Click the pikitia (picture) below



Some waiata Māori to add to your playlist



If you're in a baking mood, try this delicious Fry Bread recipe



Petihana Reo Māori 50th Anniversary

The Māori Language Petition (Te Petihana) presentation to Parliament on 14 September 1972, it kickstarted a major shift in the revival of te reo Māori as a living language in Aotearoa New Zealand. 50 years on Te Petihana continues to inspire the Māori language movement.

[You'll find some helpful resources here if you are wanting to broaden your understanding.](#)



Book = Pukapua



Worker = Kaimahi



Work = Mahi



Whānau = Family

COLOUR ME IN & WIN!

Grab some pens,
pencils, crayons or
felts to add colour
to your scene and
bring it to life!



mhaw.nz
#MHAWNZ

RECONNECT

Mental Health
Awareness Week

26 Sept – 2 Oct
www.mhaw.nz

Name: _____

School: _____

Phone Number: _____

Email Address: _____

Age Range: 4-6 7-9 10-12

Rules:

- Competition open to tamariki/children aged 4-12 years
- Entries close 5pm, Monday 10 October 2022
- Winners will be notified by phone or email

Post your entries to
Mental Health Foundation,
PO Box 10051
Dominion Road, Auckland 1446

or snap a photo of your entry
and email it to:
MHAW@mentalhealth.org.nz
Subject: Colouring Competition




 **Mental Health Foundation**
OF NEW ZEALAND
mauri tū, mauri ora




TE WHARE TAPA WHĀ CHATTERBOX

This chatterbox is designed to help tamariki have a kōrero about the different things that make them feel good, with question prompts inspired by the four dimensions of Te Whare Tapa Whā.


How to play:

1. Ask a friend to pick a word that's written on one of the square pockets.
2. Spell out the word as you move the chatterbox back and forth (i.e. whānau, six letters, move six times)
3. Have them pick a number from the inside. Move the chatterbox that many times.
4. Ask them to pick another number: Open the flap of the number to reveal the hidden question inside!

- Step 1:**  Trim along the dotted line to make a square
- Step 2:**  Fold the square from corner to corner diagonally. Unfold and repeat with the other corner.
- Step 3:**  Lay the Chatterbox out flat with the colours and numbers face down and fold each corner into the centre point.

- Step 4:**  With the number side facing down, fold each corner into the centre point again.
- Step 5:**  Fold the Chatterbox in half so that the numbers are on the inside.
- Step 6:**  Your Te Whare Tapa Whā Chatterbox is ready to play!

WAIPIUA




ONO

What do you like to eat to give your body energy?

WHITU


What activities make you feel calm?

WHĀNAU



RIMA

What's your favourite animal?



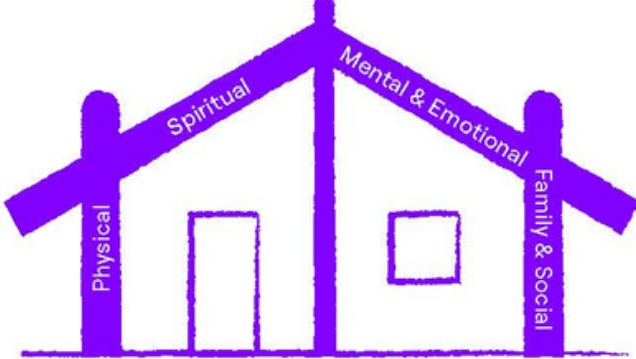
Mental Health Foundation
maturī tū, maturī ora

WARU

What is your favourite song?

WHA

What activities do you like to do to move your body?




Spiritual
Mental & Emotional
Physical
Family & Social

TAHI

What is something that makes you smile?

TINANA




TORU

What is a favourite whānau memory that you have?

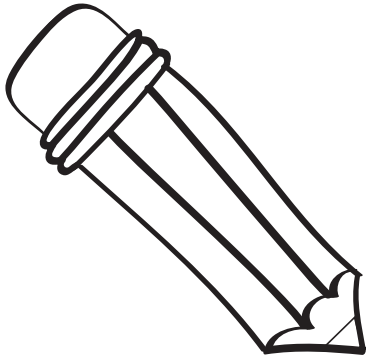
RUA

Where is your favourite place to visit with your whānau?

HINENGARO



www.mhaw.nz




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 	



Colour in Halloween

OCTOBER

2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31  Halloween					1 Vicki Pratt Bday  Start of school holidays
2	3  Night at the Museum	4	5 Brent's Bday 	6  Joanne's Bday	7	8
9 Happy Birthday Craig 	10  Night at the Museum	11 Jan Green's Bday 	12	13	14	15  Jan Horrock's Bday
16 End of school holidays	17	18 Anna's Bday 	19 Poppy's Bday 	20	21	22
23	24 Labour Day 	25	26	27	28	29