



NEWSLETTER-V3

A FEW WORDS FROM RENA...

It has been another busy few months at Capella House- we are all happy to be welcoming spring as well as some warmer weather. This year has been great for me, but busy! My sister was married earlier in June- which was a very special few days for me and my family.... A few of our staff have been on nice vacations: some of their destinations include Russia, Canada, Nelson, the Bay of Islands, Philippines, and Fiji, to name a few (lucky them!). Our staff have been attending different training sessions through Auckland Hospital, the Wicking Dementia Research Center, Age Concern as well as various In-House training sessions. I am extremely happy with how well our team continue to work together, the skills we bring to our job, and how well our residents are doing- particularly now that we have reached our 2-year anniversary!

NZ SMALL OPERATOR AGED CARE WINNERS! Earlier in the year, Capella House had applied for an Excellence in Aged Care Award through the NZ Aged Care Association. Our entry this year focused on our approach to person centered care.... Keep reading to hear more about this from Anastasiya, who represented our facility in Rotorua earlier this month.

As always, its lovely when our families pop in, if you would like to formally meet with myself or Premla to discuss your loved one's care or health status, please get in touch. We look forward to seeing you all at the Christmas Party or when you are next in.

Warm regards,

Rena McArthur- Manager



A wee reminder... Our previous newsletters contain a lot of interesting information about dementia, aged care and our facility, you can download these from our website:
www.capellahouse.co.nz

The NZ Aged Care Association Awards, 2017- from Ana

In September, I went down to Rotorua to represent our small but superb facility at the Excellence in Care Awards 2017 as we became finalists in Invacare Small Operator category. I had just 4 minutes to showcase how we normalize care in our secure facility. There are numerous photos of our residents helping with various everyday domestic chores like washing folding, vacuuming and collecting eggs from our chicken's coop. We also showed that we actively engage our residents in the local community: visiting library, schools, etc. What really stunned the judges was the level of care we provide here at Capella. As they announced Capella House a Winner in the Small Operator category at the Awards Ceremony, they praised us for providing an "exceptional personalized care". I had a lot of positive feedback from people in the industry as well. It felt fantastic to get acknowledged for our excellent teamwork.



Ana accepting our Excellence in Care "Small Operator Industry Award"



SAVE YOUR DATE FOR: THE CAPELLA HOUSE XMAS PARTY!

We will be sending out invites for this, but before then, please save the date: Friday December 1st (Afternoon). All family/friends invited.

ANA'S ACTIVITIES

Have a read to see what our residents have been up to over the past few months...

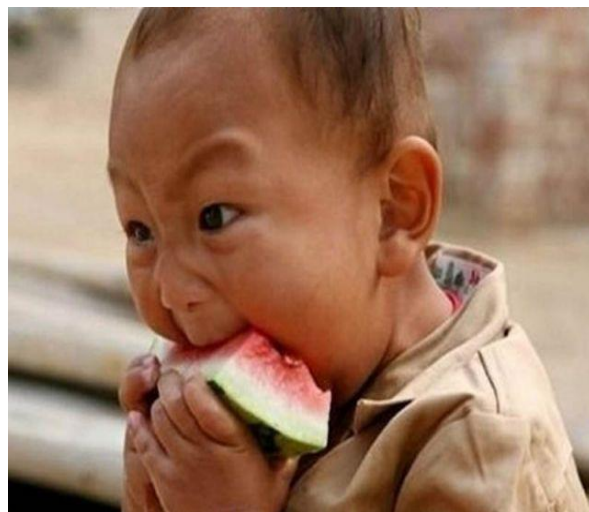
- In August we invited a local poet Malcolm to come and share his best short poems along with a conversation about the recent update on the poetry scene in Auckland. David, Jim, Jeevan, Sue, Nola and Lynn appreciated the event.
- All residents seem to enjoy our new monthly International Food Day. We have already tasted Spanish, French, Fijian and Chinese cuisines.
- Lynn, Del, Peter, Jeevan, Freda, Terry and Jim all enjoyed a half-day bus outing to Sheep World in Warkworth. Residents loved watching the sheep shearing show and got to feed the lambs in the end. We also had a lovely lunch together at a nice cafe.
- Wonderful afternoon entertainment and laughs were delivered by our new entertainer magician Paula. Maureen, Anne, Peter, Del, David C, Freda, Joyce and Lynn enjoyed the magical show and even volunteered to learn some new tricks.
- In August we were visited by Blockhouse Bay Intermediate School Glee Choir. Our residents were moved by sweet voices, contemporary songs and the energy that 55 kids brought in. Maureen, Lynn, Sue, Nola and other residents enjoyed singing along and interaction with the children.
- Phil, Sue, Lynn, Jim, Jeevan, Joyce had great fun tossing indoor bowls in a competition against Westhaven Rest Home that we held at Capella House in July. Practice does make perfect as our Capella team won the tournament! Now we are planning the reciprocal visit to Westhaven to beat them in bowls again 😊
- Lynn, Del, Sue and Phil enjoy getting out into our veggie garden on a nice sunny day. We have already planted the herbs garden that our cooks use daily.
- David, Terry, Peter and Fu Yu were busy with the latest men's group project putting an entertainment unit together, it took us a few days to accomplish it but the result is worth it.
- Freda, Anne, Jim, Del and Peter enjoy going out on brisk walking groups in the community. Now that the weather is getting better we aim to do it three times a week.
- Early September we took off to Butterfly Creek for a half-day adventure. Lynn, Del, Anne, Jim, Terry, Laurie and Jeevan enjoyed a train ride, watching the butterflies, as well as crocodiles encounter show.

NEW MENU

Some of you who join us for meals may have seen that we have a new menu. From residents meetings, feedback to the cooks and management, we found that our previous menu was particularly outdated.

We saw an area for improvement and have been consulting with Terrence Austin, a well known "Aged Care" restaurateur. Our most recent residents meeting showed that our residents are loving the new meals we are providing.

I have attached an interesting read from one of our suppliers (Pure Food Co) focusing on the difficulties older residents and residents with dementia face at meal times. It might also explain how we do things here at Capella House.



If you would like to join us...

Please remember that we would love you to come into the home / to come to local community centers and join us anytime. Here are a few things below you may be interested in:

- Lunch/Dinner/Morning/Afternoon tea
- Bus trips- these are on Monday and Friday
- Church Service- These are done by Greenlane Christian Centre as well as the local Blockhouse Bay Baptist Church- the dates change depending on whether we go there or they come here, but they are generally on a Tuesday or Friday
- Saturday BBQ's- every Saturday we have a BBQ at Capella and a few drinks- weather dependant! But usually around 11am.
- Entertainment sessions- Every fortnight we have an entertainer come to the home, whether it be a magician, singer, hula dancer, piano player- our residents (and staff) love this and it is always a nice afternoon
- Our monthly Birthday Parties- we have one BIG birthday each month for all resident's birthdays in that specific month- come and check with Ana about when these are.

Dementia, dining with dignity

September 29, 2017

By Renee Taylor - Speech Language Therapist



Most would agree that food and mealtimes are deeply social experiences, which are embedded at the core of many religions and belief systems. They are part of our daily living and we simply couldn't survive without them.

Dementia is one of many degenerative neurological conditions that can affect the ease at which someone is able to enjoy or partake in a meal. This can be due to the physiological changes in swallowing, and also to the cognitive changes affecting the ability to perform the tasks that are usually required during mealtimes. This can negatively affect an individual's wellbeing, including their physical (taha tinana), spiritual (taha wairua), family (taha whaanau), and mental health (taha hinengaro) (Durie, 1998).

In the first instance whanau and carers must always encourage independence during mealtimes. This not only maintains dignity, but also increases swallow safety. A speech-language therapist (SLT) can help guide carers and whanau with the best way to safely achieve maximum independence. If it is deemed necessary by a SLT to provide full or partial assistance during meals here are some tips to ensure that it can remain a positive experience and that dignity is maintained:

- Always use the residents' name to get their attention.
- Acknowledge, respect, and consider any cultural differences.
- Make eye contact when communicating with the resident.
- Use a gentle tone of voice.
- Tell the resident who you are and what you are going to help them with.
- Make allowances for hearing and visual deficits (speak to their 'good' ear, sit where they can see you, with light on your face).
- Ensure that the resident's dentures are in place before the meal.
- Sit facing the resident when feeding them.
- Some residents may benefit from sitting near others in order to model appropriate feeding behaviours.
- Ensure sensory aids are accessible, in situ, and turned on.
- Serve one course at a time.
- Pay attention to facial expressions and gestures.
- Avoid rushing the resident to eat. Use a calm approach.
- Residents may need prompts to: Start, continue and finish off their meal, chew their food, take another mouthful, swallow
- Encourage the resident to use any remaining physical skills.
- During assisted feeding, bring the spoon up where the resident can see it.
- Tell the resident what is on each spoonful.
- Don't do anything to a resident's plate without asking them first.
- Do not mix foods together.
- Never scrape the food off teeth or gums.
- During mealtimes, avoid conversations among staff that do not include the residents.
- Be aware of food temperatures. Due to decreased tactile sensations, residents may not be able to judge when food is too hot or cold.
- Keep in mind the resident's past diet history. Their feeding and eating behaviours may be normal for them (e.g. they may have always had a small appetite prior to the onset of dementia).
- Record strategies and ideas for other carers that help a resident to eat and drink their meals (LaTrobe University, 2009).

References

LaTrobe University (2009) *Dining with Dementia* [Brochure]. Anthea Griffin, Lizzie Hollingworth, Meredie Tyberek, and Jamie Vourgaslis.

Mason Durie (1998), *Whaiora: Maori health development*. Auckland: Oxford University Press.