



## NEWSLETTER-VOLUME 2

To be honest I am not that surprised it has already been 6 months since our last newsletter! What a fantastic summer we have had here at Capella House. We have had several of our residents out in the community visiting local schools, preschools and community groups. Have a read below to see what our residents and staff have been doing over the last few months.

### ROUND THE BAYS 2017

**In March, 10 of our Capella staff members ran/walked Round the Bays, raising money for Alzheimer's NZ.**

**With almost no training, everyone did really well, including some of the younger Capella House Team!**

**Go us!**

### Ana's activities...

John, Sue, Del, Lyn, Peter, Jeevan and Jim went out to the Arts Workshop at Pah Homestead in March and again in May. They appreciated and discussed the contemporary art exhibition, molded clay and had a lovely afternoon tea afterwards on the veranda of the historic villa.

Terry, Peter and Laurie have been busy in their mens group- putting things together and doing a bit of handiwork around the place. Recently they have put together a desk and made a garden seat by the chicken area. They have done a great job accomplishing both projects!

Every Friday we have a lively Happy Hour socializing time with drinks, nibbles, music and fun games. Most of our residents look forward to this event each week, such a highlight! Of course, all family members or friends of our residents are invited along to this.

Del, Peter, Laurie and Terry enjoyed our active walking group, walking twice a week to places such as the Blockhouse Bay township, Post Office, Library, Bolton St Café and even the local Bowling Club.



-Some of the team- post race 😊

Sue, Lyn, Terry, Del, Peter, Laurie and Jim have been regular chefs helping to make our Saturday BBQ lunch for the Capella family. They enjoyed chatting to one another over a few ginger beers.

The singing duet "Rocal Duo" entertained our residents in March. David, Jeevan, Nola, Maureen, Gwen, John, Sue, Marie and May sang along and danced a bit as well.

Lynn, Adi, Sue, Nola, Del, Maureen, Joyce, Rose, Patricia and Lorraine (almost all the ladies!) have been looking fabulous, enjoying their weekly afternoon manicures, foot spa and jolly good girls' time! 😊

Every week have a mini "zoo" visiting Capella House. Charlotte brings all sorts to Capella- rats, parrots, bunnies, puppies etc. Everyone is enjoying these weekly "furry cuddles".

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### *Dementia and different support networks available...*

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In this newsletter, I want to focus on providing you all with some useful information regarding dementia and what support networks are available for you. We all know how difficult it can be for not only dementia sufferers, but for families and carers also. I hope you take a look at this info and find it useful.

Firstly, I can recommend booking in an appointment with your GP or our GP: Dr Peter Woolford at Health New Lynn. Our Doctor is more than happy to help explain the stages of dementia and questions you may have about a loved one's diagnosis (given that you are legally entitled to this information).

Alzheimer's NZ is a great support system where designated key workers will be assigned to your 'case'. The referral system works by either your GP referring you, or by referring yourself. Their contact number 0800 004 001 and the referral system works but just giving them a call and explaining your situation. Their website also provides several booklets and information sheets including:

- Alzheimer's Disease
- Communicating with a person with dementia
- Dental Health for People with Dementia (English and Maori)
- Residential Care general
- Incontinence
- Residential Care checklist
- Understanding behaviours
- Preventing Falls
- Dementia and Driving Factsheet
- The LTSA's Older Drivers License Renewal factsheet
- Dementia
- Personal Care
- Wandering
- Nutrition for Older People Affected by Dementia
- Legal Matters
- Caring for the Carer
- Travelling with dementia
- Understanding your feelings - notes for carers
- Younger people with dementia
- Grief and loss

There are hundreds of books about dementia care out there also- some I can recommend include:

- Contented Dementia (Penny Garner)
- A Caregivers guide to Lewy Body Dementia (Helen Buell)
- A dignified life (Virginia Bell and David Troxel)
- Still Alice (Lisa Genova)
- The 36 Hour day (Nancy Mace)

The University of Tasmania (Wicking Dementia Centre) are an Australian based University who are becoming well known for their dementia research in NZ and Australia. They offer two free online courses for those people wanting to study dementia- Understanding Dementia and Preventing Dementia. The majority of our staff have completed these courses while they have been at Capella House and I can recommend them as one of the best programmes available to carers and families (and its free).

Lastly, please feel free to come in and have a chat with me anytime here at Capella- I completely understand the difficult position many carers or families are in and are more than happy to lend an ear over a cup of tea- my door is always open.

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## MUSIC THERAPY

Music therapy: Although we include music therapy and activities into our daily routine here at Capella, I have recently been speaking with Raukatauri Music Therapy Centre in Grey Lynn. There is a whole bunch of research about the benefits of music therapy, particular with residents who have dementia or cognitive impairment. I am keen to get a few of our residents along to these sessions- they can either be one on one or a small 2-3 people group session. If you would like more information, please let me know.



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 residents birthdays in that specific month- come and check with Ana about when these are.