

"A new way of thinking about aged care"

As we write this we think of how wonderful it is to have a little normality back as we move around in our daily lives. The enormity of what we have all been through during the Covid-19 pandemic and lockdown is not a distant memory for many of us, it is still fresh in our minds. Our lives and our world has changed and is still changing. Many residents have experienced change like this before and so to be able to

share stories, information and ideas with them has been very valuable. Many residents have seen unprecedented changes over their life time and so we draw on this wealth of knowledge to guide and lead us – the message of being kind during the pandemic is something that they already display, it was a habit installed in them as children We are not sure how or where we, as a younger generation, lost that along the way but it is

good to get back on track with those simple things of being kind to others, being kind to the environment and being kind to ourselves. We learn so much from our elders – the key is to listen.

The Eden Alternative Philosophy principle number 8 is all about listening to residents so we can all share in their ideas and experiences together.

**EDEN PHILOSOPHY –
Principle 8:**

An Elder-centred community honours its Elders by de-emphasising top-down bureaucratic authority, seeking instead to place the maximum possible decision-making authority into the hands of the Elders or into the hands of those closest to them. This is the antidote to Helplessness.

The Croft

Zooming thru Covid by Mark Manit

During the level 4 lockdown due to the COVID Pandemic the residents have not been able to have visitors. This has been hard for them and caused some worry and anxiety. Margaret was wanting to speak with her daughter and son in law and I suggested that she does a zoom call to them. She had thought that she could not do this as she didn't know how to. I set it up for her and while speaking to them she was taken around the house and shown all of the rooms. Margaret had never seen their new house and was so happy that she had tears in her eyes. Her family thanked us very much for helping with the call. They also thought that her COVID haircut was pretty good.



A Gift from the Heart

by Helen McLeod

One of our staff members who had to stand down during level 4 and 3 lockdown spent her time coming to the Croft each week with home baking and soup for the staff to enjoy. She made us all more cheerful when we were feeling a bit stressed due to the world situation. This made her feel that she can still care for people and we felt we are cared about.

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Have you seen us on facebook yet? Presbyterian Support South Canterbury has its own facebook page that contains information about our services, media articles, photos and stories of what is happening - please like and share this page to stay up to date with information. <https://www.facebook.com/presbyteriansupportsc/>

Wallingford

Cooking Up a Storm

by Raewyn and Sandy

Sandy asked the men at Wallingford if they would like to have a 'Mens' Breakfast' which was received with a very enthusiastic response. So Sandy then set about preparing to feed 10 men! On the menu for this occasion was bacon, sausages, tomatoes, hash-browns and eggs. Help was required to cook all the food! Paul and Kepa manned the BBQ cooking the meat and hash-browns (in the dark and cold outside) while Sandy cooked the rest. Everyone attending really enjoyed the event and appreciated a very filling breakfast! This will be repeated for the ladies.



The Wallingford Wingers by Sandy

During lockdown with covid-19, a group of our Wallingford residents came up with the idea of getting a singing group together, practicing during lockdown, then put on a small show to all the staff and the rest of the residents at the end of lockdown.

A group of nine was formed and between them all they chose the variety of songs to sing. Gwyneth was approached to play the piano, and Kelvin took the role of the organizing of the group practices.

During lockdown they practiced twice a week, that extended into weekend practice. A decision was made to add a few skits in to go with the songs.

They have all had a lot of fun getting together, having fun while singing. They feel they are nearly ready to show the world their singing talent, so a date will be set in the next few weeks.

They have already made the decision that the Wallingford Wingers will continue as a group to bring music, fun and laughter into Wallingford.

Covid Hair-do's by Raewyn

During the Covid lockdown the hairdresser was not permitted to come to the Home. As a result, the residents started to look a bit wild and woolly, particularly the ladies who have their hair done weekly! Some of the staff, including myself, decided that we would not get our hair done until the residents could also have theirs done. That meant that we were an extra three weeks looking rather scruffy! What a relief for everyone when we got the news that the hairdresser was allowed back!

For a bit of fun it was decided that we would all take pre and post hairdresser photos to display on the board. Those who wanted to have had their Covid hairdo recorded for posterity! We will be taking the post Covid photos over the next few weeks.



During the Covid-19 pandemic our Family Works foodbank has experienced demand like never before. With financial stress due to job losses and pay cuts, we are seeing large numbers of new families becoming vulnerable and experiencing hardship for the first time. The economic impacts are expected to last for some time. Your Donation will make an immediate difference for children and families in South Canterbury.

<https://pssc.org.nz/donate-to-filling-our-foodbank/>

Margaret Wilson

Daly's Tours

by Katie S

The activities staff at Margaret Wilson had told me that Brian was doing a tour in the van today. He was



commentating to the rest of the residents about where he was brought up, around the back of Lyalldale. I came up with the idea to print some signs to put on the van. Sarah and I printed off the sign saying "Daly's Tours". Sarah went and got Brian and said that we had a surprise for him. When he came outside he was grinning from ear to ear about it. I took a photo of him beside the van with his headset on and you could see the happiness in his eyes. It's the little things like this that make their day.

Making masks in Lockdown by Sarah T



Before Lockdown, some of the Margaret Wilson residents formed a craft group and making paper mache animals with Tracey (one of the volunteers). Everyone enjoyed it so much that during Lockdown they wanted to continue on with making something else. This group got together and brainstormed a few different ideas until they settled on making masks!

With some help from Google they researched how to make their masks and what design they would like to paint them. Over the next few weeks each person created individual masks with their own chosen designs. These are now proudly hung up on display in the Lauder Room for everyone to enjoy! Now the group are brainstorming their next activity!



The Smoothie by Nicky G

Within our building lives an immaculate, articulate and independent lady who advocates for herself and those around her. She runs a tight ship within her environment and does for herself as she is able.

Each morning she gets assistance to make a protein smoothie to squirrel away in her fridge to sip upon as she desires. But one fateful morning all did not

go to plan!

The lid on the smoothie was tightly wedged and the container brimming. As the said lady attempted to open her smoothie the container took on a life of its own and leapt from her grasp diving for its spot in the refrigerator.

The lid parted company just as the fridge made contact with the bottom of the container and Mount Vesuvius exploded in chocolate smoothie form.

From the top of her head, dripping down to her knees, from the darkest reaches of the fridge

to the white ceiling above, the smoothie had made liberty from its' container.

Our lady was faced with a "if you don't laugh you will cry" moment as she surveyed the mess through the smoothie dripping from her hair.

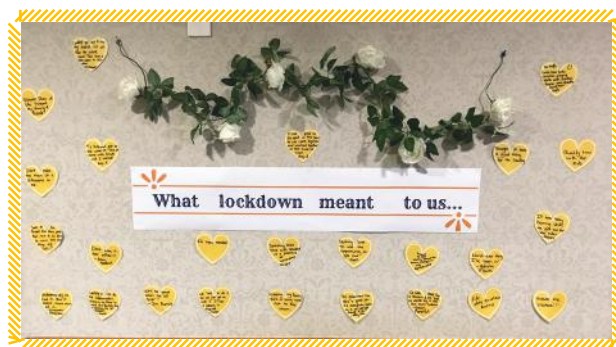
The price of independence can be high – today it was three chocolate flavored tipples and having to admit that sometimes ambition can be a beggar. But oh how she has dined out on the story of her misadventure and made all those around her laugh!

What Did Lockdown Mean to You by Sarah T

After Lockdown we asked our residents "what did Lockdown mean to you?"

We had many different responses, from "I couldn't go to the hairdresser" and "Don't have it too often" to "The government made the right decision, it was a blessing in disguise" and "To make sure to use the opportunity to get out more".

We displayed the answers in our entrance as a way to document and reflect on our time spent in Lockdown at Margaret Wilson.



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Thank-you



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Every donation of \$25 or more receives a FREE PSSC Hessian Bag (must be collected).



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