

# NEWSLETTER

## May 2025



*Happy Mother's Day*

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# Editor's Desk

Hello Residents, Families and Friends,  
Welcome to the marvelous month of May!

This month is packed with fascinating celebrations and moments of appreciation. National Train Day sounded interesting - a cuppa and a search on the internet, lead to me sharing a little on page 15.



Mother's Day gives us a chance to express gratitude for the love and wisdom of mothers and mother figures.

The Cannes Film Festival showcases inspiring stories, and for those who love adventure, Scavenger Hunt Day encourages curiosity, problem-solving, and fun—proof that learning and excitement never have to stop!

Enjoy the journey, cherish loved ones, and keep exploring!  
Warm wishes,

*Davina Kemp*

Client Relations Coordinator

## May Trivia

The Month of May. May is named for the Roman goddess Maia, who oversaw the growth of plants.

Zodiac signs: **Taurus & Gemini**  
Birthstone: **Emerald**  
Flower: **Lily of the Valley**

## Quote of the Day

*You are never too old  
to set another goal or  
to dream a new  
dream.*

– C.S. Lewis

# Message from Facility Manager

Hello Residents, Families and Friends,

Each time I am asked to write a message for a newsletter, I often have a moment where I think gosh, what can I write this time. However, here at Hetherington House there is always a lot going on. The team are busy with events and activities each week and there is always planning to be completed for the weeks and months ahead. Our Diversional Therapists, Carol & Raewyn are trained professionals who are continually completing professional development to ensure they are able to deliver a variety of activities to all residents to ensure they are interacting and socialising with others.

**Volunteer's**, are you interested in volunteering?

We would welcome any family members or members of the community that have a spare hour or two that would like to volunteer and help with some of the activities. This could be assisting on a van outing, reading a book to a resident, helping with activities, playing games in the lounge or if you have a musical talent, you could join the team of entertainers.

If you would like to learn more about volunteering, please speak to Carol, Raewyn or myself.

## **Fundraising**

We have a number of projects that require attention; (in no particular order) 1: complete the heating project, 2: install a new hot water system, 3: de-commission the old diesel tank 4: roof repairs, 5: safety screen for the dementia unit, 6: a new van, these are just a few items that need replacing or repairing.

We will be working over the next few months to try and secure funding for projects by applying for grants. We may need to raise some funds through a variety of fundraising activities. More on this next month. If you have any suggestions or ideas for fundraising, please feel free to let us know.

Please enjoy this month's newsletter that is kindly put together by Davina.

Kind regards,

*Michelle Wilson*

Facility Manager

# The Knitting Club

**The Knitting Group is about so many things – creativity, achievement, interaction and giving to the community**

Pictured here are the some of the knitting group packing up hats they have been making to be donated and sent off to the Children's Cancer Foundation.



Family Support Coordinator's from the Children's Cancer Foundation were delighted to receive hats for the children.

Knitting hats is part of our community project activity and is maintaining being involved in the community for our residents.

Here residents were donating a bag of hats to Waihi Family Doctors.

Well done to those who have spent time knitting hats and giving to the community. Some little ones will have warm heads as the weather gets cooler.





# International Children's Book Day

The Cat in the Hat visited for a book reading of The Cat in The Hat with our friends from Waikino School.

Children and residents gathered around to listen and took turns helping to read.

A fantastic way to celebrate International Children's Book Day, with lots of smiles, fantastic dress up outfits and the perfect book.



# Hot Cross Bun Day

Residents were busy making hot cross buns



The results were amazing!  
The smell of freshly baked hot cross buns filled the air  
And us enjoying them at our Easter Afternoon Tea.





# We live in a wonderful community

## **A big thank you to the Waihi Beach Bakery!**

A big thank you from us to the Waihi Beach Bakery for the lovely Hot Cross Buns they delivered on Good Friday, totally appreciated and enjoyed by our residents!!



## **Donations of surplus crops**

A big thank you to families and growers who drop their lovely spare produce in to Hetherington House. Our cooks and residents just love it!

A special big Shout Out to Adrian and Robin! We really appreciate your generosity.



# ANZAC Service



Every year we hold a service to reflect on the courage of those who served and show our gratitude for their sacrifice.

This years' service was extra special with Robin sharing his experiences, and leading the service.





# Introducing Our New Logo



The thinking behind this image;

Resilience and Strength Dandelions are known for their ability to thrive in challenging conditions, pushing through concrete and returning year after year. This resilience has made them a powerful symbol of strength, determination, and the ability to overcome adversity.

At Hetherington House, our residents, families and staff are required to be resilient with the challenges presented to them, declining health (residents), supporting each other (families and carers) and caring for residents and families (all staff).

The new logo represents all of us working together, the strength of the stem shows resilience, the spheres are all of us working together to support residents and families, the dandelion puff (seed) reminds us that our residents do at times float off in their own world, however that is why Hetherington House is here, to take care, support and show empathy and understanding during what is often a difficult time for residents and families.

# Joy in Every Day: The Power of Diversional Therapy

Another month has passed, and once again, our activity planner has been packed with opportunities that empower our residents to make their own choices, engaging in activities that bring joy and highlight the benefits of diversional and recreational therapy.

The question has been asked as to how we put an activity calendar together each month, so we thought you might like to know

There are some steps we follow:

## **Holistic Planning**

Are we following best practices by including physical, spiritual, cultural, social, and emotional aspects of an individual's wellbeing?

## **Inclusivity**

Are residents being reminded of activities? Are they culturally sensitive? Are we including family/whānau, and making sure everyone feels welcome and involved throughout the activity?

## **Flexibility and Adaptability**

When planning activities, we ensure they can be adjusted to suit individual needs and abilities. Do we have the resources and support to make that happen?

## **Meaningful Engagement**

Are we offering activities that meet the needs and aspirations of our residents, whether individually or in groups? Will these activities empower them, foster connection, and most importantly, bring enjoyment to their day?

Once we have considered all this, it's time to put the calendar together. We start with the regular favourites - exercise sessions, Bingo, Scrabble, bowls, social groups, school visits, and church services. Then we ask:

- Are there any upcoming cultural events we can celebrate?
- What fun themed days can we include?
- Can we incorporate or support our resident's personal hobbies either individually or as group activities?

All the work that goes into creating the activity calendar centers on resident wellbeing and enhancing quality of life.

So, with all that said keep an eye out for the May Calendar, and come along to enjoy some fun, engaging, and meaningful activities with us!

Carol and Raewyn  
Diversional Therapy Team



# Special Events Happening in May



Mother's Day  
Celebration  
Friday 9th



Pink Day  
Friday  
May 16th



Men's Group  
Lunch Outing  
May 12<sup>th</sup>



# Entertainment in May

## **Dancing Divas**

Friday 2<sup>nd</sup> 10:30am

## **Harp playing by Diane and Christine**

Friday 9<sup>th</sup> 10:30am

## **The Friends Group**

Wednesday 14<sup>th</sup> 10:30am

## **Gary Entertains**

Friday 16<sup>th</sup> 1:30pm

## **Country Music Entertainment**

Friday 23<sup>rd</sup> 1:30pm



## **Sing along with Barry & Peter**

Wednesday 28<sup>th</sup> 10:30am

## **Duncan Plays Piano**

Friday 30<sup>th</sup> 1:30pm

## **Special Days celebrated throughout the World**

4 <sup>th</sup>	Space Day
5 <sup>th</sup>	Cinco de Mayo
8 <sup>th</sup>	Victory in Europe Day
10 <sup>th</sup>	Train Day
10 <sup>th</sup>	Migratory Bird Day
11 <sup>th</sup>	Mother's Day
11 <sup>th</sup>	Skilled Nursing Week
12 <sup>th</sup>	Intl. Nurses Day
17 <sup>th</sup>	Eurovision
20 <sup>th</sup>	World Bee Day
20 <sup>th</sup>	Cannes Film Festival
22 <sup>nd</sup>	Biological Diversity Day
23 <sup>rd</sup>	World Turtle Day
24 <sup>th</sup>	Scavenger Hunt Day
26 <sup>th</sup>	Memorial Day

# **Regular Events**

## **Reminiscing and Flowers with Liz**

Monday 5<sup>th</sup> & 19<sup>th</sup>, 10:30am

## **Waikino School Children visits**

Wednesday 7<sup>th</sup> & 21<sup>st</sup> 10:30am

Come along and have fun with the children

**Church visits** every Friday 10:30am

**Church Devotional** Thursday 8<sup>th</sup> & 29<sup>th</sup>  
at 10:30am

**Men's Group** Thursday 15<sup>th</sup> at 10:30am

**Coffee Club** Tuesday 20<sup>th</sup> at 1.30pm

Brews and Bites by Ella will be selling real coffee at the front entry.

## **Resident Meeting**

Tuesday 20<sup>th</sup> 10:30am, Main Lounge

followed by the

## **Viewing Lost Clothing**

**I can't list it all here**, so for van outings, walking groups, bowls, canine friends visit, bingo, scrabble club, knitting club, quiz time, art cart, large board crossword, ice cream trolley, table and floor games, time to bake, card making, garden club, news room, golf putt and don't forget our variety of exercises – please refer to your activities calendar or board in the dining room.



# History of National Train Day

National Train Day was a holiday started by Amtrak in 2008 as a method to spread information to the general public about the advantages of railway travel and the history of trains in the United States.

It was held each year on the Saturday closest to May 10, the anniversary of the pounding of the Golden spike in Promontory, Utah, which marked the completion of the first transcontinental railroad in the U.S.

Events were held at major Amtrak stations as well as railroad museums across the country and often have passenger cars and model railroad layouts on display.

National Train Day was cancelled after 2015 due to budget cuts within Amtrak, although many rail organizations and railfans continue to observe the holiday.

What might you see at an event?

Equipment displays of working trains, rail equipment and displays from freight railroads, transit agencies, non-profit rail organizations and historical societies. From model train layouts at a local club to tours of historic rail cars and excursion train rides.



PictAmtrak 406 at Washington Union Station for National Train Day 2011 painted in heritage livery with markings commemorating the start of Amtrak service.

# May Birthdays



In May, we celebrate birthdays with:

**7<sup>th</sup> Norma Kractzer**  
**12<sup>th</sup> Joyce Fawcett**  
**12<sup>th</sup> Lois Rhind**  
**17<sup>th</sup> Rob Wood**  
**20<sup>th</sup> Kelvin Thurgood**  
**21<sup>st</sup> Nola Dyer**  
**30<sup>th</sup> Walter Watson**

Please note  
residents can choose not to have their birthday displayed



## May Trivia

✦ The Eiffel Tower officially opened to the public on May 6, 1889. It was intended to be temporary but has become one of the most iconic landmarks in the world!

✦ The first-ever postage stamp, the “Penny Black,” was issued in May 1840 in Great Britain.

✦ The Golden Gate Bridge in San Francisco, California, opened on May 27, 1937. At the time, it was the longest suspension bridge in the world!

### **Pisces (Apr 20 – May 20)**

Taureans are dependable, logical, and overall peaceful beings

### **Gemini (May 21 – Jun 20)**

Geminis love to learn and they never stop wondering about the unexplained

# From the Clinical Desk

Winter is knocking at our door, we would like to bring about the awareness of flu and Covid and it's impact on our residents and the facility. Visiting our facility when you are ill, exposes not only the staff but the vulnerable elderly we care for. Please be vigilant, stay safe and look after yourself and us. Stay away if you are unwell, practice good hand washing procedures, and wear the masks provided for you.

Thank you

*Ell Burns*

Clinical Manager



## WELCOME

### KEEP OUR FACILITY FREE OF WINTER RESPIRATORY ILLNESSES

#### To help us to control the spread:

- ▶ Please do not visit us if you have cold or flu symptoms
- ▶ Visitors are encouraged to wear a face mask

**Thank you for your understanding.**

We need to keep our residents safe from infection.

#### To reduce the spread of winter respiratory illnesses:



Stay home if  
you are sick



Wash your hands  
frequently



Keep high touch  
surfaces clean



Discard tissues  
immediately



# Poem to Share

## The Road Ahead

Anon

Life is a journey, a winding road,  
With stories untold and dreams to hold.  
Each step we take, both small and grand,  
Shapes our path, like waves on sand.

No road is straight, nor always bright,  
But hope will shine like morning light.  
With kindness shared and love so true,  
The road ahead brings joys anew.

So walk with faith, embrace the day,  
Let laughter guide you on your way.

# Noticeboard



## NEW RESIDENTS

A very warm welcome to:

- **Mr Neville Wiseman**
- **Mrs Joyce Bickley**
- **Mr Reg Haynes**

We hope that you enjoy your time here!

## SCAVENGER HUNT

Find in this newsletter

- 3 pink shirts
- 5 hats
- 2 bunny ears
- the word “Caboose”
- A train
- 4 candles
- 3 dandelions
- lots of feijoas

## NEW STAFF

A warm welcome to the people who joined our team in the past month!

- **Deidre Brooks**
- **Amber Ford**

We hope that you enjoy your time here!

## NEW VOLUNTEER

A warm welcome to

- **Beau Ngauamo**

We hope that you enjoy your time here!

## PINK SHIRT DAY

The staff will be taking part in Pink Shirt Day on Friday 16 May.

We are doing our part to eliminate bullying by celebrating diversity and promoting kindness and inclusion.

Kōrero Mai, Kōrero Atu, Mauri Tū, Mauri Ora – Speak Up, Stand Together, Stop Bullying!



# Laughing Matters



## Dinner at Grandma's

Everyone was seated around the table as the food was being served. When little Johnny received his plate, he started eating straight away.

"Johnny, wait until we've said our prayer," his mother reminded him. "I don't have to." – the little boy replied.

"Of course you do." – his mother insisted. "We say a prayer before eating at our house."

"That's at our house," Johnny explained, "but this is Grandma's house and she knows how to cook."

## Lost & Found

A teenager lost his contact lens in the garden and after a fruitless search, he told his mother it was nowhere to be found. His mother went outside and within a few minutes found it.

"I really looked hard mum" said the youth, "How did you manage to find it?"

"We weren't looking for the same thing" said his mother, "You were looking for a small piece of plastic. I was looking for \$350 dollars!"

## Father & Son

Will was trying to teach his son about the evils of alcohol.

He put a worm in a glass of water & another in a glass of whiskey. The worm in the water lived while the one in the whiskey curled up & died.

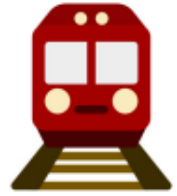
"All right, son," Said Will, "what does that show you?"

"Well dad, it shows that if you drink alcohol you will not have worms."



## Word Search

### TRAIN TERMS



Z A B B R C Y Z N W P A T A  
Z W Q S T A T I O N C V A E  
N B D T P B S P I K E S P L  
J C E O R I H W K A Z G O O  
T U E L B N F D H H N Y W O  
O L N E L E C T R I C G E U  
W T G C A B O O S E S B R P  
E R I S T I N S S W I T C H  
R A N G R I O D S F D Q L B  
L I E J A R O W R D Y X T E  
P N N I C T I N A V G M K T  
S T I C K E T L I G H T S I  
Q J G Y D C F D L U Y D L H  
S Z H S P E E D S R O U T E

Bell  
Junction  
Tower  
Spikes  
Route

Track  
Engine  
Switch  
Speed  
Ticket

Electric  
Lights  
Train  
Cabin  
Crossing

Caboose  
Rails  
Whistle  
Power  
Station