



CLAUD SWITZER
RESIDENTIAL CARE | KAITAIA



SWITZER NEWSLETTER
Winter/Spring 2024

Find out what the residents and staff at 71 South Road have been doing!

An update from Switzer

CEO, Tina Mills



This newsletter takes us from the twinkling stars of Matariki through to the new lambs and blooms of late September. If you know me, you know that I'm a weather boffin, so I am pleased to report that we've had three months of relatively mild weather after what was a very wet couple of years here in the winterless Far North! I'm certainly not complaining, as it has meant we have all been able to get outside more to enjoy Switzer's fab gardens and grounds! *(See more on this over the page!)*

Switzer's Certification Audit

We hosted the auditors for two full days in August. Audits can be a very stressful time for all involved, so I want to sincerely thank everyone for making these days go as smoothly as possible. We are currently awaiting the ministry outcome, but initial feedback from the auditors was overwhelmingly positive. They made special mention of the exceptional community participation with our home, and that Switzer has a very warm and welcoming feel and that all the staff were well-informed, very friendly and accommodating. As CEO, I couldn't be more proud!

Award Winning Business Manager

Angelica Verlaan (Business Manager), attended the Retirement Villages Association Conference in Wellington and was presented with a *Certificate of Achievement and Recognition for being a 'Top Tier Learner'*. Way to go, Angelica! Your extensive knowledge of village management helps Switzer run smoothly, and is much appreciated!

Lions Club Fundraising

Huge THANK YOU to the Lions Club for their fundraising efforts. They are working hard to raise money to fund two much-needed hospital beds.

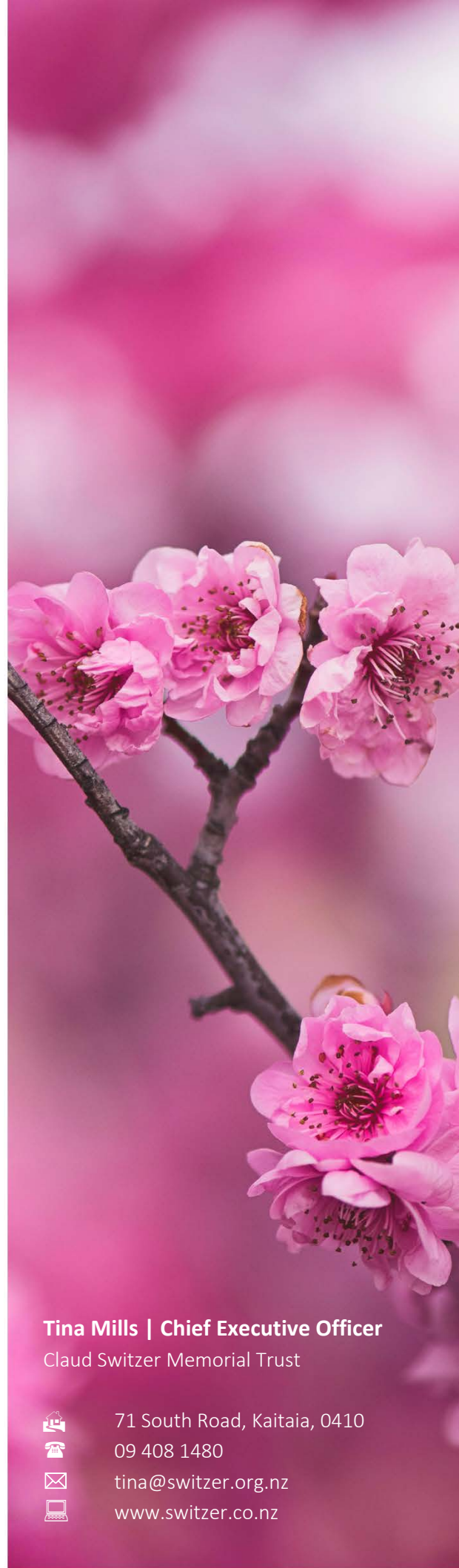
Jingle Bells!

Christmas is not far away, and in the next newsletter, you will get to see how all our holly jolly festivities played out. Like last year, you KNOW Switzer will be decking the halls like there's no tomorrow, so do pop in with your whānau to spread Xmas cheer and see the madness in action!

Housing Build Update

Things are on track for the 28-unit build Community Housing Project, with plans being finalised and sent to council for consent. Once approved we will start earthworks on site. (Very soon!)

Read on and enjoy this summary of what has been keeping us all busy at 71 South Road over this winter/spring period.



Tina Mills | Chief Executive Officer
Claud Switzer Memorial Trust



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Dive into Fun at Te Hiku Sports Hub!

Te Hiku Sports Hub (across the road from Switzer) is officially open to the public, and they want you to pop across the new pedestrian crossing to make a splash this season!

Exclusive Resident Membership Tags

We're excited to share an amazing opportunity to enjoy the Te Hiku Sports Hub using exclusive Switzer membership tags that will give you full access to the swimming pools, allowing you to enjoy a fun and refreshing experience.

Need Waterproof Swimwear? We've Got You Covered!

Don't let a lack of waterproof swimwear hold you back from enjoying the pools! Our friendly Receptionist, Donna, has you covered with a range of options available for purchase. Simply drop by reception to explore the selection and get ready to dive in!





**You're Invited to:
Spring Garden Walks at Switzer**

Join us in the Garden!

As the weather warms up, we're excited to invite you to join us for our regular garden walks! Some residents have already been enjoying the fresh air and exercise, and we'd love for you to be a part of it.

All you need to do is:

- Meet at the reception [refer to your home happenings copy for the days and times] and join our friendly staff for a leisurely walk around the lovely Switzer grounds.

Benefits of joining our Switzer Spring Garden walks:

- Get some exercise and enjoy the beautiful surroundings - Improve your physical health and mobility.
- Enhance your mental wellbeing and reduce stress.
- Socialise with fellow residents to make new friends/build relationships, or connect with others and chat.
- Enjoy the beauty of nature and get some fresh air - Take in the sights and sounds of nature as the garden comes alive in spring!

Important Reminders:

- Wear comfortable shoes and clothing for a pleasant walking experience.
- Don't forget to wear a hat and apply sunscreen lotion for protection from the sun.

If you have any questions, need assistance or want some company, please reach out to the Switzer Lifestyle Team.





Introducing Randolph!

We are excited to introduce Randolph, who has recently joined us as the Diversional Therapy Team Leader at Switzer. It has been a month since he started, and he has already made a wonderful impression on our team and lovely residents.

Randolph hails from the coldest province in the Philippines, so he is no stranger to chilly weather—making him well-prepared for New Zealand's winters! He holds a Bachelor of Science in Tourism Management and completed his international training at a Marriott hotel in Nashville, Tennessee. This experience allowed him to travel across various states and immerse himself in diverse cultures.

In 2018, Randolph arrived in New Zealand as an international student, earning his Diversional Therapy Certificate in Auckland. Since then, he has worked as an Activities Coordinator and Diversional Therapist for one of New Zealand's largest aged care operators. Most recently, he served as an Activities Department Head before relocating to Kaitia.

Randolph's belief in the principles of Eden is a cornerstone of his work. He is dedicated to providing meaningful leisure and recreational activities that can alleviate feelings of helplessness, loneliness, and boredom. His commitment to enhancing the quality of life for our residents is evident in his every action, aligning perfectly with our organization's values and mission.

We are thrilled to welcome Randolph to our team! His international experience, commitment to the principles of Eden, and enthusiasm for diversional therapy make him a valuable addition. We eagerly anticipate the positive impact he will have on our residents and the innovative programs he will introduce.



Cool Cats in Arty Hats

World of Wearable Art - Hat Parade - A Celebration of Creativity and Community!

We are thrilled to share the highlights from our recent World Wearable Art Hat Parade, a fabulous event celebrating creativity, community, and the spirit of fashion in Wellington!

As the World of Wearable Art show kicked off, we couldn't resist joining in the fun with our very own hat parade, showcasing the incredible talents of our residents.

The Millie Lounge was transformed into a vibrant runway adorned with colourful balloons and a carpet that set the stage for our models. With excitement buzzing in the air, our residents proudly donned the stunning hats they had decorated. Each hat was a unique reflection of personal style and creativity, making for a delightful display.

As the show began, Frank took the stage to introduce our talented participants. One by one, each resident made their way down the carpet, showcasing their artistic creations to the cheers of their peers. The atmosphere was electric, with delightful background music enhancing the excitement.

At the end of the parade, every participant was recognised for their contribution, receiving a certificate and a delicious chocolate treat as a token of appreciation for their creativity.

After much deliberation, our judges crowned Mercia as the winner of the *Best Wearable Hat* award. Her hat truly captured the essence of wearable art and left a lasting impression on everyone.





A High Tea to Remember

World Alzheimer's Day

The lifestyle team went above and beyond to organise a delightful morning filled with warmth, camaraderie, and a touch of elegance in honour of Alzheimer's Awareness Day.

Residents and staff alike donned their finest purple outfits. The room was transformed into a vibrant sea of purple, adorned with balloons and elegantly set tables featuring charming teacups. This thoughtful decoration set the perfect backdrop for our celebration.

As we gathered, residents savoured a delectable assortment of slices, sweets, and cakes, all lovingly prepared by our talented kitchen team. From rich chocolate treats to light and fluffy pastries, there was something for everyone to enjoy. The delightful aromas and flavours filled the air,

enhancing the joyful atmosphere.

Adding to the ambience, we were treated to enchanting background music played by one of our talented residents, Pat, on the piano. Her melodic tunes created a soothing and uplifting environment, encouraging everyone to relax and enjoy the moment.

Together, we shared stories, laughter, and made meaningful connections, reminding us of all the importance of support and community. Thank you to everyone who participated and contributed to making the event a success. It was heart-warming to see everyone having such a wonderful time. We look forward to more events that foster connection and joy among our residents and staff.



Big City Lights and DT Conference Insights

Kim Hobson-Worrall, Switzer's Registered Site Diversional Therapist, attended the 28th National Diversional Therapy Conference held at the Grand Millennium in Auckland between the 15th and 17th of August 2024. The following write up from Kim details her insights from this enlightening event:



"I was fortunate to attend this three-day DT extravaganza with over 200 delegates and many excellent speakers from all over the world, including the USA, Japan, Australia, Sweden, Canada, and right here in New Zealand.

The incredible speakers were all leaders in their fields, and the workshops and presentations covered a HUGE range of fascinating topics, including: *Art programming, therapeutic recreation, holistic healing, storytelling, dementia, mental health, growth mindset, loneliness, parish care, spiritual and gender equality, the Swedish 'Tomatis' method, Watu aquatic bodywork training in Wild Goose Qigong, the 'Re Sparkle' method, gerontology, Montessori, sleep science, language and speech therapy, photography, dahlia dementia, and even singing choir work!* In case you're wondering – Yes! It was a busy few days!

Thankfully, I studied the programme closely beforehand to ensure I could attend all the workshops I was most interested in, which related to advances in dementia care. While at the conference I also attended the NZRDT AGM – very informative.

I enjoyed the experience, especially sharing ideas with like-minded people. (I also met Randolph, Switzer's new Diversional Therapy Team Leader, at the conference, which was lovely!) The conference helped reinforce that Switzer is up there with the best regarding our knowledge and service delivery of diversional therapy in New Zealand. While at the conference, I took advantage of all the wonderful offers and bargains available to NZRDT members and did some shopping for Switzer's memory loss unit (Puriri) - buying a great range of exciting products to refresh the Switzer activity cupboards.

I am deeply grateful to Switzer for making it possible for me to attend this enriching conference. The experience has sparked numerous ideas that I am eager to implement within our Switzer Leisure and Lifestyle team for the benefit of our residents."





Casino Royale? James Bond, Eat your Heart Out!

Switzer residents 'put it all on black' and had a blast at our casino afternoon activity in July!

Our residents had a blast trying their luck at a diverse range of activities. From the thrill of blackjack, and rolling dice, and the anticipation of the bucket raffle (*giant bucket raffle wheel kindly lent by Paparore School for the occasion*), there was something for everyone to enjoy.

The Kowhai Lounge was alive with the sound of laughter and the buzz of excitement as our high rollers took their chances. The atmosphere was electric as residents tried to beat the house odds and earn their share of the jackpot. Some won big, doubling or tripling their chips, while

others had less luck. But one thing was certain-everyone had a great time!

Each table offered plenty of prizes for the residents when they cashed in at the end of the day, including several special sponsored prizes – honey-sippers, soaps, and perfume packets. *Kindly provided by local businesses: Rip Curl Kaitaia, Far North Pharmacy and Mana Kai Honey.*

The fun mid-winter activity aimed to provide variety and spontaneity, which it certainly did!





TE WIKI O TE REO MĀORI

14 - 21 o Hepetema 2024

A visit from Ahipara School Kapa Haka Group!

In September, we had the pleasure of observing Māori Language Week here at Switzer, and what a wonderful celebration it was! The vibrant Kapa Haka Group from Ahipara School graced us with their presence, bringing our community an authentic taste of Māori culture.

The students performed a selection of beautiful waiata (songs) in our Millie Lounge. The atmosphere was filled with joy and appreciation as residents and staff gathered to watch the talented young performers. Their energy and enthusiasm were infectious, and it was heart-warming to see our community come together to celebrate this important aspect of New Zealand's heritage.

In addition to their performance in the lounge, the Kapa Haka Group made a special effort to reach out to residents who were unable to attend the gathering. They took to the hallways, singing waiata and sharing their love of the Māori language with everyone. It was a delightful surprise for

those who were enjoying quiet moments in their rooms, and the smiles and laughter were a testament to the joy they brought.

Māori Language Week is a fantastic opportunity for all of us to embrace and learn about the Māori culture and language. We are grateful to Ahipara School for sharing their talents with us and for reminding us of the importance of community and connection.

Some words we learned this week included:

- **Aroha** compassion, tenderness, sustaining love
- **Manaakitanga** respect for hosts or kindness to guests, to entertain, to look after
- **Noa** safe from tapu (see below), non-sacred, not tabooed
- **Tapu** sacred, not to be touched, to be avoided because sacred, taboo





The Eden Alternative

10 Principles

New volunteers always welcome

Got time to spare and hobbies to share? Come on down and find out about being a Switzer Volunteer.

SWITZER BOARD MEMBERS

- John Carter (Chair)
- Paul Reeves
- Jack Rogers
- Eddie Aitken (Secretary)

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1. The three plagues of loneliness, helplessness and boredom account for the bulk of suffering among our Elders.
2. An Elder-centred community commits to creating a human habitat where life revolves around close and continuing contact with people of all ages and abilities, as well as plants and animals. It is these relationships that provide the young and old alike with a pathway to a life worth living.
3. Loving companionship is the antidote to loneliness. Elders deserve easy access to human and animal companionship.
4. An Elder-centred community creates opportunity to give as well as receive care. This is the antidote to helplessness.
5. An Elder-centred community imbues daily life with variety and spontaneity by creating an environment in which unexpected and unpredictable interactions and happenings can take place. This is the antidote to boredom.
6. Meaningless activity corrodes the human spirit. The opportunity to do things that we find meaningful is essential to human health.
7. Medical treatment should be the servant of genuine human caring, never its master.
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.
9. Creating an Elder-centred community is a never-ending process. Human growth must never be separated from human life.
10. Wise leadership is the lifeblood of any struggle against the three plagues. For it, there can be no substitute.

The core concept of the Eden Alternative is simple: Care environments are habitats for human beings that should promote health, wellbeing and growth rather than facilities where the frail and elderly stagnate and decline.

Switzer believes that providing human companionship, animals, children and plants help to provide opportunities for a meaningful life.

Surprise Visitor Delights!

You never know who might pop in to surprise our residents and staff. In September, we've been getting to know this teeny weeny poodle puppy (Popcorn Cupcake). The squeals of delight can be heard from one end of the home to the other!

