

# BRYLYN NEWSLETTER

WINTER 2015



## Dear Residents and Families

Winter has descended upon us, and with it our new look newsletter. We would like to thank one of our residents, Erna, for her idea of using the Kowhai flower for our newsletter logo. The Kowhai flower holds unofficial status as our national flower, and the Kowhai Tree is home to birds such as the Tui, and our native Wood Pigeon. The name Kowhai is the Maori word for yellow, and describes a range of endemic species from the Sophora genus – all with strikingly bright, golden flowers. We agree with Erna that the Kowhai flower is an apt symbol, and it is nice also that it ties in with our community name, of Te Kowhai. We do hope you enjoy perusing our Winter Edition of the Brylyn Newsletter!

## Message from Sally, Nurse Manager



From windy Wellington to foggy Hamilton, that's part of my NZ journey. A lot has changed since I left Hamilton 7 years ago. Why Hamilton? Why not Auckland? Hamilton was and still is home for me. It is here where I started my journey in New Zealand, to extend my qualifications in my profession, which I began after leaving high school. I acquired my Enrolled Nursing qualification in Singapore, which has been accepted and recognised by the nursing council here in NZ. It gave me the opportunity to upskill in my profession, and in 2000 I graduated with a Bachelor of Nursing at Waikato Polytechnic.

After graduation I worked in an Aged Care facility in Hamilton for 18 months, where I developed my leadership skills and a passion for the elderly. In 2001 I began work in the public health system at Waikato Hospital for 7 years. There I obtained several certifications to broaden my knowledge, and it gave me the ability to practice out of my scope as a Registered Nurse, to a Speciality Nurse, Diabetes Resource Nurse and Clinical Nurse Educator. After being in Hamilton for 7 years I needed to move on and venture out of Hamilton. Where would I go? The capital, Wellington (I made the decision after my road trip to the capitol 3 months). Why Wellington? Why Not South Island? Something different! While in Wellington I secured an 11 month fixed term contract working in the Hutt Valley Hospital in Lower Hutt as a Nurse Educator on the medical floor.

During my time there, I was involved in the setting up of a Stroke unit inside the hospital. After finishing my contract, it was time for me to pursue my passion of working with the elderly. I then secured a job in one of the prestige, well known organizations, Masonic Trust and worked there for 5 years as a Charge Nurse. There I developed a better understanding of caring for the elderly and was able to incorporate my knowledge and experience to the residents in my daily practice. I also developed a passion for palliative nursing, which is essential, especially when it comes to care of the dying.

## Measure of Success

During the recent audit that took place in February we received 2 years of accreditation. I am impressed with the outcome of the results especially after Managing at Brylyn for only a short period of time. I am extremely proud of Brylyn staff for their hard work and contributions they have put in both before and after the commencement of my role as Nurse Manager. A special thank you to all the RNs, caregivers, our one and only maintenance man Chris, cleaner Frances, and cooks Andrea and Nisha, and not forgetting our activities co-ordinator Lux, for all their efforts - Sally

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## Certification Audit

The certification audit is a requirement from the Ministry of Health to ensure that we meet the standards set in our contracts with them - the results of the report can be seen on the Ministry website.

Independent auditors with high level nurses and managers, spend 2 days looking at all the ins and outs of our business. They look extremely hard at residents care, care plans, and medication, speak with the families and staff, check on the health and safety, doctors, cooks and education. They really leave no rock unturned to see that we are providing the care that we are contracted to provide and to identify where we go beyond that.

There are various levels of certification determined by the length of time required until the next audit. Most care facilities in NZ are audited every two or three years.

Spot audits occur around the middle of the certification period, and that takes just one day. For a spot audit, the auditors just turn up unannounced and check things out.

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## Mentoring Programme



In February this year we had the privilege of mentoring 2 Enrolled Student Nurses in Brylyn. Both of the students were from Wintec. The students were year 1 Enrolled Nursing students and they worked along with our care staff, supported by the Wintec tutor. Their training involved doing the basic nursing cares, to interpersonal relationships with the residents within our home. We had a mature student and junior student during this placement, which gives a different perception from each of the students towards their respective assigned clients in their case study.

“I have enjoyed my time in Brylyn with all the residents, who are a great bunch of people, who also had lots of interesting stories which they shared with me. I have worked in rest homes for 20 years and it was a pleasure having Sally and the team to show me the ropes again. I was able to ask questions of them to enhance my knowledge and studies. The 6 week period at Brylyn was a valuable time, and will be something which I will remember and recollect in the future. What I enjoyed most about being here was the dedication, compassion, support and guidance that each staff member has shown to the residents and my friend Bridget during our placement.” - Susan

## Developments at Brylyn

We now have weekly GP visits, and Physiotherapist visits are available upon request. These changes were made taking into consideration the residents' needs and with a desire to keep them safe in their home. Family are encouraged to be involved and included in the care of the residents. We held an ANZAC service for the first time in Brylyn to celebrate the 100 years commemoration. This was planned and organised by our activities coordinator, Lux, and our RCO, Chandra, working in liaison with the RSA in Hamilton. Big cut up poppies were drawn, coloured and put up on the wall to celebrate ANZAC day. The service was well received with positive feedback from the residents and their families. We have held several celebrations at Brylyn this year. Chinese New Year was celebrated, with the residents participating in the introduction of the Chinese Animal Calendar, where they learned the meaning of the animal calendar year, and for the years in which they were born. This was followed by St Patrick day, Easter and Mother's day. Happy Hour was reintroduced, and is held each Friday. Families are encouraged to attend if able, to promote social interaction of residents and families and also staff. We had the first family meeting held in March with good response from the residents and some of their families. The next meeting will be held in the evening so that families can attend and contribute. Over the last 6 months we have seen some different staff and residents come and go. Our bed occupancy has been over the average mark during that period of time. We are now looking into the possibility of converting the big bath room into a Shower/ hairdresser/ podiatrist room for the residents' use.

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### Word From Lux, Activities Co-ordinator

We have been busy over the months of Spring, with our favourite music entertainers coming in, and we have been making regular van trips – with one fairly new and popular van trip being our visits to St Frances Church, where they have talented musicians performing. We have also put on various celebratory events in the rest home – St Pats Day, Easter, Chinese New Year, just to name a few. One of our more successful events was the 100<sup>th</sup> year Anzac Commemorations. It was a delight to see so many residents and their family members come along to pay their respects to our fallen soldiers.



**Left: residents enjoying outdoor exercise**

**Bottom Left: some Anzac day delights**

**Bottom Right: Anzac day service**



## Interview with Mavis (and Diane), Resident of Brylyn



*Lux* – Diane, How long has Mavis been living at Brylyn?

*Diane* - 5 years.

*Lux* – What are Mavis’ hobbies, and what type of employment did she have?

*Diane* – Mum always loved sport. It was always running and netball. She played tennis and badminton and spent a lot of years playing golf. She was on a 16 handicap when she gave it up. She won a bunch of prizes for her sporting efforts, including a cup in both golf and tennis. Mavis worked in a haberdashery shop when she left school. She was a stay at home mum but helped friends out in their dairy/fruit shop. She also helped her husband on the dairy farm and volunteered in a hospice shop.

*Lux* – How do you feel about the care your mother has received at Brylyn?

*Diane* – From go to woe, the care my mother has received at Brylyn has been nothing but excellent. The staff have certainly made Mavis’ transition from rest home level care be non-disruptive to her life at ‘her home.’

*Lux* – Do you have anything else to add about Mavis’ life?

*Diane* – Mavis was born in Wellington, but soon moved to Australia with her parents, for many years. She eventually moved back to the Waikato in New Zealand, firstly living in Morrinsville, before settling into farm life in Kiwitahi. Mavis enjoyed her retirement years in Hamilton, where she has been a member of the Workingman’s Club - Saturday nights were usually spent on the dance floor if there was a good band playing. Mavis has 1 daughter (myself), 2 grandchildren, and 3 great grandchildren.

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**Quote** “It’s not how old you are, it’s how you are old” – Jules Renard

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### Warm Welcome

We extend a warm welcome to all of our new residents who have come to join us – Marie T, Carole, Mary, Veronica, Len, Thomas, and Joy – and we hope that your stay with us is enjoyable and fulfilling.

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### New Staff

We also extend a warm welcome to our newest members of staff – Geniver, Maria, Ronish, Courtney, Christine, and Kimberly – We know that you will enjoy working at Brylyn, just as much as Brylyn will enjoy you!

## Interview with Frances, Housekeeper of Brylyn

*Lux* - What is your length of employment at Brylyn?

*Frances* - 18 years. I started in April 1997, doing work experience as a caregiver

*Lux* - How do you feel about working in the rest home?

*Frances* - It's good.

*Lux* - Have you seen any major changes happen in the rest home during your time here?

*Frances* - It has changed from only rest home level care, to include hospital level care also. I have seen a change of ownership, and changes of management staff, over my time here.



*Lux* - What skills have you gained from working at Brylyn?

*Frances* - I have gained more confidence

*Lux* - What aspect of your job do you find rewarding?

*Frances* - I like the residents, and enjoy their company. And my relationship with the staff.

*Lux* - What is your most memorable experience at Brylyn?

*Frances* - The staff parties.

*Lux* - What is your past employment, before coming to work at Brylyn?

*Frances* - I worked at Perillo's Shoe Factory in Ngaruawahia.

*Lux* - What hobbies do you have outside of work?

*Frances* - Gardening, walking, and catching up with family on weekends.



*Residents enjoying our weekly bingo sessions.*

## Word from Joe and Caitlin

I would like to thank all our families for their on-going support and our wonderful staff for their dedication. Recently after our certification audit we have been awarded a two year certification. Well done to the staff for achieving this, with our new hospital level of care being added to our service last year. We have recently purchased some new pieces of equipment to assist us in providing quality care for hospital level. The most recent is a shower trolley which enables residents to lie down in cushioned comfort while being showered. In the next few weeks we will be installing a new waste water treatment plant for the rest home. We hope there will be minimum disruption to car parking during this time. Once again thank you to everyone for their support - Caitlin and Joe Prasad

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## Doing Our Best for You and Your Family

It has been brought to our attention that family are sometimes having problems contacting the home, with calls sometimes going through to the fax machine. We now have a cell phone, with that phone being carried at all times by either the RN on duty or the Nurse Manager. You are welcome to make appointments to discuss anything with the Nurse Manager or your Primary Nurse. Our Primary Nurse system was introduced early this year to the Registered Nurses, which gives the opportunity of getting to know the residents more, and to be more involved in the assessment process and care planning.

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## Te Kowhai School Visit

Just recently we were lucky enough to have the school children from Te Kowhai School visit with us for an afternoon. The children put on a wonderful musical performance, and it was so neat to see the younger generation getting as much joy out of music as our much older residents do! It was lovely to see how the school children and our residents interacted with one another afterward. Perhaps some strong bonds have been formed, and we look forward to more interactions such as this. If you or anyone you know of wish to share any talents (musical or otherwise) with our residents, please don't hesitate to speak with Lux, our activities co-ordinator.



Te Kowhai School children singing at Brylyn

## Wee Bit of Humour

Did you hear about the cop who pulled alongside a speeding car on the motorway? Glancing at the car, he was stunned to see that the elderly woman driver was knitting! Realising that she hadn't seen his flashing lights or heard his siren, the cop wound down his window, turned on his microphone and yelled "PULL OVER!"

"No," yelled the elderly woman, "It's a SCARF!"

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## Great Truths about Growing Old



Growing old is mandatory; growing up is optional

Forget the health food. I need all the preservatives I can get.

When you fall down, you wonder what else you can do while you're down there.

You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.

It's frustrating when you know all the answers but nobody bothers to ask you the questions.

Time may be a great healer, but it's a lousy beautician.

Wisdom comes with age, but sometimes age comes alone.

Everything hurts, and what doesn't hurt, doesn't work.

You sink your teeth into a steak and they stay there.

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## Farewell

Sadly we say farewell to some of our valued residents; Yvonne, Carole, Marie T

## Farewell

We also say goodbye to these staff members; Janella, Sharni, Dana, and Kimberly, who have all gone on to new adventures. We wish them all good luck on their new journeys.

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## Events to Remember

17 June – Mid winter Xmas Lunch

21 July – Residents Meeting @ 6.30pm



## Winter Birthdays

Marie A, June, Colin, Agnes, Veronica, Beryl, Mary

This newsletter was brought to you by a dedicated team consisting of Andrea, Lux, and Sally. But it is not done without the valuable input of our residents at Brylyn, and their extended families, the staff, and of course Caitlin and Joe. We would like to make a special thank you this time around to Erna, Mavis, Diane, Susan, Frances, and Te Kowhai School.