

March 2024

# Bethsaida Bulletin

## Kia ora from Kyla

Here we are already nearing the end of March and my plan to get this newsletter completed and circulated in January didn't come to fruition.

It's been a busy few months of 2024 with an outbreak of Covid in the facility again and the difficult decision to lock us down, which thankfully was over within a week. Staff worked really hard to ensure the care of our Residents was maintained throughout the outbreak and helping with working extra shifts for those staff who had to isolate at home with Covid. Residents who had Covid came through relatively unscathed and it is a relief to see everyone well and together once again. Thank you to the families, whanau and friends who were kind and understanding when we had to restrict the visitors for a short time.

We have welcomed and sadly farewelled many Residents (and their families) in the past several months. I have been privileged to be able to farewell some of the Residents by attending their funerals. While a time of intense sadness, it also opens my eyes to the wonderful lives that these amazing people have had and the families and legacies that they have created.

Many of you will have seen the hive of activity at Bethsaida with the addition of 10 stunning new 2 bedroom villas. These have proven to be very popular with all 10 now having Expressions of Interest on them. The first 2 villas are due for completion within the next few weeks and we look forward to welcoming our new residents to the Bethsaida family. For all enquiries about the villas or any other aspect of the Village, you are welcome to call me.

Towards the end of last year we purchased a Kia Carnival 8 seater car with the doors proudly sporting the Bethsaida logo. Residents are enjoying being able to travel comfortably on trips and to appointments.

We recently welcomed 2 additional Registered Nurses to our team, Charles and Ross. Greg will also be joining our team in April as our fulltime Maintenance. Philip will resume his position as part time Service Technician but work closely alongside Greg to ensure support and the ability to rectify any maintenance concerns quickly. John has also become a great addition as Kitchen Manager.



# Bethsaida

REST HOME • HOSPITAL • RETIREMENT VILLAGE

*Relax. You're in good care.*

With Steph having returned to her role of Clinical Manager after her maternity leave, we have all been loving the afternoon visits each day from her two beautiful girls Lexi and Maxene (aka Maxi). There is a lot of laughter and fun when they are here and I am sure they brighten everyone's day. The chocolate fish in my office cupboard, kept especially for the visiting children, is the highlight of Lexi's visit I think.

We have employed a Kitchen Manager John and he has been doing a fantastic job since he started 3 months ago. It has been great to see the new ideas he has brought to meals and the variety of different salads on "fish and chip day".

With the colder months fast approaching, we ask that families please check their loved ones' drawers and wardrobes and change over the Summer clothing to warmer clothing. It would be helpful if families are able to please take home the clothing that is not needed in the colder months. Please also check that your loved ones' clothing is well named to ensure our staff return the right garments to the right resident. If you are needing more iron on labels, I can highly recommend [Nameit.co.nz](http://Nameit.co.nz).

As I send out information from time to time (and the newsletter as I complete them), it would be helpful to have family emails. While I have many already, if you are not receiving my emails but would like to, please email me on [manager@bethsaida.co.nz](mailto:manager@bethsaida.co.nz) so that I can add you to the family email list.

Philip and I recently went to Christchurch to celebrate our granddaughter's 9th birthday. With Nan in charge of making the cake and the order from Miss Ariana being a rat, the fun part was transporting it to Christchurch and keeping it intact and chilled. Luckily nothing untoward happened and the rat survived his journey. Needless to say, Ariana was thrilled.



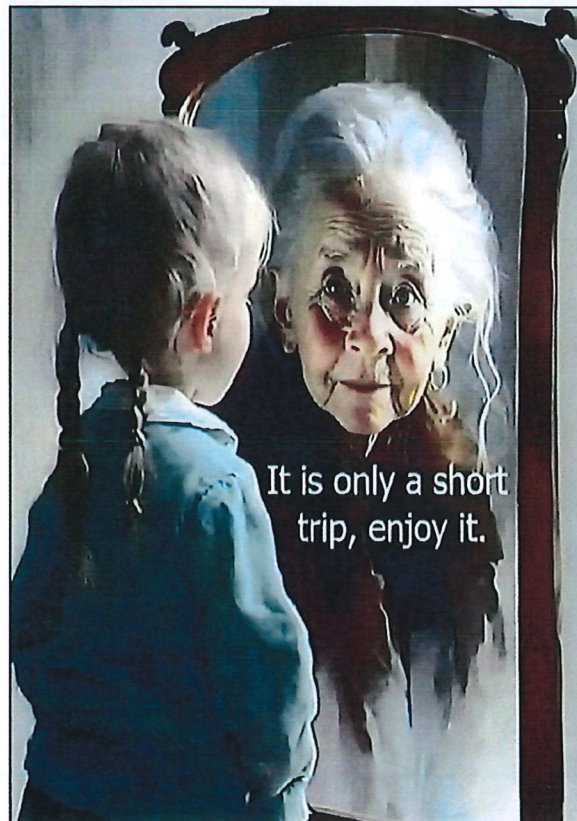
With COVID still lurking about, we encourage visitors to refrain from visiting if you are unwell. This may include symptoms of diarrhoea, vomiting, cough, cold, runny nose or generally feeling unwell. Please continue to use the hand sanitiser provided when you enter and leave the facility and remember to sign our register at the same time. This is to ensure we are aware of who is in the facility in the event of an emergency such as a fire or earthquake. Please also remember to fill out the register when you are taking your loved one out.



For now, take care out there and see you soon. Remember you can contact me or call in and see me anytime.

Ngā mihi nui

Kyla



## Macey's Musings

Another year in and I am starting to really feel my age. Mum tells me that I am 98 in human years. My hearing is poor now and I dawdle a bit more, so please look out for me if you see me around. Sometimes I don't hear you approaching and it gives me a big fright when I suddenly realise you are near. I'm getting the Beransa injection regularly which is helping my aching joints. Sometimes I still have the oomph to race up the hallway!

I have made a new friend in Cyril and at 11.45am every day we meet up on the couch outside Mum's office for a treat before Cyril heads off to lunch. I'm still not allowed in the dining room but it's hard to resist when the smells from the food are so yummy!

Life in general is pretty relaxed for an old girl like me. Even the vet said I am now known as a geriatric!

Mum and Dad took me on a road trip to Christchurch recently and I was even allowed to stay in the Motel with them. It was a pretty long journey but I like sleeping and Mum had my blanket next to my car seat so I could snooze when I wanted and gaze out the window when I was awake. We caught up with some of Mum and Dad's friends as well as some of my fur friends and it was good to see Maysha and Ariana too.



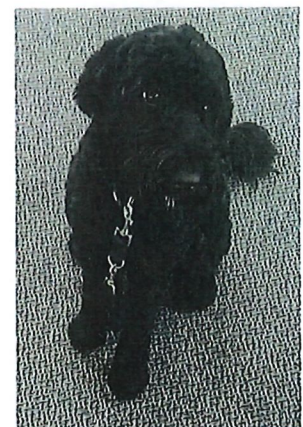
Aunty Bridget is coming to stay in September with my fur friends Ted and Alfie. Mum and Dad are heading overseas and said that I aren't allowed to go with them but I know Aunty Bridget spoils me and I'll have the "boys" for compa-

ny so that will be great.

With some new Residents having moved in to Bethsaida, I have met their fur babies as well. There is one big girl called Cloud and Mum loves her so I get a bit jealous. Cloud gets quite boisterous since she's still a teenager and gets up in my business so I jump on the couch and let her know I am the boss here!

That's all from me for now. Come and say hi next time you're in. I'd love to see you!

*Macey*

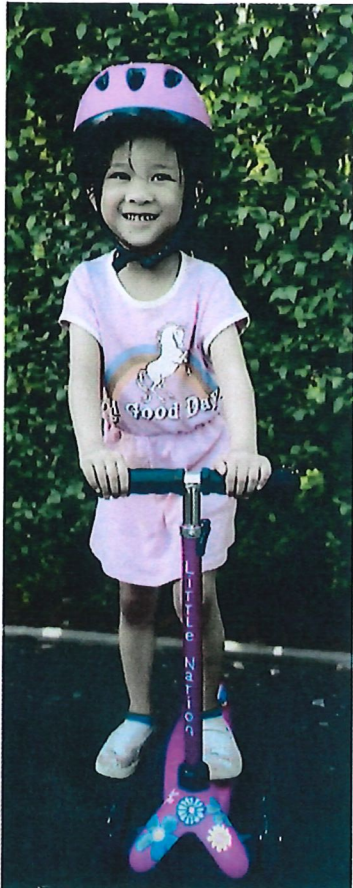


Happy Autumn to Everyone, March is almost over!

I'm celebrating my 5th month since I returned to work after taking Maternity leave.

Firstly, I would like to sincerely thank Kyla and the Board for allowing me to slowly navigate back into my role while my husband and I juggle our daily routine each work week.

Between looking after little Maxene who is almost 1 soon and taking Big sister Lexi to Pre-school who is also going through a transition to Primary School starting this week.



Most of you would have met my 2 daughters in the late afternoon in my office or going around the corridors while they wait for me to finish my day at work. My heart is full of gratitude for everyone who have all been so kind and very welcoming of my girls when they are around. I am amazed by how comfortable they are now around people and I can see the positive contribution it has to them socially.

My Mummy heart is overwhelmed with a mixture of bittersweet sadness and excitement realizing my babies are growing up so fast! However extremely proud seeing both girls showing their individual personalities as well as achieving milestones at their own time/pace.



Now, moving on to exciting additions that welcomed my return last October 2023. Although we had a few staff members who had left in the last few months, who are all sincerely and dearly missed. I would like to welcome again all the lovely new staff at Bethsaida who all started while I was on Maternity leave as well as to those who joined our family from last October. Thank you all for having chosen to work at our humble but esteemed Facility. Though it has been rough start, we are determined to achieve improvements in the Clinical Department as we finally have secured our full RN roster. In line with this, I am hoping to finalise the Key Personnel List, which will include Committees that cover Falls prevention, Pain & Weight Management, Restraint, Infection Control, Health and Safety, Continence, Wound Care, and Medication Management. This initiative will empower our Clinical Team to provide proactive interventions that will ensure our residents' best interests are accommodated and provide an opportunity for staff to utilize their wealth of experience in Aged Care, and most importantly allow staff to learn from each other's insights and wisdom. For all staff, please feel free to consult me in case anyone is interested to be part of any of the Committees I have mentioned.

Among the exciting things that we look forward to this year is finally the introduction of an in-house Dietitian who will work alongside the Bethsaida Clinical team to provide guidance on managing weight loss for residents, nutrition reviews, advice, and practical strategies for at-risk or malnourished residents. Including those with special requirements, staff training on nutrition topics as well as foodservice topics such as food safety and allergen management. I will introduce our Dietitian to our next Newsletter after I formally have my first meeting with her on April.

In addition, I would like to sincerely thank our In-house Physiotherapist Amelia of Well and Good for her service and support in the last year since this role was introduced (January 2023).

We see Amelia every 3 weeks on a Tuesday from 10am to 12noon. She provides the Clinical team support with mobility and safe transfer reviews, as well as reviewing residents who has had frequent falls in a month.

Having these amazing Allied Professionals part of our Bethsaida Family is nothing short of a blessing that we can easily consult and seek guidance sooner, rather than going through referrals to the Hospital which usually takes several weeks to months before getting seen due to the pressures with staffing shortage.

Consequently, Covid finally knocked on our doors last February when we had to manage residents and staff being infected with the virus. On early February, we managed to contain the virus when one resident isolated with it. But towards the end of February, on a weekend, we recorded 2-4 cases of covid among our residents across all 4 wings. Shortly after, we had staff getting infected with it as well. As we navigated with each surveillance testing every 2 days, the positive cases continued to increase, thus I had the most difficult decision to make on a Friday morning (1 week since the first few cases were recorded) to have our Facility be placed on a lockdown to stop the virus from spreading further. This decision had to be made as our staff roster was already being stretched by the increasing number of staff got infected with the virus as well as other staff members were starting to get exhausted. Thankfully after 5 days, no further cases of covid was detected, this we lifted the lockdown and welcomed everyone back to visiting us. After a week, most staff and visitors would have been delighted by the decision to remove mask-wearing if preferred. This success has been made possible by the amazing work all our staff had painstakingly following through PPE protocols, as well as our dear family and friends for understanding our need of implementing the lockdown.

As I reflect upon that experience with our covid outbreak, it was a blessing to have had 2 rounds of covid booster vaccination drive at Bethsaida before the covid outbreak occur. We have definitely seen the great contribution the vaccine has given our residents who got infected as the symptoms mostly experienced were manageable. I am hoping to organise another covid booster vaccination drive in the next 3 to 4 months. Be guided that it has been advised that the covid booster dose can be given every 6 months, especially for the following individuals:

- for people aged 65 and older,
- Māori and Pacific people aged 50 and older and
- residents of aged care facilities.

The vaccines are also recommended for all the groups listed below:

- If you have an underlying health condition
- If you are immunocompromised
- If you are pregnant, breastfeeding, or planning a pregnancy
- If you or a whānau member is disabled

Lastly, as we approach the colder season, flu season is also just around the corner.

We are currently organising the list of residents and staff who would like to receive their annual influenza vaccination. Please be guided on the signages I have posted around the facility on the details of our Influenza vaccination schedule. We will also collect signed flu vaccine consent forms for residents with appointed legal guardians or EPOA in place for Personal Care and welfare. We are aiming to receive all signed consent forms by 4<sup>th</sup> of April 2024. Please don't hesitate to get your annual flu vaccine, to avoid lethal symptoms of the flu.

That is all for now.

Hoping and wishing every one a lovely long weekend ahead and a Blessed Easter!

Sincerely,

Stephanie Grandeza

Clinical Nurse Manager





## *Professional Development: Diversional Therapy*

Nelson Mandela once said that “Education is the most powerful weapon which you can use to change the world.” As a Diversional Therapist, one of our purpose is to empower and promote the well-being of the people we look after and through learning, we get to nourish our knowledge that opens doors to more opportunities for our residents in care.

During the third weekend of August, I flew to Wellington to attend the New Zealand Diversional and Recreational Therapists Inc. national conference with 131 other delegates from around the country. Being the sole representative from the Marlborough region, the three day full on event has been a great experience to see old faces; to build new connections; and to discover other programs available outside the Marlborough region. The attendees’ skills, comprehension and understanding have been nourished through various topics and subjects discussed by exemplary speakers while the workshops got everyone in action and in practice.

As a professional, the highlight of my career development over these past 7 years was my participation as one of the six finalists for the Judy Cooper National Excellence Award that the society awards annually to a registered Diversional Therapist. It has been an honour to stand in front of everyone that night to represent Bethsaida Retirement Village and I would like to take this opportunity to thank the Bethsaida Board, our Managers Kyla and Stephanie, the residents and whānau (Pat Stretch and daughter Kate, Lillian Boyce, Maggie Fairweather, and Sue Thomson), and my colleagues Dom and Mike for their support and contribution towards my video entry.

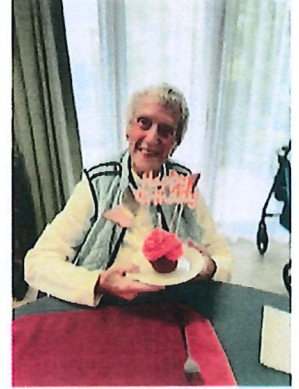
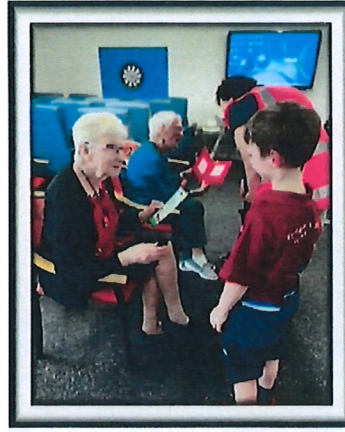


Though I didn't get the extra plaque and bouquet of flowers, my aim to continuously provide effective, and stimulating and encouraging activities remains. I would also like to take this chance to remind family members that you are all welcome to take part in our activities anytime.

See you around everyone and let's enjoy the warmer months ahead!

Ma. Elishia Colleen T. Cañalita,  
NZ Registered Diversional and Recreational Therapist

# RESIDENTS IN FULL SWING!





Memories made  
with friends and  
family

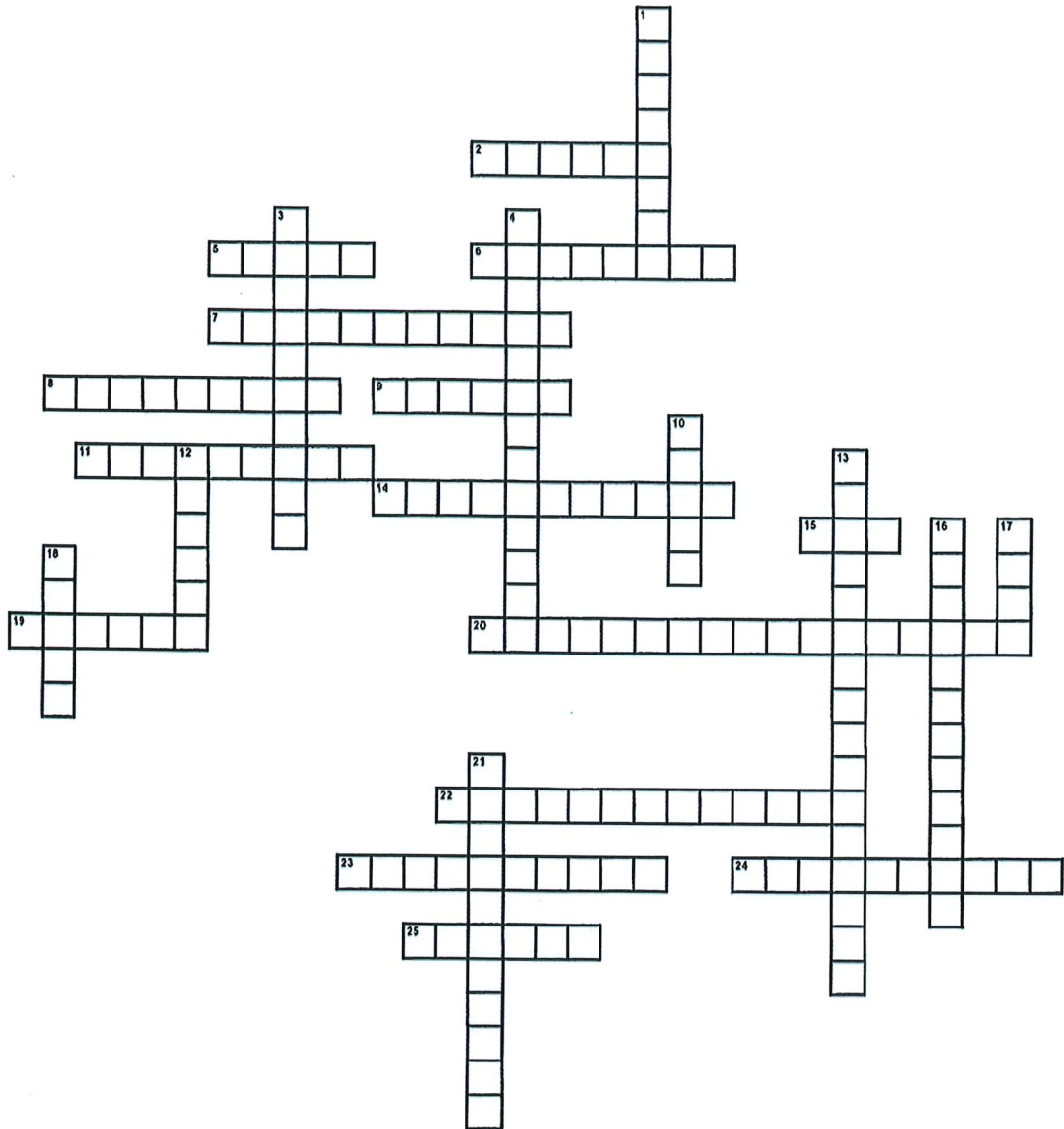




Building up to Christmas with a market and the wonderful entertainment from the school children.



JUST FOR FUN



**Across**

- [2] Construction at Bethsaida:
- [5] Macey's fur friend
- [6] Arian's job when she grows up
- [7] salads on which day
- [8] Blenheim suburb
- [9] Maori greeting
- [11] Don't visit with this symptom
- [14] New car
- [15] Bethsaida Board of Trustees
- [19] Colleen went to Wellington
- [20] Philip's role
- [22] Current Bethsaida Trust Chairman
- [23] Why did Colleen go to Wellington
- [24] vineyard
- [25] Kyla's daughter

**Down**

- [1] Visitors fill out when they visit us
- [3] Trait of Cloud's
- [4] Steph's daughters
- [10] Family list
- [12] Clothing labels
- [13] Transport at Bethsaida
- [16] Macey travelled recently
- [17] Kitchen Manager
- [18] a cheese
- [21] Macey's human age