

**April 2009**

**Newsletter**

Eckhart Tolle in his book "The Power of Now" shares this story:

*A beggar had been sitting by the side of a road for over thirty years. One day a stranger walked by. "Spare some change?" mumbled the beggar, mechanically holding out his old base-ball cap. "I have nothing to give you," said the stranger. Then he asked: "What's that you are sitting on?" "Nothing", replied the beggar. "Just an old box." I have been sitting on it for as long as I can remember." "Ever looked inside?" asked the stranger. "No", said the beggar. "What's the point? There's nothing in there." "Have a look inside," insisted the stranger. The beggar managed to pry open the box. With astonishment, disbelief, and elation, he saw that the box was filled with gold.*

*I am that stranger who has nothing to give you and who is telling you to look inside. Not inside any box, as in the story, but somewhere even closer; inside yourself.*

Each of us holds the most wonderful treasures within us. I love to discover the mystery that is each person. I think this is why I so enjoy the company of the people who live in the homes we provide. It seems to me that as people get older, each person's essence comes to the fore. People become open and real. They inspire me and enrich my life.

I took a few days off and did some thinking over Easter. Easter is all about new life. I am reminded that there is new birth in our lives time after time – a beautiful flower, a new child in the family, an exquisite shell found on the beach, a touch, a gorgeous smile, autumn leaves, holding hands, a moment of feeling close to someone.

Thank you for sharing your loved ones with us. Each person is very precious and I am committed to ensuring that each person is cared for in a very loving way.

With love

Alison Hume

## **News:**

### **Diversional Therapy**

We are very pleased to tell you that we now have the expertise and knowledge of Judy Cooper available for our Diversional Therapy team.

Judy has visited and met staff at Levin. She enjoyed meeting some of our residents also. She now coaches our diversional therapists once a fortnight offering exceptional skills and vast knowledge in diversional therapy. Judy Cooper led the work to establish the National Certificate in Diversional Therapy in New Zealand and is also the Manager of Motivational Therapies New Zealand.

We are honored to have her professional support and expertise on board.

### **Six Week Family Survey**

Thank you very much to all of you who completed the six week family survey recently. The information you gave us helps to guide us. The thing that came through most often was the fact the family didn't know about the code of rights or about how to make a complaint. Enclosed please find a copy of our complaints process and a complaints form. Also enclosed is a pamphlet about the code of rights and advocacy services.

We are now responding to responses on an individual basis so that we attend to resident and family needs as well as we possibly can.

### **Physiotherapy**

We now have a physiotherapist working as part of our team. Leonie van den Bergh is at Millvale regularly on a fortnightly basis. She assesses each resident's mobility needs regularly, works with any resident requiring mobility assistance and trains staff in assisting residents with mobility in a safe way. Residents are benefitting from her regular input. She has rapidly become an essential part of our team at Aberleigh.

### **Renovations**

The renovations at Aberleigh continue. We have been focusing on the Rata area. Much work has been done on the outside area, increasing the number and size of doorways to outside, increasing deck areas, and generally making outside more accessible and safe. The whole of Rata has been painted and has new carpet and curtains. All furniture and many beds are new.

The architect has designed 2 kitchens for this area and has designed a way for Rata to be divided into 2 small homes. Each home will have everything needed for 10 residents. The

council has given us building consent to start this work. The joiner is now making the kitchen joinery. We are very excited about getting started on this.

Painting has now been commenced in the general rest home area. The residents are enjoying the activity and are full of advice to the painter!

*When we bring sunshine into the lives of others, we are warmed  
by it ourselves.*

*Barbara Johnstone*