

Easter 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.

Family Survey

Thank you very much for completing the family survey recently. We have now collated the data collected. This is enclosed.

At Millvale House Levin, 6 surveys from HDU and 8 surveys from the hospital were returned. Feedback in all areas was positive. One person didn't know how to make a complaint. Enclosed please find the complaints process and a complaints form. Do not hesitate to use this if there is anything at all that you are unhappy with or concerned about. Family feedback is very important to us – it helps us to improve our service. There were several comments I would like to address. One person suggested having the menu up in the hospital and HDU each day. We will begin doing this. Someone wanted a bright picture for the hospital lounge. We are now looking for a new picture for this area.

Family Support

People with close connections to a resident of Millvale may find it helpful from time to time to share some of their struggles and joys with someone outside their immediate situation. Our family support person will be available to you. She visits regularly, spending time in the lounge with residents and visitors. Her name is Sally Perris. She is a counsellor with Wellelder a Wellington based counselling agency for older people. Do not hesitate to contact her phone: 04 904 2546.