

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. 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. Results are enclosed.

Eight surveys were completed. The results were very positive. Comments were very complimentary about the care. There were some comments about the garden. People have suggested raised garden boxes in centre of courtyard with seating edges, seating along the edge of garden etc. As with running any business we have to continually look at where we are going to put our resources. We have always chosen to put our resources predominantly into care. At Millvale House, we have chosen to put a lot of resources into the diversional therapy programme and into new and safe equipment. We have large numbers of diversional therapy staff hours. In other hospitals/ rest homes, you may find a lot of resources have been put into the garden and into a gardener. Either is fine – it comes down to the values and the philosophies of the people running the home. Our resources are capped and a choice does have to be made.

However, Jim does have a plan for the outside area for residents. It is quite an ambitious plan and would give residents considerably more walking space. We believe, if put into place, some residents would have an increase in their quality of life. As is so often the case, it may increase the risk to residents correspondingly. We are unsure whether to move ahead with this. I have asked Marj to explain the ideas and show you how it would work at the next resident advocates meeting. We would appreciate your feedback on this.

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.