

Spring



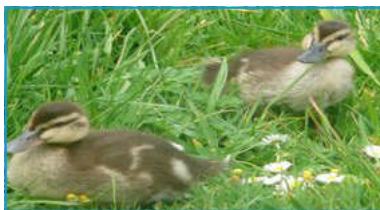
Laura Fergusson Community Newsletter

No matter how long the winter, spring is sure to follow.



Well believe it or not spring has sprung and summer is on the way.... although winter is trying very hard to stick around.

The wind is blowing and the leaves are strewn and scattered about the place like a reminder that winter has not quite left. September saw the TuiÑ devouring the Manuka tree at the entrance of the property and traffic slowed to a crawl to allow mother duck and her umpteen ducklings to cross the road or make it up the curb side. It seems the limited sunshine of September left its mark on some of our faces with smiles returning and everyone getting out and about in the fresh air. October and November have been somewhat greyer but our fingers are crossed for better weather to be on the way very soon.



Welcome to.....

We wish to welcome our newest members to the Laura Fergusson Community. We recognize that this is a huge change for consumers and their families when the shift to residential care takes place. Currently we have a number of regular respite bookingsÜ it is a pleasure to have new faces, and challenges. The Board have recently conducted face to face interviews with many residents to assist in our provision of quality care.

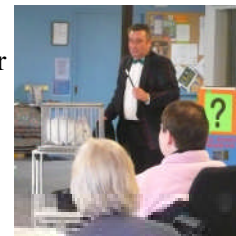
A BIG THANKYOU TO THE LADIES AUXILIARY

Thank you very much to all the ladies of the Ladies Auxiliary who tirelessly fundraise for the community. The ladies were responsible for the bill for the recent upgrade of the residents computers. There are now four computersÜ two in the main block and two in the Moston Lounge just for use by the residents. The Ladies held their AGM last week where we all shared a lovely lunch and were entertained by Nigel Kennedy µ Magician.



It was a special privilege to have the Governor GeneralÑ wife -Susan Satyanand at the meetingÜ seen here receiving a bouquet from Kerry, and also to be presented with photos of Laura FergussonÑ wedding. Laura is now Mrs Max Kenworthy and is living in London.

We wish her all the best for the future. Sadly Margaret and George Fergusson are nearing the end of their term at the British High CommissionÜ we will be sad to say goodbye as they are definitely a part of the LFT family.



Celebrate Christmas with us.....



We will be having our Christmas Lunch Celebration this year at Kaitoke Country Gardens on Tuesday 15th December.

Please let reception know by Thursday 10th December if you and your family members will be joining us to celebrate. The charge for family members will be \$20 per adult and \$5 per child under 12 years old. Please remember to drop a Christmas present at reception for the children who will be attending by Monday 14th December with their name clearly labelled. We look forward to seeing you there.

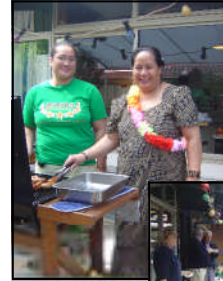


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Loud Shirt Day and Samoan Relief Fund

Thanks to the families, friends and community who took part in our two fundraisers recently. Unfortunately Loud Shirt Day coincided with one of Wellington's 'wild winter' days but that didn't dampen the mood too much.



On the other hand the Samoan Tsunami Relief fundraiser was a lovely day and we had great support.



We raised over \$400 for the two deserving causes while enjoying great food, fun company, cultural experiences and community spirit.



Update on Fergus

You may remember Fergus the stray cat who turned up some months ago, and managed to win the hearts of staff and residents. He is fit and healthy enjoying life in the Wairarapa!!!

Circus Outing



Sue took a number of residents for a winter outing to see the circus. We all needed to break up the long dreary winter days. The circus came to Avalon Park and was staged in a traditional Big Top white tent; and of course a circus is never truly a circus without a real elephant! It was a great day out.

Charlottes Web

Charlottes Web, a story about a pig, a spider and a lot of love was performed by the Hutt Repertory Theatre in Epuni. Sam took a group of residents down to the theatre and whilst it would appear that the ladies enjoyed the show more than the guys, they were able to point out some characters worth a mention - specifically the rat!



On a sad note...

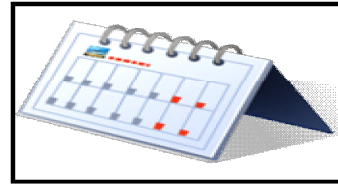
We acknowledge and send our support to the family and friends of Grant Hewitt and Lance Hilton who have both recently lost their fathers. Our thoughts are with you all. Our little community has once again rallied around in support of our friends at this time.

Newsletter continued..



WHATS UP! DAY TO DAY AT OUR COMMUNITY

Laura Fergusson staff were offered the opportunity to learn Deaf Blind sign language through the Royal New Zealand Foundation for the Blind. As one of our newer community members uses deaf blind sign to communicate it was imperative that we become proficient. Fortunately some residents and staff had previously learned, so it was a matter of brushing up on the skill for some, for others it was a new experience and challenge.



New Computers

Our computer upgrade has occurred - all staff and residents computers have been upgraded - we now have four computers available for residents to use - all connected to the internet. We are currently reviewing our document management and storage systems. Please see the attached letter with regards to building an email database. Next on the agenda and well overdue is to revamp the web site.

Wii

The Moston Lounge has had a new addition to its recreational facilities - A Wii machine!! This and the play station are used regularly. The Wii develops hand eye co-ordination as well as improving fitness in a fun way.

CPR/First Aid Training/Career force

As always our staff continue in their training towards Career force qualifications. We have had some staff refresh their First Aid training recently, and had staff involved in Diabetes workshops, and Manual Handling & Hoists workshops. Training is constantly ongoing and we consider this an essential contribution to the community and the residents ongoing wellbeing.



Film Crew on Site

As part of our ongoing relationship with Careerforce we had a small film crew on site filming the various areas of staff training and assessment. Staff and residents were involved in interviews discussing the challenges as well as the positive aspects of training. A short video will soon be available which features not only Laura Fergusson Wellington but other service providers within the Health and Disability sector.

Quiz Night

Thank you to those of you who contributed to a most enjoyable quiz night. We had full tables of very competitive teams. There was evidence of the effect of Brain Gym sessions as the teams were very close, the winning margin was just one point!!

Mamma Mia

A mother, a daughter, 3 possible dads and a trip down the aisle you'll never forget is how the brochure describes the spectacular stage production of Mamma Mia. Some of the residents arranged to go to see the show and had a great time.

This is It

Approximately ten residents and staff went to see the Michael Jackson Movie - 'This is It'. For the die hard MJ fans it was a memorable experience.



Civil Defence Practices

A recent trial evacuation proved to be very successful - All residents and staff responded within four minutes. Well done - Remember your torches, and emergency supplies kit! As the seasons change it is a good reminder to us at LFT to address our Safety procedures and ensure all our staff and residents can handle an emergency with efficiency. There were even a few residents found in 'hiding' places to add a bit of a challenge for the staff - you will be pleased to know the residents were found and we passed with flying colours. So it would appear that we are ready and organised in case of an emergency.



Newsletter continued..



Girls Can Do Anything Group

Report from September/October 09.

Kerry, Natalie, Sally, Josie and AJ suggested at the Social Quality Circle Meeting that they would appreciate having a group programme on Monday afternoons. We've started a group, which June is facilitating and we aim to do some craft work, some outings, other social activities and along the way, have some fun. Sometimes the respite people (such as Bronwyn and Fiona) join in too.

Our first outing was to the World Photo Journalism Exhibitions at Queen's Wharf. The pictures are often in a sequence so that they tell a story. We found them to be well done: they made you think, and especially showed you things in real life that you wouldn't normally see - such as the effects of war on people's living conditions, including homelessness.

In this photo, the pictures show different eyes as the creatures have adapted to their environment. From top: a ground hornbill - a bird with extremely long, wiry eyelashes; nautilus mollusk - the pupil of its eye has no lens, and works a bit like a pinhole camera; jumping spider - 8 eyes make it easy to see and locate its prey; red eyed tree frog - it has red eyes to hunt at night, so while it is resting in the daytime, a gold membrane covers its bright eyes to keep it safe from predators.



Most recently, we've been to the Chaffers Gallery near Te Papa, to see the IHC Art Awards. We were lucky that they opened the gallery especially for us, so we could roam freely, be our own guides and enjoy the pictures. One of the pictures of a stormy sea was dark and made you think of stormy nights and seamen being lost at sea. Below are a selection of some of the pictures we particularly enjoyed.

We've also been taking some photos to show some of the features around Naenae and Laura Fergusson. We plan to make a colorful, fascinating calendar to celebrate our home area, so watch this space for developments!



PS... We would all like to thank June for her input to the community over a number of years—June has decided to “retire” from her regular work hours—but we hope she will be available to carry on relieving work and “one off” projects!



Laura Fergusson Community



Dear Family member

We hope this newsletter finds you all well and looking forward to a wonderfully hot and humid summer!

As mentioned in the newsletter we have been lucky enough to have an overhaul and upgrade to our computer systems both for the staff and the residents. We have been intending to create an email database of all our contacts for some time and now seems the perfect opportunity to get this in place. Not only is it more efficient it is also an environmental step towards helping save our precious resources.

We are asking if you would like to be contacted via email could you please email us at this address:

reception@lft.org.nz

we can then save your email address for future newsletters and other pieces of communication.

Kind Regards,
The Team at Laura Fergusson Community Wellington

MUSIC THERAPY....can you help with donating or loaning any instruments?

There is a possibility that we will have placements for Music Therapy students some time in 2010. We believe that the residents will benefit greatly from the music and thoroughly enjoy a fun new activity.

If anyone has any instruments they would be prepared to loan or donate to Laura Fergusson to make these workshops available for all residents then we would greatly appreciate it. Please email moira.lipshaw@lft.org.nz

