



**HBH  
GROUP**

# HBH HAPPENINGS

July 2024



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# HE AHA TE MEA NUI O TE AO? HE TANGATA, HE TANGATA, HE TANGATA

*What is the most important thing in the world?  
It is people, it is people, it is people*

Kia ora koutou,

There has been much to celebrate within our HBH community this past month. Our Mid-Winter Lunches across all homes brought warmth and joy to residents and staff alike. The Matariki Celebration beautifully reminded us of our shared heritage and the importance of coming together.

Part of our mission at HBH is to provide dedicated Respite Care beds which we now offer permanently at Gulf Views and Howick Views. You can read more about how this impact on one of our clients by reading George's story on the next page.

We celebrated Volunteers Week by honouring the incredible contributions of our dedicated volunteers, whose efforts are invaluable in supporting what we do. In this edition we highlight one of our long term volunteers, Barbara who leads the student volunteer program at St Kents. You can read Barbara's story on Page 10. We will be bringing more highlights of our volunteers in the upcoming issues of happenings.

For many years, our goal has been to offer additional low-cost rental housing to more people aged 65+ in our community. Therefore, I am thrilled to announce plans to extend our social housing at Stevenson Village. More on this update is on Page 4.

As part of our goal to advocate for seniors and provide access to information for older people to age well and live fully, we are excited to announce that "Relatively Speaking," our monthly speaker series for families of residents, families living with seniors, or anyone from the wider community supporting older people, will be starting up again in August.

Hope you enjoy this months update.

Nga mihi nui,



Juliette Tuckey  
HBH CEO



## George's story: "HBH has a big heart, rather than big pockets."

After his wife had stayed at Gulf Views for respite care and loved it, there was only one place George wanted to go when he too needed respite care. Luckily, Gulf Views takes advance bookings, which meant his wish could be granted.

George and his family (wife and 4 children) emigrated from South Africa to New Zealand over 40 years ago, leaving behind a successful construction business and family and friends to provide their children with a better future and more freedom.

"We had a very nice life in South Africa, my business was doing well, and we never had to worry about money," says George. "But we were worried about the future of our children and decided to leave for that reason. When we arrived in New Zealand, it was much more difficult than we thought – and we went from not having to worry about money to having to worry about it all the time." George says that despite the hardship, he and his wife never regretted the move. Their children now all have university degrees and have built successful careers in New Zealand and Australia.

Now in his 80s, life has not been smooth sailing for George over the past few years. Since retiring he became the main caregiver to his wife who suffered badly from rheumatoid arthritis and other complications. During that period, George's wife went into respite care at Gulf Views and that was George's first experience of HBH's care facilities.

**"We looked at other places in the area and decided on Gulf Views for her stay. It was the best decision," he says. "She was happy there and while she hated being away from me, it worked out very well."**

Unfortunately, George's wife required respite care again after a stint in hospital and was unable to go to Gulf Views at the time. "She very reluctantly went to another home, and it reinforced for both of us how special Gulf Views was in comparison."

George continued to care for his wife at home between hospital and respite stays and when she sadly passed away last year, he went to live with his daughter who converted her garage to a granny flat for him to live in. When he suffered a heart attack and required respite care before being able to return home, he knew exactly where he wanted to go.

**"I said to the medical staff, 'if I can't go to Gulf Views, I'm going home'."**

Fortunately, Gulf Views is now one of the only care homes that offers advance bookings for respite care,

and George's hope was realised. "I said I'll be back!"

George believes that, as well as the beautiful sea views, it's the staff who make Gulf Views. "I've never met such wonderful people in my life. They are angels. When my wife was there, they went out of their way to ensure she was welcomed and felt at home. After seeing the opposite of this, I now know how this can be hard to find and the difference it makes."

Now that he has experienced Gulf View's respite care for himself, George says the food was great too.

"I teased the cook that they'd need to come home with me!", he laughs. George has now returned home to the granny flat and is taking things easy as he settles back into life after his heart attack.

**"When I left Gulf Views, it was like saying goodbye to old friends," he says. "I said that when I need full-time care I'll be back – so save me a space!"**

As someone who has experienced both having money and struggling financially, George reflects how fortunate we are to have care homes that are charities such as HBH Gulf Views in the local community.

**"I feel so lucky that this level of care was available to both of us. It's so important that everyone can be cared for with dignity, kindness and respect in their later life and that is what HBH does. It has a big heart, rather than big pockets."**





## Meet Celest: Bringing Spontaneity and Variety to Life at Berwick Community!

Originally from South Africa, Celest has made New Zealand her home for the past 18 years. She enjoys the freedom that life offers, with unplanned road trips, cherished family time, and a passion for reading and talent shows.

Before joining HBH, Celest worked as a debt collector at Inland Tax Revenue in South Africa for 14 years. Upon immigrating to New Zealand, she found her true calling in working with residents at HBH. Celest has been with HBH for over 15 years, initially working in Household then in Day Programme for over 10 years before taking up the role of Lifestyle Coordinator for Berwick Community. "Working with the residents is truly a heartfelt feeling of fulfillment and joy. It's a privilege and honour to make their lives happy and joyful," Celest shares.

Celest loves planning activities that provide a challenge, as they bring excitement and laughter to everyone involved. One of her most recommended movies is "Fiddler on the Roof," reflecting her love for stories that resonate deeply with the human experience.



**"It's amazing how it feels to see and feel the difference of what I do in the day-to-day lives of the residents. I receive from them as much as I give to them,"**

Drawn by a profound feeling she couldn't ignore, Celest found herself at HBH, a decision she has never regretted. Since becoming a Lifestyle Coordinator, she has discovered a deeper purpose and meaning in her work.

Celest's favourite quote is, "A job doing is worthwhile doing good." The best advice she ever received was, "Never assume anything in life." If given the chance to travel, she would choose the Kruger National Park, yearning to experience the wild and the serenity of nature with the open bush fires and the sweet smell of nature around her.

Known for her impulsive nature, Celest is unafraid to change plans on a whim, embracing each decision without regret. Her spontaneity and zest for life make her a beloved member of the HBH community, bringing joy and fulfillment to the residents she serves.

Celest's move from South Africa and her shift from debt collection to aged care reflect her resilience and passion for helping others. Her dedication to the residents at HBH highlights the difference one person can make in many lives.

At HBH, we are proud to have dedicated individuals like Celest, who embody our mission to enable fuller lives for seniors.

*Stay tuned for more inspiring stories from our team and community.*



## "Whiria Te Tangata - Weaving the People Together."

We had a week of celebration highlighting our volunteers through a series of Social Media reels and posts and hosted an afternoon tea in their honour. This year's theme was "Whiria

Te Tangata – Weaving the People Together." In keeping with this theme, Hilda who heads our volunteer program crafted a beautiful dream catcher, and each volunteer at the tea wove a thread into it, symbolising unity and collective strength. This dream catcher is currently displayed in Berwick Reception.

As a not-for-profit organisation, we are forever grateful to our volunteers, we could not do what we do without their endless dedication and support.

One of our dedicated volunteers, Barbara, unfortunately could not attend the celebration. However, you can read her story on Page 10.



We may be in the throes of Winter but here at HBH, we've been keeping warm and spreading some joy with our Mid-Winter celebrations. Stevenson Village was no exception, sharing Mid-Winter lunch together in their cozy community center this month.

Juliette, Kylie and our community housing team held an afternoon tea for the residents and shared exciting news about the proposed developments at Stevenson Village, making our residents the first to know. It was great to receive our residents feedback and support at this recent gathering.



## STEVENSON VILLAGE



## SPECIAL UPDATE: Providing Affordable Homes for Seniors

We are excited to announce that we have plans underway to extend our social housing at Stevenson Village for seniors aged 65+.

We have been working closely with the Ministry of Housing and Urban Development (MHUD) to seek support to build on land we own adjacent to Stevenson Village.

We intend to demolish the empty house at 6B Botany Rd and build 10 one bedroom low rise apartments. This will expand our Village to 46 homes.

At this stage, our plans are awaiting final funding confirmation from MHUD and hope to know in the next few weeks if we are successful .

It has been our goal for many years to be able to offer additional low cost rental housing to seniors in our community .

With an aging population and a chronic shortage of housing in Auckland, our existing Village is always fully tenanted with a waiting list, so this is a very exciting time for us.

We look forward to providing you with further updates over the next few weeks.

# HOWICK VIEWS APARTMENTS



The common areas in the apartments received much-needed refurbishing with fresh paint, new wallpaper, carpet, and updated front signage. The space is looking wonderful, and we are excitedly awaiting the arrival of new furniture to complete the transformation.

In addition to this, our residents have been busy and braving the cold with their outings. They recently visited Kelly Tarlton's and enjoyed a picnic by the beach. We also had RYLA (Rotary Youth Leadership Awardees) come in to help with tech issues and even rearrange the books in the library.

If you or anyone you know would like to join in the fun, we have apartments available!

You can contact Kylie or Maree on [sales@hbh.org.nz](mailto:sales@hbh.org.nz) for more information



The past few weeks have been packed with celebrations and a flurry of events. Despite the cold weather, they ventured out for sightseeing, visiting the city and the beach in Beachlands to enjoy the fresh air. The residents also busied themselves with creating Mid-Winter table decorations, baking cookies for Matariki, and much more.



## HOWICK VIEWS CARE COMMUNITIES



## Happy 100th Jack!

Jack, who's been living in HBH for almost 5 years now, is turning 100 next week! We're honored to celebrate this special milestone with you. Happy birthday, Jack!



GULF VIEWS



Our Gulf Views family have enjoyed some excursions including a trip to One Tree Hill. Additionally, they embraced their competitive spirit with an art competition, a ping pong challenge, and cup stacking. For their Mid-Winter Celebration, both staff and residents dressed up for the occasion and had a wonderful time.







## DAYPROGRAMME

Our day programme is always bustling with activities, welcoming 50-60 people each day. Clients also played games with our visiting kindergartners. Despite being just four years old, the children take playing Jenga very seriously!

Additionally, Maple, one of the pets from Howick Views, is a regular attendee and enjoys playing with Day Programme clients.

Many older people can find the days long and lonely in their own homes. Available five days a week, our much-loved Day Programme aligns with our philosophy of caring for older people in as many ways as possible. The programme offers a day of activity, friendship, and fun, providing much-needed respite for family and caregivers.



In July, Virtual Village East (VVE) hosted several engaging events for its members.

VVE is a network of friendship & support for seniors. Established in 2018, they help older people in the East Auckland community connect with each other, live independently and enjoy life.

If you're interested in becoming a VVE member or for more information, please check out our website <https://virtual-village-east.org.nz/>



## VIRTUAL VILLAGE EAST





## Barbara's story: the chemistry of volunteering

Volunteering not only benefits HBH residents, but also creates valuable opportunities for younger people to learn life lessons says Barbara Warne, who heads up St Kentigern's volunteering programme.

Sometimes the planets align and that's certainly what happened when Barbara, a chemistry teacher and assessor of the Duke of Edinburgh Award service award at St Kentigern's College, went to visit her dad who had recently moved into care at HBH Senior Living.

Originally from the UK, Barbara knew that HBH was a special place from the care that her dad was receiving. "HBH has a real heart, and they are very skilled at caring for the whole person, including their physical, mental, social and emotional needs," she says. "Dad was very happy there."

As luck would have it, St Kentigern were looking for a new person to head up their volunteering programme at HBH and Barbara leapt at the chance. "All teaching staff need to be involved in an extracurricular activity and this was the perfect fit for me," she explains. So, after Barbara finishes teaching her chemistry classes, she heads to HBH with a group of student volunteers to care and learn from our residents.

Different student groups visit the residents two to three times a week, and Barbara can see how much the residents love these visits. While volunteering is often seen as helping those in need, the benefits to the volunteer are just as rewarding and important, while it also brings much-needed support to charitable organisations like HBH.

**"The students get so much out of it, and for some of them it has led them to forming closer relationships with their own family members," she notes. "One girl said to me that she now wants to talk more to her grandma. I think it teaches them the importance of valuing the relationships they have."**

### Finding the perfect match

Barbara says preparing the students thoroughly for the experience of volunteering is important. "Some of them have had very little to do with older people and it can be quite confronting for them to begin with," she says. She carefully matches students with the residents she thinks they'll have something in common with, to help get the

relationship off to a good start.

She also teaches students how to use questions to prompt a conversation and briefs them on the Eden Alternative philosophy which is central to life at HBH.

**"It's important that the students understand the Eden philosophy and how it works in a practical sense," says Barbara. "Eden shows that every person matters, regardless of how old they are or what challenges they face, and I think this is one of the most important things the students learn from volunteering at HBH," she says. "They also love the fact that a resident can have their own pet should they want too!"**

Coping with loss, learning skills in conversation and forming new relationships are just some of the many skills the students acquire through the volunteering scheme but more importantly, says Barbara, it teaches them kindness and compassion. "I keep reminding the students that the residents have done so much living and that's what makes them so interesting. One lovely woman said to a student, in my head I'm still 18, but then I look at my legs and I'm reminded I'm 90!"

### From volunteering to visiting

Over time, the visits become less about volunteering, and more about spending time with someone the students care about, says Barbara. "One of our students loved visiting a man who only spoke Spanish. She would sit on the floor next to him and they would have a lovely time. However, she hadn't considered that he might die and was devastated when he did," she explains.

"We are so fortunate to have a charitable, aged care provider like HBH Group available to residents of our local community, where care is first and foremost," says Barbara. "The students get to know people who used to live in their neighbourhoods. It's a reminder that time passes, and that people matter, no matter how old they are."

We are excited to announce that Relatively Speaking is starting up again next month. We will send an invite once the date has been finalised.

“Relatively Speaking” is a personalised Speaker Series designed to engage and educate the family and friends of residents. The series aims to address topics that are directly relevant to the unique challenges and experiences you may face when you have a loved one residing in our care communities or supporting a loved one at home.

.If interested in attending, please email us on [Jeanne.Atiwag@hbh.org.nz](mailto:Jeanne.Atiwag@hbh.org.nz)



## RELATIVELY SPEAKING



Last month, we had a week-long celebration Matariki Celebrations at Howick Views.

Matariki, the Māori name for the Pleiades cluster, rises in midwinter and marks the start of the Māori New Year. According to tradition, Tāwhirimātea, the god of the wind, threw his eyes into the heavens, creating this star cluster. Matariki is a time to honour the dead, reflect, be grateful, and share the harvest's bounty.

Howick Intermediate's Kapa Haka Group performed for each of our communities, followed by a shared staff lunch. A big shoutout to Moea and Rata for the delicious hāngi! Our residents enjoyed various Matariki-themed activities, including a Show and Tell of significant Māori cultural items. Thanks to the Māori Advisory Group for organising these wonderful activities – we truly appreciate you!





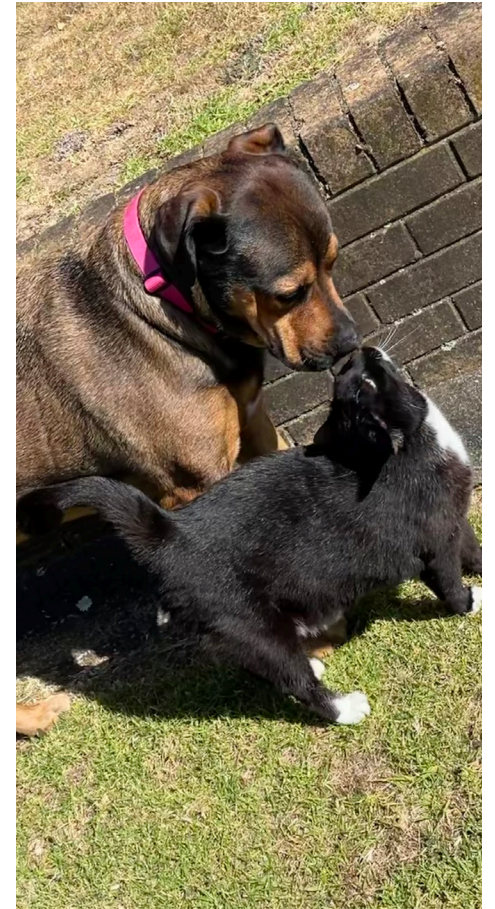
We've recently held two sessions of Eden Leadership Training, facilitated by Sally Hopkins, the NZ/AUS Eden Alternative Director as part of our commitment to Eden Alternative.

As reflected in all the photos in this newsletter, we aim to incorporate the principles of Eden Alternative.

### Eden Alternative Principles

<p><b>PARTNERSHIP</b></p> <p>2: Elder centred community 3: Companionship 4: Giving and receiving</p>	<p><b>PARTICIPATION</b></p> <p>5: Variety and spontaneity 6: Meaning and purpose 8: Personal choice and control</p>	<p><b>PROTECTION</b></p> <p>1: Promoting positive ageing 7: Holistic care 9: Growth and development</p>
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**Principle 10: Wise Leadership**



*"Dear God,*

*Thank you for this new day, its beauty and its light. Thank You for my chance to begin again. Free me from the limitations of yesterday. Today may I be reborn. May I become more fully a reflection of Your radiance. Give me strength and compassion and courage and wisdom. Show me the light in myself and others. May I recognize the good that is available everywhere."*

*- Marianne Williamson*