

Selwyn InTouch

The latest news from The Selwyn Foundation

What's New

Since our last edition of 'Selwyn in Touch', we've been celebrating our past as well as looking forward to the future and our potential to do even more for older people and those who are vulnerable or in need.

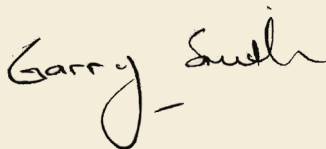
On 22 May, we commemorated our annual Founders' Day event and our 63 years of providing services for ageing people. In doing so, we paid tribute to the visionaries of Selwyn Village, which opened on 22 May 1954. We gave thanks for everyone who has shaped and enriched the development of our organisation through the ages.

The Selwyn Foundation's partnership with Auckland Council has recently commenced services as Haumarū Housing. Haumarū's vision is 'older people in affordable homes within communities that are safe, age-friendly and caring'. This exciting new partnership unlocks greater potential for Selwyn to support many more people, so that we can continue to fulfil the original purpose and honour the mission that our founders began over six decades ago.

You can read more about Haumarū Housing overleaf and about our initiatives to help older people remain active, healthy and socially engaged within their communities. We also update you on our major new residential care centres – two of which will open towards the end of the year – which will complement our focus on operational and service excellence within our villages.

In everything we do, we are guided by The Selwyn Way, which is our unique and holistic approach to the care and wellbeing of all who connect with The Selwyn Foundation. For further information on our work and mission, visit www.selwynfoundation.org.nz.

Sincerely



Garry Smith,
Chief Executive Officer



'JUST COOK 4 Healthy Ageing' courses promote cooking and nutrition for older people

Following on from our successful 'Senior Chef' classes held last year, we've teamed up again with the NZ Nutrition Foundation to offer free cooking and nutrition classes for older people who live alone or care for a partner and who have limited or no cooking skills. With all ingredients and equipment provided, the four-week courses include cooking instruction and 'hands-on' food preparation, as well as tips and advice on healthy eating, menu planning, affordable food options and budgeting.

The NZ Nutrition Foundation developed the programme with funding provided by the Minister for Seniors, Hon Maggie Barry, from the Community Connects Fund. Selwyn has funded the courses, which to date have been held in a number of Anglican parish halls in Auckland, as part of our charitable focus to support senior citizens who are vulnerable or socially isolated.

With new friendships and social engagement an added benefit, the classes are helping improve older people's health, nutritional well-being and quality of life, so they can continue to live at home for as long as possible.



(From left to right): Heather Whineray, Selwyn's Community Programmes Manager; the Reverend Grant Robertson, Vicar of St Paul's Anglican Church in Milford which hosted a recent 'JUST COOK 4 Healthy Ageing' course; Mary Griffiths, parish secretary, coordinator of the Milford Selwyn Centre and a participant on the course, and the Minister for Seniors, Hon Maggie Barry, who popped into a session to meet participants and enjoy lunch.

‘Baby Buddies’ visiting programme adds to the enjoyment of life

An inspirational ‘Baby Buddies’ visiting programme is bringing fun, spontaneity, variety and new friendships to the benefit of our residents, their young visitors and the mums alike.

Residents of Selwyn Village’s residential care homes have been hosting weekly visits by a group of local Plunket mothers and their babies and toddlers. During the hour-long, fun-packed sessions, residents take an active part in the fun and games, reading books to the children, helping them with arts, crafts and pre-school learning activities, sharing stories or encouraging their young visitors in their singing and dancing performances.



The benefits have been considerable, as the visits lift people’s spirits, add to their enjoyment of life and inspire a greater sense of optimism and feeling of belonging. They also help alleviate some of the effects of age-related conditions.

We’ve now expanded the programme across our village sites and have been contacted by many other residential care homes, both in New Zealand and overseas, who are interested in how they, too, might introduce the initiative to the benefit of those they care for.

Haumaru Housing celebrates start of services

1 July 2017 marked the start of services provided by Haumaru Housing, the limited partnership between The Selwyn Foundation and Auckland Council which has taken over the lease of the council’s Housing for Older People portfolio. Haumaru will provide tenancy and asset management services for the council’s rental units for senior citizens which are located in villages across Auckland.

Pronounced ‘Hoe-maa-ru’ and meaning ‘shelter, to provide a caring and safe haven for everything’ and with associated meanings of protection, security and refuge, the name captures the partnership’s vision and objectives and the quality and respectful service that tenants can expect to receive.

On the first day of operations, Haumaru Housing’s new team of community managers was busy visiting villages and meeting tenants. The team looks forward to providing an effective and responsive service to meet tenant needs, and to creating positive and inclusive communities that support people to live well in the comfort and security of their home.

Haumaru’s General Manager, Gabby Clezy, says: “Our focus is on safe, secure and affordable long-term tenancies for tenants, and we look forward to making a real difference in the quality of housing and the level of service provided.”

To celebrate the start of services, Haumaru Housing hosted a pōwhiri, attended by Auckland Mayor Phil Goff, the Haumaru Housing team and members of staff from both The Selwyn Foundation and the council who were involved in the transition.

Application forms for Haumaru Housing homes are available to download at www.haumaruhousing.co.nz or by ringing 0800 430 101.



Venerable Lloyd Popata, Pou Tikanga, The Selwyn Foundation, and Mayor Phil Goff at the Haumaru Housing pōwhiri.

Inviga courses help maintain strength and balance for positive wellbeing

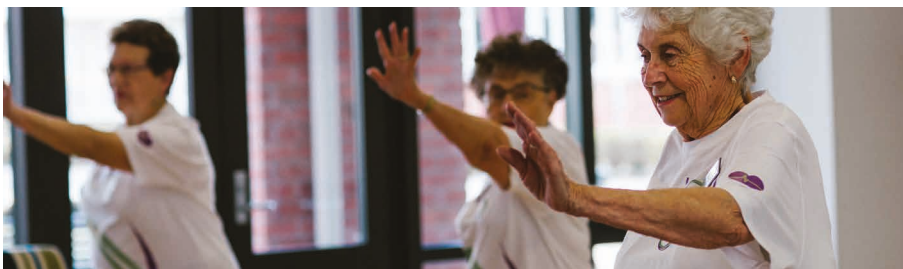
The Foundation's new venture – Inviga (from 'Invigorate') – which was launched in 2016 to provide healthcare solutions, enhanced by technology and delivered to people within the home, has introduced a number of exciting initiatives to enhance seniors' quality of life.

'Forever Young' strength and balance courses are helping older people living in the community to maintain positive wellbeing by building exercise into their daily routine and everyday activities and so reduce the risk of falls.

Delivered by a physiotherapist or exercise physiologist, the 10-week programmes also measure participants' physical improvement through pre- and post-assessment.

A number of participants completing the courses have improved their strength by over 50%, with the majority improving their balance and agility by between 10% and 20%.

Courses will be available at various community venues throughout the year. For details, contact Inviga on 0800 301 234, email info@inviga.co.nz.



Telemonitoring supports health and independence at home

Inviga's technology-enabled health monitoring for patients who have been recently discharged from hospital or have a long-term health condition will enable people to receive timely healthcare support and advice in the comfort of their own home for a short period, until they are restored to stable health.

Using a simple touch-screen computer and monitoring equipment, users are able to measure their vital signs and send the results via the Internet to be reviewed by an Inviga telehealth nurse. Both the patient and nurse are then able to discuss the results and any particular action that may be required to manage the person's care that day via videoconferencing. The service runs alongside the patient's current care provision, and the results are also sent to their doctor to assist with clinical management.

The service follows the success of Selwyn's earlier telehealthcare pilot, which supported clients through the winter months to stay well and out of hospital (hospital admissions were reduced by over 60% in those taking part in the trial).

For further information, contact Inviga: 0800 301 234, www.inviga.co.nz

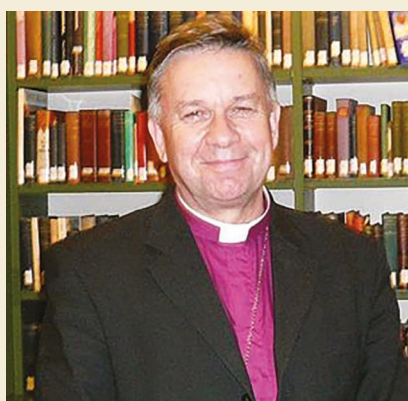
Ageing and Spirituality conference to feature acclaimed speakers on 'Spiritual Leadership in Aged Care'

An exciting line-up of acclaimed speakers will present on the theme of 'Spiritual Leadership in Aged Care' at this year's Ageing and Spirituality conference, hosted by the Foundation's Selwyn Institute for Ageing and Spirituality.

This unique and inspirational conference will look at the many aspects of spirituality that are meaningful to the older person, with a focus on improving the quality of interactions with others and on helping people to age well. It will be of interest to health and aged care workers, chaplains and pastoral caregivers, members of faith organisations, academics and all those involved in caring for older people.

The conference will take place in the Selwyn Village Theatre (43 Target St, Point Chevalier) from 8:30am – 4:30pm, on 1 September 2017.

For registration details, visit www.selwynfoundation.org.nz



Archbishop Emeritus Sir David Moxon KNZM will consider spiritual icons, Pope Francis and the late Maori Queen Te Arikinui Te Atairangikahu, and opportunities for healthy and life-giving spirituality in the third age at this year's Ageing and Spirituality conference on 1 September.



Artist's impression of the new Lees Centre at Selwyn Oaks' village in Papakura

Construction of innovative new care homes nearing completion

Construction of our new residential care and community amenities developments at Selwyn St Andrew's village (Cambridge) and Selwyn Oaks village (Papakura) continues apace, and we're looking forward to the completion of both centres towards the end of the year.

Selwyn St Andrew's new building will comprise a 24-bed care suite which will enable the village to offer residential care for the first time ever, ensuring that residents can have the option of continuing to live on site as their care needs change over time. It will also include a range of leisure and social facilities on the ground floor, and eleven independent living apartments on the upper level will offer a new style of accommodation for the village and for Cambridge as a whole.

Selwyn Oaks' new care centre will consist of a 48-room care suite, which will replace the existing care facility. New amenities such as activity rooms, a shop, a café and lounge will offer a warm and welcoming area for residents and family alike.

Work is also underway on a 90-bed care home at Selwyn Village which is to be completed mid-2018.

These innovative new developments are extremely exciting for the Foundation and will enable us to provide personalised care and the highest quality of accommodation and services for our resident communities, their families and visitors for many years to come.

Selwyn celebrates 63 years of service

On 22 May 2017, the Foundation celebrated 63 years of providing services to older people at our annual Founders' Day event.

Founders' Day is a tribute to the visionaries of the original Selwyn Village, which first opened on 22 May 1954. On this day, we also celebrate the founding of our other villages since that time and bring to mind all those who have contributed to our mission to provide services and support for ageing people and those who are vulnerable or in need.

To mark the anniversary, a special service of thanksgiving was held in Selwyn Village's Chapel of Christ the King. During the service, six new Companions of the Foundation were honoured. The category of 'Companion' recognises those who have provided leadership or given generously of their skills and talents to make Selwyn the respected provider that it is today. A number of the Companions announced this year are current or former members of staff.

Each Companion was presented with a bronze commemorative medal which was specially commissioned for the occasion, depicting the images of Bishop and Sarah Selwyn and featuring the inscription: 'For service of Heart, Hand and Mind' – a sentiment that was often used by Bishop Selwyn in his sermons and speeches.

With the rise of New Zealand's ageing population, the work of The Selwyn Foundation is more important than ever. Building on our tradition, experience and service expertise, we will continue to provide the quality care and support that are synonymous with the Selwyn name and special character and will take forward into the future the mission our founders began sixty-three years ago.



(Left) Selwyn Board Chair, Dr Kay Hawk, and (right) CEO Garry Smith and Bishop Kito with the new Selwyn Companions honoured at the 2017 Founders' Day event.