

Selwyn InTouch

The latest news from The Selwyn Foundation

What's New

Welcome to our new edition of 'Selwyn in Touch', which brings you the latest updates from The Selwyn Foundation.

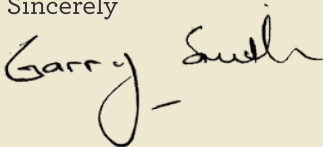
We're very proud to have opened the first of our wonderful new care and community amenities developments this month. The Moxon Centre at Selwyn St Andrew's village in Cambridge will provide our residents with on-site residential care services for the first time ever, meaning they won't need to move out of the village if their health or support needs change over time. It also offers exciting new facilities for all our residents to enjoy social activities and – new for Cambridge – retirement living in stylish, top floor apartments.

We're also looking forward to the opening of our new Lees Centre development at Selwyn Oaks in February 2018. The design of our new buildings has been inspired by the most innovative thinking in residential aged care provision and service delivery, and the 'household' environment will support our new care partnership approach focussed on all aspects of a person's wellbeing.

You can read more about the new Moxon Centre in this edition. We also feature our initiatives to improve the lives of older people living in the community, particularly the vulnerable, as well as our work to raise awareness of older people's spiritual needs.

As the year draws to a close, I would like to take this opportunity to wish our residents and their families, our day centre clients and guests and all those we connect with much joy and happiness over the Christmas and New Year period.

Sincerely



Garry Smith,
Chief Executive Officer



Baby Buddies initiative wins 'Community Connections' award

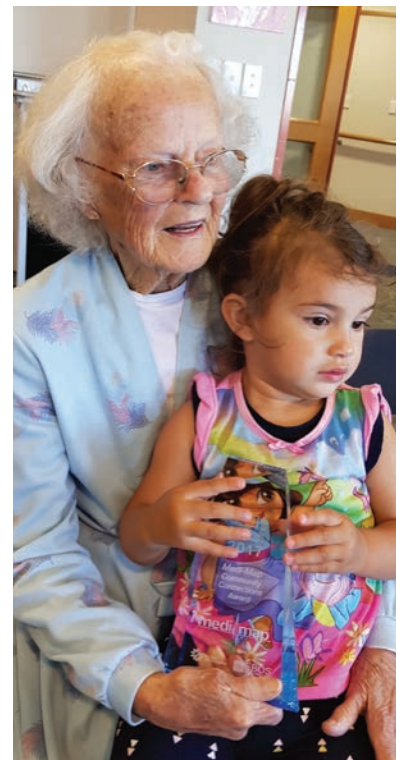
The Foundation has won the 2017 New Zealand Aged Care Association/Medi-Map 'Community Connections' Award for our unique community outreach 'Baby Buddies' visiting programme, which sees our care home residents playing host to mums and their babies and toddlers each week.

By bringing people together and strengthening community links, the visits are having a huge positive impact on people's overall wellbeing, and the benefits are reciprocal. Residents are able to share their knowledge, wisdom and parenting experiences with new mums in the local community. For the mums who may have no close family nearby, the visits offer the chance to meet others and also provide valuable socialisation opportunities for their little ones.

The programme also helps ease some of the effects of age-related conditions and benefits residents with serious memory loss or cognitive and physical limitations.

This is the third time that the Foundation has received a prestigious NZACA 'Excellence in Care' Award, having won last year for our use of therapeutic robotic seals and in 2010 for the introduction of our 'At Home at Selwyn' model of care.

Resident, Kathy Fairweather, and Baby Buddy, Waitaiki Mather, showing off the 'Community Connections' Award.



Getting to know you: Selwyn Centres extend fun and friendship to visitors

Selwyn Centre guests and Haumaruru Housing tenants have recently come together to enjoy shared activities and morning tea in a series of introductory social events at Selwyn Centres in Glen Eden, Manurewa and Papatoetoe.

At the first gathering in St Andrew's Anglican Church hall in Glen Eden, Haumaruru Housing tenants from Harmony and Westview villages received a warm welcome from the Selwyn Centre coordinator and her regular guests.

Both groups mixed and mingled, as they worked together to complete the 'getting to know you' mixer game (which involved matching up the names of well known New Zealanders), and enjoyed each other's company in the warm and friendly setting.

Much concentration was evident, as the Selwyn Centre guests taught their visitors to play one of their favourite games, Rummikub, whilst another group played Bingo. New friendships were made, with the sound of laughter and chatter resonating around the hall throughout the morning.

Supported by the Foundation in association with Anglican parishes, there are 39 Selwyn Centres across Auckland, Northland, the Waikato and in Christchurch, providing older people with opportunities to meet up each week with others from their local community.

To find a Centre near you, visit www.selwynfoundation.org.nz



When Winston met Peters! Selwyn Centre guest, Jopy Maske (right), and a Haumaruru Housing tenant congratulate each other on finding the matching name.

Haumaruru Housing gets off to a winning start

Since it started services in July, Haumaruru Housing is making a noticeable difference in people's lives, helping vulnerable older adults living in short-term accommodation into secure, permanent housing within positive and inclusive communities.

Haumaruru Housing is the limited partnership between The Selwyn Foundation and Auckland Council, which provides tenancy and asset management services for the council's rental units for senior citizens which are located in villages across Auckland.

With customer service excellence a priority, it has received a wealth of positive feedback from satisfied tenants, their family members and its partners within the housing sector for its effective and responsive service in meeting tenant needs. It is also developing its navigator role to help tenants access the social, health, advocacy and budgetary advice services they need to improve their wellbeing. By working in collaboration with our Selwyn Centres and Inviga on joint initiatives, Haumaruru aims to provide important additional services to further strengthen the level of help and support it can offer tenants in need.

Haumaruru Housing has recently secured an agreement with the Ministry of Social Development to provide 40 one-bedroom social housing units for rental at

Henderson Valley Road, Henderson. The property (developed jointly with Panuku Development Auckland) will be completed and available for new tenants by June 2019, with all units qualifying for the Government's Income Related Rent Subsidies scheme. This will bring the number of units managed by Haumaruru Housing to 1,452 across the North, West, South East and South Auckland.

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



A design concept of what the Henderson Valley Road development may look like.

The Selwyn Institute: leading the way in learning

The Foundation's Selwyn Institute for Ageing and Spirituality continues to advance society's understanding of ageing and spirituality through a wide range of knowledge-sharing, research and education initiatives.

It's designing a series of learning and teaching packages to enhance the way we deliver services and engage with those in our care. A similar suite of resources is also to be offered to external organisations and service providers equally keen to apply this knowledge and expertise to their own service offering and professional development needs.

In addition, the Institute is further developing content on the 'Learning' section of the Selwyn website, which will highlight

its range of activities as well as provide a wealth of information to help people in ageing well. A more prominent virtual presence will also accentuate and build on the work it has undertaken to date in advocating for greater awareness of the spiritual needs of older people in the aged care environment.

Guided by a new Advisory Board established this year, the Selwyn Institute is committed to deepening the understanding of the ageing and spirituality journey, so that the lives and wellbeing of older adults and the aged care population as a whole may be enriched both now and in the years to come.



A wide range of learning and teaching resources will be offered by the Selwyn Institute.



Air New Zealand Cabin Crew Team Manager, Monique Poehls, chats to Mrs Lucy Ashley of Selwyn Oaks.

It's beginning to look a lot like Christmas...

As well as our many individual volunteers who are helping us get ready for the Christmas festivities, a number of corporate groups have been lending a hand during this busy time.

A 50-strong group of summer interns from Deloitte accountancy advisory partnership recently visited Selwyn Village, helping residents prepare Christmas decorations, wrapping presents and providing some light entertainment, much to everyone's enjoyment. More than 20 AIG staff also assisted with preparations at Selwyn Village's Kerridge and Caswell care homes, whilst cabin crew staff from Air New Zealand spent time with residents at Selwyn Oaks in Papakura.

Residents at Selwyn Wilson Carlile village enjoyed a visit from Deloitte's Hamilton-based interns and are also looking forward to staff from Hamilton City Council joining them later this month, as they get ready for their festive celebrations, whilst a team from ASB will be helping out with Selwyn Park's Christmas decorations in Whangarei.

Thank you to all our volunteers who give up their time and talents not just at Christmas, but throughout the year, to help make every day special for those in our care.

Inviga: enhancing the lives of older people through care and support in the community

Inviga, the Foundation's innovative community care joint venture launched last year, has been recognised as an approved community group strength and balance programme provider under ACC's new 'Live Stronger for Longer' brand. This comes as a result of its successful 'Forever Young' strength and balance programme with independent living residents at Selwyn Village and Selwyn Heights and with guests attending the Selwyn Centres at Royal Oak and the Papakura Homestead.

The programme, which recognises the benefits of regular exercise in maintaining mobility in old age, helps older people to maintain positive wellbeing by building exercise into their everyday activities and so reduce the risk of harm from falls.

Inviga has been established by Selwyn and Australian health technology and community service provider, Feros Care, to service the New Zealand health sector's community-based care requirements.

This year, it has also launched its health telemonitoring service, which is ideal for clients who have one or more long-term health conditions or who have been recently discharged from hospital.

Thanks to the generous support of the Charles Rupert Stead trust, the Foundation is able to support Inviga rolling out new services to Haumaru Housing, to help tenants improve their wellbeing and level of social interaction and connectedness.

For further information on Inviga's range of services, call 0800 301 234, www.inviga.co.nz



Inviga's health telemonitoring service enables people to receive timely healthcare support and advice in the comfort of their own home.

Newly opened Moxon Centre leads the way in residential aged care

The Foundation's new \$14 million Moxon Centre at Selwyn St Andrew's retirement village in Cambridge opened on 1 December. The three-storey centre offers fully serviced residential aged care suites within an innovative household setting, as well as an extensive range of leisure amenities and eleven new independent living apartments.

Chief Executive, Garry Smith, said: "As New Zealand society ages and the health sector comes under increasing pressure to meet the care needs of growing numbers of older people, this outstanding new facility – offering two households, each with 12 care suites – provides on-site residential care services for the first time ever at Selwyn St Andrew's and offers an additional service option for the wider Cambridge community, increasing the range of care choices that are available to older people and their families in the area."

The care suites in the Moxon Centre have been developed according to the household layout, which is a new concept in the provision of residential aged care in New Zealand and based on international best practice. By having two small communities or households of twelve residents, the care suites will provide an environment where people who live there have a real sense of belonging and feel truly at home.

Each household will function like a home, where residents will



Pictured at the opening of the Moxon Centre (from left to right) Garry Smith, Rachael Hall, Selwyn Board Chair Kay Hawk and Archbishop Emeritus Sir David Moxon KNZM.

have their own room with ensuite, and share a spacious lounge with open-plan dining and kitchen area, leading to a large outdoor deck and seating.

Village Manager, Rachael Hall, said: "The layout is designed to support our new way of delivering care. Our unique 'care partnership' approach provides holistic care planning focussed on all aspects of a person's wellbeing. The interior plan and the accessibility features promote people's independence, and a new way of working for our staff reflects the importance we place on the whole person and their overall wellbeing, and will enable residents to continue to take charge of their own lives, be empowered and heard by all their care partners."

With the opening of the Moxon Centre, the Foundation is the first provider in New Zealand to offer a new participatory style of hospital-level care – one that's based totally around residents' individual needs and what they want out of life.

"We've developed this following a review of the most innovative thinking in residential aged care provision and service delivery, and then created our own unique version. In the Selwyn model, our residents direct us on what's important for them, with our care team then formulating a personal

and tailored care plan based on the person's individual needs and what they want out of life. The care team has a guiding role and will support the resident to make the best decisions about their own wellbeing and lifestyle within the care home," Rachael said.

The care suites are located on the second floor of the Moxon Centre. On the ground floor, a social hub offers a range of community leisure and social facilities including a café and dining area, outdoor BBQ, lounge, activity rooms, residents' shop and hair salon. Eleven one, two and three-bedroom independent living apartments are located on the top floor.

The Moxon Centre development has created 25 new jobs for the local community and is part of a broader \$50 million investment programme that the Foundation is undertaking, with new residential care centres also being developed at Selwyn Village and Selwyn Oaks in Auckland.

The Centre is named in recognition of Archbishop Emeritus Sir David Moxon KNZM, former Anglican Bishop of Waikato and former Primate and Archbishop of the New Zealand Dioceses of the Anglican Church in Aotearoa, New Zealand and Polynesia.