



KIMIHIA KHRONICLE

The official newsletter of Kimihia Home & Hospital - Huntly



Sweet Moments & Fresh Air

After a scenic van ride, residents enjoyed a refreshing treat—ice cream shared in good company. Outings like these offer more than just a change of scenery; they bring joy, stimulate the senses, and foster connection. A shift in atmosphere can uplift spirits, encourage social interaction, and support overall wellbeing. It's a simple pleasure with a meaningful impact.

Baking Up Memories

The smell of freshly baked brownies filled the room as residents rolled up their sleeves and got to work. These moments remind us that the skills and passions we carry through life don't fade—they just need a little spark. Engaging in familiar activities like baking not only keeps minds active but also brings joy, purpose, and a sense of accomplishment. It's a sweet way to stay busy and connected.



Balloon Bougie

Who says exercise can't be fun? Our residents got their hearts pumping and their hands swatting during a lively balloon activity in the hospital. With balloons bouncing through the air, this cheerful workout helps improve coordination, keep bodies moving, and spirits soaring. It's fitness with a pop of fun!



Simon Says

by Simon Binzegger, Facility Manager

At Kimihia, caring for our Kaumātua is about more than providing a safe and welcoming home – it's also about creating futures for the people who care for them. We've been strengthening our focus on staff development through **Careerforce**, giving our team a clear **NZQA pathway** from entry-level caregiving that can lead right through to nursing. This means our staff can grow their skills and confidence while continuing to provide excellent care.

Learning doesn't stop there. We regularly host **specialists for in-service training** – from our local pharmacy team to advocacy services, physiotherapists, and other health and product professionals. These sessions encourage best practice, spark discussion, and help our staff share knowledge across the team. It's about building a culture where everyone keeps learning together.

We've also welcomed the next generation into aged care. A recent highlight was hosting a **great group of local nursing students from Wintec**, along with Huntly College and other school students exploring careers in health and support. Their visits show how wide the opportunities are in aged care – from hands-on nursing to activities, hospitality, and beyond.

The real reward comes when these students spend time with our residents. The stories and wisdom our Kaumātua share fill gaps no classroom can cover – rich history, humour, and resilience that inspire and connect.

We'll keep building these pathways and partnerships because the future of aged care is not just about buildings or systems – it's about people. And at Kimihia, we're proud to be part of that journey.



Lessons Learned

by Faavai Larsen, HCA

As someone who has used an inhaler before, I thought I had a good grasp of how they work. But stepping into the role of administering medication to our Kaumātua here at Kimihia is a responsibility I take very seriously. That's what motivated me to attend the "Proper Use of Inhaler" training session – to ensure I'm doing it right, with the correct technique.

The training was incredibly valuable – eye-opening, even. It wasn't just about the devices themselves, but about the real impact our technique has on residents' health. Simple mistakes, like not shaking the inhaler or using the wrong breathing technique, can have serious consequences.

One key takeaway for me was the importance of using spacers. They significantly improve medication delivery, especially for residents who struggle to coordinate their breathing. I also learned that inhalers need to be cleaned and checked regularly – something that's often overlooked.

Since the training, I feel much more confident in assisting residents. I now know what to look out for, when to raise concerns, and how to ensure each resident gets the full benefit of their medication. A small change in technique can mean fewer flare-ups, fewer hospital visits, and better overall health outcomes.

If I could share one tip from the session, it would be this: always shake the inhaler before use, and make sure the resident is in the right position – sitting upright with their head slightly tilted back. These small steps make a big difference.

My biggest takeaway? **"The technique matters just as much as the medicine."**

Here's to our July arrivals – it's great to have you with us!

- Patricia Barr
- Kenneth and Doreen Curtis
- Richard and Hilary Stewart
- Colleen Yorwarth



Our thoughts are with the families of our departed residents:

- David Milner
- Richard Jones

Words That Matter

To the great chefs in the kitchen, and to all the carers who looked after me. Thank you to everyone there at Kimihia, I got to meet a lot of known Huntly people, and talk to a lot of interesting people. You have a beautiful Rest Home and Hospital. It was good to see my cousin, Sue, she is in good hands. Some of the staff [who] stood out for me – JJ, Latu, Joan, Seli, Hellen, Evangeline, Meluna, Emali, Mark, Nomatter. Thank you for your loyalty and dedication in caring for me. May God bless you all. I will come back and visit my friends. Arohanui to you all.

– Claire Hurricks (Te Kauwhata)

Staff Spotlight

Our Entertainment Officer, Maya, just welcomed a new beautiful baby girl! To celebrate this special arrival, the team came together to collect thoughtful gifts and surprises. Congratulations to the proud parents, and welcome to the newest little member of our extended family!





Volunteer's Voice

by Heather Worsley, Volunteer

Volunteering at Kimihia Home has been a deeply personal experience for me. My journey began with my mother, who spent many years in a rest home. I was often there, helping out and spending time with her, and through that, I developed a lasting interest in older people and their stories.

I've been volunteering here for three months now, and each day brings something new. My day usually begins with chats in the lounge, followed by visits to residents in their rooms. At lunchtime, I help in the hospital wing, assisting those who need a hand.

One resident, whom I called "my little sparrow," left a lasting impression. Encouraging her to eat and seeing her smile was a highlight of my time here. Her passing reminded me how emotionally involved we can become—and how important it is to balance care with boundaries.

Volunteering here has opened my eyes to the challenges faced by residents, especially those living with dementia. I've learned so much from them—humility, patience, and the importance of being non-judgemental. No two residents are the same, and each one deserves to be seen and understood as an individual.

If you're thinking about volunteering in aged care, my advice is simple: do it for the right reason. It's not just about feeling good—it's about genuinely wanting to make a difference in someone's life.

What keeps me coming back? It's the warm feeling I get when I walk into the lounge and hear the residents call me by name. That connection, that sense of being part of their lives, is truly priceless.

"It's not what you can get out of volunteering but what you can give."

Game Time at Kimihia

Group activities play a vital role in residential care by promoting social interaction, reducing loneliness, and enhancing emotional well-being. Simple games like dominoes, cards, and housie not only bring joy but also support residents' overall quality of life—socially, emotionally, and physically.



DOMINO

Domino game has been quite popular lately with our residents as they are seen playing on a daily basis. A scrabble club has also started recently.



CARDS

Residents regularly enjoy housie sessions and occasionally play cards together.



SCRABBLE



HOUSIE

Celebrating Our July Stars



BETTY



JANICE



PAIRE



HOWARD



CILLA



SARAH

