

# KIMIHIA KHRONICLE

*The official newsletter of Kimihia Home & Hospital - Huntly*

## Residents Start a New Rhythmic Cardiovascular Workout



Cardio Drumming is a full-body workout that combines drumming with cardiovascular exercise using exercise balls & drumsticks to move along with music or a rhythmic beat. Our DT team has started these sessions to improve the residents' coordination and balance. They seem to enjoy it very much!

## Kimihia Staff Highlight: Jatin Banga, Registered Nurse

**When did you arrive in NZ and what was your goal then?**

I arrived in New Zealand on 24 February 2023. The only goal was to work on myself to get that red uniform (Registered Nurse Uniform).

**At this point, what are the key milestones in your registration and visa status?**

I recently got my residency on behalf of my nursing registration. The key to get my registration I think was consistency.

**What were the challenges that you encountered in your journey and how did you overcome them?**

I believe challenges are good in life. The first challenge was to speak English and understand the accent of Kiwis but with time, practice regularly at work and the supportive staff of Kimihia made this journey smooth.

Second, the challenge was to go through a new process of registration as there was minimal information from the Nursing Council of New Zealand but again I trusted myself, studied hard and see how I got my registration.

**Did you receive any support from your colleagues at Kimihia Home, if yes, how did they express it?**

Yes, I received great support from the Kimihia staff. I remember when I started I was hardly able to speak any sentence but the staff never made jokes about me instead they taught me how to use the correct words [and phrases].

**What is your advice for fellow health professionals who are advancing in their education and registration process in NZ?**

My advice is to trust yourself and I believe if we have a positive attitude towards anything we can achieve [our goals]. Secondly, consistency is just being focused on goals, dividing the goal into simple tasks and working on them daily until we get that.

**What's the most valuable lesson you've learned from the experience?**

The most valuable lesson is to be humble, learn from our mistakes and try to not repeat the same mistakes.



## A Wonderful October...

1. **Outing to Whaingaroa** - greeted by a beautiful Wahine, Aarangi who works at Te Uku Roast Office who kindly gifted our kaumatua with some yummy cookies!
2. **Students from TKKM**- their weekly visits continue to uplift the residents' spirits & likewise expand the students' horizons
3. **Ladies' Afternoon Tea** - some of our lovely ladies had their own beautiful time out at Pokeno Cafe.
4. **Hand-knitted beanies**, made with love, were dropped off for the NICU newborn babies at Waikato Hospital.



EVENT 1 | TRIP TO WHAINGAROA, RAGLAN



EVENT 2 | TKKM VISITS



EVENT 3 | LADIES AFTERNOON TEA



EVENT 4 | BEANIES FOR WAIKATO HOSPITAL

## Clinical Updates

- The New Resident Outing form is already being implemented.
- If you are taking a Resident out for appointments or outings it is better that you let us know at **least one day before so we can organise** Please book through the RN on duty via **rn@kimihia.co.nz**

## Staff Training

For November, staff will be receiving training on:

- Moving and Handling
- Syringe Driver Practical
- Elder Abuse, Neglect and Vulnerability
- Fundamentals of Palliative Care for 2 RNs

## Farewells

Our deepest sympathies to the whānau of:

- **Frank Bateman**
- **Kora Bason**

# ≡Welcome≡

## New Residents

A warm welcome to  
**Robert Herekiuha!**

## New Staff

- **Veniana Duri (HCA)**
- **Rose Thompson (HCA)**

### Birthday Celebrants

Nov 05 - Leslie Jamieson  
07 - Cameron Tahakura  
08 - Phylippa Webber  
11 - Jessie Peka  
13 - Sue McKeown  
30 - Joy Dickey



Friends of Kimihia Trust invites you to support Kimihia Home and Hospital, Huntly.



If you want to donate goods towards the Christmas Basket, they will be gratefully accepted at Kimihia Reception.

**December 10** | Tickets are at \$ 2 each  
Raffle Draw | or 3 for \$ 5  
Tickets can be purchased at Kimihia Reception