

Resident Focus: A change of address, not lifestyle

When Murray Ramage wakes up each morning he often has an idea for a new project in his head.

The Walmsley House resident is a whizz with timber and spends as many hours as he can each day working on projects in the garden of the care home.

One of his largest projects has been a beautiful aviary that takes pride of place in the sunny garden.

While he is unsure how long it took to create the aviary, like all of his projects, it is the result of a design he created himself, and one he is proud to be able to share with his fellow Walmsley House residents.

“The residents love it, they come out in the morning and see the birds. They love it.”

He tends to the birds in the aviary each day – he is no stranger to rearing birds, having raised hundreds in his lifetime, also in aviaries he has built himself.

Staff at the care home had helped him source the items he needed to create the aviary, and he was extremely grateful for their support in helping him continue his hobby.

“They have been very very supportive. I can’t speak highly enough of them. If it wasn’t for that (support) I probably wouldn’t have gotten this (aviary) off the ground.”

Since building the aviary he has since moved on to creating a range of products for care home staff – his current work area is filled with raised garden beds, seats, and boxes in various states of completion. But it is a pursuit he loves and is extremely glad to have been able to continue once he moved to the resthome.

“I spend as long as I can out here.”

His other passion at the resthome is his garden. An avid gardener from way back, he has planted a range of vegetables, including tomatoes, potatoes, silverbeet, and lettuce, and takes great pride in growing the Christmas and New Year potatoes for the resthome for the past few years. He is hoping to have success with this year’s crop too.

“I have always loved gardening.”

His two hobbies keep him busy each day, but being busy was a good thing, he believes.

“I could just potter away here all day.”



Walmsley House resident Murray Ramage with the aviary he designed and built at Walmsley House.



Presbyterian Support
Southland

Our Services



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Amazing generosity shown in Wakatipu



A courageous journey



2020 Annual Report available now!

✉ Please sign up to our e-newsletter by emailing our Marketing Assistant Liam Poole at liam.poole@pss.org.nz

The next chapter for a much-loved member of our PSS Enliven community

PeopleMatters

When Lynn Morton joined the Presbyterian Support team in 2004, little did she know how wide and varied her involvement would become.

Lynn, who retired on September 10 after 16 years with the organization, has held many roles, from coordinating and managing volunteers for SupportLink, to being involved with the redevelopment of Peacehaven Village, extending the SupportLink service to other centres in Southland, responsibility for operational management of the independent living units at the three Presbyterian Support Retirement Villages in Southland, and sharing her passion for photography and history by assisting with the histories celebrating the Presbyterian Support Southland centenary and Peacehaven 65 year anniversary.

While she has enjoyed every one of her roles, it was her time working with Peacehaven residents and staff that holds a particularly special place in her heart.

“I have always had a real passion for Peacehaven Village and I enjoyed getting the village working together as a community...and just seeing people happy and at home.”

She had enjoyed creating activities for

people to be involved in, and maintaining a connection between the village and the wider community.

This was particularly evident in the intergenerational activities the village residents were involved in, like taking some residents to a nearby school to teach the children to knit.

Being involved in the community, working with volunteers, and the dedicated Presbyterian Support staff were among the things she would miss most about leaving her role.

“(The part I have loved most) has been that I’ve been appreciated and valued. I have been able to use the skills that I have in developing some areas and sharing that with residents and volunteers.”

“There are aspects of all things that have been great. Some of it has been really hard work (but) worth it to see the positive outcomes for our community clients and ensuring that they get the best support that they can.”



Lynn Morton having fun on the job with former Marketing and Communications Manager Shelley Erskine

Her time with the organization has also been heavily family focused – her husband Trevor is a valued and active Enliven volunteer, her son has spent time gathering Toheroa for Peacehaven residents, and her daughter and grandsons have all pitched in to help over the years with picnics and social events.

“I wouldn’t have been able to do what I’ve done without the help of my family.”

She and Trev now plan to explore the North Island in their motorhome in the early part of next year.

“I am really ready for retirement. It’s time for new blood and fresh faces to look at things. I am looking forward to what the future holds for us.”

Fostering a lifetime of friendship

Kelsi and I were matched in 2009 in the Buddy Programme. We never lost touch after the Buddy Programme and still stay in close contact to this day. I could write a book on the different things we did. When Kelsi first became my Big Buddy, we spent many afternoons walking, skiing, baking, doing photoshoots, swimming and many more fun adventures.*

One of the most special memories would be meeting her two daughters when they were first born. Myself and Kelsi’s girls have had multiple sleepovers together which are always filled with fun memories.

Kelsi and I have taken multiple trips together. We went up to Wellington in 2016 to look at Massey University and went to World of Wearable arts, which was incredible. In 2017 myself, Kelsi’s daughters and friends went to Dunedin.

A few weeks before I left for University at the beginning of this year myself, Kelsi, Kelsi’s good friend and their children went out for brunch in Arrowtown and then went University shopping to get a few things. Then spent the afternoon hanging out at Kelsi’s. Then a couple nights before I left for University, we all went out for a little farewell dinner, including Kelsi’s mother in law.

We had a delicious dinner, took lots of photos, and just had a wonderful evening. It was one of the most special memories ever and I have all the photos printed of hanging up on my pin board at University. It took me a little while to decide to go to University, and I was about to not go but Kelsi and her good friend gave me a nudge to go, and I am always very thankful for that. I study a Bachelor of Applied Science majoring in Physical Education & Health at Otago. I am still yet to decide on a minor of either Community Health Care or Social Work. I am very thankful for the Family Works Buddy Programme.

**names have been changed to confidentiality reasons*

Gratitude Corner

This edition we would like to extend our gratitude to the Waikiwi and Lochiel quilt circles.

The Waikiwi and Lochiel quilt circles generously donated 20 beautiful quilts to our Pastoral Care service for the Spiritual Wellness and End of Life kits that we wrote about in our last newsletter.

These beautiful quilts were on display for the community, staff and our residents to admire on Monday 23rd of November at the Peacehaven Chapel. A lot of love, thought and time went into making these quilts and we couldn't be more grateful.

Thank you to our quilt fairies, they will be enjoyed by many residents and their families.

#makingadifferencetogether



Getting to Know PSS staff



Meet... Jenny Donnelly

Thank you all for the warm welcome I have had in my first few weeks at PSS as I settle into the new role of Director of Finance and Business Support. Working in the Aged Care and Social Services industries is new for me but I am looking forward to the challenge.

I grew up in the small town of Ranfurly in Central Otago, then went on to high school and University in Dunedin. I took my first accounting job in Wellington where I stayed for 4 years before moving to Invercargill. I never intended for Invercargill to be my long term home - but I am still here 17 years on!

My husband Nathan and I have 2

daughters aged 9 and 11, a border collie dog, a cat and a few lambs. When we are not working we are generally supporting the kids in their sporting activities or spending time in the outdoors - we love visiting the Sandy Point walking tracks or the beaches at Oreti and Riverton. I play netball and am a big supporter of the Southern Steel - you can't beat the passion of the home crowd at Stadium Southland!

I look forward to meeting many of you over the coming months and learning more about amazing work that is being done by our team of dedicated staff each and every day. If you are in the central office please feel free to pop in and say hi - I'd love to see you.

Annual Report

Our 2020 Annual Report is now available. Read it online at www.pss.org.nz/resources. Printed copies are also available from our Head Office at 183 Spey Street or contact our Marketing and Communications Manager, Courtney on 03 211 8252.



Paving the way for Aged Care at Enliven

New Enliven Director Carol Riddle is passionate about her job.

It is clear in the way she speaks about the people she works with, the residents in the care homes, and the experiences she has had, not only in this position, but in the many others she has held within the organisation.

Carol stepped into the Director role earlier this year. While taking on a new role is never without its challenges, a global pandemic certainly wasn't something she was counting on.

Despite the challenges the pandemic brought – not least being the difficulty securing nursing staff due to travel and border restrictions, she has relished the opportunities to bring her knowledge and experience to the role.

Carol started as an enrolled nurse with Presbyterian Support Southland in Gore in 2000 at Resthaven Village. When a dementia unit was opened in the town she became the team leader there, working in the space for about eight years. But it was a challenge from her manager to become a registered nurse, while suggesting how things could be done better, that prompted her to complete her nursing degree.

"It was the best advice I've ever been given."

Since then, she has continued to work for Presbyterian Support in a range of positions, including as an assessor for care workers, clinical coordinator at Vickery Court, and then further through the ranks.

"It just shows there are real pathways."



New Enliven Director Carol Riddle.

Her passion is empowering and supporting nurses to take their careers as far as they can.

"I feel I am a good example of that. If you are committed and you believe in what you do, you can really make a difference."

Nursing provided some excellent career pathways and it was important her staff knew that, she said.

"I am immeasurably proud of the nurses that have been under my watch that are now starting in management positions."

While empowering nurses was one of her main drivers, she also loved working in the aged care sector.

"Aged care is an amazing area to be involved in. Residents have complex medical needs that are no longer managed by the hospital. The acuity of care requires nurses to be really resilient and really on to it with their assessments."

Having an understanding of the aged care sector at every level helped her immensely when it came to the challenges her staff faced.

"I don't ask anyone to do anything that I wouldn't do."

She admits she still has a lot to learn about her new role, but it is a challenge she is relishing.

"The message moving forward is we need to understand that the people that we care for, this is their home. We need to respect that and make it the best we can...I just hope that I can do the job justice."

Enliven Volunteer Christmas Party

FRIDAY DECEMBER 4, 2020 | 10:00 AM
ANDERSON HALL AT PEACEHAVEN

Please join us for a Christmas morning tea and
let us thank you for all that you do.

Kindly RSVP by 1 December to:
klamb@enlivensld.nz or 03-211 8258

Please let us know if you have any
dietary requirements

Come together this
Christmas
to help make a difference



Everyone deserves a special Christmas

Please help us give a little hope to less fortunate families of Southland this Christmas. You can help by donating new or unused items for young people and teens aged 10-16. We really appreciate your support.

Please place unwrapped gifts under the Christmas tree at Family Works reception at 183 Spey Street before Wednesday 16th of December 2020.



Amazing Generosity shown in Wakatipu

Life has been made a little easier for residents at Frankton Court Retirement Village thanks to the generosity of Queenstown Taxis.

Frankton Court residents have for a long time benefited from free taxis paid for by businesses in the Wakatipu. The free taxis allow them to be on par with residents in other PSS Enliven Supported Living units and care homes elsewhere in Southland and Otago which have their own vans.

However, when New Zealand went into Alert Level 4 in March, the business that had been providing those taxis free of charge was unable to continue to provide the service.

Which is where Queenstown Taxis stepped up.

PSS Enliven Coordinator Cherie Morgan-McGrory said when the free taxi service ceased running, PSS Enliven had investigated ways of paying the fare themselves so that the residents did not have to miss out.

It had been a huge relief when Queenstown Taxis said they would continue to offer the service for free, she said.

“For the residents, it’s their independence. They can go and do their shopping at their own leisure.”

The residents are dropped off and picked up, and don’t have to worry about parking, which for some, was a significant concern, she said.

The service has continued post lockdown.

“Coming out of lockdown...just getting back into some sort of sense of normality...is really really vital for our residents.”

PSS Enliven Pastoral Care and Retirement Villages Manager Karl Lamb said Presbyterian Support Southland and it’s Enliven service was extremely grateful to Queenstown Taxis for its generosity.

“For our residents this means that they have support and a very helpful and reliable service to help them get their groceries. For PSS Enliven it is a service that helps keep our residents as independent as possible, especially for those who are unable to drive.”

“We just cannot say thank you enough to the Queenstown Taxis for what they are doing for our residents.”



Queenstown Taxis generously transporting our residents to the shopping centre in Frankton.

A courageous journey

Erika* has five children with ages varying from newborn to 9 years old. Erika’s family had Oranga Tamariki involvement due to care and protection concerns for the four eldest children and the spotlight was on Erika and her partner for the birth of their fifth child. The family was referred to Family Works by Oranga Tamariki for Social Work Support.

Erika describes herself as a “shut-in” mum, someone who prefers to be at home because she had learnt that to be out of the house meant exposure to the world and people who are judgmental and critical.

Anxiety was a constant companion for Erika and distractions byway of social media use and games has become a way of life. Then enters COVID-19 with news, information, fake news and misinformation. Erika received advice from her Family Works Social Worker to help her to reduce her anxiety, which included limiting her technology use. This change made a big difference in how Erika was coping with her day to day life.

Erika’s oldest son was then returned to her and her partner’s care and a copy of the “Hey Warrior” book was given to the family. Erika’s eldest son also suffers from anxiety and the purpose of the book was to help him to deal with his anxious thoughts and behaviours.

Work was also undertaken with Erika to address her anxiety. This work involved setting goals together with her Social Worker, the steps that needed to be taken to achieve these goals, rewards for achievement and setting some bigger goals once the smaller goals were achieved.

Erika was surprised to be told she was ‘a star’ for achieving her goal of going across the road and speaking with a neighbour who has a son in the same class as her son.

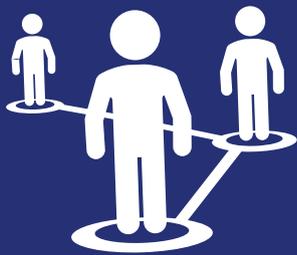
Over time the family situation changed and Erika, who has been stalling and procrastinating to get her driver’s license, went into town and successfully got her



learner’s license which was a huge step in her development.

Erika is also attending the Incredible Years Parenting Programme and she is now contributing to the other participants’ learning in the programme. The journey thus far has taken more than 12 months with life events at times continuing to prove distracting and challenging, but Erika is slowly learning to trust the world and things are continuing to improve for her and her family thanks to the support of our Family Works service team.

**Name has been changed due to confidentiality reasons.*



COMMUNITY CONNECTIONS



PSS Family Works staff coming together to celebrate Social Workers Day



World Alzheimer's Day fun at Vickery Court



PSS Family Works social workers day



Reshaven residents planting out their vegetable garden!



Buy a Brick for Blair fundraiser at Peacehaven Village



We are now taking referrals for the **Family Start Programme**

All services are **FREE** of charge

Contact Sharon Wishart | 03 211 8238 | fs@familyworkssld.nz

2021 Parenting Programmes

Our General 8 week Parenting Programme dates are available for 2021! If you are interested in joining our 2021 Parenting Programmes please make contact prior to the below intakes:

Term 1

Starts Wednesday 17th of February 2021 and runs from 7:15pm to 9:15pm

Term 2

Starts Wednesday 12th of May and runs from 9:30am to 11:30am.

Term 3

Starts Wednesday 4th of August and runs from 9:30am to 11:30am.

Term 4

Starts Wednesday 20th of October and runs from 9:30am to 11:30am.

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for your support

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Enclosed is \$

Mr / Mrs / Ms / Miss

Name:

Address:

Postcode:

Phone:

Email:

Donation Purpose:

To make an online donation go to pss.org.nz/get-involved/donate
All donations are retained within the Southland region

Post to:

Marketing and
Communications Manager,
Presbyterian Support
Southland

PO Box 314, Invercargill 9840



Presbyterian Support
Southland

All donations over \$5 are receipted. Presbyterian Support Southland is a Registered Charity. Our Charities Commission Registration is CC22363. Please make cheques payable to Presbyterian Support Southland. Presbyterian Support New Zealand will preserve the confidentiality of all personal information it holds in accordance with the NZ Privacy Act 1993.

Making a difference together

Thank you Southland

As the year comes to an end we would like to thank you for joining us in our pledge to make a difference in the local community.

Many people help us in many ways, from individuals and local businesses who donate money and non-monetary goods, to our Guardian Angels, Foster Parents and Volunteers, community funders, and to those who plan ahead and make provision for our work in their wills.

We couldn't achieve what we do, without you being on this journey with us.

Merry Christmas.

Christmas Closure

Our Head Office (183 Spey Street) will be closed at midday on Thursday the 24th of December 2020 and will be running on skeleton staff until the 4th of January 2021. On the 4th of January 2021 the office will be open as normal from 8:30am – 5pm.



Keep Up To Date

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- Family Works Southland
- Presbyterian Support Southland

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