June 2018

Your community, your place.

It will be our first anniversary on 1 July 2018, and we’re planning a series of special morning and afternoon tea events at each of our villages to celebrate this exciting milestone. Everyone should now have received their personal invitation to their own village event, and I’m looking forward to meeting up with many of you again, as we mark this significant occasion.

Celebrations are also currently taking place around the country for 2018 Matariki, which began on 15 June. Matariki signals the Māori New Year and is a time of renewal and celebration that begins with the rising of the Matariki star cluster (the Pleiades or Seven Sisters). Look out for events taking place in your area, or you might even want to organise something in your village to celebrate with neighbours.

Of course, with Matariki come the cold evenings. Make sure your heating appliances are working properly and that they’re not likely to emit any harmful fumes or be a fire hazard. Check the connections on gas heaters for any leaks, and look out for hot spots on electric blankets or other signs of damage to the heating elements. It’s important to keep your home well ventilated at this time of year, too, to prevent mould and moisture accumulating. If you need any advice on keeping your home healthy, do speak to your Community Manager or ring us on 0800 430 101.

Finally, I’d like to thank everyone for their input into our tenant satisfaction survey. We’re now collating all the feedback and will be presenting the results shortly.

Stay safe and warm over winter.

Gabby Clezy, Chief Executive Officer

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Prizes galore

A group of enterprising tenants from Otara Court have recently got their fundraising underway for their Christmas club, with a wonderful raffle and morning tea. A selection of attractive hampers with all sorts of goodies were up for grabs, with a beautiful cake made by the village’s Pat Taka topping the raffle ‘wish list’. The proceeds will go towards their club account, to be divided amongst members at the end of the year – just in time for Christmas.

Ahoy, me hearties

John Mansell of Pukekohe has a passion for boat building and an ever growing collection of impressive sea-going vessels – of the scale model kind. After a career spent in coachbuilding in Christchurch, John turned his talents to building boats as a hobby. Working in his shed, he spends many hours on this meticulous labour of love (the larger models can take him up to 2½ years to create), with the final creations proudly displayed in his home at Parkway Village. John is now busily engaged in building his next model, but our pic shows him with his favourite ship, the Endeavour.
Calling all reluctant chefs in Manurewa, Waiuku and Mangere Bridge

Places are available for the new JUST COOK 4 Healthy Ageing’ cooking and nutrition courses run by the New Zealand Nutrition Foundation.

Held in the Selwyn Centre venues at Manurewa’s St Luke’s Anglican Church (from 28 June) and Waiuku’s St Andrew’s Centre (from 2 July), as well as at Mangere Bridge Baptist Church (from 10 July), these fun and practical classes run for three hours, one morning a week over four consecutive weeks. They include an hour of interactive nutrition education focussed on healthy eating for older people, planning and cooking economical dinners for one or two, shopping tips and time-saving cooking strategies. Delivered by qualified nutritionists and dieticians, the classes are free and also include morning tea and a shared lunch.

If you’d like to be inspired to cook healthy, simple meals for you or another – and have fun meeting other people at the same time – these classes are for you. To register or for more information, call Juliana at the New Zealand Nutrition Foundation on 021 1000 180 or email juliana.g@windowslive.com.

New telemonitoring service aims to keep people well at home

An innovative new, in-home telemonitoring service is now available to Haumaru Housing tenants, offered through The Selwyn Foundation Community team. If you have a long-term condition such as chronic bronchitis or heart failure, the Selwyn telehealth nurse can provide you with a small computerised device that will measure your vital signs every day and then allow you to talk to her by videoconference about what these mean and how you can stay as well as possible.

This is a free service, with the aim of helping people manage their health condition at home and keep well over winter. Everything is provided for you, and you don’t need any experience with computers to be able to use the equipment – it’s all very straightforward.

If you think this might be of benefit to you, talk to your Community Manager who will put you in touch with the telehealth nurse.

Have wheels, will travel

The minivans are now on the road, which have been made available for use by the community thanks to a grant to The Selwyn Foundation from the Stevenson Village Trust. The three, six-seater vehicles all have hoists, so whether you have a walker or wheelchair, we can accommodate you.

In July, they’ll be providing transport to some of our first year anniversary celebrations. Just let us know that you need a ride, when you call us to confirm your attendance at the morning/afternoon tea anniversary events (contact Amanda: 09 815 4025, amanda.harkness@haumaruhousing.co.nz).

We’re also looking for suggestions from tenants on the kind of group trips or excursions you’d like to see happen – shopping, seaside, cinema? The options are endless. Please do let your Community Manager have all your ideas.

‘All aboard!’ Gordon Thompson from Green Bay’s Godley Court climbs aboard for our inaugural shopping trip in one of the new minivans.

We always appreciate your feedback. You can talk to your Community Manager, call us on 0800 430 101, email info@haumaruhousing.co.nz or visit www.haumaruhousing.co.nz