

# Selwyn InTouch

The latest news from The Selwyn Foundation

## What's New

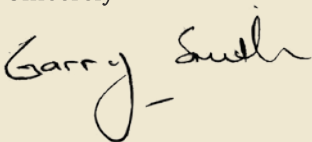
Since our last newsletter, we've opened our wonderful 90-room hospital and dementia care centre at Selwyn Village, the Ivan Ward Centre. We've also formally welcomed Wellington's Sprott House into the Selwyn family and celebrated the introduction of our Selwyn brand of quality care and service into this region for the first time in our history.

Through The Selwyn Institute knowledge hub, we've been continuing to develop our capability as a preferred reference source, sharing practical knowledge and advice on the many facets of ageing and best practice in caring for ageing people. Our Haumaru Housing partnership with Auckland Council also continues its focus on providing affordable rental housing for senior citizens in need and helping them access the additional services that further improve their wellbeing.

This month, we're launching our unique Strength & Wellness studio at Selwyn Heights, which offers people over the age of 50 living in the community the chance to exercise gently and safely, using specialist equipment designed specifically for this age group. With exercise programmes tailored to each user, the new studio is ideal for strength training, medical fitness and rehabilitation. Through our Selwyn Community arm, the Foundation has secured the exclusive distribution rights in New Zealand for this innovative range of equipment, which is developed by Finnish company HUR, and we look forward to sharing these products with other providers for the improved wellness of our older population.

At the heart of everything we do is our charitable mission, and we aim to make an even bigger impact this year, enhancing the lives of more people as we respond to the ever growing needs of our ageing society.

Sincerely



Garry Smith  
Chief Executive Officer



## New Strength & Wellness studio helps build strength for life

Our new community Strength & Wellness studio at Selwyn Heights in Hillsborough features some of the most advanced equipment currently available for age-friendly exercising.

The easy-to-use, smart exercise equipment is designed to improve strength and ability. Using smart-card technology, it gathers data on an individual's usage so that an exercise programme can be developed by a trained health professional and tailored to the user's specific needs.

Selwyn Community Chief Operating Officer, John Ashley, says: *"Our new Strength & Wellness studio is the first of its kind in New Zealand, and is especially suitable for older people who've never participated in a regular or organised exercise session."*

*"Set within a relaxed and private area of Selwyn Heights village, with access by appointment only, users can safely work at their own pace and ability, to gain muscle strength and improve balance. This, in turn, leads to a reduced risk of falls, increased independence and more confidence to get out and about, so enhancing people's overall quality of life."*

For further information on the new studio, visit [selwynfoundation.org.nz/community](http://selwynfoundation.org.nz/community) or call Selwyn Community on 0800 30 1234.



Selwyn Heights' residents (from left) Barry Spence and Elizabeth and George Goldsworthy try out the new HUR equipment.

# Haumaru Housing's holistic approach supports tenants' wellbeing and social connectedness

Haumaru Housing, our joint venture with Auckland Council, continues to go from strength to strength since it launched in July 2017, providing tenancy and asset management services for the council's portfolio of rental units for senior citizens.

As the largest Community Housing Provider in the country uniquely specialising in affordable rental housing for older people, Haumaru also facilitates a wide range of additional services that are designed to enhance tenants' overall wellbeing and social connectedness. It works closely with the Selwyn Community team in this respect and with leading agencies and providers in the wider social services arena, assisting tenants in accessing programmes and initiatives in other key areas that enrich people's quality of life.

Activities such as the 'Forever Young' strength and balance programmes, in-home telehealthcare monitoring service and day trips and excursions, delivered by Selwyn Community, are examples of the additional opportunities available to tenants which Haumaru makes available through its partnerships and which demonstrate its point of difference as a Community Housing Provider.

The team's now looking forward to the completion of a new sustainable rental housing development that's currently underway in Henderson which will provide homes for forty older people, with all units qualifying for the Income Related Rent Subsidy. Available for occupation mid-2019, the new development will bring the number of villages managed by Haumaru Housing to 63, comprising a total of 1,452 homes across north, west, south east and south Auckland.

For further information, visit [haumaruhousing.co.nz](http://haumaruhousing.co.nz)



*Haumaru Housing tenants from Sunnynook's Cockayne Court and Milford's Stratford Court enjoy a day trip to the picturesque Puhoi Valley in the Selwyn community minivans.*

## Celebrations for Wellington's new Selwyn Sprott village

Wellington's Sprott House has been formally welcomed into The Selwyn Foundation group and has celebrated its new name 'Selwyn Sprott village', following the completion of the transfer of ownership in October 2018.

Residents and staff of the long established retirement village in Karori joined with Selwyn Board members and trustees of Sprott House Board at a special event to mark the transition, which has enabled Selwyn to have a presence in the Wellington area for the first time.

At the celebrations, Selwyn Board Chair, Dr Kay Hawk, said: *"As we jointly celebrate this new era in our growth and development – and in honouring the heritage of both of our organisations within our new village name – we look forward to going into the future much stronger and with greater potential to continue our shared work and mission in support of the older person."*

The new Selwyn Sprott village comprises a 73-room care facility (rest home and hospital), a purpose-built, dedicated secure dementia care unit for 24 people and 13 independent living villas.



*Pictured at the Selwyn Sprott village celebrations are (from left to right): President of the Sprott House Board of Trustees Don Rennie, Chair of The Selwyn Foundation Board Dr Kay Hawk, Selwyn Chief Executive Officer Garry Smith and Sprott House Board Vice President Julie Crengle.*

# Selwyn Village's new Ivan Ward Centre welcomes first residents

Our new Ivan Ward Centre at Selwyn Village opened in November, providing premium hospital and dementia care within a contemporary setting across seven 'household' communities.

Bright, spacious and vibrant, the purpose-built, two-storey centre comprises 90 care suites. Designed according to international best practice, it offers a caring, supportive home where residents can enjoy meaningful, engaged lives and where family look forward to visiting.

Each household functions as a home would do, with residents' private ensuite rooms opening onto a comfortable, spacious lounge and an open-plan dining and kitchen area which lead out to a terrace or balcony. The larger 'Brian Wells House' memory support household also features a garden specifically designed for those living with dementia.

With plenty of opportunities for choice, variety and spontaneity, residents are supported in contributing to the life of their household and in retaining a level of independence, so they feel truly at home and have a real sense of belonging and decision-making.

The innovative layout also supports our holistic approach to the care and wellbeing of all who connect with us, which we call 'The Selwyn Way' and which has inspired our unique 'care partnership' model of care. In this model, our focus is on residents' overall wellbeing and engagement in life — we work to a person's needs and, where possible,

their preferences, rather than to a list of pre-determined times and tasks.

With our new care centres at Selwyn Village, Selwyn Oaks and Selwyn St Andrew's, the Foundation is the first in New Zealand to offer this ground-breaking approach to the way care is provided – one that's based totally around residents' individual needs and what they want out of life.

The new development at Selwyn Village is named in recognition of the late Mr Ivan Ward, who was a distinguished civil engineer and generous benefactor of The Selwyn Foundation's work and mission.

For more information, visit [selwynfoundation.org.nz/villages/residential-care/selwyn-village/living-options](http://selwynfoundation.org.nz/villages/residential-care/selwyn-village/living-options)



*A typical household lounge area in the new Ivan Ward Centre*



*The Brian Wells House memory support garden*

## The Selwyn Institute's innovative learning programmes promote better care of ageing people

2019 promises to be an important growth year for the Foundation's knowledge hub, The Selwyn Institute, as it continues to facilitate and promote knowledge-exchange and learning to achieve better outcomes for older people and their families.

The establishment of 'SelwynLearn' as the Foundation's learning management system is enabling access to new learning modules and methodology for our staff. A blend of online and face-to-face learning and richer format with increased interactivity will be features of our learning modules this year.

Following the focus on loneliness and belonging at the Institute's 2018 gerontology nursing and ageing and spirituality conferences, the theme of our 2019 events will be vulnerabilities and resilience. Our ever popular Gerontology Nurses Conference will be held on 4 October in Auckland. The conference sessions will explore the research on, and lived experience of, the

vulnerabilities associated with ageing and will develop the conversation around building resilience in later life.

The Ageing and Spirituality Conference is planned for 1 November in Auckland and will continue to incorporate a variety of perspectives and a broad definition of spirituality, as the need for this unique and inspirational learning event continues to grow.

For more information on these events and a wide range of articles promoting the wellbeing and care of older people, visit [selwynfoundation.org.nz/learning](http://selwynfoundation.org.nz/learning)



*Speakers at the 2018 Ageing and Spirituality Conference included Selwyn Heights' chaplain Revd Lucy Nguyen, The Selwyn Institute's Dwight Whitney, Imam Mohammad Saleh Almodarresi and Revd Lloyd Popata.*

# The 'Art of Belonging' provides a creative expression of social connection

As part of our focus on loneliness and belonging, guests of our Selwyn Centres worked with art therapy students from Whitecliffe College of Arts and Design to create a range of artworks that express what belonging means to them and how it is to truly feel part of the Selwyn Centre they visit weekly.

The completed works were unveiled at the 'Art of Belonging' exhibition during The Selwyn Institute's 2018 Ageing and Spirituality Conference, which explored the fundamental human need to belong from different spiritual and cultural perspectives.

Selwyn Institute Director, Hilda Johnson-Bogaerts, says that meaningful engagement and giving individuals a purpose in life are two ways in which loneliness can be kept at bay. *"Loneliness is an epidemic sweeping the world, and it affects one in five older adults. The ramifications for health and wellbeing, especially for older people, are significant."*

*"People have a need to connect with others to achieve a sense of engagement and purpose. When a creative endeavour such as art is added to the mix, the possibility for authentic and meaningful interaction increases."*

The results were stunning and clearly reflected the individual and collective contributions of all those involved. Hilda says: *"Belonging to a Selwyn Centre means many things: friendship, connection, playfulness, enjoyment and much more. Most of all, it's about connecting with people in a caring, warm and positive environment."*

Selwyn Centres are community drop-in centres for older people hosted in partnership with Anglican parishes. To find a Centre near you, visit [selwynfoundation.org.nz/community/social-engagement/selwyn-centres](http://selwynfoundation.org.nz/community/social-engagement/selwyn-centres)



*The Art of Belonging exhibition featured work by guests of the Waiuku and Whangapāraoa Selwyn Centres.*



*The Royal Oak Selwyn Centre's Korowai, adorned with cut-out hand outlines of the guests, resembled a hug or two arms gathering people together for their weekly catch-up at the Centre.*

## Welcome to our new Director Spiritual Care

The Foundation has welcomed the Reverend Caroline Leys as our new Director Spiritual Care. A special service of commissioning was held at Selwyn Village's Chapel of Christ the King for Caroline, who takes over from the Reverend Marianne Hornburg following her retirement from the role.

As we celebrate our 65th year of caring for older people, Caroline's appointment opens a new chapter in our development, as we continue to grow as an organisation, to diversify our activities and expand our charitable outreach in the service of the older members of society.

Caroline will lead our strategic development of the spiritual wellbeing dimension of The Selwyn Way, so that spirituality is made accessible across everything we do as a charity, in our villages, through our community services, and through education and knowledge-exchange for staff, older people and their families.

Selwyn is already a place where we welcome everybody, irrespective of their spiritual beliefs, backgrounds and cultures and, with Caroline's appointment, we look forward to continuing to help each person within our village communities to find and grow whatever brings meaning to their life.



*Revd Caroline Leys is pictured second from right. Also shown are (from left): The Venerable Carole Hughes, Selwyn Board Chair Kay Hawk, The Right Revd Bishop Ross Bay and Selwyn CEO Garry Smith.*