



# THE LIFESTYLER

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## CE Update

Hi everyone,

I hope everyone's Christmas preparations are going to plan and everyone is looking forward to a semi normal Christmas with loved ones.

Thank you to everyone who has confirmed their holiday plans with us. It's really great to see so many Life Stylers going home to family to reconnect had recharge. Please if you have any last minute changes feel free to contact us to let us know.

Lastly I would like to thank you for all your support through 2021. It has been another exacting year for the Trust and there have been many changes but our amazing team has pitched in to keep things rolling along. Our teams could not have done this without the understanding and support from Life Stylers' whanau and friends.

Sam



## End of Year Roll Call



### Life Styler of the Year

Melissa Stone



### Worker of the Year

Terry Manning



## Life Styler Focus

### Peter Moyes

I came for holiday to see what the Trust was about and planned to stay for a couple of weeks. At that time there was only 4 of us, Paul Rolton was one of them but the others have moved on. We were living at 300 Brown Street and our staff were Peter Rutherford, Murray Lynds, Julia Killgour and Matt Flude.

Murray ran a lawn mowing crew and I would help mow lawns around town.

We also used to do laundry and potting plants at the back of 104 Cafe.....the Cafe was a lot smaller then.

One of my favourite memories was our trip to America - Los Angeles and Vegas.

We went to Disneyland, Universal Studio's and Long Beach Aquarium, that was the first time I touched a Sting Ray. We ate Taco Bells and went to the Casino and did some gambling but "I didn't win anything". I've travelled to Australia - Gold Coast, Sydney and Melbourne, I got to see my family whilst I was there. Vanuatu, was a lot of fun - swimming, walking around the island and playing games. On the island

they have these special cars and you can go under water and post your mail, that was fun to watch. We fundraised to help get to America - we did meals for functions, cut fire wood etc.

My friends are important to me, my family and particularly my nephew and niece. They have been a huge support network since living at the Trust. I've been volunteering at the Thames Community Library for 3 years, I look after the old books and get them ready for sale. I attend the Baptist Church every Sunday where I get to mix and mingle with my friends. I use to attend Woodwork, I enjoyed making things and being able to use different tools to make my creations. I've made aeroplanes

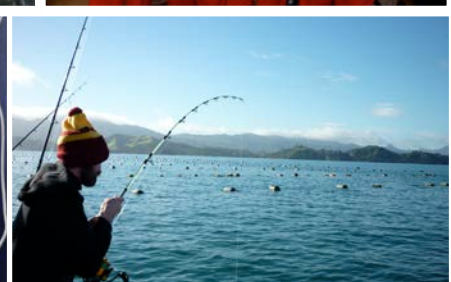
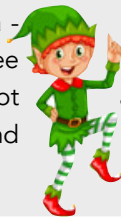
- Red Barron, Military Tank, Buzzy Bee for my first nephew, a Ride On Digger and many more. I used to go to the Farm and Music Mondays a long time ago and do value these times.

If there's one thing I want to do, that would be to go Sky Diving. I know my health is declining but it's important that I do whatever I can to live my life. Just being part of the Trust has been memorable for me.

Being able to do what I want to do, making my own choices and decisions, having freedom. We all have highs and lows but the Trust is the better place to be.

I've had some great relationships and things happen and life goes on. From these I get acceptance and love and this means the world to me.

I plan to live here for the rest of my life and lead a happy life.



### Christmas baby on the way



Makanoa Kiripatea, (Mux) our lovely ACC Team leader has just started her parental leave. Baby is due close to Christmas and we are all waiting for the safe arrival. Congratulations to Mux and Rangikaheke.



### Welcome

This month, we welcome two more Life Stylers to the trust staff team. Alice Vakalahi is our new Office Support and Jayden Fairhall is covering the Farm Hand position at the Trust farm. Welcome guys, keep up the good work.



To all our Life Stylers, families and staff

Best wishes for a joyous Christmas filled with love, happiness and prosperity!

We hope you keep safe during your holiday travels, and look forward to seeing you all next year.



### Board Recruit

In August, the Trust commenced recruitment for a new Board member. We advertised through the Institute of Directors and Appoint Better Boards and received many highly qualified candidates. Stepping through our selection process, and realising the potential that the candidates brought, encouraged the Board to hire not one, but two new members. The skills the recruitment focused on, was the Treaty of Waitangi, Te Reo, property management and finances. Our new members, Edward Benson-Cooper and Brendon Wilkinson are welcomed at the AGM in December, ready to take up their positions in the New Year. Welcome to you both.

## Staff Focus

### Murray Thomas

I joined the trust in 2004 and have been here for approximately 18yrs. I live in Thames and have always had an association through delivering their milk. Whilst in the supermarket, Murray Lynds asked what I was up to as I was selling the milk run. Murray asked if I'd like to come and work at the Trust, the next day I found myself in an interview. Joanne, (my wife) started in 2005 and was part of the Lawn Mowing Crew, then Support Worker, RESCO and Admin.

Peter Rutherford said "we don't employ anyone over 50", I thought "yay I have 5 years of employment".

When I started we had about 20 Life Stylers, Matthew Pearson and Paul Rolton were here then and a few have moved on. I worked between 104 Amy and 300 Brown Street, where we would do rolling morning, afternoon and night shifts. I moved into a Recreation position, where I supported Life Stylers to trips that involved Camping, Kayaking, Fishing, Tandem Bike Rides, Flying etc. We travelled to Rarotonga, Gold Coast, Wanganui River and Taupo where the Life Stylers went white water rafting, camping etc. I recall supporting a group surf casting off Otautu and they caught 10 Kahawai, and surf casting with Wayne in a chair when the tide was out. These were all pretty amazing experiences and memorable.

I enjoy Fishing, Vintage Motor Cycles, Piano and time with my Family. I was a glider instructor at the Thames Aero Club for 30yrs and took a group of Life Stylers flying. After 30 years, I sold the glider and bought a boat ;).

I have spent 5yrs working on the farm, 5 years in 108 Amy Street, worked in the Kitchen when needed, and Special Olympics for 12 years. In the beginning, Peter had everyone enrolled in Special Olympics, it was pretty huge back then. Every 4 years we do an national event - Wellington, Palmerston North, Dunedin and regional trips. I coach Bocce and Indoor Bowls and support Life Stylers who participate in the other Special Olympics events. Bocce, Indoor Bowls, Golf, Swimming and Athletics. We are looking to build the team and are always looking for volunteers. Joanne helps out a lot with Special Olympics, attends meetings and does all of the Admin to support the team.

I'm getting close to retirement. In 31/2 years, I'm looking at retiring, it's good to see a lot of younger staff members coming through. I like the way the future looks where Life Stylers have more of a say in their future - based around the principles of Enabling Good Lives.

It's a nice place to work, I get as much enjoyment out of it as they do and am invested in the Trust.





## Staff shout outs Trust Games



Thanks to all staff who made the Trust games so successful and for keeping us organised on site. Big shout outs for Murray & Jo, Moe, Katrina and Jacob, along with our amazing Senior staff for your support on the floor; and Crystal, Lance, Annalise, Sam, Charlotte, Lynda, and Gary for organising the discos.

Not to be stopped by the cancellation of the Special Olympics, the Trust held a week of different sports and games. The Trust games consisted of indoor bowls, athletics, swimming, bocce and equestrian, with each event held on a different day. Events were open to all Life Stylers and staff, and each person who participated received a certificate. It was good to see everyone participate and challenge themselves in the different activities. We had a week of fun and laughter, mixed with growth and team building. As the event was so successful, the Trust games will be held again next year. In the meantime, swimming, bowls and bocce clubs will be established to continue with the activity engagement.

### TRUST GAMES

A week of fun and friendship  
All Life Stylers & staff are invited

**SPOT PRIZES!**

**MON 6th DEC**

- Indoor Bowls
- 1-4pm
- 8726 Queen
- Afternoon tea

**TUE 7th DEC**

- Athletics
- 1-4pm
- Victoria Park
- Ice blocks & drinks
- Walking races
- Ball games

**WED 8th DEC**

- Aquatics
- 10-1pm
- Thames Pool
- Water walking
- Swimming
- Golf
- Limited spaces - book in now

**THUR 9th DEC**

- Bocce
- 1-4pm
- Victoria Park
- Ice blocks & drinks

**FRI 10th DEC**

- Equestrian Day
- 9-12noon
- For riders and non riders
- Disco
- 5pm - 7pm
- Grahamstown Hall

**SPOT PRIZES ALL WEEK!**



## Discos

Abba, Steps, ACDC, and even crazy frog. It doesn't take much to get Life Stylers and staff dancing and dance they did. We have had two disco's over the last two months. In November, we had a Halloween theme with smoke machines, costumes and flashing lights mixed with the Monster Mash, we all had fun. In December, we celebrated the end of the Trust game with another disco. This gave us the chance to display some of the photos from the games throughout the week. Thanks for being the DJ Eliot, you did a great job.



## Sector Update

### Mandate Vaccine

The COVID-19 Public Health Response (Vaccinations) Order 2021 requires anyone conducting high-risk work in the health and disability sector to be fully vaccinated. These requirements also include certain non-regulated healthcare work, such as aged residential care, home and community support services, kaupapa Māori health providers and Non-Government Organisations who provide health services. The order has had many amendments and the outcome is that to work at the Trust, because we provide home and community support services, all staff are required to have had the two doses of COVID vaccination by the 31 December 2021. To comply with the order, we now maintain a secure vaccine status register for staff. The impact on the Trust is that we lost 11 staff directly through not having the vaccination for personal reasons, plus another two due to the impact this mandate has had on their family responsibilities. We acknowledge that this must have been a hard decision and thank each of them for their cooperation as they transitioned out of the Trust.



### Amendment to Team Structure

Losing 13 valued staff members within a short time required an immediate review of our team structure. As we have been working towards the Wayfinder approach, we structured the new roster to align with the individual needs and independence levels of Life Stylers. We also took this opportunity to plan for possible isolation bubbles and to prepare for the possibility that a Life Styler could have a positive COVID result. (The majority of Life Stylers are fully vaccinated).

This has resulted in changes to timings, teams and team leaders for some Life Stylers and staff.

## New Staff Welcome



### Jeweline Sly – Registered Nurse

Greetings, my name is Jeweline. I am a 5th generation New Zealander born in Nelson. I am joining the staff for the supported Lifestyle Trust as a Registered nurse. I have been an RN and Midwife for more than 40 years where I have worked in the Community and the hospital in the UK and in the community and the DHB, in NZ.

I look forward to getting to know the Life Stylers and learn of their interests as they reach their goals. As an RN It will be a privilege to share their special moments.

I enjoy art and gardening. I have a supportive husband and son who live at home. My son and daughter in Oz have our 6 grandchildren there.

After three days at the Trust, I already feel I have become part of something special, part of your extended whanau. Thanks for making me so welcome.

Jeweline Sly

NZRN ADN SCM BHSc(Mid)



### Clinton Strother

Kia ora and salutations to all!

Family and friends call me Clint. I've just started my journey with the trust as a social worker. Having already met some Life Stylers and staff, I look forward to meeting the rest of you and family members in my travels. Most of my work in social services has been in the realm of mental health and education, so I'm excited for the opportunities and challenges the disability sector will no doubt afford me. I am committed to making a positive contribution to the organization and the lives of those we serve.

A bit more about me:

I spent 21 years in Japan, speak fluent Japanese and have an adopted Japanese son. I have a varied work history including a stint as a professional musician, voice actor, English teacher, real-estate salesperson and entrepreneur. I'm helplessly positive and hopelessly creative.

See you 'round! Clint.



## Take yourself back in time to 2005

On the 29<sup>th</sup> November 2005, we waved goodbye to the Thames Valley Special Olympics team on the journey to participate in the National games held in Christchurch. Murray Lynds (Trust co-founder) and Clark Courtney (farm worker) supported the Team.

Paul Rolton, Brett McGivern, Mark Cobb, Henry Munro, Jessica Edwards, Jonathon Read, Peter Moyes, Raymond Thoumine, Kodi Kau Hou and David East were our Trust representatives. They were joined by their fellow athletes from around the Hauraki area. They all left with the hopes and dreams of coming home with medals!

Christchurch was the "old city" prior to the Earthquakes. The Cathedral and the city tram were some of the sites visited by the Thames "tourists". There was no Covid inhibiting the very strong team comradery, and those who received their medals were done so in person on the podium!

The pictures speak a thousand words; the fun, the excitement, the pride and passion to achieve. Being with friends, winning and losing, and of deep sadness. For those of you who knew Murray Lynds you were privileged. Murray passed away on December 1<sup>st</sup> 2005, in Christchurch while supporting the Life Stylers at this memorable event.

The Special Olympics is still a much-loved event and welcomes new athletes. Unfortunately, this year's Nationals were delayed due to the restrictions that were in place with COVID but rest assured the teams will be skilled and ready for the next event.



## Outsider Art Festival

We continued our yearly exhibition plan this year, with the support of Creative New Zealand, to expand our Artsider and Originalworx workshops output to include collaboration with other groups from the peninsula.

We had a series of workshops with external harakeke tutor Nici Greulich and a series of making workshop with Artists in the Making from Whitianga with invitations also extended to CILT's Worker's Co-op and Te Korowai and Workwise in Thames.

Sadly, Covid lockdown meant that not all these workshops with external groups could happen,



but we gathered an impressive body of work by a range of local artists.

We opened our festival on Labour weekend, as planned, with two different exhibition spaces and around 120 people attended the opening between the two venues.

We really appreciate the support from staff and local artists to make this happen. Also a big thank you to the GBD and Lotus Realm for providing the venue.





The following celebrate anniversaries at the Trust

#### Staff anniversaries

##### 5 years

Amy Menzies  
Dennis Mita

##### 10 years

Peter Randall



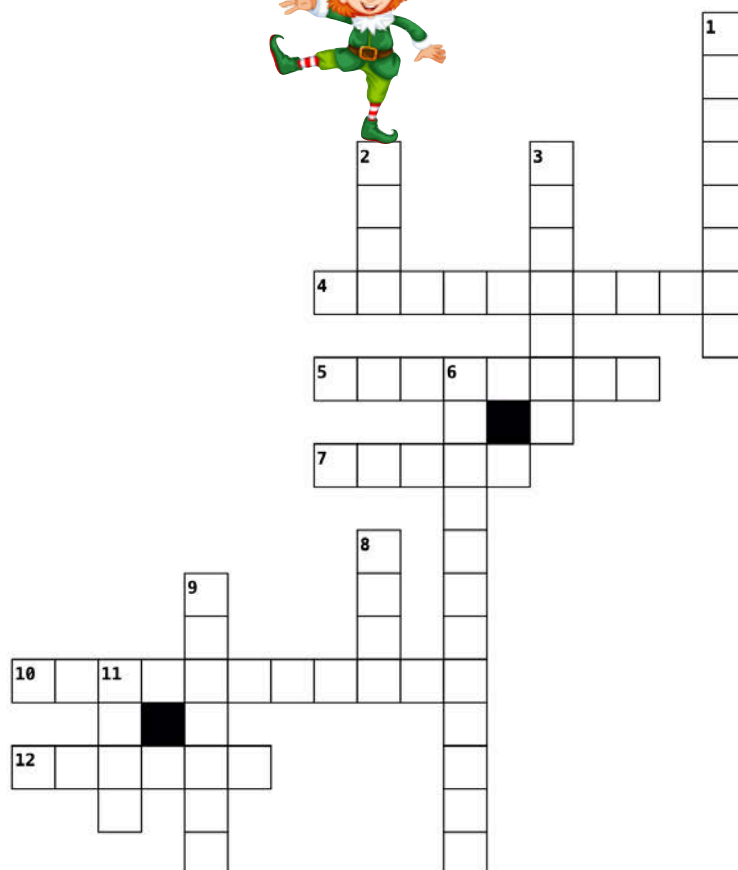
## Crossword

### Happy birthday

Happy birthday to Life Stylers, staff, family and friends who are celebrating their special day in the next few months. Birthdays over next few months

Edyn Peke  
Samuel Butterworth  
Karlene Chambers  
Robyn Wake  
Louina Cossey  
Sharon Wright  
Carol Morrow  
Neil Scott  
Amanda Ewing  
Arsh Kaur  
Luanna Michael  
Joanne Marshall  
Louise Boswell  
Justin Aylwin

Paul Hawkless  
Raimund Schiewek  
Terry Manning  
Tiana Way  
Deborah Brock  
Marlene Willians  
John Harrod  
Patrick Te Ruki (Patrick)  
Toby Austen  
Juergen Mayer  
Pauline Granger  
Michelle Du Randt  
Paul Moleta  
Katrina Chevis  
Khushbu Brahmabhatt  
Amy Menzies  
Joanne Postmaa  
David Broad  
Allan Ward  
Michele Taylor  
Jacob Tawhara  
Moe Williams



#### Across

- 4. A position at the Trust
- 5. The creative place
- 7. A good feeling
- 10. What we call the residents at the Trust
- 12. A large animal that can be ridden

#### Down

- 1. A fun place that you make things with wood
- 2. Where Life Stylers eat
- 3. We have lots of these at the Trust
- 6. The people that work at the Trust
- 8. A feeling that makes everyone happy
- 9. What we have for each other
- 11. The place where the animals live

Answers on page 12

## 7 Ways to Stay Mindful over Christmas and New Year

Relax and keep your cool over the festive period with our mindful Christmas tips.



Over the Christmas holidays, our usual routines and habits can be disrupted, leaving us feeling unsettled and not particularly jolly! Self-care shouldn't stop just because the festive season is here and it's still important to take the time to look after yourself mindfully, even if it's just in a small way.

### Keep to your Normal Routine

It's easy to lose track of your normal routine over Christmas, making it difficult to get back into your normal routine after the holidays. If you're not going to bed and getting up at the same time every day, you can end up feeling groggy. If you're staying up late and not getting enough sleep, you can end up with a 'sleep debt' which will affect your concentration during the day.

### Find some Quiet Time to Recharge

Spending lots of time socialising over Christmas can be tiring especially if you're a natural introvert. It's a good idea to find a little quiet time to be alone and recharge your batteries. A good way to regain your inner balance is to meditate or simply find a calm place to sit and think. If you find it hard to sit still without an activity to occupy you, then why not try reading.

### Go for a Mindful Walk

Over Christmas, we often find ourselves going a bit stir-crazy! The cabin fever begins to set in after a few days cooped up with the same people and you end up in a mindless slump watching repeats of old Christmas movies. To clear your mind and blow away the cobwebs, make an effort to get outdoors if you can.

### Make a List of your Priorities for the Day

Make a note of three things that you want to achieve each day in the morning. This will give you a chance to focus on things you'd really like to do that day and make sure that you really make the most of your break. At the end of the day, write a list of three things you enjoyed about the day. This is a great way to build up a sense of wellbeing and it's also a nice thing to look back on when you want to remember happy times.

### Do some crafting, art or baking

If you find it hard to make time for creative activities in your daily life, then make time to do some crafting or painting over Christmas.

Making things with your hands whether it's sewing, drawing, knitting or even baking is grounding. It's a technique that helps you to focus entirely on being in the present moment and completely absorbed by one activity. It's a great way to relieve stress and anxiety.



### Start the Day with a Morning Stretch or Yoga

This is a great way to wake up slowly and ease yourself into the day, making you more aware of your body and how you feel when you wake up. It's especially helpful over Christmas, when you've probably spent more time sitting around indoors than normal.

### Practise mindful eating

With so many nice things to eat over the Christmas period, it can be easy to over-indulge and stop paying attention to what we're putting in our mouths. By eating mindfully, we can really slow down and appreciate what we're eating. After all, there's no need to rush at this time of year. When you're eating, make it your main focus and don't get distracted by background noises – shut off the TV and just enjoy the meal.



# Team Leaders



## Team Kerwin - 027 562 0606

Life Stylers	Staff
Peter	Shannon
Richard	Moe
Joseph	Toby
Adam	Drina
Rose	Edyn
Wayne M	Annalise
Chrisy	Justin
Simon M	Luanna
Terry D	Jane
Mark H	Paula
Jamie	Pipi
	Caleb
	Michelle
300, 117, 102, 106	



## Team 2 - 027 241 0272

Life Stylers		Staff - Anthony	Staff - Tracey
Tim	Phillip	Brenna	Pauline
Lance	Elliot	Katrina	Tiana
Darren C	Aaron	Sam	Pipi
David A	John	Marlene W	Lybby
James	Jayden		Jacob
Daniel	Rachel		
David E	Jessica		
Mario	Andrew		
Sunny	Anuchika		
Arthur	Jeanie		
Bruce	Carla		
Robert J	Jono		
633, 627, 617, 115, 108, 615, 218, 302			

## Team De (Living Choices) 027 319 1031

Life Stylers	Staff		
Clinton	Louise	Tony	Murray
Kellie	Aaron	William	Lesley
Hamish	Brett	Kostya	Loreen
Simon A	Michelle	Andrew T	Karleen
Kim	Mark S	Angelo	Alan
Mark	Scott	Kingi	Lee
Michael	Jeremy	Ngawari	Louina
Dylan	Kodi	Kiritea	Vacancy
Stu	Trev	Adam S	
Ash	Paul	Avril	
Ray	Gary	Sara	
Margaret	Henry	Harold	
Alice			

## Team De (Wharepoa) 027 319 1031

Life Stylers	Staff
Barry	Alan Ward
Dean W	Khushbu
Jack	Lynda
	Lee
	Louina
	Vacancy

## Team Matt – 027 236 4668

Life Stylers	Staff
Sheryl	Ann
Darryn	Annalisa
Gemma	Ray
Robert	Alison
Alice	Baliheet
Terry M	Sam
Milly	Sue
Janis	Cordell
Eugene	

## Team Ian - 027 678 1241

Life Stylers	Staff
Malcom	Bronwyn
Matthew	Brian
Sean	Daniel
Dean	Charlotte
Wayne	Janeen
Ali	Mary
Quinton	Wray
	Patti
	Wep
	Jake
	Marlene

## Team - Casuals

Jazz  
Samuel  
Peta  
Paul  
Arsh  
Josh  
Joshua  
Mardi

## Team - Seniors

Paul  
Rebecca  
Dennis  
vacancy

## Team - nights

Dan  
Rocky  
Kevin  
Neil  
Jo  
Tracey

## Team - Experienced Contract Cover

Paul Moleta  
Jacob Tawhara  
Gurbinder Singh



## Crispy Chicken Salad

### Ingredients

300g chicken tenderloins  
 1 cup thick & creamy mayonnaise  
 1 cup panko breadcrumbs (gluten free, optional)  
 1 cos lettuce or ½ bag mixed salad leaves  
 ½ punnet cherry tomatoes, halved  
 ½ telegraph cucumber, cut in half lengthwise and sliced into 1 cm pieces  
 1 avocado, stone removed, peeled and chopped  
 Handful of fresh Italian parsley leaves, torn  
 Handful of fresh mint leaves, roughly chopped  
 Juice of ½ orange

### Step 1

Preheat oven to 200°C (fan assisted). Line a baking tray with baking paper.

### Step 2

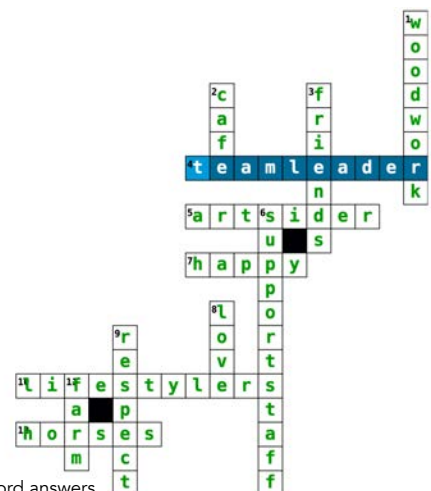
Dip chicken tenderloins into ½ cup of the thick & creamy mayonnaise and coat in panko crumbs. Place on the baking tray. Drizzle over a little olive oil. Cook for 15-20 minutes or until chicken is cooked. Turn the chicken halfway through the cook time. Set aside to cool while preparing the salad.

### Step 3

Place cos or salad leaves on a serving platter. Top with cherry tomato halves, chopped cucumber, avocado and herbs.

### Step 4

Mix the remaining ½ cup of thick & creamy mayonnaise with the orange juice. Place the cooled crumbed chicken on top of the salad and drizzle over the dressing. Serve.



Crossword answers