



Terrey Hills Nursing Home Spring 2021



Hello family and friends

Greetings from Terrey Hills. We hope this newsletter finds you all in good health and that you are all enjoying the sunshine as we start the new Spring Season. We continue to thank you all for your continued support in these testing times, everyone has done their utmost to comply with restrictions that have changed week to week. We want to assure you we're keeping your loved ones safe as our staff have kept protocols to wear their masks, social distance and are on their way to getting fully vaccinated.

All the challenges that have been brought on by the global pandemic, have seen a change in a way we present planned weekly activities but it hasn't stopped us keeping the residents amused and busy.

Residents Committee

We would like to introduce to you our members of the residents committee Dawn King, Ivan Whitla, Lucya Kokot, Bruce Stinson, Barbara Blinkhorne, Richard Cross and Dawn Foreman. These residents have agreed to serve as members of the committee to embark on improvements to all our service.

Christmas in July Afternoon Tea

We had Christmas in July in our coffee shop and dining room, it was a good turn out but unfortunately due to the COVID-19 Pandemic it was not like our usual Christmas in July with entertainers. But we had beautiful hand made foods and a variety of desserts with coffee and tea followed by a Christmas trivia and yes, of course, one of our residents got dressed as Santa and gave out chocolates, the residents were both happy and surprised.



Paro Seal Therapy

Paro is a therapeutic harp seal used mainly on dementia patients, it has calming effects on residents. Paro also responds to sounds similar to a baby seal and it will also move to sound and touch. Just like real animals the paro is used in pet therapy and has the same effect on the residents relieving stress and anxiety.



Doll Therapy

Doll therapy was introduced with the aim of reducing some behaviours of residents living with dementia. It has an aim similar to other therapeutic activities including music therapy. Some of the benefits include, assisting them with expressing their unmet needs, diminishing agitation and increase positive behaviours.

Arts and Crafts

Much like our other activities, arts and crafts help our residents to interact with others and reduce isolation. Arts and crafts helps them achieve a sense of purpose, personal growth, improve their mental health and form new friendships.



Games, including carpet bowls, bingo, trivia

Playing games with our residents offers them more than entertainment. The impact of them playing games is an important part of relaxation, exercise, socialization, brain and mental stimulation and helps with coordination. We adapt and modify games if necessary according to their needs.

Exercise with physio

Here at Terrey Hills we look after the resident's health and fitness so that they can continue to participate in all the activities they enjoy. Our physio's provide exercise classes nearly every day to keep the resident's fit and independent so they will have a minimal risk of falls.

Barbeque Friday's

Our residents look forward to the barbeque Fridays prepared by our chef Tui and the other kitchen staff. This is a chance that they can all socialize, have a drink and a chat together as well as enjoying the steaks, sausages, chicken and scrumptious salads.

Birthdays of the Month and Anniversaries

Birthdays provide a wonderful opportunity to make our residents feel special and reinforce that they are valued and always appreciated. At the end of the month we celebrate all the Birthdays with a cake prepared by our kitchen, we have not been able to bring the Birthday Bear in due to the covid-19 restrictions and regulations. We have had a few families send in little cakes that were bought from a patisserie and wanted us to surprise their loved one. You should of seen the look on their faces they were very surprised and teary. Also celebrated this month was a residents 55yr wedding anniversary, their family also sent little cakes from the patisserie so we could put on a surprise, and yes we did it again surprising both husband and wife. Wishing everyone that celebrated their Birthday or wedding anniversary a lifetime of health and happiness.



In house hairdressing

During this covid-19 pandemic we have been unable to have our lovely hairdressers here in the facility. It has put an enormous strain on the residents wanting to have a hair cut and set. One of our lovely staff, Natalie who is a fantastic RAO is also a hairdresser by trade, the last couple of days she has been cutting and setting the hair of our residents, they are so happy and so is Natalie.



Upcoming Events

- Daffodil Day this Friday 24th August
- Fathers Day Sunday 5th September
- Melbourne Cup Day Tuesday 2nd November
- Remembrance Day Thursday 11th November
- Nepalese Day date TBA
- Pancake Day date Wednesday 19th September
- June's Token Stall date TBA



We would once again like to thank you all again for the continued support. Don't forget you can stay in touch with your loved ones either by Face time, Skype or even a phone call, just ring reception to be put through to an RAO to make an appointment. You can always send them flowers, chocolates or little gifts and let them know you are thinking of them.

Your RAO team

Bye for now