

Greetings from the Director of Nursing

As we reflect on the past three months at Tarragal House I would like to extend a heartfelt thank you and congratulations to our Residents, Families and dedicated Staff. We encountered outbreaks, restrictions, new guidelines and rapid changes to our daily lives. While many dwell on the challenges, I would like to reflect and highlight the many beautiful incidences we witnessed. We saw team work, residents helping to visit and support others within their zones and staff fulfilling the emotional needs of others well after their shifts had finished. Our residents found the positive side of life and became a cheer squad as our staff pushed through day after day. Our team at Tarragal House is excited and ready to embrace a new 2022 and all the happiness it will bring.



music appreciation residents gather around playing an assortment of instruments and singing along. For most of our residents, this activity invokes happy memories of time gone by; triggering an emotional response of happiness is priceless. Residents enjoy coming together to socialise, engage and show off some hidden talents.



Maureen Playing the Piano

Activity Highlights

Feathers and sequence was just the beginning...



'The Gals'

The Gals are our regular dancing entertainers that love coming to Tarragal House to perform for our residents. This year was extra special because they were able to book a time when restrictions had been eased. The Gals perform 6 different dance routines that involve getting changed into different colourful outfits and shimmering their way around the dance floor whilst encouraging the residents to get involved by clapping and singing along. Some residents also enjoyed getting up and dancing.

Music Enjoyment

Once a week we have an activity that helps stimulate and encourage musical interests while providing cognitive stimulation and reminisce. These activities include music appreciation, karaoke, and sing a long. During

What's new?

Welcome Cheeky

Tarragal House recently welcomed our new family member, Cheeky. Cheeky is a baby hand raised Cockatiel and has quickly become the centre of attention. While she is still learning to 'step up' she loves sitting on shoulders and last week gave out her first wolf whistle. Pet Therapy is a fantastic way to lead in conversation and allows people to reminisce of their own pets and experiences.



Our Little Cheeky

Christmas at Tarragal House...

Christmas at Tarragal House was celebrated in style. The residence was decorated from top to bottom and all the staff dressed in their finest Christmas attire for the whole month of December. A gourmet Christmas luncheon was served by the kitchen staff and enjoyed by all in the decorated dining areas. Leading up to Christmas, activities included a cooking demonstration of shortbread Christmas cookies, Christmas Karaoke and Carols by candlelight on Christmas Eve. Unfortunately due to Covid restrictions visitors were not permitted at our group gatherings however, many were still able to go out for family celebrations. Many residents also enjoyed phone calls and video calls with loved ones.



Ready for Christmas Lunch

Poetry Reading with Brenda...

Brenda Stanley grew up in rural NSW and went on to have a career as a teacher. She loves the country and Banjo Paterson is her favourite poet. She loves the way his poetry brings the Australian Bush to life. Brenda decided to share her love of poetry with other residents as a way of exercising her voice. During our interview Brenda explained she was diagnosed with Parkinson's disease and was encouraged by the physio to practise vocal exercises. Brenda expressed her worry that poetry was minimised in schools and feels it is a section of literacy that is often overlooked. Brenda decided to share her passion and improve her vocals at the same time. By creating her own Poetry Reading Group, Brenda quickly grew the activity and invited more residents to attend. The group is now one

of the most popular and recently needed to change venues to accommodate more people. Brenda said she enjoys getting people together, discussing different poets and styles of poetry.



Brenda Stanley

Special Moments

It's no secret Tarragal House is surrounded by beautiful gardens teeming with wildlife such as water dragons, native birds and on hot days you may catch a glimpse of our resident Diamond Python. Each day our physio team support morning garden walks followed by Morning tea in the café.



Happy Hour in the Garden



Morning Tea in the Café

Upcoming events

9TH March 2022

Laycock Theatre Production: 'A taste of Ireland' - The Irish Music & Dance Sensation returned with a performance that is 'Celtic- for this decade'.



17th March 2022

St Patrick's Day Celebrations

21st March 2022

Harmony Day (wear orange)

28th March- 8th April 2022

Henny Penny Hatchlings will be visiting Tarragal House. Witness chicks hatch from their eggs all from our main foyer.

15th April- 18th April 2022

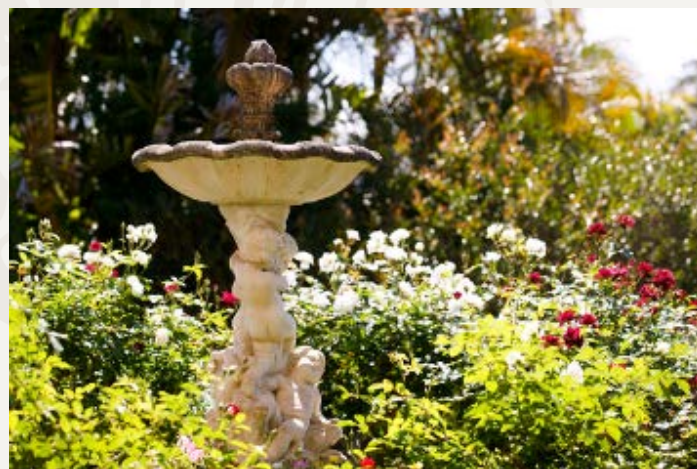
Easter Celebrations

25th April 2022

ANZAC Day Service

Notices

- Religious services will be returning in March as our RAO team liaises with our local religious groups.
- Covid visiting restrictions are reviewed and updated each week with communication delivered via email. Please advise our reception team if you would like an email address added to the mailing list.
- Booster Vaccinations continue with over 85% of our residents now having received their 3rd Booster Vaccination.
- Hillview House, Woy Woy is on track to commence commissioning from April 2022.
- As discussed at our February Resident Meeting we are seeking members to join our Resident Food & Leisure Committee. The committee will meet to review, give feedback and make suggestions regarding lifestyle, food and daily activities within Tarragal House.
- Thompson Heath Care recently announced our new 'Partnership in Care' program. To support people who have an existing relationship with a resident to be more involved in the delivery of services and to help provide day to day care. If you would like more information on how to become a partner-in-care please speak to Kate Kumar.



Roses are in full bloom at Tarragal