

Greetings from the Director of Nursing

What a wonderful three months we have had at Tarragal House. We finally feel that life and daily engagement is returning to normal in many ways. Our activity team has expanded and our residents have shared at several brainstorming sessions the topics and outings they want to explore. Entertainers, church services, bus outings, daily happy hour and our monthly theatre visit are just a few of the standard activities our residents can enjoy. With a more relaxed stance on Covid in our community we have seen our rosters fill and have welcomed many new staff to Tarragal House. As we enter the winter months we are minded that Covid and now Influenza continue to pose a risk to the industry and our residents. Thank you to all our Families, Visitors and Residents for the support, positivity and understanding as the wet weather impacted our beautiful gardens and other areas within the facility which we are continuing to manage. Please feel welcome to provide your feedback or a suggestion by phone, email or in person when you visit. Feedback drives change and improvement, something we are proud of and encourage at Tarragal House.

Kate Kumar



There is always a special little prize at the end of the game to entice and challenge everyone a little more.

Resident Market Day

Market Day is another popular day of the month that our residents enjoyed. A variety of items are donated by our staff and families. The stalls are set up outside in the sunshine with staff assisting our residents to purchase their goods using monopoly money. There was a large selection to choose from this month from clothing, make-up and little nick knacks. If you would like to donate to our Market Day items please drop them to our RAO team.



Naomi enjoying her shopping experience

Activity Highlights

Word games keep our minds buzzing...



Build-a-word and Word wheel

Word Play and Build-a-Word are very popular activities on our weekly planner. A variety of words are picked from residents making it a fun filled, competitive afternoon.

What's new?

Baby Hatchlings

Our residents were very surprised and thoroughly enjoyed our Henny Penny Hatchlings experience. The eggs came to us in an incubator and on the first day we could see a little egg moving. By the afternoon a beak was breaking through the shell and we all witnessed our first chick hatch. By day two we had four chicks with many eggs rocking and starting to break. Once the chicks were dry and fluffy our residents loved watching them play and run around. It was a favourite spot to visit and watch during the few weeks our chicks were with us. The best part was holding and patting the chicks.



Cute and fluffy straight from the egg!!!

ANZAC Day Celebrations at Tarragal House



ANZAC Day celebrations were a very special day at Tarragal House. We welcomed the re-enactment soldiers to lead our ANZAC service and wreath laying by our residents. The day was picture perfect and everyone spent hours in the sun enjoying afternoon tea with the soldiers, cadets and Army Nurses dressed in their capes and veils.



Stories of Place: A Community Storytelling Project

In the middle of the pandemic, when people felt most isolated, a project was initiated to involve older Central Coast residents to write a story about a local place that was special to them. A school age artist then read the story and created an artwork inspired by it. As part of the experience the writer and artist had zoom conversations so the artist could collect more details for their illustration. Marjorie and Amelie formed a beautiful connection and their story and artwork was centred on Kathleen's favourite place, Lion Island. Kathleen was Marjorie's daughter who sadly passed away and the story was inspired by Kathleen, how she loved to feed the sea gulls and sitting by the beach. The story is featured in the online exhibition and has now been published. You can view the exhibition online hosted by 5 Lands Walk, Central Coast. Recently Marjorie and Amelie have spent the day together to reflect on their time and the project. Marjorie was presented with a framed picture to go on her bedroom wall. A wonderful experience that shared treasured memories for both Marjorie and Amelie.



Marjorie and Amelie

Special Moments

Last week Doreen celebrated her 100th Birthday at Tarragal House. She was extremely excited and everyone from family, friends and staff enjoying the day with her. Flowers, cake, presents and the much awaited Queen's letter was presented for photos and discussion. Happy Birthday Doreen, you're still looking fabulous.



Doreen hits the big 100!!!

Upcoming events

8TH June 2022

Laycock Theatre Production: Rick Price- 'Classic Hits'- Morning Melodies. Rick shares personal stories of his life and times as a singer-songwriter.



Rick Price- Classic Hits

14th June 2022

Vivid Sydney Light Show- evening bus trip

3rd July 2022

Cars and Coffee, Tame Fox Erina (9:30- 11am)

3rd July- 10th July 2022

NAIDOC Week Celebrations- smoking ceremony, Didgeridoo music entertainment.

25st July 2022

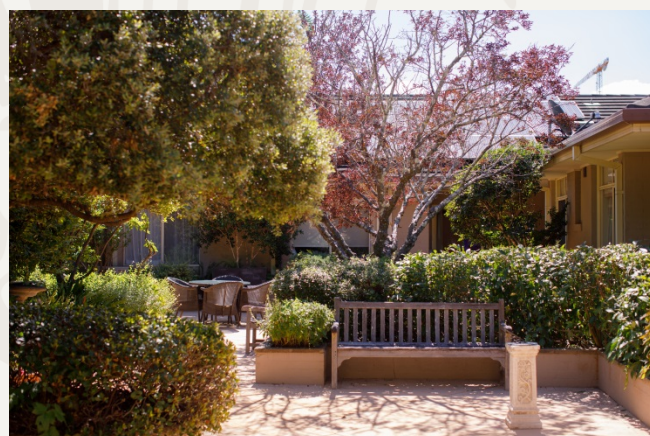
Staff Multicultural Day

8th August 2022

Morning High Tea- dress up and show off your favorite outfit

Notices

- Religious services have commenced with Catholic, Anglican and Uniting now visiting Tarragal House.
- Covid visiting restrictions are continuing as per the current Public Health Order. Two fully vaccinated adults and two children under 12yrs are permitted per day.
- Our preferred method of correspondence is via email, please advise our reception team if would like an email address added to the mailing list.
- Hillview House, Woy Woy is on track to open its doors in coming weeks.
- 2022 Influenza Vaccination is strongly encouraged for all visitors and staff entering Aged Care from the 1 June 2022 until the 30 September 2022.
- All our residents are currently receiving their 4th Winter Covid-19 Vaccination and Annual Influenza Vaccination.



The changing colours of our garden at TarragalHouse