



Avalon House Autumn 2022



We would like to acknowledge the Gadigal people of the Eora nation, the traditional custodians of this land and pay our respects to the Elders both past and present.

Welcome to the Autumn edition of our newsletter. We hope you will enjoy the review of our activities and events held over the last 3 months, including our Christmas party Australia Day celebrations, Valentine's Day, and a return to live concerts.

We also take this opportunity to welcome all the new residents and families who have joined us since the last newsletter release.

Bus Trips



At Avalon House we have 2 bus trips each week. Rob, the bus driver and the RAO assisting take our residents on beautiful scenic drives around the Northern Beaches. The residents love to relax, chat and enjoy afternoon Tea. We often reminisce about the areas we visit as residents remember beach days with the family, or dancing at the Pasadena or bush walks in the National Parks. We are very fortunate to live in an area of such natural beauty which provides such harmony and warm memories.

Christmas Party!

All our residents had a wonderful time at the Avalon House Christmas Party. The tables and home were decorated beautifully in sparkly festive decorations. Henry and his team served a delicious traditional meal. We had the talented Dominic Seppe played the piano on the ground floor and the delightful Leyla performed songs to the floor. The staff sang Christmas carols along with all our residents, and Santa and his Elf visited all the residents, including those in their rooms. It was joyful and memorable day.





Australia Day Celebrations



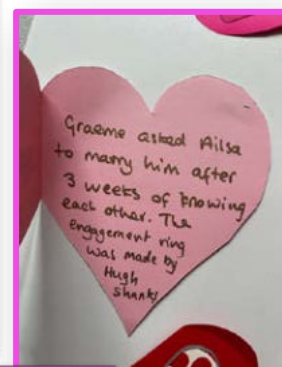
Australia Day was most enjoyable. The day started with a delicious morning tea with Aussie lamingtons. Lunch was a roast lamb followed by Pavlova. This year we made a point of honouring the traditional custodians of our land, displaying the Indigenous flag and also honouring the Australian of the Year, Dylan Alcott. In the afternoon we had a live TV concert from Keff, who played all Australian songs, which involved lots and lots of audience participation. We ended the day with meat pies, sausage rolls and a drink for Happy Hour. G'day Mate !!!!



Valentine's Day Love Stories

We celebrated Valentine's Day this year in a very special way. The residents decorated beautiful love hearts as an Art and Craft activity and then they all wrote their own love stories on the inside. We had tears and laughter as memories of meetings were shared and relived. We fully believe that everyone has a story, and indeed everyone has a love story too. We made a beautiful display of the hearts so that we can all share the love and the laughs of each others stories.

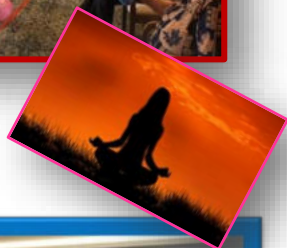
Valentine's Day was made extra special by also having the return of the Day Spa in the morning and a concert from Laurie and Robyn playing the piano and entertaining residents.





Exercises

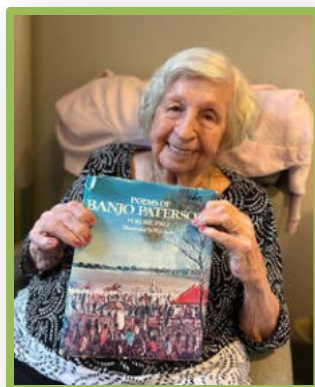
Group exercises continue to be so central to our residents wellbeing as they know the importance of keeping active, both for body and mind. We run exercise classes 5 days a week, as well as other physical activities such as walks and talks, balloon tennis and carpet bowls. Exercise class always finishes with some meditation and a drink of water.



Lockdown Activities

A different start to 2022

As we entered December of 2021 we had high hopes of putting another difficult year behind us, but we once again we had to shut our doors to the outside world and bunker down. As staff also fell victim to COVID we were confined to our rooms, and made the most of what we could do. We watched the Test match cricket on TV, had word games and colouring to entertain us, room visits and Welfare checks from staff kept spirits high, and the much needed Happy Hour trolley still did the rounds at the end of the day! An additional mid week ice cream trolley was most appreciated as were cappuccinos and hot chocolates from the coffee shop. As we were able to come back to the living areas we enjoyed being able to exercise again, and watched wonderful documentaries, ballets and concerts. Residents were so understanding and we all were very grateful when staff returned and our loved ones were allowed to visit again.





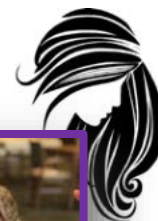
Ice Cream Trolley



The Ice cream trolley continues to be one of the weekly highlights, with residents consistently delighted to enjoy the simple pleasures of an ice cream in a cone, and of course the staff doesn't want to miss out and enjoy this treat too! The trolley comes around on a Sunday so residents either have an ice cream whilst watching a movie, in their room or enjoying a sunny afternoon in the courtyard.



Hair and Nails

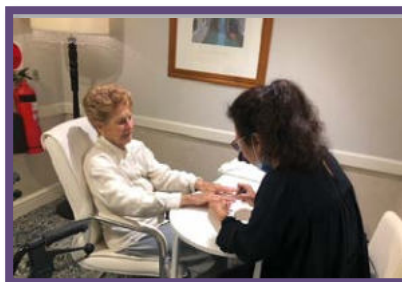
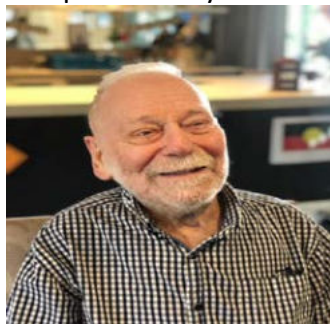


All the residents were thrilled to have Hair Dressing and Manicures back at Avalon House our beautiful Glamour Girls Wendy, Angie and Mercy worked tirelessly for days on end to give our wonderful residents amazing makeovers

We had a giggle with residents saying "who are you? I don't recognise you!"

They loved the changes, the colours, cuts and perms and for the men the cuts and beard trims were brilliantly received as well as the beautiful manicures, they flashed their beautiful hands and nails at every given opportunity!

If you would like to book for hair dressing or manicures the girls are at the house every Tuesday and you can book through the recreation office or reception at anytime



Happy Memories

Our days are filled with happy moments, from sharing a glass of wine, a game of chess or a dance in the corridor, you will often hear laughter filling the home as we celebrate the simple joys in life.



Message from our DON, Hayley Bonnici



I have some great news to share with you, Laura Webber one of our senior Registered Nurses has come on board as our new Clinical nurse specialist to assist with the clinical care at Avalon house, Laura is here 4 days per week and is very happy to assist you with any of your concerns.

As you know from my emails, please contact me if you would like to know more information about the Partnership in care program, the program is a great way to be involved in your residents care.

Kind regards,
Hayley

Upcoming Events for AUTUMN 2022

March

1st Shrove Tuesday
4th Elvis Concert
17th St Patrick's Day – Leyla Concert

April

12th Magician
15th-18th Easter Weekend
25th Anzac Day Service

May

8th Mothers Day
13th International Nurses Day
Morning Tea

Autumn Entertainment

- ◆ Leyla; Mercedes; Keff McCulloch
- ◆ Hugh Moran ; Ross Hamilton
- ◆ Elvis; Juliette George; Andrew Dyce

As always, we are looking forward to the next season of fun activities and wish you all the best until our next newsletter.

from the RAO Team!
Cait, Helen, Kylie and Lisa

Email : rao_avalonhouse@thc.net.au