

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.

Greetings from the DON

A Heartfelt Thank You from Myself and the Team at Avalon House

Like a family, we continue to push through together. The recent renovations have brought challenges noise, changes, and disruption but throughout it all, our residents and staff have remained incredibly understanding, kind, and remarkably calm.

I want to sincerely thank each one of you for your patience, resilience, and ongoing support during this time.

To acknowledge the hard work and adaptability of both residents and staff, we will be hosting a **special Happy Hour event at 3:00 PM** on 11th September. We warmly invite you to join us!

RSVP to Hayley at avalonhouse@thc.net.au

Additionally, I'd like to share that Laura has decided to transition from her role as Deputy Director back to one of our dedicated Registered Nurses. We're grateful that she will remain with us through the transition while we search for the right candidate to take on the Deputy Director role.

Please also keep an eye on your inbox for a follow-up email regarding an important upcoming meeting for all relatives.

Kind regards,

Hayley Bonnici
Director of Nursing
Email: avalonhouse@thc.net.au

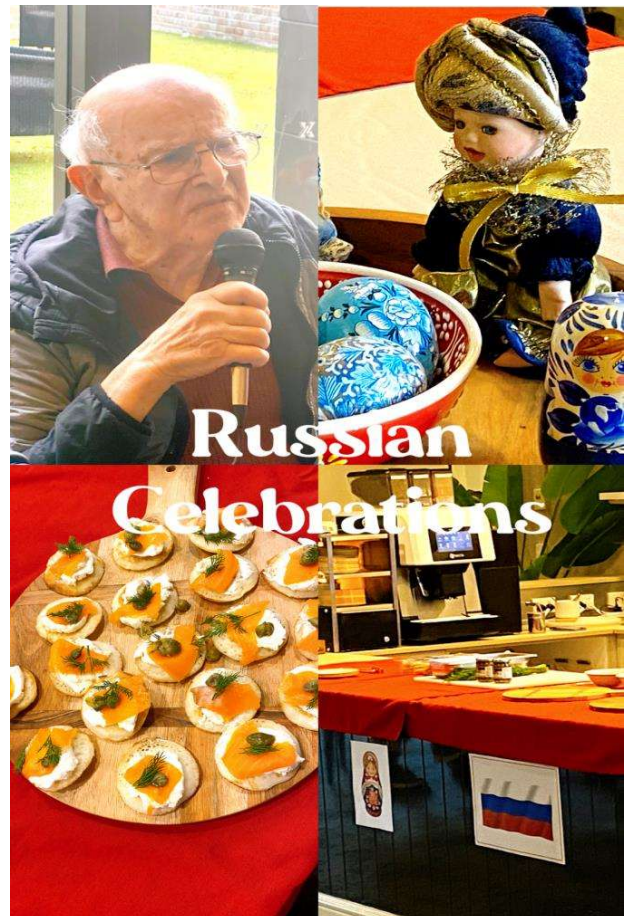


Cultural Celebrations

Cultural celebrations feature often in our program, and we all love to celebrate different countries and cultures. Some connects residents to their own heritage and others give everyone the chance to learn about someone else's background and customs. Over the last 3 months we have had many diverse celebrations.

Russian celebration

We had a wonderful afternoon celebrating Russian culture and the heritage of 2 of our residents. We clapped along to Russian music, listened to Edward's fascinating life story, and Lorries love of Russian food and culture, learnt facts about babushka dolls. We ate some delicious bellinis with cream cheese, smoked salmon, capers and dill! It was a wonderful afternoon that everyone thoroughly enjoyed!



Nepalese Festival Celebration

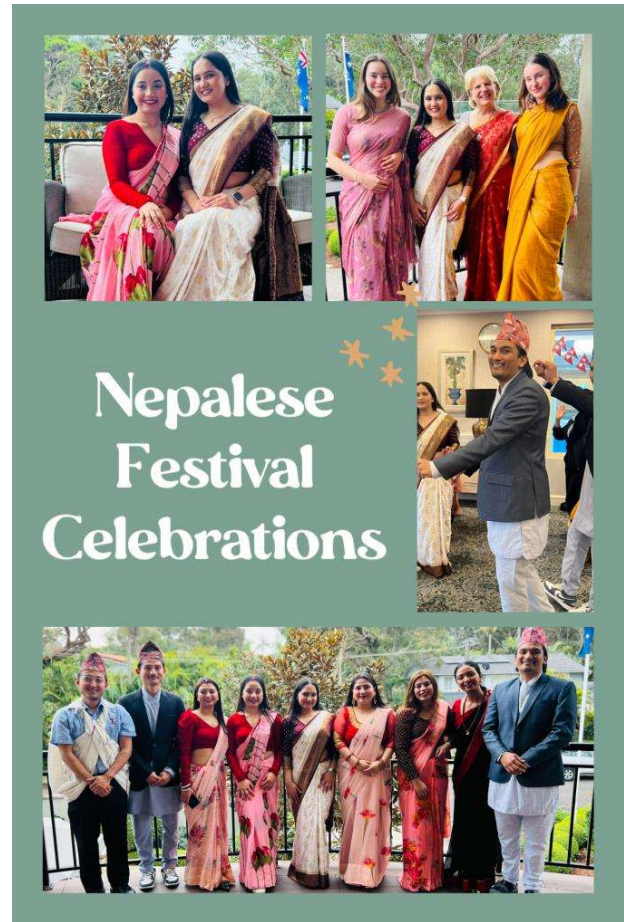
We enjoyed a spectacular celebration of the Nepalese festival, beautifully organised by our talented, thoughtful, and dedicated staff.

Residents gathered to hear Arjun speak about Nepalese culture and the importance of festivals to the Nepalese community, both here in Australia and for those far from home. We learned how these celebrations help keep traditions alive and strengthen cultural identity.

We were then treated to a vibrant series of traditional dances performed by staff dressed in stunning saris and cultural attire. The energy was contagious, and soon other staff and residents were invited to join in the dancing. Laughter, clapping, and cheers filled the room, as everyone felt truly connected and part of the joyous occasion.

The celebration concluded with a delicious afternoon tea, featuring traditional rice pudding with mango, alongside tea and coffee. Residents and staff mingled and shared stories, reflecting on a truly heartwarming and uplifting day.

A huge thank you to all the staff that made this such a special day.



Kings Birthday and Trooping the Colour

We had a lovely time celebrating the King's birthday. We were fortunate to have Natalya playing the piano beautifully, and it really set the mood for the afternoon festivities. After the concert, we enjoyed a delicious high tea together.

Later, we watched *Trooping the Colour*, the traditional ceremony held in London to mark the King's birthday. It was such a stunning display of pageantry—no one does it quite like the British! The whole day felt special and full of charm.

Christmas in July

Residents thoroughly enjoyed all being together in the upstairs dining room for our Christmas in July Celebration lunch, the tables were decorated in Christmas tablecloths, bon bons and everyone was delighted with the food, prawn cocktail starters followed by roast turkey with gravy and roast ham in pineapple and maple glaze with chat potatoes, asparagus and honey carrots and for dessert Xmas Pudding with brandy and vanilla custard! YUM! Everyone was thrilled to have a glass of wine with lunch to celebrate with each other and listen to Christmas carols Residents who couldn't attend were treated to the magnificent lunch and all the trimmings in their rooms.



Ferragosto

We celebrated Ferragosto, the Italian national holiday. Joe (Giuseppe) shared stories about growing up on a farm in Italy, telling us about making cheese and growing wheat. He then serenaded us with the harmonica, and then we all joined in singing songs like "Hey Mambo" and "That's Amore."

We learned a few Italian words, and finished with a delicious bruschetta that we made, one with tomato and one with avocado. Both were delicious! It was a fun, relaxed afternoon with great company, music, and food.

Victory in the Pacific Memorial

Residents gathered to commemorate the 80th Anniversary of Victory in the Pacific — the day Japan surrendered, marking the end of the Second World War. Eight decades later, the significance and impact of this historic event continue to resonate throughout Australia and the world.

Residents listened to speeches from the Prime Minister (at the time) as well as video highlights from the Sydney and Melbourne celebrations. Residents joined in singing wartime songs, reflecting on the enduring spirit of that era.

We were especially honoured to hear from two of our remarkable residents, Jean and Audrey, both 100 years old, Audrey shared her experiences as a wartime cipher stationed in Point Piper, while Jean recounted her time working in an ammunitions factory in St Mary's.

The commemorative afternoon concluded with tea, coffee, and ANZAC biscuits, as residents shared their own memories and reflections from that historic day.

Activity Highlights

Art Workshop with Karen Hick

We were incredibly fortunate to have local artist Karen Hick lead our art workshop, where she taught us how to create stunning seascape paintings. Watching Karen bring a seascape to life was fascinating, guiding each of us to create our own interpretation of the sea using bold brushstrokes and vibrant highlights. Everyone was thoroughly engaged in the whole process and created a beautiful piece of art. The finished work was then put on display in the notice board, which has created so much interest and conversation as others appreciated the paintings and marvelled at how different the outcomes were from the same starting point.

Karen kindly volunteered her time to take the class, and we are always on the lookout for volunteers. If anyone has a talent to share or a story to tell and would like to be a guest speaker we would be delighted to have you come and join us, either for an hour or to make it a regular occurrence. Please let and of the PCW-SS staff know.



Biggest Morning Tea

In June we hosted our annual Biggest Morning Tea. It was a wonderful morning, with everyone enjoying delicious cakes that had been donated by staff and families, raising money for The Cancer Council. This year we raised more than doubled our goal and donated almost \$700. It was a lovely way for staff and residents to come together and support a very worthwhile cause. A selection of cakes were delivered around the home for those that couldn't attend the coffee shop.

Market Day

Residents were invited to our Avalon House Market Day, put together by donations from residents, families and staff. The Market stall was set up in the atrium and everyone enjoyed looking, touching and shopping for themselves and family members. Residents loved the toiletries, bags, scarves and knick-knacks, and especially the chocolates! There was music playing and it created a wonderful atmosphere that travelled all over the home!

Children's Visits

At Avalon House we have strong ties to the local schools and community. For several years, we have been so pleased to have visits from Maria Regina School children, who come each term and meet the residents. The children delight everyone with performances, singing and dancing, telling jokes and showing magic tricks, showing their artwork and giving cards to the residents and spending time chatting with them. All the residents and the children are delighted with the friendships that have been made across the generations.

We have also had the young dancers from Dance Point Studio come and perform for us. The residents were so thrilled to see them perform a range of dances from hip hop, modern and jazz, to group dances and even some duets and solos. All the dancers were amazing and received the biggest rounds of applause from residents and staff. It has been such an uplifting experience and there were huge smiles all around.

We have a number of school students come to Avalon House, to complete community hours, achieve Duke of Edinburgh awards, or just come and volunteer for the pleasure of being here. The teenagers often come after school and help with Happy Hour, serving cheese and biscuits or plates of chips, and then spend time chatting with the residents and listening to their stories. It is a delight to see the friendships between the students and residents and know that if our future is in the hands of these young people, we are all going to be better off!



Call for guest Speakers

If you or someone you know has an interest, hobby or occupation that you think would be of curiosity to our residents and would like to speak to them about it we would love to hear from you!

Please make contact via our email address

rao_avalonhouse@thc.net.au

Helen, Kylie, Cait, Sarada, Marlene and Mel

PCW SS (Personal Care Worker Social Support)

As you may have noticed the RAO title has changed to PCW SS but our role in the home has not!

Email: Rao_avalonhouse@thc.net.au

Monthly Dates for Your Diary

Due to unforeseen circumstances the program is subject to change

September

1/9 Resident/ Relative Meeting
4/9 Roll with It Concert
7/9 Father's Day
7/9 Greg McCoster Concert
11/9 Lyric Trio Concert
11/9 Happy Hour Event
16/9 Anglican Church Service
18/9 Elvis Concert
19/9 Ageless Moves
19/9 Love in Action Service
22/9 Drumming with Carly
23/9 The Big Sing Concert
24/9 Catholic Service
25/9 Ross Hamilton Concert

October

2/10 Keff Concert
6/10 Resident/ Relative Meeting
9/10 Annette Octoberfest Concert
16/10 Alfred De Souza Concert
16/10 Relative Meeting
17/10 Ageless Moves
17/10 Love in Action Service
21/10 Anglican Church Service
22/10 Catholic Service
25/10 Hugh Moran Concert
27/10 Drumming with Carly

November

3/11 Resident/ Relative Meeting
4/11 Melbourne Cup Celebration
6/11 Murray Ferguson Concert
11/11 Remembrance Day Service
13/11 Leyla Concert
18/11 Anglican Church Service
19/11 Catholic Service
20/11 Paul Leventhal Concert
21/11 Ageless Moves
21/11 Love in Action Service
24/11 Drumming with Carly
25/11 Roderic Concert

Regular Dates for Your Diary

Happy Hour - Everyday 3:30pm - 4:30pm

Hairdressers and Beautician - Every Tuesday in the hair salon

Resident/DON Meeting - 1st Monday of every month

Library Delivery service – 24/9, 22/10, 19/11

Bus Trips –

Every Wednesday 1:30pm and Friday 10:30am

Church Services

Anglican Service 16/9 21/10, 18/11

Pittwater Anglican Church Service

Christian Non-Denominational Service

Love in Action Service **19/9, 17/10, 21/11**

Catholic Service

Sacred Heart Church **24/9, 22/10, 19/11**

Welcome to all new residents and staff.

On behalf of the PCW SS, staff and the home, we would like to warmly welcome our new residents, their families and staff who have joined Avalon House in the last 3 months.

We look forward to getting to know you and collaborating.

Staff Highlights

A huge congratulations to **Lupe** and **Maan** for being named *Employees of the Month*!

Your constant dedication to both our residents and your fellow team members is truly commendable. Your hard work, positive attitude, and commitment do not go unnoticed — thank you for everything you do!

Keep up the amazing work!