

### Greetings from the DON

Hello everyone and welcome to our Autumn 2022 Newsletter. I would like to welcome all our new residents and families to Beecroft House.

I would like to take this opportunity to let you know that both Maha (Deputy Director of Nursing and I and Maha are saying goodbye to Beecroft House. Thank you all for your support and help.

We are going to miss everyone. Please welcome our new Director of Nursing, Sujita Pandit and our new Deputy Director of Nursing, Rajni Thapa.

Warm regards

Sonu Bhandari

### Activity Highlights

#### Activity 1

**Bingo:** Residents enjoy playing Bingo every Wednesday afternoon. They feel very excited to win the chocolates and give count the number of chocolates which they have received at the end of the game. As soon as they finish, they enjoy chatting with other residents while having a sip of their favourite afternoon cuppa.



#### Activity 2

**Exercises & Balloon games:** This is another exciting activity where our residents enjoy getting involved. These gentle movement exercises help them to maintain their fitness and at the end of the session likes to have fun playing with balloons and soccer ball.





Australia Day, Chinese New Year Day, and Valentine's Day.

All these days were enjoyed by our residents. They had a good time giving answers to the trivia quizzes based on Australian & Chinese cultures, and had a delicious typical food on that day, cooked by our chef.

### What's new?

New activity - We have started a new program - singing songs of praise which is enjoyed by our resident's especially with the dementia. One of our new resident beautifully sings his favourite hymns in that session and everyone loves to listen to him. The resident himself is a great musician, drum player and comes from family background of musicians.



### Celebrations

In this time of the pandemic, especially during the last three months, we all went through a tough journey, but we were able to cope up with that and managed to celebrate our special days such as



### Resident's contribution



Valentine's Day was another celebration in which our resident's had contributed to decoration and making rose petals from craft papers, they have made number of rose petals with the assistance from RAO team and then we have distributed those rose petals to residents to write it down messages for their loved ones and then on Valentine's Day we have kept those messages for display on a red rose plant.... Love is in the Air!!!!

### Special Moments

We are feeling sad to inform that we lost Mrs. Sheila Brauhn one of our resident in the month of January, a special resident because she was the only Australian woman captured and interned by the Japanese in Singapore. Based on her struggle during that time, an article was published in Sydney Morning Herald, dated 14th February, it felt truly shocking reading that article.



Moving ahead the month of February was full of excitement for all of us. As we have celebrated two extra special birthdays' along with others in this month.

Isabelle's 100<sup>th</sup> birthday – On 11<sup>th</sup> of February this year Isabelle turned 100. We all wished her very Happy Birthday and celebrated her 100<sup>th</sup> Birthday with full of excitement. Other residents also joined in the celebration. She felt very happy to receive such celebration. She also enjoyed celebrated her birthday with her family and friends.



Beryl Coram's 102 birthday –On 12<sup>th</sup> of February this year Beryl turned 102, which was another big celebration. We all gathered and celebrated her birthday, to make it extra special one of our staff member's daughter has made a beautiful birthday card for her with the help of their

schoolmates. Beryl felt very happy to see that special birthday card.



### Upcoming events

We will resume the Resident's meetings, starting from month of March, which will be conducted on quarterly basis. It will be open discussion where residents can give their suggestions and feedback regarding their care.

Live Entertainments – With easing of Covid restrictions we are resuming back the live entertainment by great musicians, which is one of the favourite programs which everyone looks forward to.