

Greetings from the DON and DDON

Easter is coming up and we can expect an abundance of chocolate and the residents are very excited about this proposition. It is hard to believe that we are into autumn in 2022, how quickly summer, Christmas and New Year have passed. As we look back over January, February and most of March our memories will be predominantly about rain, rain and more rain.

However, the rain has enhanced our beautiful outlook at the rear of the building looking over the full and stunning lake filled with ducks and baby ducklings and onto the empty rain soaked golf course.

It continues to be challenging times for our residents and families as we continue to navigate Covid restrictions, updates and changes. We are managing to keep our residents safe from Covid despite some staff exposure to Covid in the community and some staff testing positive. We still have staff furloughs from work due to household exposures to Covid. This does create challenges with rosters but we are managing to maintain appropriate staffing levels, once again thanks to our committed staff.

We have slowly, over time, reduced our check in processes for visitors and have recently stopped taking temperatures and now we only require negative RAT tests and visitors must declare they are compliant with the wellness declaration by signing in to our facility. We continue to offer booked visits, skype, FaceTime and telephone calls for our residents with their families and loved ones to help them maintain their connection.

We would like to take this opportunity to thank all of our residents, families and friends of Bowral House for their ongoing support

Wishing everyone a Happy Easter.

*Collette and Joanne
DON and DDON Bowral House*

Activity Highlights

Residents enjoy being creative with Clare and Tracey at the fortnightly craft sessions. In this group residents made lovely pictures with Wycinanki, Polish paper cutting, which is used by villagers in Poland to decorate their homes in a traditional style.



Gwen and Barbara enjoyed the craft activity

Celebrations



Congratulations to Domitilla who celebrated her 104th birthday, pictured here with her daughter Anna who was in New Zealand at the time.

Christmas was celebrated in house with Santa, his helper and the gingerbread lady

Every resident received a gift from Santa and we have some very special photos of all residents which will be presented in their portfolios



Betty enjoying Christmas lunch with all the trimmings

What's new?

Thomas played the Harp and piano for residents



Thomas is a very talented musician,

He has played at Bowral House over many years and returned for 3 performances while on a break from University.

We have introduced 2 new exercise activities;

Seated Yoga and Seated Movement which have proved to be popular with residents

Art with Tracey



Residents enjoy listening to classical music while watching a drawing demonstration by the very talented Recreation officer Tracey



Resident's contribution



We have a new bingo caller

Ian does a fantastic job with his loud clear voice
Also Harry has recited some poetry for residents.

Special Moments



Elaine arranged flowers for resident rooms which were donated from a local wedding



Leonie and Phyllis enjoying an afternoon drink