



# Bowral House Winter 2021 Newsletter



Hello to Families, Friends and Staff at Bowral House and Welcome to the latest edition of our newsletter.

Welcome to all new residents and families who have joined us since our last newsletter.

We have had a very busy few months since our last newsletter. Staff and visitors have been in and out of surgical masks and visitor restrictions have frequently changed depending on Covid community transmissions. Our biggest challenge was completing the Covid Pfizer vaccination program over a three week period on 2 Saturdays and now we have almost completed our Influenza vaccinations for staff and residents. It's been a very complicated and time consuming process and we are pleased it is almost over.

As of the 26<sup>th</sup> May we have lessened our visitor restrictions and opened common areas to visitors, except the dining rooms, however, strict hand hygiene, social distancing from residents and wellness checks must be strictly maintained. We must be ever vigilant and restrictions may change from time to time as directed by NSW Health, to ensure our residents and staff safety.

There will be more guest entertainers and therapists coming into BH our RAO have talked about in their news and we are all excited about these changes and I'm sure the residents are looking forward to these activities.

As always, don't hesitate to contact Jo or myself if you require any further information.

*Kind Regards*  
*Collette Beaufils; Director of Nursing*

## Activities Report

**We are very happy to be able to invite therapists and visitors into Bowral House again as part of the Recreation Program. We have resumed The Red Cross Community Visitors Scheme for individual residents; pet therapy on Thursday afternoons with Maryanne and Ewan, Dianne and Marigold; Music Therapist Anna Chapman has returned for Tuesday morning sessions and entertainment has been booked for our monthly birthday parties. Religious personnel have been contacted and Church services will commence in June.**

## Celebrations

### St Patrick's Day



**As part of our celebrations Tracey completed this fun charcoal drawing shown here with resident Mavis**



## Easter

Celebrations for Easter included chocolate Easter Bunnies for each resident.



Carmel



Sabina



Barbara



John



Chris



Marjorie



Margrett



**The hatching chicks program was set up for residents to view and the hatched chicks were then taken to resident rooms**



Elaine



Coralie



Beth



Mavis



Connie



John

## ANZAC Day



**Residents commemorated ANZAC Day with a ceremony led by the President of Mittagong RSL and were very proud to lay wreaths at our ANZAC wall.**



## Mother's Day

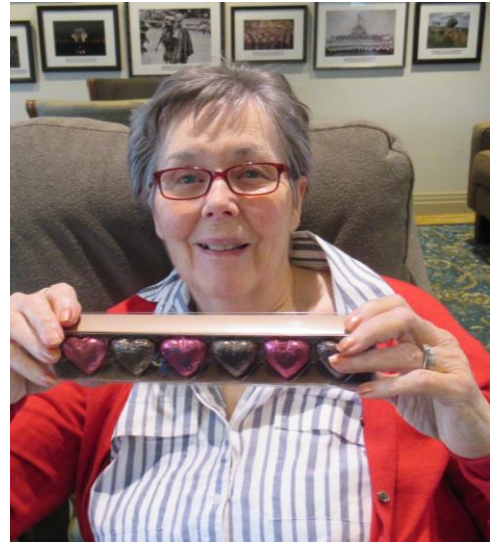
Mother's day was celebrated with heart shaped chocolates.



Judy



Connie



Lynette

## Anniversary



**Congratulations to Iris and Ian who celebrated their 64<sup>th</sup> wedding anniversary.**

## Congratulations Mollie on your 103<sup>rd</sup> birthday



## Craft





Merle



David

Jean



Phyllis



Gwen

### **Book Club**

We now have 8 members in our group and have read some very good books of late, the favourite being "Becoming" by Michelle Obama. The group is keen to watch the documentary "Becoming" on Netflix



*Many people like an ice cream especially when the cones are beautifully decorated with colourful toppings .*



Roger



Brian



Margaret



## *Enjoying the garden in autumn*



*Judy enjoying the fragrance of fresh herbs.*



*Marie admiring the windflowers.*



*Judy and Diane walking in the garden.*



*Clare and Ted enjoying a walk.*





*John and Ros watering the herbs.*

### ***Moss Vale Show***

Residents at Bowral House were encouraged to enter their work in the Moss Vale Show this year. Coralie entered 5 paintings and all 5 won prizes. Margrett entered her knitting and also was a winner. Staff held a ceremony to present the prizes to the artists and residents enjoyed viewing their work



Residents looking at the winning exhibits from our residents at the Moss Vale Show.





## Exercise Groups

Recreation Staff hold 4 exercise groups a week in which residents are able to extend themselves to the level they desire. While being beneficial physically the groups are also mentally stimulating and fun.

## Physiotherapy



Gwen and Margaret





Owen



Domitilla



Liz



Estelle



Doug and Dot

## Balloon exercise



Jean, Mavis, Iris and Ian enjoying balloon exercise.

## Gentle exercise



Gloria



Barbara



Playing putt putt golf with Peter the caddy.



Connie



Elizabeth



Ilona

## Music







Music therapy has recommenced. With Anna Chapman



David singing on the new microphone.



Ilona playing the grand piano



Ilona and Joan play the grand piano for a keen audience

**Autumn flowers in our beautiful garden.**





## Computer Group

Volunteers for weekly computer group are due to recommence visiting



Judy doing a word puzzle on the touch screen brain trainer computer.