

Greetings from the DON

Hello everyone and warm welcome to you all for the Autumn Edition of the Mona Vale House Newsletter!

Although, the last few months have been filled with visitor restrictions and lockdowns, we have managed to stay positive and developed new ways of keeping our residents and families connected. We would like to take this opportunity to thank all of our residents, families and friends of Mona Vale House for their ongoing support and well wishes during a difficult time. Now restrictions are easing, we are looking forward to see you all more frequently. Our core purpose is to enhance the wellbeing of our residents and with that in mind, we will continue to support them in leading a fulfilling life.

As you know we are always keen to make quality improvements and welcome everyone's input, please feel free to talk to us if you have new suggestions/ ideas to contribute to our Mona Vale House community.

Warm Regards, Sonal

Resident Christmas Party 2021

T'was The Season To Be Jolly

The month of December was very active indeed with the lead up to Christmas Day. The Resident's made Christmas Cards, made decorations, snow globes, played Christmas trivia and word games, reminisced, and played Christmas themed games. Mercedes entertained everyone at the luncheon and Santa dropped in from the North Pole.



The residents enjoyed making Table Centre Pieces from Magazines for Christmas Day Luncheon



Pet Therapy

Many of our residents enjoy being visited by our friendly pets. It never fails to bring a smile from everyone!



What's new? Our effervescent Sarada has left Mona Vale House, but not to fear... she is still part of the Thompson Group and is now an RAO at Tarragal House. She had a wonderful send off from all the staff and residents and will be greatly missed.New to the RAO Team is Eve, a very warm welcome to you ! Eve comes to us with a wealth of experience and knowledge and will be a great addition to the team.





Valentine's Day celebrated with an afternoon tea, quiz and Velvet Chocolate Cake!

Major Birthday Celebrations

In the past three months we have celebrated Pat's birthday as she turned a mere 105! And our lovely Annie as reached a milestone of 103 years!



Pat celebrates 105 years of age

Resident's contribution

In many places, sections of the public, demonstrated selfishness, which spread the virus and endangered others. So as well as congratulating MVH staff who risked their own health for the residents. We are all deserving of our own personal discipline and comfort each other. We have all been rewarded by MVH's minimal Covid 19 outbreaks. So let's congratulate and thank all at MVH selfless staff, residents, patients & visitors in combating Covid so well and that "normal" is not too far away. . Harold Langford, Resident.



Exercise by our Physio Henry

Each morning the residents enjoy a range of seated exercise. If weather permits we take to the outdoors. Residents have enjoyed Movement to Music, Yoga, Balloon Tennis, Ball Toss, Hoops, Carpet Bowls just to name a few!

Market Day

Market day was a huge success! Using "Mona Money" the residents were treated to an afternoon of retail therapy. Thank you all that contributed. We will be doing another one in the coming months, so any donations of small items are greatly appreciated.



Australia Day Celebrations



Enjoying the shade while Cheering others as they compete in the thong Throwing Contest

Chinese New Year

Year of the Tiger

The residents tried their hand at Chinese calligraphy. The words they painted were "Friendship and Happiness"



From the RAO Team

What a busy past three months we have had! With the ever changing restrictions it sure has been a challenge for everyone. We are so very proud of our residents and their resilience in these trying conditions. The RAO team have done their very best to provide a variety of activities to suit everyone and to provide a holistic approach. We welcome any feedback and suggestions if there is something you would like to see included. Welcome to all our new residents we look forward to getting to know you.

Best Wishes from the RAO Team

Kylie, Janet, Rob, Nisha and Eve

Upcoming events

- World Wildlife Day 3rd March
- International Women's Day 8th March
- St Patrick's Day 17th March
- Tibetan Week 3rd --5th March
- Holi (Hindu Festival of Colour) 18th March
- April Fool's Day 1st April
- Australian Gran Prix 7-10th April
- Easter Sunday 17th April
- Anzac Day 25th April
- May Day 1st May
- Mother's Day 8th May
- International Nurses Day 12th May
- International Day of Families 15th May

Upcoming and Regular Activities:

- Entertainers: Mercedes, Keff & Ross are back!!! See Monthly/Weekly Activity Planner for details
- Holy Communion 1st Tuesday of the month,
- Anglican Service – Dates to be advised
- Scenic Bus Tours each Tuesday & Thursday
- Tech for Seniors: To be held once a fortnight for those residents who would like to know more about their mobile devices and/or to learn how to use the resident computers.