

Mona Vale House

SUMMER QUARTERLY NEWSLETTER 2021

From the DON's Desk

Hello everyone and a warm welcome to you all for the summer edition of Mona Vale House Newsletter!

We would like to extend a warm welcome to all our new residents and their families.

For those who don't know me, my name is Sonal More and I am the new Director of Nursing at Mona Vale House.

I am really excited and happy to be here at Mona Vale House and look forward to catching up with you all over the coming weeks. I have been getting to know all of the residents and very excited to work with our amazing staff in ensuring the best possible care for your loved ones. As you are all aware it has been a very challenging time during the COVID pandemic. We would like to thank each and every one of you for your ongoing care and support.

We are happy to welcome visitors again (subject to current Covid guidelines). We will continue to send email update regarding any changes about visiting. As an added precaution to keep our residents and staff safe we are continuing to do Covid swabs on staff three times a week. Staffs wear surgical masks throughout the shift, follow strict infection control policies, complete a wellness check and QR code before each shift. My door is always open so If you have any questions or concerns do not hesitant to contact me.

Both Seonaid and I would like to take this opportunity to wish you all a safe, healthy and happy holiday season and we look forward to seeing you all again soon.

Stay safe and stay well!
Sonal



Sonal More, DON Mona Vale House

Mona Vale House

SUMMER QUARTERLY NEWSLETTER 2021

Thank you for inviting me to make a contribution to the Mona Vale House end of year 2021 Summer Edition Newsletter. As it happens, it was just a month before the beginning of this year, that my wife, Betty, and I were privileged to become residents of Mona Vale House. This was not the first time for Betty, who had been a grateful short term resident about four years ago following an introduction from our Doctor. His own parents had also been residents of MVH and spoke highly of the aged care centre. So did several friends who had been respite residents as well. Sad to report, Betty died at Mona Vale House last year on Christmas Day, just three weeks after we moved in. My family and I cannot speak highly enough of the Staff for the care given to Betty, and it is continued on to this day, for myself. Having resided here I know (not guess or wish, but "know") that my accolade is shared by all MVH residents and I think the Mona Vale House staff members medical or otherwise, should be told how much we appreciate their services and their care! With the New Year only days away we will all be wishing each other a "Happy New Year". So let us join together in wishing the entire staff of Mona Vale House a very specially "Happy New Year" and our never to be forgotten gratitude of their dedication and kindly given thoughtful caring of our needs that extend beyond the word "duty". The care I am thinking of, are the kind you might enjoy from your spouses, your families and best friends. Confined here in Bassett Street, perhaps that is what the staff have become.... family and friends.



Happy New Year!
Harold Langford
Resident

Happy New year

Mona Vale House

SUMMER QUARTERLY NEWSLETTER 2021

Dear Residents, Family and Friends,

Firstly, welcome to our new residents who have joined us in the past 3 months. It is wonderful to have you on board and we look forward to getting to know you and to help you settle in.

Every week it would seem the outside world is opening up to us once again. Rob our bus driver is back giving scenic tours twice a week which the residents are really enjoying.

Nella the hairdresser is back on board! Over 2 days she worked solidly to accomplish countless hairdos! She certainly had her work "cut" out for her and the transformations were amazing as people had their first hair cuts and treatments in over 3 months!

We have been keeping busy with celebrations such as Father's Day, Halloween, Melbourne Cup, Remembrance Day. As well as cooking, piano tunes, crafting, creating and painting, exercising, board games, ball games, birthday parties, happy hour, quiz and word games...phew!

How wonderful it is for life to be returning to a type of normality. We congratulate everyone for pulling together to make life at Mona Vale House the best that it can be under the abnormal circumstances .

As always, we welcome your feedback and if there is anything we can add to the activities please let us know.

Many warm wishes to you all for the Christmas Season and Happy New Year!

The Recreational Activities Officers (RAO Team) , Janet, Sarada, Kylie and Nisha





UPCOMING EVENTS

- Resident Meeting Monday 6th December
- International Migrants Day 18th December
- Christmas Day Luncheon 15th December
- Market Day 20th December
- Australia Day 26th January
- Chinese New Year 1st Feb (Year Of The Tiger!)
- Valentines Day 14th February
- World Harmony Day February 21st
- Concerts & Entertainers TBA
- Monthly Birthday Celebrations

Summertime
& the living
is Easy



Shout Out

We are looking for donations of small unused items that our residents can purchase with "Mona Money". Items such as purses, bags, cosmetics, nail polish, travel size shampoo/conditioners, Costume jewellery, scarfs, hankies ect. A big thanks to those who have already helped out. Thank you from the RAO Team

Mystery Tours with Rob

Mystery Bus trips are each Tuesday and Thursday departing 1.30pm and returning 3.30pm. Discover many scenic areas around our beautiful Northern Beaches. Afternoon tea included. Numbers are limited. To make a booking please see the RAO Team.



"Twister with a Twist" is a game where each colour represents a value. Land your bean bag on the right colour and highest score wins!



Movement to music



"Exercise" takes many forms here at Mona Vale House... with the emphasis on having fun! Come and join in the fun playing quoits, bowls, beach volley ball, balloon tennis just to name a few. Henry the Physio is also doing armchair movements each Wednesday and Thursday - very popular and enjoyed by many residents.





READY SET BAKE....

Looking fabulous with hair nets and blue gloves..... the ladies have been busy whipping up treats such as pancakes, apple & cinnamon cake, cornflake cookies and scrumptious chocolate slice which was enjoyed by all at the "Friendship Club". It was agreed that it was a tough job being an official taste tester but most were happy and willing to offer their services!



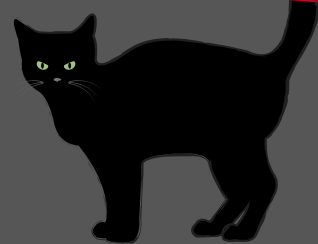
Happy Days! The hair salon is open and back in business! Nella is kept busy transforming the residents. The hair salon is open to both men and women each Tuesday. To make a booking contact reception or the RAO office.

here comes the sun....



Here the residents are being served their lunch by Sue in the courtyard. The residents do enjoy the courtyard and garden when weather permits.

HALLOWEEN



Keeping up traditions! Halloween is said to have its roots in an ancient Celtic celebration in Ireland and Scotland called Samhain. ... It was believed that on that day, the souls of the dead returned to their homes, so people dressed in costumes and lit bonfires to ward off spirits.

From the Kitchen....

Each and every day Chef Tom and his team prepare an ever changing menu of delicious and nutritious meals! Imagine cooking around 180 meals every day not including deserts, breakfast or morning and afternoon teas. Phew!

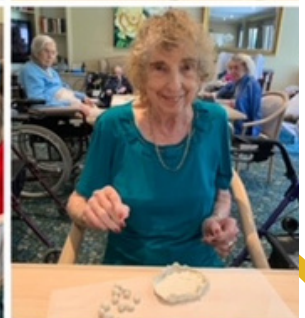
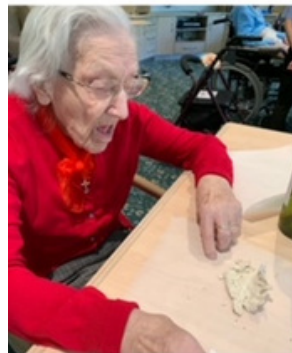


"The Sunshine Club"



Each Monday afternoon during the warmer months, the "Sunshine Club" meet to do a variety of activities (usually outdoor/garden themed weather permitting). We have planted seedlings, made bird seed wreaths, tried our hand at clay modeling, hand made soap and painted butterflies. But most of all it's about getting together for a knatter, so even if you would like to just come to watch and have a chat your very welcome.

We usually finish with a nice cup of tea, cappuchino or an ice cream!





Melbourne Cup 2021

The race that stops a nation What a wonderful day had by all. The lead up to Melbourne Cup saw residents making their own "fascinating" fascinators and decorations. A special luncheon was prepared and champagne was served. Prizes for best dressed man and lady, best head dresses plus lucky door prizes were awarded. With sweepstake tickets in hand it was time to head to the big screen and cheer your horse to victory!

Thank you staff and residents who helped make the day a success.



Carla, adding a little Moulin Rouge to the occasion!

