

Greetings from the DON

Winter is here! We are delighted to extend a warm welcome to our new residents and their families. It is our honour to have you join our Mona Vale House community.

We are pleased to announce that most of our residents have received their flu vaccinations. This is a crucial step in protecting them from seasonal influenza. With the increase in respiratory infections within the community, we kindly request that all visitors wear masks and perform a Rapid Antigen Test (RAT) daily before entering the facility. Your cooperation is essential in keeping our residents safe.

New Clothing for Residents: If you bring new clothes for your loved ones, please hand them over to the staff or reception for labelling. This helps ensure that items do not get misplaced.

We recently celebrated the long service contributions of several dedicated staff members. We extend our heartfelt thanks and congratulations to: Jacqueline Gabunales, Carla Cuciniello, Jelena Vuletich, Doreen Ferdinand, Dolker Dorjee, Wilma De Villa. Their commitment to excellence in care is truly appreciated.

We value your feedback and are always looking for ways to improve. please complete feedback forms that are located throughout the home or email or ring me or Seonaid at any time. Your input is vital to maintaining the high standards of care we strive for at Mona Vale House.

Thank you for your continued support and cooperation.

Warm Regards,

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Pictured: Residents and Staff

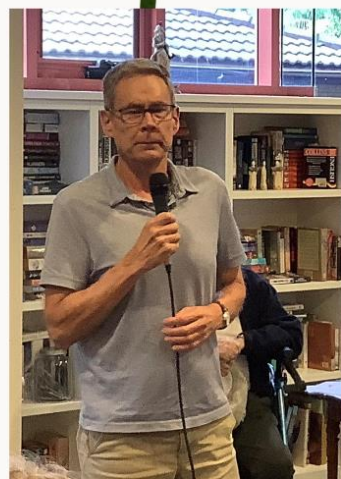
Enjoying the Long Service

Award Presentation



ANZAC DAY 2024

Anzac day ceremony was a heartfelt service attended by residents, family and friends. Thank you those who attended and participated. An Anzac Day luncheon was served following the proceedings and the afternoon a game of two was enjoyed.



Music Therapy, Concerts Drumming & More



Thank you to all our marvelous entertainers that continue to have us moving and shaking and drumming, dancing and grooving- good for the heart and good for the soul!



MOTHER'S DAY

Our celebrations for Mothers' Day was temporarily delayed due to covid, however, we did have wonderful time celebrating our Mother's by paying tribute to them with a Heart Board for everyone to write messages. Picture right shows residents enjoying arranging fresh flowers.



DOG THERAPY

We have lots of visiting dogs that bring emense joy and comfort our dog loving residents. Pictured left is Rex and Maxie the cavoodle. Jorjie and Gigi, the toy poodles are also regular visitors who love spending time getting pats, cuddles and of coursetreats!

BIRTHDAY CELEBRATIONS

MVH celebrate each birthday with a special hand made card (by Kylie), balloons and "singing staff". and on the last Sunday of each month we celebrate those who have had a birthday with cake at Happy Hour! All welcome!



MEN'S CLUB

The men have appreciated the sessions from David at EWOP that help provides emotion support and connections to individuals living in aged care.

fun & Games

There has been lots of action and fun these past months with a variety of games including Word games, trivia, board games, cards, darts, carpet bowls, bingo, twister, hoops, and quoits. Can't find what your looking for? let us know and we will add it to the calendar!.



Well done Gwen! Bullseye!



A relaxing afternoon playing board games



A very energetic fun game of Balloon Tennis



Residents enjoying a game of Bingo!

EASTER CELEBRATIONS

Easter time is always a special time to be celebrated here at MVH. We had easter games, craft and of course topped off with a special Easter Sunday luncheon.



MULTI-CULTURAL DAY



Thank you to all the staff and residents who participated in this cultural event. Some staff wore their traditional dress and residents and staff gave a talk about their cultures. The event was followed by traditional dancing and food. Everyone had a wonderful time with residents commented how much they enjoyed it and looked forward to doing in again!

From the RAO Team:

Welcome to Winter!

Well, it's time to turn on the heating and don woollies! We are very excited for what we have in store for you in the coming months, especially with the Paris Olympics starting next month, Christmas in July and armchair travel to Hawaii (let's go somewhere warm!). A big welcome our new bus driver, Michael. The 1.5hr bus trip will be run on Wednesday mornings at 10.15am and Friday afternoons at 1.30pm and includes morning/afternoon tea. Please let the RAO team know if you are interested in going on the bus trip. As always, we love hearing your feedback and suggestions so keep them coming!

Best Wishes from the RAO Team,

Walter, Janet, Kylie, Eve, Rob, Amy & Nisha & Michael

Regular Events

- Holy Communion: 1st Tuesday of each month
- Love in Action: 3rd Friday of each month
- Resident & Family Meeting: last Tuesday of each month at 11am
- Men's Club: fortnightly at 2pm
- BINGO: Wednesday & Saturday
- Coffee Club: Monday & Tuesday 9.30am
- Scenic Bus Trips: Wednesday (AM) and Friday (PM)
- Hairdresser: Each Thursday, book via reception or RAO Team.
- Birthday Celebrations/Happy Hour: Last Sunday of the Month

Special Dates to Remember

June 2024

5th World Environment Day
10th King's Birthday
25th Croatia Independence Day

July 2024

7th NAIDOC Week (7th -14th)
14th Bastille Day
26th Paris Olympics Official Opening

August 2025

1st Horse's Birthday
9th International Indigenous Peoples Day
31st Daffodil Day