

Greetings from the DON & RAO's

Hello Residents, Family & Friends

Welcome back to another year at Terrey Hills Nursing Home. This is the first quarterly Newsletter for 2023.

Firstly, I would like to welcome our new residents and their families to our community. We are very confident that they will settle in very well and beginning to see this as their new home. We will partake a Newcomers Morning Tea and will inform you as it approaches.

What an eventful year we had last year was, unfortunately towards the end of last year we had another lockdown upstairs that affected the running of the activities, we got through it with flying colours.

As the humid and hot weather continues, we would like to remind you to keep up with your fluids.

We would like to thank you once again for your ongoing support throughout the year, another big thank you to Sandy DON, Yan DDON, Nicole DDON, Sunny CNS, Pauline EDUCATOR, RN's, AIN's, RAO's, kitchen, laundry, maintenance, volunteers, and entertainers.

Sandy Moutrie

Director of Nursing

Anne Politano

Lifestyle Coordinator

What is new?

On behalf of our DON Sandy and our team, welcome to our new staff members. We believe you will be a great asset and look forward collaborating with you.

We are pleased to welcome our new menu that will commence on the 6th of February. The new

menu will consist of fresh fish and meat directly sourced from the Sydney markets.

Celebrations

If you ever ask our Residents what they treasure more in life, their likely answer will always be "Family" and "Friends". All the many happy memories and events celebrated with their loved ones has a huge impact on them. Celebrating the Residents major milestones such as 80th, 90th or even 100th Birthdays is not just another Birthday, it is coming together as a community to mark such a special event and day treasured by everyone. We recently celebrated Helen Bell's 90th and Maree Major's 80th, Maree was very lucky to have her son Matthew and his wife visit from Shanghai China.



Australia Day

Australia day is the official National Day of Australia celebrating the arrival of the First Fleet into Port Jackson NSW on the 26th of January 1788. Here, on Australia Day the Residents like having a barbeque, beer shandy and drinks to celebrate the classic Aussie food, a thong competition and a concert commemorating the Australian culture.



Guest Speaker Beyond Blue

Beyond Blue has been providing supports and services to people in Australia for twenty years. They are Australia's most well-known and visited mental health organisation, focused on supporting people affected by anxiety, depression, and suicide. We thought this was a great topic for the Residents and staff, was able to organise a guest speaker named Chris Gotham

to come and give a talk about Beyond Blue and his story to recovery after five bouts of depression.



Ainslie Store

The Ainslie store have been coming to the Nursing Home for several years now, they sell jewellery, scarves, stationery, ponchos, handbags and much more at wholesale price. This is a great way for the Residents to do any shopping for their loved ones.



Residents Christmas Party

Our Residents celebrated their Christmas party on the 14th of December. Thank you to our Chef Tui for organising a three-course meal, the Residents were so full. After the lunch was followed with two entertainers, Grant, and Elvis, we had a visit from Sharon Stoddart who played the guitar and staff sang Christmas Carols. At the end of the party, we had a surprise visit from Santa.

Residents also had arts and crafts leading up to Christmas making jewellery, craft, and gifts for their loved ones. Christmas day was followed by another scrumptious lunch, a distribution of Christmas chocolates from head office and a gift donated by the Rotary club.



Concert from Sydney German School

A big thank you goes out to the Sydney infants, German School that performed twice for the Residents, they were great and were loved.



June's Christmas Token Stall

Thank you to June and Theresa for setting up the Christmas token stall. There is not one day that June goes out of her way for the Residents. This is a great idea for Residents that cannot get out to go shopping for their loved ones.



Regular Weekly Activities

Our weekly program for the Residents has an array of exciting activities including, exercise class, bus trips, bingo, trivia, quiz, arts, crafts, religious activities, games, discussions, token stalls, movies, music, entertainment, pancake days, walking groups, fashion shops and more.







Committee Member

We have six members of the Committee for 2023, they are Alan Baumgart (Chairman), Robert Obern ((Secretary), Ivan Whitla, Barbara Blinkhorne and Sonia Desmond. Congratulations to the newly elected members. Our Residents Committee have been active in providing feedback to the management and have initiated several improvements over the years. We look forward to working with the Committee to provide our Residents with a high standard of Consumer-Focused Care and Services.

Upcoming Events

February

- Committee Meeting 28th.

March

- Entertainer Elvis 3rd
- Jazz Entertainer Michael 10th
- Guest Speaker-Surf Life Saving 15th
- Solo Singer Peter Eliot 17th
- St Patrick's Day 17th
- Harmony Day 21st
- Solo Singer Mercedes 24th
- Solo Singer Joanna 31st

April

- Pianist John Klem & Good Friday 7th
- Good Friday-Stations of the Cross 7th
- Easter Sunday 9th
- Guest Speaker-Cyber Safety 12th
- Guest Speaker-Elder Abuse 19th
- Solo Pianist Juliette 21st
- Anzac Day 25th

- Solo Pianist Alice 28th

May

- Entertainer Viva 5th
- Entertainer M Ferguson 12th
- Mother's Day 14th
- Entertainer Peter Eliot 26th



Once again, we would like to thank you for your ongoing support. We look forward seeing all the exciting things happening the next couple of months.

Don't forget if you cannot make visiting your loved ones you can always send them a gift, chocolates, or flowers, or even give them a call or Face Time video call and let them know you are thinking of them.

Bye for now.

Anne and the Recreational Team