

Greetings from the DON & RAO's

Hello Residents, Family, Friends & Staff

As we move toward spring, there's a sense of fresh beginnings in the air at the nursing home. We're happy to share that we only had one outbreak last season, and thanks to quick action and everyone working together, it was kept well under control. With COVID-19 and flu cases rising in the community, we kindly remind everyone to stay home if you're feeling unwell. Being careful helps protect our residents, staff, and visitors. Let's continue to look out for one another and keep our home safe and healthy.

We'd also like to give a warm welcome to our new residents and their families. We hope you find comfort, connection, and joy during your time with us. This is your home now, and we're here to support you every step of the way. A big welcome also goes out to our new staff members and volunteers – we're so glad to have you on board! Your care and support make a big difference, and we look forward to working together to make our Nursing Home even stronger.

Sandy Moutrie

Director of Nursing

Nicole Hirschau & Golf Laskunwicheat

Deputy Directors



Recent Events

Barbeques

As the warmer weather approaches, residents are excited to enjoy the outdoors again, especially by having barbeques. It's a great way for everyone to relax, enjoy the sunshine, and spend time with friends. The smell of food cooking on the grill brings a sense of summer fun, and many look forward to these gatherings each year.

Tui the chef and her team do a fantastic job preparing the barbeques. They make sure everything is well-cooked, tasty, and ready on time. Thanks to their hard work, residents can simply show up, enjoy delicious food, and have a good time without any hassle. Their efforts really help make these barbeques something special.

Welcoming Josh Pagni the student music therapist

Josh is a student music therapist currently completing his Master of Music Therapy at Western Sydney University in Penrith. He began his studies at the beginning of last year and is now nearing the completion of his degree. As part of his final placement, Josh has been working here at the nursing home, bringing music into the lives of the residents through a thoughtful and engaging approach. His work combines his passion for music with a deep understanding of its therapeutic value, and his warm and friendly nature has made him a welcome presence in the home. Josh alternates between one-on-one and group sessions each week. During his individual sessions, he visits residents in their rooms, singing and playing guitar while exploring favourite songs from their past. These personalised visits not only bring joy but also help to spark memories and meaningful conversations. In his group sessions, Josh encourages active participation by inviting residents to sing along and play various musical instruments. His sessions are lively, inclusive, and uplifting, creating a space where residents

can connect with one another and with music in a fun and supportive environment. Josh will be here till December this year.



Welcoming Adam Bassinger Volunteer for music

Adam has recently begun volunteering in the dementia ward, bringing gentle, live music to the residents through his guitar playing and soft singing. His sessions take place fortnightly and have quickly become a highlight for many. During his visits, the residents sit quietly and peacefully, fully immersed in the soothing atmosphere Adam creates. His calm presence and choice of familiar, comforting songs help foster a sense of safety and calm, offering the residents a valuable moment of relaxation and connection.

Adam's musical visits provide more than just entertainment—they offer therapeutic benefits that support emotional well-being and enhance quality of life. His contribution is a beautiful example of how music can transcend words and bring joy and comfort to those living with dementia.



Newcomers Afternoon Tea

Having a newcomers afternoon tea in the aged care home is a great way to help new residents, families, and staff feel welcome and part of the community. It gives everyone a chance to meet each other in a relaxed and friendly setting, share stories, and start building new friendships. Moving into aged care can be a big change, so having a special event like this helps people feel more comfortable, included, and supported. It also gives new residents and families the opportunity to ask questions and get to know the staff, making the transition into their new home a little easier.



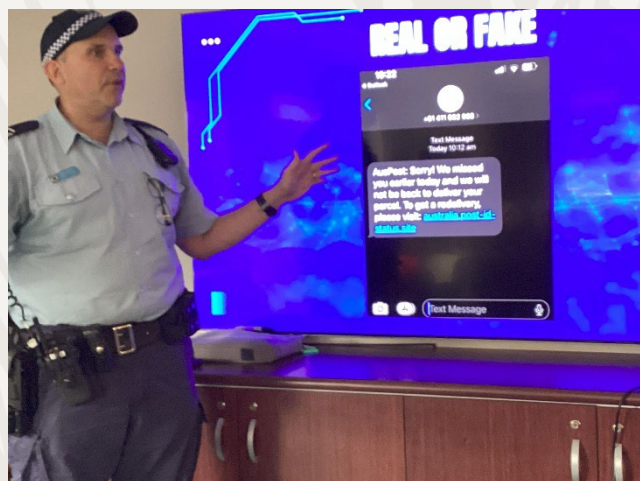
Guest Speakers

Cyber Security

Senior Constable Matt Cain

Today, a local police officer, Senior Constable Matt Cain visited the Nursing Home to deliver an engaging *and informative talk on cyber security* and its importance for older adults. The session focused on helping residents recognize common online scams, protect their personal information, and stay safe while using phones, computers, and the internet. The officer explained how criminals often target seniors through false emails, fake calls, and social media fraud, offering practical tips on how to identify and avoid these threats. Residents were

encouraged to ask questions, share their experiences, and remain cautious when providing personal or financial information online. The visit not only empowered residents with valuable knowledge but also promoted confidence and independence in today's digital world.



Seniors Rights Service

Speaker: Deb Denman

Today, a guest speaker, Deb Denman from OPAN came to the Nursing Home to talk with residents about Seniors Rights Services, advocacy, and legal rights. The speaker explained that all seniors have the right to be treated with respect, make their own choices, and feel safe in their living environment. They also talked about what to do if someone feels they are being treated unfairly, and how advocates can help speak up on a resident's behalf. The session

also covered basic legal rights around aged care, including decision-making and consent.

Residents were encouraged to ask questions and speak up if they ever feel uncomfortable or unsure about their rights. Many residents said they found the information helpful and easy to understand.



Paralympian Tennis Player

Speaker: David Hall

David Hall is one of Australia's most celebrated wheelchair tennis players and Paralympians. Born in Sydney in 1970, David lost his legs in a car accident at age 16, but his determination and passion for sports led him to wheelchair tennis shortly after. He quickly rose through the ranks to become one of the sport's most dominant figures during the 1990s and early 2000s. David won a total of six Paralympic medals, including a gold in the men's singles at the 2000 Sydney Paralympic Games, an especially meaningful achievement on home soil. Over his career, he also claimed numerous Grand Slam titles and was ranked world number one in wheelchair tennis multiple times. When David Hall spoke to the residents, he was warmly received—not just for his achievements, but for the way he connected with his audience. Many of the residents had played tennis themselves in the past, and they deeply appreciated hearing from someone who shared their love for the game. His story of resilience and success resonated on a

personal level, and the residents found his visit both inspiring and nostalgic. David's ability to engage through shared experiences made his appearance especially memorable, and it further highlighted the lasting impact of sport across all stages of life.



Talk on New Standards

Speaker: Sonia Korthout

We recently had a visitor from Head Office, Sonia Korthout come to our Nursing Home to talk to staff about the new Aged Care Quality Standards that are being introduced across Sydney and Australia. These new seven standards focus on making sure residents receive care that is safe, respectful, and centred around their individual needs and choices. The session helped staff understand what the changes mean and how we can continue to provide high-quality care by meeting these updated standards. It was a helpful and informative talk that supports our ongoing commitment to improving the lives of our residents.



Multicultural Day

Having a multicultural day in the nursing home is a wonderful way to celebrate the different cultures, backgrounds, and traditions of our residents, staff, and families. It helps everyone feel valued and respected for who they are and where they come from. Sharing stories, traditional clothing, music, and customs brings people closer together and helps build a sense of community and understanding. It's also a great chance for residents to talk about their heritage and learn about others in a fun and welcoming way. Including multicultural food and dancers makes the day even more special. Tasting traditional dishes from around the world gives residents the chance to enjoy new flavours or familiar tastes from home. Watching dancers perform in traditional costumes brings colour, joy, and energy to the celebration. Events like this brighten the day for everyone and remind us how rich and diverse our community is, helping to create a warm, inclusive, and enjoyable environment for all.





June's Token Stall

June and Teresa kindly set up a token stall for the residents of the Nursing Home, especially for those who are less able to go out shopping. The stall gives everyone a chance to pick out small gifts for their loved ones, using tokens provided to them. It was a thoughtful way to help residents feel involved and give them the joy of choosing something special for family or friends. June's stall was filled with lovely items, and the residents really enjoyed the chance to browse and "shop" in a way that was fun, easy, and meaningful.



Men's Group External & Internal

Having a men's group in the nursing home is important because it gives the male residents a chance to connect, share stories, and enjoy

activities that interest them in a comfortable, supportive space. It helps build friendship and companionship, especially for those who may not join in larger or mixed groups. A personal care worker social support from our team helps run the group regularly, and we also have a visiting male facilitator, David from Anglicare who comes every fortnight, bringing fresh ideas and conversation. This group is a great way to support the emotional and social wellbeing of our male residents and make sure their interests and voices are heard and valued.



NAIDOC Week

Celebrating NAIDOC Week in the Nursing Home is important because it helps us recognise and respect the history, culture, and achievements of Aboriginal and Torres Strait Islander peoples. It gives everyone a chance to learn more about Australia's First Nations people

and their important place in our country's story. This year, we marked the occasion by doing a fun NAIDOC Week trivia, watching a heartwarming movie about a boy, his penguin, and his Aboriginal friend, the movie was called Storm Boy and enjoying a relaxed afternoon tea together. Events like this help build understanding, bring people together, and show respect for the diverse cultures that make up our community.



Cooking Classes

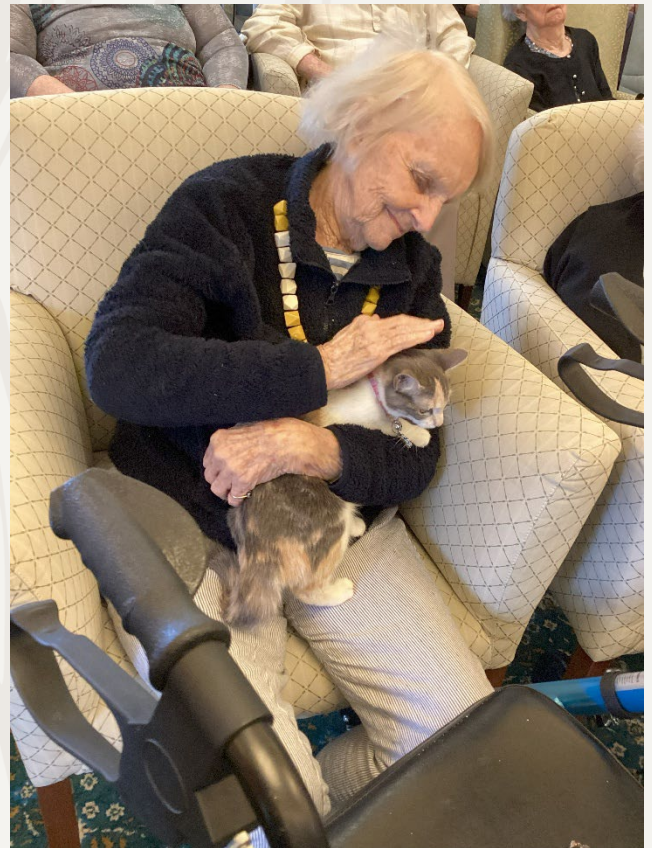
We recently held a cooking class for the residents in the nursing home where everyone had the chance to try mixing different condiments, bake some tasty treats, and enjoy eating the finished products together. It was a fun and hands-on activity that let residents be creative and involved in making food. Cooking together also helped with using their hands and following simple steps, while sharing the results gave everyone a chance to socialize and enjoy something delicious. The class was enjoyed by all and brought a bit of excitement and teamwork to the day.



Activity Highlights

It is very important for residents in the nursing home to take part in a variety of activities. These activities help keep the mind and body active, which is good for overall health and happiness. Joining in things like church services, Mass, and the Rosary supports residents' spiritual needs and gives them a chance to connect with their faith and community. Social activities such as bingo, balloon tennis, carpet bowls, concerts, and rummikub provide fun ways to meet others, build friendships, and enjoy friendly competition. Other activities like walking groups, cinema visits, music appreciation, discussion groups, trivia, quizzes, and word games help keep the brain sharp by encouraging thinking, memory, and communication. Creative activities such as arts, crafts, and painting allow residents to express themselves and feel proud of what they make. Physical activities like exercise group sessions, chair dance, and meditation are great for improving strength, balance, flexibility, and relaxation. These all work together to promote better physical health and reduce feelings of loneliness or boredom. Overall, participating in a mix of spiritual, social, mental, creative, and physical activities helps residents live fuller, more meaningful lives. It encourages independence, builds confidence, and improves mood. Most importantly, it makes each day more enjoyable and helps create a warm, welcoming community where everyone feels valued and connected.











Three & Four Generations



- Elvis impersonator 26/9/2025
- Peter Eliot performs 3/10/2025
- Alfred De Fouze performs 10/10/2025
- Penny Howell performs 17/10/2025
- Oktoberfest 20/10/2025
- Guest Speaker Beyond Blu 22/10/2025
- Roll with it performs 24/10/2025
- Ron Blacker performs 7/11/2025
- Luke Vargas performs 14/11/2025
- Grant Newsome performs 21/11/2025

We would like to take this opportunity to thank you all for your support throughout the year—it certainly had its challenges. As the holiday season approaches, remember that if you're unable to visit your loved ones in person, a FaceTime call, flowers, or a thoughtful gift can still show you care. Also, to our family and friends: if you know someone who can play the piano and would be willing to volunteer once a month for our choir, please contact Anne, the Personal Care Worker and Social Support Team Leader.

Anne Politano

PCW-SS Team Leader

June, Katalie, Nathalie, Theresa and Kate

Personal Care Workers SS

Upcoming Events

- Roll with it performs 5/9/2025
- Father's Day Tea 7/9/2025
- Viva performs 12/9/2025
- Leyla performs 19/9/2025
- Minh Pharmascist speaks 22/9/2025