

### Greetings from the DON

I would like to take this opportunity to say how excited and honoured I am to accept the position of Director of Nursing at Wahroonga House. Over the past few months my priority has been getting to know and be available to our residents and families should they wish to discuss any issues, concerns or provide feedback. I have also been busy learning about how Wahroonga House operates and where needed implementing improvements to resident care and wellbeing, food services, the environment, facilities and staff training.

### Activity Highlights

#### Anzac Day Commemorative Service

This year's ANZAC Day commemorative service was held for the Wahroonga House community on the 24<sup>th</sup> April. The service was attended by over 60 residents and family. Special thanks to guest speaker George Main, Vice President of the Hornsby RSL Sub-Branch & Knox College student Percy Speed who played the Last Post and Rouse. Residents from Wahroonga House also participated in the service with poem reading, saying The Ode, reading prayers and singing hymns.



*Knox student playing The Last Post at the service*



*Anzac Day Commemorative Service held in the Chapel*

#### Recital Concert

On Sunday 14<sup>th</sup> April a recital concert with the Hornsby Instrumental choir was arranged to entertain the residents of Wahroonga House. There were many other highlight activities over the past few months including a bus trip for lunch at the local Waitara Magpies club, Armchair travel presentations to Indonesia, Belgium and even a safari to Kenya!



*Residents enjoying the recital concert*



### What's new?

Residents, staff and management all gathered to welcome our new Director of Nursing, Sonal More at a special Welcome Morning Tea held on the 28<sup>th</sup> March 2025.



### Celebrations – St Patrick's Day

In celebration of St Patricks Day on the 17<sup>th</sup> March 2025, Wahroonga House was decorated in green along with the residents dressing up for some fun. The "green theme" continued for morning tea at Coffee Club in the café where green sponge cake was served by staff dressed as leprechauns. The highlight was playing Irish carpet bowls which was using a potato spud instead of a lawn bowling ball!



*Resident Tony enjoying St Patrick's Day fun*

### Mother's Day celebrations

Residents celebrated Mother's Day on Sunday 11<sup>th</sup> May with many family visits, lunch outings and gifts of chocolates from Wahroonga House staff and management. In addition, on the 8<sup>th</sup> and 15<sup>th</sup> May, bus outings were arranged to take residents for High Tea at a wonderful restaurant, Bivianos in Dural.



*Mother's Day High Tea outing at Bivianos restaurant in Dural*



*Residents enjoying Mother's Day High Tea*



### Birthdays

Once again, we have had a flurry of birthday celebrations at Wahroonga House during the months of March to May 2025.

Residents who celebrated their “90 something” birthdays included Ken, Muriel, Peter, Valmai, Margaret, Jill, Elizabeth, Norma, Irene, Rona, Eric, Dulcie, Janet, Dorothy, Hope, Max and Jen to name just a few. Staff and fellow residents sang them happy birthday, presented each resident with a birthday cake along with festive balloons and a card to mark the special occasion.



*Celebrating Muriel's Birthday*

### Resident's contribution

The Resident Committee has continued to meet on the last Monday of every month. The purpose of the committee is to help residents get to know other residents and staff members. It is also to help plan activities that any resident can join and shape the community to make it feel more like a home. The committee is to give residents a say in how their home is run. Some of the suggestions the committee has raised over these past few months include more carpet bowls tournaments with other Thompson Care Aged Care facilities, After hours lighting in public areas review, after-hours access review and request for more variety of desserts.

### Special Moments

It has been a delight over these past months to have some of our very own residents play the grand piano located in our main loungeroom. We encourage and welcome residents, family or friends to “tinkle the ivory” as playing the piano provides wonderful entertainment for the residents. Other special moments included resident Neville running the Bingo class, residents enjoying making paper umbrellas in craft class and quiet creative moments of colouring.



*Very special moments when our residents play the piano*



*Resident Neville running the Bingo class*



*Resident Hope making paper umbrellas in craft class*

### Upcoming events

The staff at Wahroonga House are planning many exciting events and celebrations for the residents over the upcoming winter months.

The main celebrations will be the Kings Birthday with a public holiday on Monday 9<sup>th</sup> June 2025. In July NAIDOC week runs from 6<sup>th</sup> to the 13<sup>th</sup> July 2025. Also, we will celebrate La Bastille Day on the 14 July 2025.

The regular monthly Resident and Relatives meeting will be held on the last Friday of the month at 11 am in the cinema.

Also, the Resident Monthly Welcome Morning Tea is now held on the 3<sup>rd</sup> Thursday of each month.