

Greetings from the DON

Hello and a warm welcome to all of you transitioning into colder weather and winter. As we embrace this change, we want to take a moment to express our gratitude to our dedicated staff. Your hard work and diligence, especially during trying times, are deeply appreciated. The care of our residents is at the heart of all we do here, and your commitment ensures that we continue to provide the best possible care. We would also like to extend a warm welcome to all new staff members, residents, and their families. A special thank you goes to all the families who attended our recent family meetings. We hope these sessions were informative and helpful in fostering a strong connection between our staff and families. Please remember, our doors are always open. If you have any queries or concerns, do not hesitate to reach out. Your feedback is invaluable in helping us maintain a nurturing and supportive environment for everyone. Thank you once again for your continued support, especially in taking the time to complete the necessary health checks upon arrival. Your cooperation is instrumental in ensuring the well-being of our Nursing Home.

Sandy Moutrie

Director of Nursing

Nicole Hirschau & Golf Laokunwicheat

Deputy Directors of Nursing

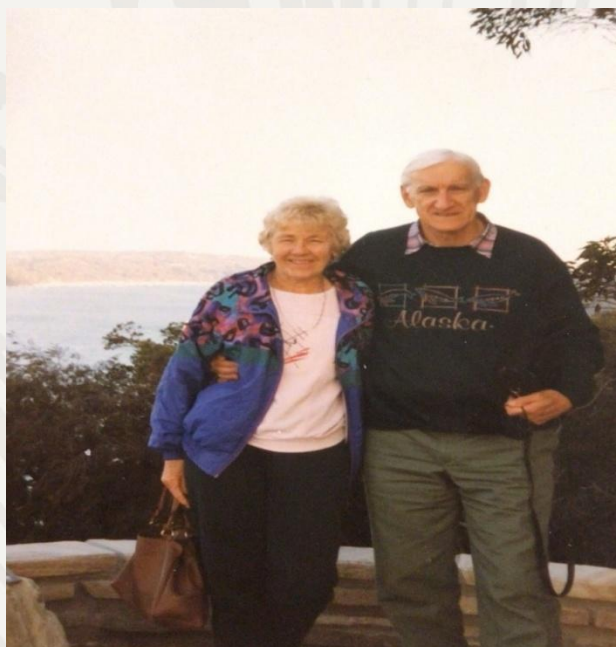


Reflections from our Home: Meet Alan Baumgart

This is Alan's story from age 15. Alan Baumgart was born in Maryborough, QLD in 1934, and went to Maryborough Boys High School. Alan received a letter from CBA offering him a position in the bank in Brisbane in February 1950. He really wanted to be a teacher, but his father said "take it" and that was that. Within a matter of days, he was on the train to Brisbane with a few quid in his wallet and several new pairs of trousers. Alan was dux of the class in the junior public examination (equivalent to the school certificate). He was in Brisbane for two years. At the start of the second year, he decided to do the senior public examination (equivalent to the higher school certificate). He did this in one year at night and matriculated, otherwise he wouldn't have been able to attend university. After two years he was transferred to Maryborough because of his mother's ill health. He stayed for three years before being transferred to Biloela to open a new branch. After three years at Biloela, he was transferred to Brisbane in 1958 and worked in the Capital Office in Security and Branch Advances department. It was excellent training in lending and conveyancing. The education bug got to him again in 1959 and 1960, when he decided to attend QLD University at night to study Economics, doing two subjects each year. Based on his results, he was awarded the first ever full-time bursary on full pay given by CBA and the years 1961 – 1963 were spent at QLD University. Other things were happening at this time. 1960 was a memorable year in banking, with the central bank which was formally known as Reserve Bank of Australia being open. The powers that be in Sydney decided to stage an interstate table tennis tournament in Sydney and all six states chose

three women and three men for their teams. There was a wonderful woman player leading the NSW women's team. Her name was Doris Mary Campbell who was so good that she played men's fixtures. Alan was immediately impressed by Doris's super game and the way she carried herself. Alan was captivated by her and thought to himself that she is the girl for me (if she would have him). Alan and Doris ("Dee") corresponded regularly, and he went to Sydney on his holidays. Alan graduated in early 1964 with first class honours in Economics and was immediately transferred to Sydney, gaining a promotion of five grades. He started in Sydney in investment and economics. Alan was aware that Dee had planned to spend Calendar 1965 with her best friend overseas. Whilst in London, Dee telephoned Alan and asked if she could purchase an engagement ring, Alan agreed and remitted the amount to cover the cost. They decided to marry on 20th August 1966. Prior to their marriage, they bought a beautiful home in West Pymble which Alan moved into a few weeks before their wedding. On 1st September of the following year, the first of his two wonderful children arrived, a daughter named Sue. On 14th June 1969, 21 months later a second child was born, a son, Peter. Alan has five grandchildren Mitchell, Jason, Kristen, Ned and Daisy. In 1971, Alan attended a management course in Honolulu, conducted by the Harvard Business School in association with the University of Hawaii. It was of six weeks duration. After the course, he proceeded through the U.S largely on banking business then on to London, Paris, Rome and Singapore. While Alan was away from Dee and his children, one of Dee's aunts came to stay with them. In 1995, Alan and Dee sold their first home bought another in Pymble. Alan's work in the bank finished in July 1992 – the same day that his Managing Director and close friend Don Sanders finished his tenure.

Alan and Dee travelled extensively, visiting over 70 countries between them. They have resided in the Terrey Hills Nursing Home for nearly four years. Sadly, his beloved wife Dee passed away in February this year. Alan is kept busy as the Chairman of the Residents Advisory Committee which seeks to improve life for the residents. The top three of the management, Sandy, Nicole and Golf come to all the meetings. Alan has also continued his family history work and now has 77,000 names in his records going back in time to 1540.



International Nurses Day

International Nurses Day is celebrated annually on May 12 to honour the vital contributions of nurses worldwide. This date was chosen to coincide with the birth of Florence Nightingale on May 12, 1820, who is widely regarded as the founder of modern nursing. The observance began in 1965 and serves to recognise the dedication, compassion, and resilience of nurses who provide essential care across various healthcare settings. Each year, a specific theme is selected to highlight critical issues affecting the nursing profession, such as workforce shortages, working conditions, and the importance of supporting nurses' health and well-being. International Nurses Day not only acknowledges the indispensable role nurses play in healthcare systems but also advocates for their rights and the continuous improvement of nursing practices globally.



Celebrating Mother's Day in Nursing Home is a heartfelt way to honour the enduring love and contributions of mothers, especially those who may no longer be able to participate in traditional family gatherings. For many elderly women, this day serves as a meaningful reminder of their cherished roles as mothers and grandmothers. Our Nursing Home every year organise special activities such as Mother's Day with musical performances, or themed decorations to create a festive atmosphere and foster a sense of community and a distribution of chocolates. These celebrations not only uplift the spirits of residents but also strengthen bonds with family members and staff, ensuring that every mother feels valued and appreciated on this special day.

Celebrating Easter in our Home is a meaningful tradition that fosters community, joy, and connection among residents, staff, and families. For many seniors, especially those who may feel isolated, participating in Easter activities like arts and crafts, Easter Egg distribution, festive meals, and spiritual services can alleviate feelings of loneliness and enhance emotional well-being. These celebrations also provide opportunities for intergenerational interactions, as family members and children often join in the festivities, creating a vibrant and inclusive atmosphere. Additionally, Easter's themes of renewal and hope resonate deeply, offering comfort and a sense of belonging to residents during this special time.





Anzac Day

Every year on April 25th we are honoured to celebrate Anzac Day and commemorate those fallen at the War. We started with an opening speech by Alan Baumgart, Bob Rodger laying the wreath and Dr Ralph Meyer reading the Ode. We played The Post, The Rouse, sang Advance. Australia Fair and had the one-minute silence. Morning tea was celebrated by our kitchen team making Anzac Cookies distributing them to every room. At 2.00pm we had a special Anzac Day concert.





St Patrick's Day

St Patrick's day is a Religious and cultural day held on March 17th, the traditional date of his death (c385-c.461), was the foremost patron Saint of Ireland. Here at the Nursing Home on March 17th we celebrate St Patrick's with Irish food, drink, beers and an Irish trivia afternoon with sweets.



Pony & Flower Arranging Day

We were truly honoured at the nursing home to have a special visit from Mac the pony, bringing joy and smiles to everyone. Additionally, we had the pleasure of participating in a flower arranging class, where we learned the art of creating beautiful floral arrangements. This class not only allowed us to express our creativity but also provided therapeutic benefits, promoting relaxation and mindfulness. Both activities were made possible by the generous support of Gregory & Carr Funerals.





Northern Beaches Christian School

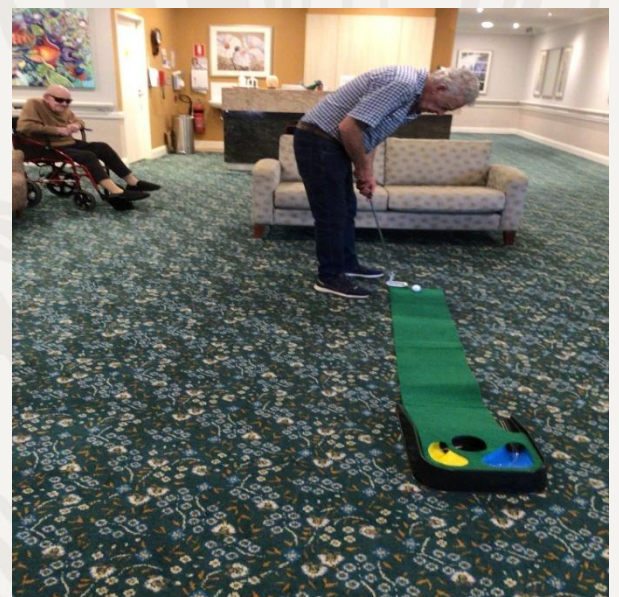
Regular visits from local school students at Northern Beaches Christian School to our nursing home are invaluable for both residents and the young visitors. For residents, especially those experiencing dementia, these interactions can significantly reduce feelings of isolation and depression, enhancing their overall happiness and well-being. Engaging with children through shared activities like storytelling, crafts, and music not only brings joy but also stimulates cognitive function and provides a renewed sense of purpose. For students, these visits offer a unique opportunity to develop empathy, patience, and a deeper understanding of aging and related conditions. Such intergenerational connections foster stronger community bonds and create a more inclusive environment for all generations.

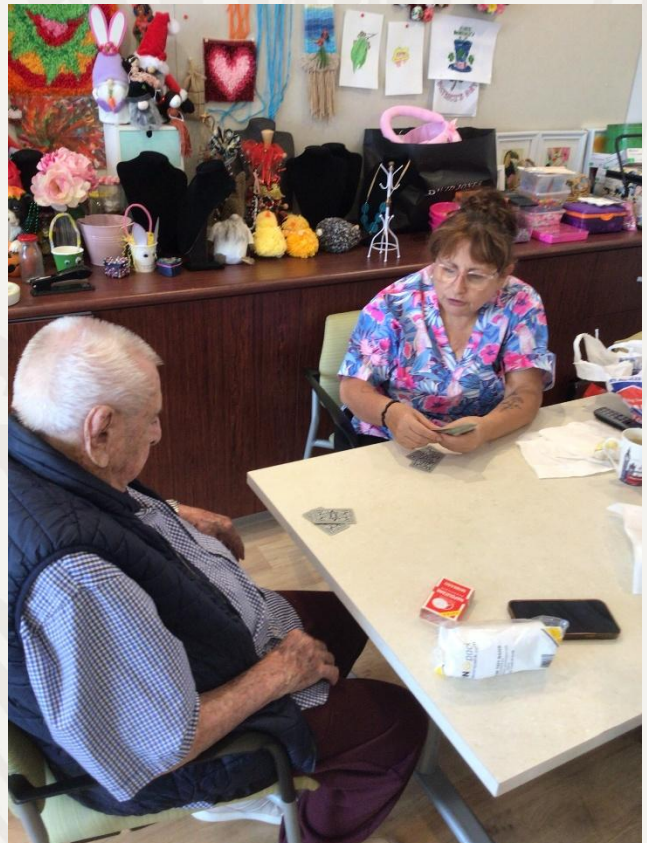


Regular Activities

The personal care workers – social support team play a vital role in our Nursing Home by organising activities that enhance the physical, emotional, and social well-being of the residents. These activities, such as arts and crafts, music sessions, sensory, jewellery making, knitting, Ainslie store, June's stall, group outings, religious activities, concerts, exercise, bowling, bingo, meditation, women's & men's luncheons, trivia, men's group, A current affair, guest speakers and pet therapy provide residents with opportunities to engage in meaningful experiences that promote a sense of purpose and joy. By participating in these activities, residents can maintain or improve their mobility, cognitive function, and overall health, contributing to a higher quality of life. Beyond physical benefits, recreational activities help combat feelings of loneliness and isolation, which are prevalent among nursing home residents. Engaging in group activities fosters social interaction and community, allowing residents to form connections and friendships. This social engagement is crucial for mental health, as it can reduce symptoms of depression and anxiety, and enhance residents' emotional well-being.

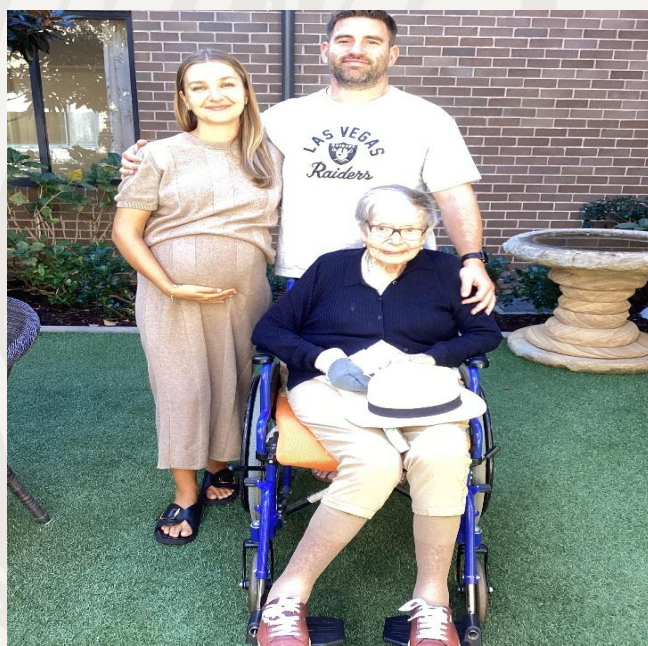








Some portraits of love & legacy



Upcoming Events

June

- Committee Meeting TBA
- Tony Mazel Sings 6th
- Leyla Sings 13th
- Penny Howell Sings 27th

July

- Murray Ferguson Sings 5th
- Joanna Sings 11th
- Alice plays Piano 18th
- Hugh Sings 25th

August

- TBA 1st
- TBA 8th
- Luke Sings 15th
- Ross Hamilton Sings 22nd
- TBA 29th

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 Politano

Personal Care Worker – Social Support Team Leader

June, Theresa, Nathalie, Katalee, Fernando, Anna, Kate, Katie

Personal Care Workers – Social Support

