

Greetings from the Director of Nursing

Welcome to all our new families and residents to Tarragal House. We are very excited to enter our favourite time of the year, Spring. Earlier in the year we started preparing our gardens and courtyards with a much-needed prune and our new buds are starting to emerge. Tarragal House is well known for its beautiful gardens and colourful displays, we can't wait. Our corridors are starting to fill up again and life is slowly returning to normal following a short Covid exposure. Many will know, this is the first time we have experienced an outbreak and we are extremely grateful to all our staff, residents, and families for their overwhelming support during this time. Our residents have been busy planning the upcoming outings and activities for our new season. It is wonderful to see longer bus trips and community outings planned, like our Vivid trip into Sydney. During our outbreak we continued to welcome families and visiting. I feel this made a huge difference to the lives and emotional wellbeing of so many residents at Tarragal House. Our plan is to continue opening sections and monitoring for symptoms but to also encourage and support social engagement within our resident friend groups.

Please feel welcome to provide your feedback or a suggestion by phone, email or in person when you visit. Feedback drives change and improvement, something we are proud of and encourage at Tarragal House.



Kate Kumar

Activity Highlights

Vivid night bus outing



Our residents enjoying the Vivid displays

Our residents enjoyed a jam-packed evening as they headed off for Sydney in our big bus. Our staff toured the main sights by bus before getting off and watching the displays near the Opera House. Although it was chilly, our residents wanted to stay later and take in the atmosphere buzzing around them. It was a great night, and this prompted their plans for a Hunter Valley trip next month.



Elvis on the Big Screen

With our residents looking forward to the Elvis Movie Premiere they were keen to take a short ride to Erina and watch the movie on the extreme screen followed by a pizza and pasta lunch. The activity was so popular we had two outings that week with a full bus each time. Thank you to Hoyts Erina for being so accommodating, I'm sure we will see this activity pop up on the calendar more in the future.



Pizza and Patsa lunch after an Elvis Movie

Concerts with Del Ryan

Del attends Tarragal House each month and performs an array of music styles and songs. He not only knows how to rock a guitar but gets our residents grooving with a dance. These afternoons are a highlight that many look forward to, thank you Del.



Concerts with a dance

What's new?

Celebrating our Queen's Jubilee in style...



Champagne and wine while watching the parade

Our Queen's Platinum Jubilee was one of our Winter Highlights, the celebrations went on for a week with dress ups, crown wearing, watching the celebrations on TV and several high tea's, yes, several high tea's. It wouldn't be a Queen's celebration without cakes. This also resonated with many of our residents who once lived in the UK or have family still overseas. Many residents traded their tea for wine, and this made the afternoons even more fun.



Leslie and Rhona Morton getting into the flag waving

Special Moments

NAIDOC Week Celebrations

Our residents celebrated NAIDOC week as we welcomed Kevin Duncan from The Darkinjung Aboriginal Land Council who performed a traditional smoking ceremony. Kevin played many instruments including a fantastic didgeridoo performance. Our residents learnt about culture and stories. The smoking ceremony is an ancient and contemporary custom among Aboriginal Australians that involves smouldering native plants to produce smoke. Our residents were shown how this smoke is believed to have spiritual and physical cleansing properties, while warding off bad spirits. It was a wonderful day and our residents really enjoyed it.



Kevin Duncan performing the smoking Ceremony

Upcoming events

- 1st September 2022-** Residents Morning Tea
- 4th September 2022-** Father's Day Celebrations
- 7th September 2022-** Welcome Spring, flower arrangements
- 8th September 2022-** Frantastics concert
- October 2022-** Hunter Valley Bus Trip
- 6th October 2022-** Residents Morning Tea
- 11th October 2022-** Pink Ribbon Morning Tea
- 31st October 2022-** Halloween Dress up and chocolate making
- 3rd November 2022-** Residents Morning Tea
- 11th November 2022-** Remembrance Day Ceremony

Notices

- Allied Health services are continuing as normal, this includes Podiatry, Dental, Speech Pathology, Hearing checks, Optometry, Physio, Dietician.
- Updated Covid visiting restrictions:
 - ~There are no visiting hours or restrictions however we strongly encourage visitors to be fully vaccinated
 - ~We ask all visitors to continue RAT testing either using our supply or provided from home
 - ~Thank you to everyone for following our changing PPE requirements, usually surgical masks are the only form of PPE
- Our preferred method of correspondence is via email, please advise our reception team if would like an email address added to the mailing list.
- 2022 Influenza Vaccination is strongly encouraged for all visitors and staff entering Aged Care from the 1 June 2022 until the 30 September 2022.
- Resident Covid Vaccinations are continuing with some residents now available to receive a 5th Booster if directed by their GP following consultation with families and residents.



Getting ready for sun hats and Spring at Tarragal House