

Greetings from the Director of Nursing

A big welcome to all our new families who have joined us at Tarragal House. With Christmas around the corner, I have secretly lost our Maria Carey CD, please do not offer us another copy.

Last month we saw some great consultation and suggestions initiated by our residents with the menu suggestions and ways we can improve our meal service. We are in the process of reviewing and planning to facilitate flexible mealtimes to support increased choice that will cater to everyone's lifestyle.

At this stage, we are hopeful to roll out the improvements in mid-January. Some of the big changes our residents are excited to see include:

- Flexible breakfast, lunch and dinner times ranging up to 2hrs in each dining room
- An additional dining space in the South section
- Choice and menu selection at the time of service
- In room tray service at the time of request to ensure hot, fresh meals are received

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

The Chocolate and Nougat Factory Visit Was Top Favourite

One of the high lights of last month was the long-awaited chocolate and nougat factory outing at Gosford. Our residents were treated to a private tour of the factory, enjoyed tasting the samples, and ended with a lovely lunch of hamburgers. The best part was spending big in the chocolate factory shop where they not only stocked up for themselves but bought delicious



presents for family and friends. We will plan another one soon for anyone who missed out on the first visit. It was a lot of fun to dress up for photos before heading home.



What a great day!

Art Therapy... oil on canvas

Our residents have pulled out the brushes and started creating some beautiful art works. Not only is art therapy relaxing, but it is also cognitively stimulating and supports a sense of accomplishment and self-expression. Our next few sessions will focus on Christmas, and as requested we have added art therapy to the calendar on a weekly basis.



Barbara showing her artistic side!

Gardening Guru's

New to our program is Gardening Guru's, we have planted new flowers for the season and added some vegetables and herbs into the Vege Pod. With perfect weather we have seen them blossom quickly and our residents have been eagerly watching for some sprouts and colour.



Peach very happy with her selection



Margaret and Sandra attending to the watering

What's new?

Celebrating John's Career this Melbourne Cup

This year for Melbourne Cup we celebrated in style with fashion taking a front row seat as we watched the race and toasted to our resident Jockey, John 'Frank' Powyer. Melbourne Cup is a special event for John as he relives his



successful Jockey career in the 60's. John travelled throughout Australia and raced overseas in Hong Kong and India. John was discovered in Dubbo and started training, over the years he worked with champion horses such as Persian Comic, Tershan and Wilkes. Winning at Rosehill, Randwick, Canterbury, and Flemington. John was the first apprentice Jockey for well-known trainer, Theo Green, and other trainers such as Bart Cummings. John loves to talk about his passion and love for the sport.



John riding Tershan

Elvis was in the Building...

We enjoyed an Elvis Concert with all the favourites and rock 'n' rolled into the afternoon. Some residents had requests to hear the famous tunes again...



Special Moments

Joan hits the big 102!!!



In November we celebrated Joan's 102nd Birthday, the day was beautiful with Husband, Richard by her side. Joan enjoyed visits from children, friends, and the staff at Tarragal House. When asking Joan what her secret to a long and happy life was, the answer seemed simple as she raised a glass of white wine.

Upcoming events

- 1st December 2022-** Residents Morning Tea
- 5th December 2022-** Violinist Concert with Hayden
- 8th December 2022-** Resident Christmas Party
- 18th December 2022-** Christmas Carols with Shirani
- 21st December 2022-** Santa Photos
- 28th December 2022-** Christmas Lights Bus Tour
- 5th January 2023-** Residents Morning Tea
- 17th January 2023-** Wyoming Historical Museum and Homestead visit
- 25th January 2023-** Pre Australia-Day BBQ
- 2nd February 2023-** Residents Morning Tea
- 14th February 2023-** Chocolate Making and Lover's Lunch

Notices

- Allied Health services are continuing as normal, this includes Podiatry, Dental, Speech Pathology, Hearing checks, Optometry, Physio, Dietician.
- Classical Lovers Group- will be every Wednesday at 2pm in the Party Room.
- 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 however N95 masks will be provided if our requirements change.
- Our preferred method of correspondence is via email, please advise our reception team if would like an email address added to the mailing list.
- 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.



Monthly Big Screen Visits at the new Erina Cinema