



Terrey Hills Nursing Home Autumn 2022

Hello residents, family and friends

We are writing this newsletter with optimism that finds you all well and safe. We want to thank you once again for your continued support and patience through these testing times, we know it hasn't been very easy but we reassure you we are doing everything possible to keep your loved ones safe and busy.

We have continued to offer the residents a wide range of exciting activities despite the lock down in place here at Terrey Hills Nursing Home, which included physical, cognitive, spiritual and emotional aspects of health. Our aim is to cater for all their interests but in this time of lock down we have had to bring activities to the resident's rooms. The day starts with an exercise DVD channelled to all residents rooms so they can keep up with physical health, movies channelled to their rooms so they can enjoy an array of films, a weekly word game and trivia are distributed to the rooms to keep their cognitive skills at bay, puzzles, cards, knitting, a musical DVD channelled to their rooms in the afternoon so the residents can finish their day relaxing listening to their favourite music. On Friday's and Sundays

religious songs of praise, rosary and mass are also channelled to the resident's rooms. The RAO's are visiting the residents in their rooms for any emotional aspects and a lovely chat. We have just begun to re open the facility and the residents are excited they can start their activities again. The exercise classes with our physio will resume in the coffee shop or lounge room Monday to Friday, bingo, trivia, crafts and bowling in the designated areas, the bus trips have also begun, mornings of Tuesday and Thursday, afternoons of Tuesday and Thursday.

As you are all aware you can still keep in touch with your loved ones via Face Time, Skype and phone calls, just phone reception and make a booking with the RAO. In the mean time keep yourselves safe and well.

Dates to look out for

- Shrove Tuesday 1st march
- Light and bright 14th March
- St Patrick's Day 17th March - Trivia and Irish Coffee
- Pancake day 24th March
- Ainslie Jewellery and clothes
- Good Friday 15th April - Easter Buns
- Easter Sunday 17th April - Sunday Service
- Anzac Day 25th April - Service
- Mother's Day 8th May

Don't forget entertainment Friday's with happy hour.

Here are some of the photos of some residents receiving gifts or flowers from their loved ones plus photos of various activities held recently.

Your RAO Team





